

# THE REVIEW

The Voice of ES International School

Campus

World News

Tennis



Fall 2017



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## Welcome to *The Review*

This academic year has brought me back into the classroom, after six years of solely administrative responsibility in ES International School, and to my delight, I had the opportunity to teach Journalism again. I love the Journalism class. I love spending time with the students, the creative process, and that we have the pressure to publish. It makes us very productive!

I tell my students that we are not in a classroom; rather, we are in a workroom, where we all have jobs, and the success of the magazine depends on how dedicated we are to doing our jobs well. The modern world requires real life skills such as visual design and information presentation, and I am confident that this class will provide them with useful skills for the future.

As the Head of School, it is a joy to work with students in such a creative capacity. I get to see the way their minds work, and help them develop their ideas into fully fledged articles. We hope you enjoy the articles as much as we enjoyed making them. You'll see a strong focus on tennis, a lot about our community, and a lot about the world in which we live. The topics are a reflection of our individual interests, our passions, and our concerns for the future. Thank you for taking the time to read!

**Ms. Joanne Burns**

**Head of School**

**Faculty Editor of The Review**



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# Hurricane Harvey

*By Daniela Garcia 11th Grade*

It was a regular Friday evening, my family and I were watching a movie when all of a sudden an ear wrenching alarm began to sound on all of our phones. I looked down in order to turn off the alert and saw a lot of text messages from my close friends. I noticed everyone looking at their phones with disbelief written on their faces. Complete shock overwhelmed me as I read the alert. "A mandatory evacuation has been issued for all of New Territory." Eleven thirty at night and all of a sudden we were told to pack up everything and leave. A week ago we had been told that Hurricane Harvey wouldn't be crossing through Houston, and now it looked like we were about to become the next city of Atlantis, with no warning at all.

My mother went into full mom mode, calming down my sisters and explaining that we were going to stay home tonight and figure out what to do in the morning. That night I couldn't sleep; the nightmare of my house flooding kept me awake. News reporters were talking about the Brazos River overflowing, and that river is near my house. The streets were going to be under water and there was going to be no way out once the water started to rise.

The next day, seven in the morning I heard screaming: loud frantic screaming. Chaos filled my home as I saw my mom and her best friend Jeronimo fight about what they thought we should do. Jeronimo sprang right into action, ordering me to wake up my two sisters and tell them to start packing their bags, we were leaving. My flight to Spain was supposed to be in two days and I hadn't packed. Whatever I packed right now was going to be the last thing I took from my house. I rushed upstairs and threw everything that I knew I needed into a suitcase, trying to keep my cool and think straight, even though the panic was swallowing me. When I was done I went downstairs to find everyone taking the furniture to the second floor. Couches were being pulled apart, tables dragged up the stairs, rugs rolled up -

everything needed to be as far away from the water as possible. Once everything in my house was upstairs, we all gathered in the kitchen to decide what to do next. For my sisters and I it was easy. My dad lives 20 minutes away so I would drive us to my dad's house until the mandatory evacuation was lifted, and then we could come back home. However, my mum had nowhere to go. All her friends had evacuated and she wasn't willing to come with us because of the divorce. Not giving us time to think, she hurried us into the car, gave me the keys and told me to be careful not to drive into any puddles because I couldn't know how deep the water was.

The normal twenty minute trip to my dad's house, took us almost forty minutes as I tried

to avoid flooded areas, but finally we arrived. After an hour my mom called me to let us know that she found a place to stay. My father went to the nearest supermarket to stock up on whatever was left on the shelves. We had no idea how long we would be trapped in that house.

Everything had settled down, we bought food, water, and had enough supplies to last us five days. Then the alarm started. All of our phones made that same blaring noise as before. My heart stopped and I felt as if my stomach was being pressed into my spine, while my breath was sucked out of me. It was happening again, my dad's house was placed under voluntary evacuation. They now predicted that the water level could reach his house and we would have no way out. Panic erupted once again as we tried to decide if we should leave or stay. Finally the screaming and the arguing about what we should do stopped. Looking around the room at defeated faces





in disbelief, we decided we would stay. We tried to entertain ourselves all afternoon as we waited for the moment the Brazos River would flood. Some families tried to leave the area but got stuck trying to get out of the city because the water was too high.

That afternoon the news was turned on at full blast and we were all huddled around waiting for the update on the river. We watched full of terror as they showed the streets near my mom's house completely under water, freeways that you could no longer see, houses filled up to the second story with water: it was a horrendous sight. We were in a constant state of worrying about whether or not the water had reached my house. They announced that the overflow of the river would happen tomorrow, and that the water was still rising.

The next day I woke up to find my dad's street completely underwater. The water was deep enough for people to kayak on the roads. I strapped on a pair of rainboots and grabbed a kayak from my backyard. The water had almost reached the top of the hill our house is on. From my back door I jumped into my kayak and rowed across most of my backyard, until I finally reached where the lake next to my house actually started. I kept rowing until I got to the other side of the lake and without getting out of the kayak, I floated onto the street. All the neighborhood roads around us were several feet underwater, and we were stuck.

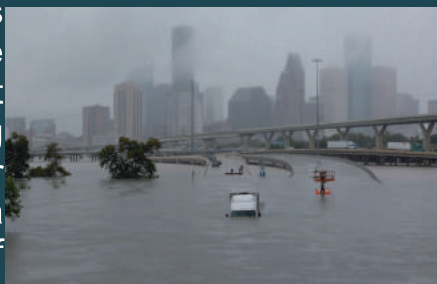
I was trapped for five days and couldn't even leave to buy supplies, see my mom, my friends, or know how my own house was doing. The pictures that were being posted all over social media and the news of the major

highway in front of my house was terrifying, I was sure my house was under water. The gas station five minutes from my house was half way full of water. After a week the water levels went down enough for me to drive to my house, so I called my mom and told her I was going to head over. On arrival I could see dirt marks and tree branches left by the water all over the neighborhood. I got out of my car and stared at my house as my heart dropped. I wasn't prepared to see what had happened inside. Slowly, with my heart pounding in my chest, I opened the front door to find that everything was fine; no water had managed to enter. Relief flushed over me as I turned around to see my mom behind me, just as relieved as me.

For days Houston stayed underwater and it was still impossible to come back into the city or leave. My flight to Sanchez Casal was delayed another week until all of the water was finally drained out. I spent that next week helping families organize their homes, volunteering, donating, and helping the community recover from the horrible disaster that had struck.

Stories started to come out of all the brave people that drove down to Galveston in the middle of a hurricane in order to get their boats and help rescue families that were trapped in their houses. Churches, local people, and large stores opened their doors to those who had lost their houses and needed a place to stay. People would

show up to shelters in costumes in order to make the little kids smile and brighten what seemed to be the worst time for Houston. My city came together after the hurricane in a way no one had ever seen them do before. Suddenly race, religion, wealth didn't matter anymore. We were all looking ahead to the time when we would be healed and have our homes back the way we remembered them.



# The Consequences of Climate Change

By: Carlos Serinana, 11th Grade

Climate change is affecting countries and landscapes all around the world. Ice is melting and sea levels are rising. On the other hand, other countries are having extreme weather conditions like excessive rainfall. This seems to be more and more common, as others are experiencing extreme heat waves and really dry months.

The year 2016 was the warmest year on record, according to NASA and the National Oceanic and Atmospheric Administration (NOAA). Eight of the 12 months broke previous records (January through September, with the exception of June).

A consequence of this is that the ice at the poles is melting. Greenland and Antarctic ice sheets have decreased in mass in the past 10 years. "Greenland lost 150 to 250 cubic kilometers of ice per year between 2002 and 2006, while Antarctica lost about 152 cubic kilometers of ice between 2002 and 2005" (NASA's *Gravity Recovery and Climate Experiment*).

## Melting ice

Global warming causes polar ice sheets and glaciers to melt, so this means that the sea is rising. Sea levels are expected to rise between 18 and 59 centimeters by the end of the century. This means that there will be more floods and erosion of beaches. This is a big problem in countries like the Maldives, which will be submerged under water if we do not react and stop polluting the earth.

## Consequences for Europe

Southern and central European countries are seeing more heat waves than ever before. Forest fires and droughts happened in Portugal this summer, and August this year was the fifth warmest month since 1961. The Mediterranean

areas are becoming drier, making them even more vulnerable to droughts and wildfires.

Northern Europe is also significantly wetter than before, and winter floods could become common. It is also getting colder and colder in northern countries.

## Risks for wildlife

Climate change is so fast that many plants and animal species can not deal with the heat waves. They are either disappearing or moving to other places.

Many terrestrial, freshwater and marine species have moved to new locations. Some plants and animal

species are at risk of extinction if global average temperatures continue to rise.

## Spain in 50 years

For Spain, the risk of becoming a desert is huge, and the Government warns us about the global warming threat by reminding us that 80% of the land is in danger of becoming desertified. Rising sea levels will also affect the entire Spanish coastline. This will be noticeable in the *Delta Del Ebro* or low zones like the mouth of the *Guadalquivir* or *Huelva*. The impact will also be noticeable in coastal ports and infrastructures, and these ports and infrastructures may even become inoperable. We may lose many of the beaches found along the coasts of the *Cantabria* and *Costa Brava*.

## Conclusion

If we continue on this path, the world will change a lot, and it will no longer be like the world we know. The poles will disappear, and this means that the levels of the sea will rise and a lot of countries will disappear, like the Maldives, for example. Other countries will get so warm that they won't be habitable, like Spain. There will be more fires and more natural catastrophes if we do not stop polluting. The world is changing and it is important





# ISIS Attack on my City, Barcelona

By Marcos Villalonga, Grade 11

ISIS attacked Barcelona, my home city on the 18th of August, 2017, while I was there. The attack took place just 500 meters from my home.

That day I woke up late, and had a friend in my house on Passeig de Gracia, in the center of Barcelona. We went upstairs to have some lunch, play FIFA and organize our day. All of a sudden, my friend and I started to hear helicopters and sirens from the police and ambulance. We did not think much about it, and we actually had the idea of walking down to the Decathlon near Las Ramblas because we had to buy some balls. Suddenly, my friend received a message on his family group Whatsapp that there had been a jihadist attack, just 500 meters from where I lived.

In that moment we did not know what to do. Being curious teenagers, we had the “brilliant” idea of going down to see what actually happened, with the excuse that we wanted to go to Decathlon - if someone asked us. We went down the street and started to walk in the direction of Las Ramblas, and that walk was the most terrifying walk I have ever done.

It was terrifying because it did not matter which way you looked, there were people crying, running, and with expressions on their face which summarized everything that had happened just 15 minutes ago. In that moment, my friend and I thought about going back, but we wanted to see it in front of us, because the curiosity was bigger than our fear.

Once we arrived at the Apple store a lady told us to turn back because there had been a terrorist attack. We started to tell her as an excuse that we had a friend near the attack and wanted to help him so that she would leave us but really, none of that was true. When she left, we could see how the police had cut off the main street so no one could pass, because in a restaurant near El Corte Ingles, there were supposedly hostages being held by the jihadists. I

could hear how the police were talking with the jihadists on a microphone, trying to convince them and negotiate with them to let the people out of the restaurant.

All of a sudden, the Spanish police forces started to appear from nowhere with gigantic shields and machine guns. The police announced that everybody had to leave the area in case there was a jihadist where we were standing. So we left and stayed home all day long because everything was shut down in Barcelona until the next day.

Though we were at home, we could still feel the fear in the streets of the whole of Barcelona. In one way or another, it affects you. That was my day; my horrible day. ISIS attacked Barcelona and a little piece of my heart, and that’s something I will never forget.

## What actually happened?

The Islamic state attacked Barcelona on Las Ramblas, one of the most well known Barcelona tourist destinations. A white van drove 500 meters down down the whole of Las Ramblas, injuring around 100 people and killing 13.

Four men have been arrested since the attack: one in Alcanar, and three in Ripoll. Three were Moroccan citizens and another was Spanish, and their ages were between 21 and 34 years old. None of them were thought to be suspicious or known for any previous offenses. When they appeared in court, one of the suspects said they planned to target "monuments" in Barcelona. All 12 members of the alleged terror plot are believed to be dead, including the suspected driver of the van who was shot by police on Monday. Later in the day, an Audi drove through a town called Cambrils near Barcelona, but didn't kill anyone. Unfortunately, 10 people were injured.



# Threat by the Media

by David Barrera Beltran, Grade 12

In the mid-nineties, very few people had television. It was not until the 1980's that people in Europe started owning one TV per family. Now, it's hard to imagine what life was like at that time, but the absence of such machines probably meant people spent more time with each other, played games in the streets, and overall had a healthier life than that which we can expect for those born in the 21st century.

When I was younger, my friends and I did spend our free time hanging out in the streets of my town: we weren't always watching TV. We all met and either we went skating, played soccer, or rode our bicycles. Boys and girls mixed with few distinctions. If the weather was cold we would go to a friend's house, and play monopoly, or UNO, or other board games that gave us hours of delight. In the summer, the swimming pool was the place to go, and with music blasting from the speakers, along with constant jokes, the hours passed by like seconds.

## Physically Socializing, Just a dream?

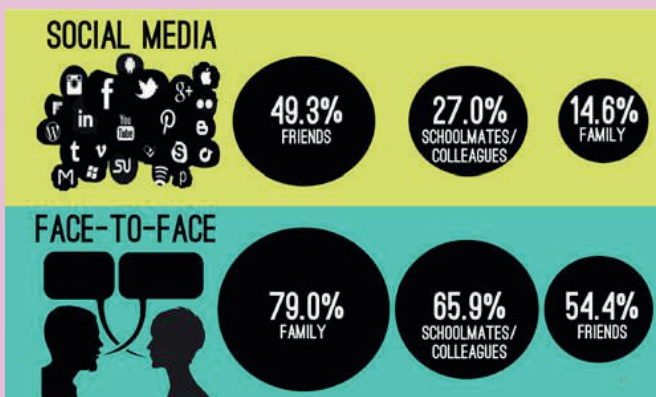
The main problem now is not TV, nor is it videogames, or other such devices. Yes, it is true that the rate of addiction to videogames is high, but it is nothing compared to the phenomena of addiction to social networking.

The invention of the smartphone, along with social media applications has completely changed the way in which new generations are socializing. To "give anyone the power to share anything with anyone" was Mark Zuckerberg's explanation for the reason behind Facebook. The same goes for Instagram, Snapchat, Twitter, and the list goes on. It was in June 2009 when the iPhone 3G was launched, and the impact was world-wide. Digital entrepreneurs like Zuckerberg, or Brian Acton, were blessed

when Apple's Steve Jobs made it possible to manipulate our life through a machine no bigger than our hands. Brands such as Samsung, LG, and Sony joined the movement of smartphones, making consumer interest grow to a point where 77% of the population uses a smartphone today. Internet browsers such as Google and Safari can be executed from a phone. And with the mind-blowing camera quality of these machines, now Apps such as Instagram, Snapchat, or Tumblr, have become leaders in the digital imagery market.

## Social media, is it antisocial?

Let's think about this question. Learning how to speak in public, how to interact with others, making a good impression overall, none of these things are very easy. There is a reason why we go to school, and improving our communication skills is one of them. Yet we all like getting attention, and we all want as many friends as possible. So what is the solution? Social media has evolved as the tool that will hide our shyness, insecurity, awkwardness, or low self-esteem; and will make us appear like the perfect, mature person we wish we



were. We put filters on the pictures we publish just to look better in them. And even worse, we often feel more comfortable speaking through a whatsapp chat, than



conversing in real life. Simply ask yourself this question: how many classmates do you have, with whom you spend more time talking on the phone, rather than talking face to face?

### **Why is it so Addictive?**

Many studies conclude that the main cause of addiction is Dopamine. Dopamine is one of the four chemicals of happiness. Scientist call it the chemical of personal reward. As Simon Sinek says in an interview for Inside Quest, "When you get a text message, you simply feel good". A notification from Facebook, someone screenshotting your snapchat, or someone liking your Instagram picture; all of these interactions create dopamine which spreads the good news around your body, and we interpret these messages as positive symptoms. It is obvious then the more "attention" we get, the higher the rate of dopamine in our bodies, and the more satisfied we feel.

Problems arise when we only feel happiness in direct correlation with the doses of this chemical. When you haven't checked snapchat, or did not receive a text message from your friend, or you don't have the number of subscribers you wish to have, your level of dopamine is so low that you feel depressed. As a reaction you feel the need to update, post, and share more and more stuff, until without realizing, you have become dependent on your phone.

### **Consequences**

Many are the consequences of network addiction, but since we could spend days talking about them, here is a simple list of the most common ones:

**Fear Of Missing Out:** In texting language FOMO; the feeling we are missing very



critical information while we are not looking at the phone.

**Depression and low self-esteem:** Believe it or not, these two illnesses are the most commonly found in network users, and they have a great effect on defining the personality of the person.

A recent study, conducted by Flurry and eMarketers, shows U.S. consumers spend over 4 hours a day on mobile devices. This means one third of the time we are awake is spent on our phones. Meanwhile, we are missing out; missing out, on real life!

### **Make a change: How to do it?**

**Set a limit.** Apps such as "Checky", will track how many times a day you check your cell phone. Set yourself some goals, and try to decrease this number.

**Don't let social media be your source of news.**

**Avoid having important conversations via chat;** if you feel like talking to someone, why not do it in real life? The result will be better on most occasions.



Most of us are lucky to live in a world where the streets are clean and restrictions are few. **Lets not spend more time looking at a screen.** Let's stop watching youtube videos of tennis, and go play tennis instead.

**Recognize your addiction;** if you are not capable of spending a full day without using your phone, then you are addicted. Make a plan to reduce your mobile phone use, and increase your real life experiences!

# Is Modern Music Worse Each Year?

by Franco Marinetti, Grade 10

Sometimes I wonder how we got from the Beatles, one of the most famous and renowned bands in musical history, selling tens of millions of albums worldwide, to Justin Bieber? How do we explain the musical disparity between Pavarotti and Lil Pump? I do not want to criticize the musical taste of other people, but I am interested in looking objectively at music, and evaluating it scientifically. For me personally, I like 80's and 90's Hip Hop. Some people might think I'm stuck in time, music-wise, and should move forward with the music of today.

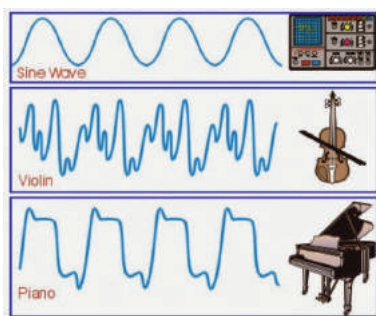
However, there is scientific evidence that suggests that music is getting less sophisticated every



*Lil Pump, American song writer and rapper.*

single year and as a result, I sometimes think that some people with classical tastes (or even worse, our parents), might be right when they insist that music nowadays is cheap and of a poor quality.

A recent study from 2015, made by the Spanish National research council in Madrid, tested almost 500,000 recordings of all genres of music from 1955 to 2015, going through a computer made



algorithm that measured the Harmonic complexity, timbral diversity, and loudness.

By far the most shocking result was that the timbre in songs has dropped

drastically over the decades. Timbre is the quality of sounds in the music, or simply the richness of the song. We could compare many modern songs with one of the most famous songs of the Beatles 'A Day In The Life', which was recorded with an orchestra of 40 musicians, including all types of instruments, plus the 4 musicians with their own instruments. In contrast, Robin thicc's 'Blurred Lines' uses mostly one instrument, the drum machine. This example illustrates



*Robin Thicke's song, Blurred Lines, guilty of plagiarism the decline in Timbre during the years and across musical genres.*

Have you ever flicked through radio stations in the car, and wondered why every song sounds the same? It's almost as if every song was created by the same person? It's surprising for many to discover that this is actually the case with some of the most famous songs.

If I asked you what Katy Perry's, Miley Cyrus's, Justin Bieber's and Timberlake's, Robin Thicc's, Maroon 5's, Pink's, Christina Aguilera's, Will.I.am's, and Taylor Swift's music has in common, you might not see anything initially. However, the surprising answer is that they all share a songwriter. While not all of these artists' songs were written by the same person, Max Martin, a Swedish musician is responsible for many of their most successful songs. Max Martin is responsible for thousands of top 100 billboard songs, and dozens of Number 1 hits.

And if a modern pop song was not written by Max Martin, then there's a fair chance it was instead written by the American song writer Lukasz Gottwald. Max Martin and Lukasz Gottwald together account for the vast majority of Pop music songs on the modern music scene. Think about that, and the fact that you've likely never heard of them before. It does leave you having to ask yourself, is modern music really the art form we think it is, or is it something completely different. I will leave the reader and listener to make that decision for themselves.



*Lukasz Gottwald and Max Martin, little known song writers for the big pop stars.*



# I Love Cars

by Pedro Norte, 10th Grade

Take a look at some of the best cars in the world:

## Best Luxury Car:

The most expensive car is a Maybach Exelero, its price is around 8 million dollars. Jay Z is one famous person who has bought this car.



## Best Sports Car:

The Lamborghini Aventador LP750-4 Superveloce Coupe is the most expensive sport car, with a price of around \$535,500. Cristiano Ronaldo, one of the world's best football players, bought this car.



## The Fastest Car:

The fastest car in the world is the Hennessey Venom GT, with a top speed of 435.31km/h. It has held the world speed record for a car since 2014. Steven

Tyler is a celebrity who bought this car, I recommend this car for those who like to drive very fast.



## Best Old Car:

A Ferrari 250 GTO made in 1962 became the most expensive old car in the world when in 2014, it was bought by an unnamed buyer for around 52 million dollars.



## Car collectors:

Hassanal Bolkiah, the Sultan of Brunei, is the biggest car collector in the world. He has around 7,000 cars. Hassanal Bolkiah paid around \$5 billion for this collection.



## Best Tennis Player's Car:

Andy Murray got a BMW i8 for free, the price of which is around 139,000\$ after winning a tournament. Meanwhile, Roger Federer got a Mercedes Benz SLS because he is sponsored by this car brand.



# Gaming, eSport

By Ruslan Kaydashov, 10 grade

On June 7, 2016 gaming officially became a sport in the Russian federation. This means that you can be a professional eSports player and earn distinctions in Russia, and earn a pension after you are done playing.

In October 1958, Physicist William Higinbotham created what is thought to be the first video game. It was a very simple tennis game. But what does gaming have to do with sport?

Gaming as a sport is called an e-sport, which means electronic sport. Gaming is the action or practice of playing gambling games. Competitive gaming has existed almost as long as video games themselves. Even the earliest arcade games inspired some people to create a competition.

eSports could be added to the Olympic programme as an official medal sport in 2024. So who knows maybe if you love videogames, you could be the next olympic champion.



## The Gaming Industry

As many gamers know, players who win tournaments get paid a lot of money, but where does the money come from? Money comes from the different brands, usually from the company that made the game



Dota 2



First computer game: ping pong

itself. This allows the company to gain new people to play their game, and it helps players stay interested in the game.

Now the most popular games that people are playing as an e-sport are:

**Dota 2** with a prize of 87.4 million dollars.

**Counter Strike Global Offensive** with a prize of 33 million dollars

**League of Legends** price 30 million dollars

**Starcraft** 27.4 million dollars

PROS of gaming	CONS of gaming
Problem solving	Not enough sleep
Increase Logic	Increased Aggressivity
Learn History and culture	Health issues
Calculating skills	Risk of addiction

Many people, and especially parents, often say that computer games are silly and useless. In my opinion, it certainly doesn't help if you are sitting in front of the monitor for 8 hours drinking energy drinks. But what are good things about gaming and what are the bad things?

How much does gaming cost?

The most expensive is a computer or a console. But if you are going to attend a tournament, the most expensive thing will be tickets for a flight. The tournaments provide players with a

place to stay and the equipment they need to play during a tournament.

Equipment for gaming	
Computer	700-1000\$
Xbox/Playstation	500-600\$
Keyboard	50\$
Monitor	200\$
Mouse/Controller	20-50\$



# Champions League Explained

By Carlos Serinana, 11th Grade

The UEFA Champions league is a competition where the elite teams face each other to secure a place in the final in May and then be crowned the best team in Europe. Many people enjoy football, but not everyone knows how the Champions League draw works. Understanding the draw makes the Champions League much more exciting!

Qualifying rounds of the League begin in the summer with three rounds, then a play-



GROUP A	GROUP B
Paris	Benfica
Arsenal	Napoli
Basel	Dynamo Kyiv
Ludogorets	Beşiktaş

GROUP C	GROUP D
Barcelona	Bayern
Man. City	Atlético
Mönchengladbach	PSV
Celtic	Rostov

GROUP E	GROUP F
CSKA Moskva	Real Madrid
Leverkusen	Dortmund
Tottenham	Sporting CP
Monaco	Legia

GROUP G	GROUP H
Leicester	Juventus
Porto	Sevilla
Club Brugge	Lyon
København	Dinamo Zagreb

Figure 1: The Champions League begins with 8 groups.

off takes place before the final 32 teams begin the group stage, which starts in September (see figure 1). The teams that play the 3 qualifying rounds are from small federations like Andorra. After those 3 rounds there is a play-off, where there are 2 routes to enter the group stage of the Champions League: the Champions route and the League Route, where the fourth qualified team of big federations (eg. Spain) and the second teams of medium federations (eg. Switzerland) compete against each other to have a place at the group stage in September. In total there are 10 places left for the Champions League group stage.

The eliminated teams from the play-off go directly to the group stage of the UEFA

Europa League, which is a competition for the teams that did not qualify for the Champions League.

The group stage involves eight groups of four teams, with each club playing every



PARIS	V	BARCELONA
ATLÉTICO	V	REAL MADRID
PORTO	V	BAYERN
JUVENTUS	V	MONACO

Figure 2: quarter finals of the Champions League.

team in their group, at home and away, so in total there are 6 matches in every group (Figure 1). The top two teams in each group move onto the next round, where in total there will be 16 teams and this marks the start of the knockout phase. Meanwhile, the third-place teams drop into the UEFA Europa League, and the fourth team from each group is eliminated.

During the round of 16, quarter-finals and semi-finals are played over two legs (Figure 2), both at home and away, while the Champions League final is hosted by a stadium which is selected two years in advance. So, the final is generally always played in a city with no connections to either team. This year, the Champions League Final will take place in Kiev, Ukraine, on May 28, 2018.

The Champions League is one of the most exciting football events of the year, and I hope many of you will get excited about it, and enjoy the game more this year, now you understand how it works.



# TWINS SEPARATED AT BIRTH

By Ahmed Isik, 10th Grade

Zachary  
Miano,  
6th Grade



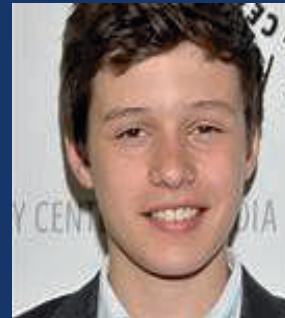
Novak  
Djokovic,  
Tennis Player



Hovhannes  
Madanyan,  
10th grade



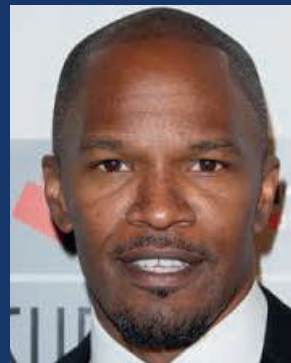
Nick  
Robinson,  
American Actor



Jean-  
Christian  
Morandais  
(JC),  
9th grade



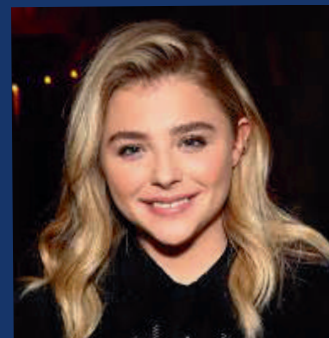
Jamie  
Foxx,  
American  
Actor



Sofiya  
Sokolova,  
12th Grade



Chloe-  
Grace  
Moretz,  
American  
Actress





Milo  
Gazivoda,  
9th Grade



Marouane  
Fellaini,  
Football Player

Gregg  
Cotter,  
10th Grade



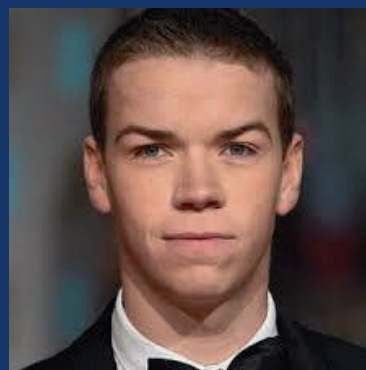
Rupert  
Grint,  
English Actor

Bonifacy  
Varisella,  
9th Grade



John  
McEnroe,  
Tennis Player

Ryan  
West,  
8th Grade



William  
Poulter,  
English Actor

# LIVING AWAY FROM HOME

"Even though the future  
seems far away, it is  
actually beginning right  
now."

Danisa Amalia Erriad, Grade 12

What brought me here, I sometimes wonder? Being so far away from home often makes me homesick. It is hard, tough and sometimes stresses me out, but I have to admit that, being away from home is indeed worth it.



I have lived my whole life in Jakarta, Indonesia. I have gone to the same school for 15 years, and I've always played tennis with more or less the same people. I was staying in my comfort zone. Hence, moving to Barcelona was a great milestone for me. It was the first time in my life I decided to move somewhere else for quite a

long time. It was tough at first, as I have to do my own laundry, I have to make my own bed, I have to tidy up by myself, and I have many other chores. What made me miss home even more is being away from my family. I miss them more than anything, and it aches when I can't be with them when I need them the most.

Last year, a senior came up to me; her name is Caterina Rokke, and for those of you who were in the academy last year, you will know Cate. I was by court 1. I was new and I was quiet, but then she talked to me. "The first two weeks are going to be so slow. But as soon as time passes by, the year goes real quick," she said. We became good friends since then and she graduated this past June. The good thing about staying in this academy is that, everyone has more or less the same goal as you. I realized that everyone is fighting a similar battle. Everyone is trying

to be a better student and player at the same time. It's not easy, but knowing that I am not alone makes me feel better about being so far away from home.

I also think it's true that the best teacher is repetition. Our everyday life consists of waking up, training, school, training, school, homework, sleep, and repeat. It seems boring and tiring, but if we manage to stay put, we will better ourselves everyday. The day could pass by really slowly, but if we manage to see the big picture, every week passes by really quickly.



When I first came to the academy, I expected things would be just fine and that everything would run smoothly. This is also a new thing for me, as I realized that reality doesn't always match our expectations. I was injured for 4 months at the beginning of this year and all I could do was work on my recuperation and go to school. I figured out that by being patient, things will be just fine, and there are no easy ways to reach your goals, only lots of hard work and sacrifice. Luckily, the academy's community is like a "family" so everyone is helping everyone.

Coming to the academy also made me realize that this is a great opportunity for us. The academy provides a great chance to better my tennis and my academic achievements. Moreover, the academy has world-class tennis programs and well-equipped facilities. Having this opportunity boosts my motivation to work harder and to prove my ability to continue to be a better student and player.



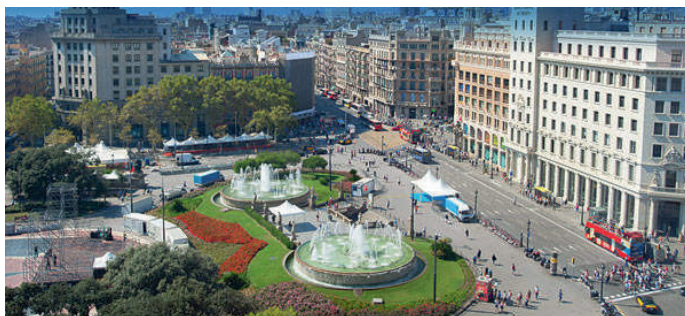
# Things to do in Barcelona

By Gregg Cotter, 10th Grade

**Plaza de Catalunya** - A really nice place to visit, with lots of shops, like Apple, El Corte Ingles, Fnac and Hard Rock Cafe.

**Transport** - take the L95 or L94 from ASC.

**Fun Fact** - Plaza de Catalunya is often used for concerts, local festivals, and fairs.



*Plaza de Catalunya, in the center of Barcelona*

**Barcelona Beach** - Located in the south of Barcelona. Lots of restaurants and normal beach activities.

**Transport** - Take the bus to Plaza de Catalunya, then take the L4 metro to Barceloneta.

**Fun Fact** - Barcelona Beach may look natural but was actually man-made for the olympics.

**Camp Nou** - Barcelona's football stadium, holding a capacity of 99,000

**Transport** - Take the L94/95 to Plaza de Catalunya. Take the metro to Maria Cristina on the L3 line. Then a nice 5 minute walk to the stadium.

**Fun Fact** - it holds six times the capacity of center court at Wimbledon.

**Poble Espanol** - A museum where the architecture of each region of Spain is displayed through shops or restaurants. It also has traditional buildings to represent each region.

**Transport** - Get the bus to Plaza España and then walk through the Fira and go right. You'll find the entrance to Poble Espanol at a few minutes' walk.

**Fun Fact** - In 1936, Civil War broke out, and Poble Español was turned into a camp for prisoners. It only final re-opened in 1996.



*Barcelona Beach, with the W hotel in the distance.*



*Camp Nou, Barcelona Football Club's stadium.*



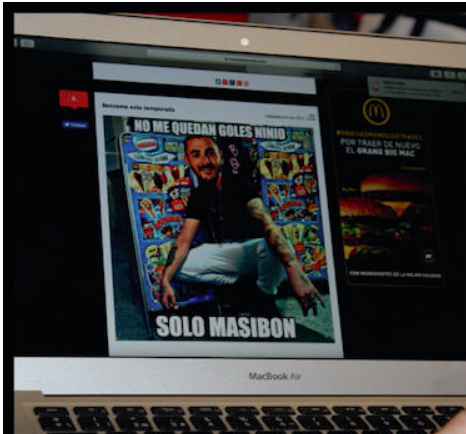
*Poble Español, a miniature representation of the major Spanish regions.*



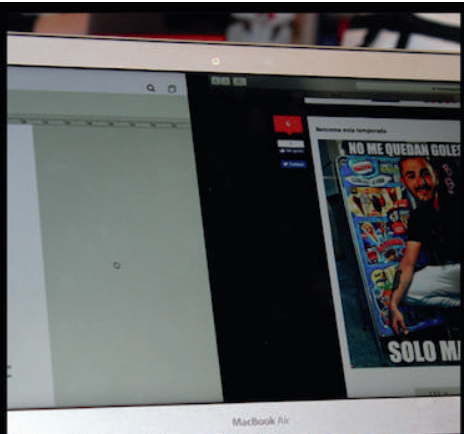
# MEMES

By Sebastian Miano, 10th Grade;  
and Gregg Cotter, 10th Grade.

Memes have taken over the internet in full storm. Their main goal is to make people laugh and have fun. We decided to make memes about the people in school, with situations we can all relate to.



When you are in class looking at memes



Then the teacher walks by so you change tab





# GUESS THE MOVIES, BY EMOJI

By Hovhannes Madanyan, Grade 10



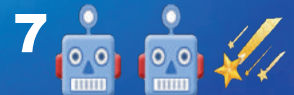
## ACROSS



## 1 Down



## ACROSS



Answers on page 35

# MEET OUR STAFF

*a sneak peek at the Masia staff*

By: Danisa Erriad, Grade 12

## SERGI

*How long have you been working in the Masia?*  
18 years.

*Tell me about your work experience. Where did you work before you became a part of the Masia?*

I started my career by studying in a chef institution. When I arrived here at this company, I needed to expand my knowledge as a dietician. In college, I studied nutrition and learned about healthy options which could complement my previous studies.

*What's your job in the Masia?*

I organize all of the restaurant team, which includes 24 people. I organize all of the services we offer, both here in the Masia, and also the events we organize in the Carpa. I created the nutritional department, and I organize all the orders and service we give to the customers. I also manage the other 4 branches.

*How many hours a day do you work?*

Usually an average worker works 40 hours a week, but I spend about 70 hours a week here on average.

*How do you like the academy? What is your personal goal in your job?*

The academy gives everyone great opportunities. It is a tool for the players and students to use. I've observed many players and students here who don't take advantage of the chance to create an individualized nutritional diet for athletes. If you stay here and don't use this, you lose an opportunity. But if you take this opportunity, it can give you a very important advantage.

*Are you planning to make any changes to the weekly menu for the buffet?*

Every day, every week, every month, and every season, we try to make our service better. We do this by listening to our customers. This is very important because the customer's feedback matters. One of the changes we've made recently is in improving the quality of the energy point.

*Why do we eat paella every Thursday lunch time, and American food every Friday evening?*

The paella of course, is a special tradition here in Spain. American food on Friday nights was proposed by a player 8 years ago, and we liked the idea. Any student can propose new ideas, as long as they participate and promote the change positively, and if we accept the idea, are willing to work on it with us.

*Have you ever cooked for a professional player?*

Yes of course, I've cooked for many professional players: Kuznetsova, Murray, Monaco, Dimitrov, Sanchez Vicario, and many more. I introduced Japanese food to Andy Murray. When he was staying in the academy, I took him for a Japanese feast. Now, after most of his matches, he usually eats around 30 pieces of sushi.

*How busy is your role in the Masia?*

I am always really busy, but if you need something from me, you can always arrange a time.







## MONTSE

Montse! Here is something unique about the Masia as well. Montse happens to be the only lady working at the Masia. She has been working there since December 15, 2016. Although she's the only lady around, she feels happy because her colleagues always support her. She also likes her job very much, "Because my job is vocational. I can talk with many people and I can improve my English." She's a very hard working staff member and her job occupies around 9 hours a day, "*mas o menos*," she said. Montse also loves the special events at the academy, especially the munchkin tournament, because the little kids have lots of energy.



## ESEQUEL

One of the happiest people in the Academy, of course, Esequel. Esequel has been part of the Masia since 2015. Throughout his 2 years of working experience in the Masia, Esequel never ceases to give his best service. He loves working in the Masia particularly because of the working environment and the great customers around. Esequel also has a favorite moment; "Sergi awarded me the best summer waiter," he said. As we notice, Esequel always says, "Hello my friend" to almost everyone. "It is my personal brand," he explained. It's pretty odd how Esequel loves Monday. "Paella on Thursday is very busy, weekends are so busy, and I have less work on Monday," he said. Esequel also wants to grow professionally by maintaining his discipline, effort, and by making constant improvements.

## ANTONIO



Meet Antonio! He's been a part of the chefs' team since 2013. He was inspired by his grandmother; "When I was a child, I watched her cooking, and then I decided to go to a chef institution and saw the importance of being a chef. So, I decided to become one," he said. He also said that the academy provides different ingredients for each season. "For example, now we have a lot of pumpkins, so we try to make many dishes with it," he explained. Antonio is also planning to make more vegetarian dishes and introduce new flavours in his dishes. Above all, Antonio is a very sincere and hard working person. He loves his job simply because he likes to make people happy. "One day, an angry person came to eat my food and his mood changed because the food was good. Food creates a variety of emotions," he explained.

# Interviewing Mr. Hendricks!

By Alex Medina, 12th Grade

**How many years did you work at ES International School? From which dates to which dates?**

I worked at ESIS for 10 years, from August 2007 until August 2017.



**What are some of the things that you learned from ES International School?**

I learned so many things. Where do I begin? I learned how to listen and in turn, to be heard. I learned that athletics and academics can complement each other very well. I learned that learning, real learning, is so much more than a grade, an exam, even a PowerPoint—It is about hands-on experiences, relationships, and making connections. I learned that you can work smarter instead of harder. I learned that learning should have a component of fun to it; otherwise, our memories can forget the experience.

**Which is your best memory of ES International School? Why?**

There are so many great memories to look over and talk about. I remember being a teacher in the classroom, but I remember more about what happened outside of classroom instruction the most—the extracurricular activities, the connections I made with people in different departments on campus, and even the student conflict-resolution meetings which finalized (many, many times, but not always) in revelations and resolutions. Those experiences shaped me and provided profound learning that could not come from teaching with a standard textbook. From my first days opening the 5th and 6th grades with Ms. Miller back in 2007 to collaborating with Ms. O'Keefe for the first ever Spirit Day through Student Council, there are so many great memories to choose from.

I can't tell you how many times I arrived each year at 6:00 in the morning with Ms. Sandilands to set up and decorate classrooms for Halloween, the Oscars, and even Spelling Bees! I even look back in fond memory as the Student Council Advisor and helping the students start our first Thanksgiving and Calçotada.

I chuckle inside about speaking during one of our graduation ceremonies to wish a former Student Council President the best of luck...entirely in Russian! (Somehow, I was understood as there was some laughter and clapping from the Russian-speaking community!) I had crazy ideas and dreams, and ESIS allowed me to chase and live them. If I did have to pick my "best" memory though, I think it would have to be the Spirit Day for my last year at ESIS and actually being part of a winning team—the White Buffaloes! The Buffaloes went through a color change a few years ago since they were previously turquoise and some people actually thought the original color "cursed" the team.



The White Buffaloes with the winning cup.



Each year, this team came last, or next to last, and it started to get, well...a reputation on campus. I always felt bad for the team. So, winning Spirit Day in the spring of 2017 was a very happy (and welcome) surprise for the White Buffaloes. It was a great way to end the year and also for me to end my year, since I was leaving ES International School.

### **Would you recommend ES International School to students and/or teachers? Why?**

Absolutely! It is a great school that is like a big family. The community is kind, helpful, and very supportive. Plus, the school is located on one of the most stunning campuses in Barcelona! Of course, ES International School is not for everyone. There is a sporting element along with the academics that creates a special kind of student—the student-athlete. Athletics and academics are well-respected here, and if someone values both worlds, ES International School is the best place to train and study.



### **What is your life like now that you've left ES International School?**

After saying goodbye to ten years of service at ES International School, I was a bit lost and confused with my daily schedule. I didn't have to get up at 6:30 anymore. I didn't have the standard 8:00-17:00 work schedule either. There were no kids, no parents, to greet and meet as usual. There was just me and a new job search. After a month, I started a new rhythm and routine, and it did not take long for me to find a job teaching with an online school based in China. By October, I was asked by my new school to move near Hong Kong for one year, all expenses paid. I never expected such an offer to come my way, but when life hands you Hong Kong for a year, I decided to take it and learn some Chinese!



The city of Hong Kong where Mr. Hendricks is going to live.

### **What are your personal long-term goals as an educator? Will you stay in education, or do something else?**

I think education will always be part of me, and I will be involved in education in some form throughout my life. I love learning, and I love sharing what I learn. I do think that in the future I will be involved in different aspects of education. I am very interested in the future of social-emotional learning and development. Schools need to keep reviewing the curriculum and seeing what really benefits the well-being of each student for the future. Knowledge is a wonderful (and powerful) thing, yet so is happiness, empathy, kindness, and confidence. Why do we not treat values as subjects in school to study as well? If you want to be happier and kinder, you need to focus time and energy on happiness and kindness. You need to study and practice them. My big long-term goal? To open up my own alternative school which re-looks at what a student studies and applies to his or her life. I have already drawn up a plan for this future school, now I need to build a team and look for investment. It may take a while to open, but all dreams take time.

### **Will you come back to ES International School in the future?**

I don't think so, but you never know. Life is full of surprises.

# ES International School's

# Embarrassing

# Moments

Daniela Garcia  
Eleventh  
Grade

**Arantxa Montero**, 11th grade

When I was younger, one day I was waiting for my mom to pick me up from school. I spotted her car from far away and began to walk towards it. I finally got into the car, buckled up and said 'hi mom' before realizing I was in the car of a complete stranger. I threw the door open and tried to get out but I forgot that my seatbelt was still on so I spent a couple of excruciating seconds struggling with the seatbelt in order to get out! Finally, I was able to unbuckle it and run away.

# 2017

**Birta Thorhallsdottir**, 12th grade

One time, in math, my teacher asked me what 3 plus 1 was and I answered 6. Soooo embarrassing!

## **Anonamous Funny Stories:**

My clearest memory from highschool is when my friend asked me if I had brought gym clothes, and I looking her dead in the eyes when I asked "Who the heck is Jim?"

So, I meant to say "Oh man, I left my phone in my car," but what I almost said was, "oh no I left my cone in my phar". That would've been embarrassing, but I caught myself first, and what I actually said was "oh, my fart cone."

**Karina Crivtonencu** 10th grade

Once I was skiing with my sister in Austria when we decided to go on a harder slope than we usually do. When we got to the top, we saw a couple of cute boys and we decided to follow them down the slope. While we were skiing to the bottom, my attention was completely focused on the guys instead of the slope. They were skiing pretty well and fast, so in order to make sure we could follow them all the way down, I began to speed up. On the way, I fell and began to tumble down the mountain. The fall was so bad I had to go to the hospital, and I almost broke my neck. My sister quickly rushed to my side and as I turned over from my face plant in the snow, I looked up at me in excruciating pain and the only thing I said was, "Oh no! We lost the boys!"

**Danisa Erriad** 12th grade

Once in class I opened my laptop and at full volume the chicken song started to play...I don't know how, I just have it downloaded on itunes!



# A TOUCH OF MOTIVATION

By Ahmed Isik, 10th Grade

Sometimes I lack motivation to do my best each day, and when that happens, I have to find my motivation again. Two people who particularly inspire me are Rafael Nadal and Serena Williams. Find out what motivates others in ES International School?

**Rafael Nadal** - "I play each point like my life depends on it." This phrase helps me to play matches more aggressively. It makes me want to fight harder for every single point.



*Rafael Nadal*

**Serena Williams** – "You have to be fearless to have success." This motivates me as I think it describes who



*Serena Williams*

I am. Furthermore, it can help anyone to succeed on and off the court as well.

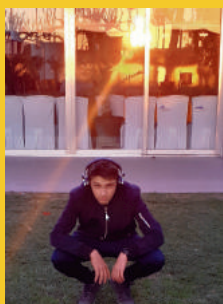
**Franco Marinetti, 10th grade** –

"Adapt or die. This comes from Charles Darwin's theory which is that either you adapt to the

conditions, whether they are good or bad, or you die." Franco Marinetti migrates to different countries quite often and so this thinking helps him to adapt to conditions and new environments he is not used to. As a result, he never has any trouble adapting and making friends. Whenever he thinks about this quote, instead of getting upset and uncomfortable, he adapts and moves forward with a positive attitude.



*Franco Marinetti, travelling in Dubai*



*Hovhannes, listening to Russian music.*

**Hovhannes Madanyan, 10th grade** – "Music motivates me". Whenever Hovhannes needs motivation, he always listens to music. His favourite genre is Russian rap. The way this music helps him is that he lies on his bed and forgets about all the bad things that have happened, for example, losing a tennis match, which is always mentally devastating. For Hovhannes, this method lifts his spirits so that for the next match he can go out there and tear up the courts and get the victory.



*Ms. Natalie Joyce, Literature teacher.*

**Ms. Joyce** - "I guess the thing that motivates me the most is self motivation and to make decisions to live a fulfilled life." Ms Joyce right now feels pretty motivated as she has people around her who love and support her very much in her decisions and that helps her a lot mentally. Although for Ms Joyce, it's very important to be self-motivating and for her that only really comes when you choose your own path in life and are happy with what you do.



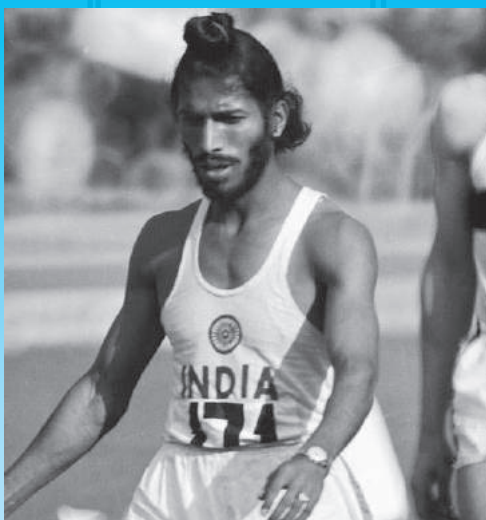
# BHAAG MILKHA BHAAG

## MOVIE THAT INSPIRED ME...



This movie is based on India's most hard working track and field athlete, Milkha Singh. The movie tells of his journey from a village runner to world class athlete.

He was born in Punjab on 20th November 1929. As a young boy living in a rural area, he had the habit of running the 10 km distance to reach his school. Milkha Singh loved to run ever since he was a child.



In the movie, Singh's life started with struggles when he was a child. The film shows the blood, sweat and tears that went into shaping the champion and how he earned his position as a world class athlete.

The partition of India in 1947 caused chaos in the country, which resulted in mass religious violence in Punjab, which is in British India. Hindus and Sikhs were targeted and mercilessly killed in Punjab. Milkha escaped to Delhi in 1947. Later on, He tried to join the Indian Army, but he was rejected and only on his 4th attempt was he finally selected for the army. In 1951, he was stationed at the Electrical Mechanical Engineering Centre in Secunderabad. He was selected for special training in athletics after finishing sixth in a compulsory cross-country run for new recruits.

He was also selected for special training in track and field. Realizing that he had potential, Singh was determined to become the best he could. He started training five hours a day, often running on difficult terrains like hills, on the sands on the river banks, and even racing at times against a speeding train. His training was sometimes so intense that he would be sick with fatigue.

Once, some of Singh's opponents drove nails through Milkha Singh's leg before the

competition so he wouldn't be able to compete. Despite this, Milkha Singh ran the race, refusing to listen to his coach, with blood pouring from his foot. The best part of the story is that he broke the national record of 400m in India.

Singh was the first Indian male athlete to win an individual athletics gold medal at the Commonwealth Games, and General Ayub Khan of Pakistan gave him the nickname of "Flying Sikh".

In the year 1958, Singh won many major events. He won gold medals in the 200m and 400m competitions at the Asian Games, and another gold medal at the 440 yards' event in the Commonwealth Games. He was given the Padma Shri Award, India's fourth highest civilian award, in 1959 for his glorious achievements in the field of sports. He won gold medals in the 400m and the 4x400m relay in the 1962 Asian Games.

When I watched this movie, the character of Milkha inspired me and I started playing tennis more aggressively. I work hard on and off the court.

The best thing I learned from this movie is to never give up. Discipline is the key to

success, and the sort of discipline that serving in the armed force gives was most likely a key factor in making Milkha Singh what he finally became.



Milkha Singh inspires me a lot as a sportsperson. I would like to invite you to watch this movie, it doesn't matter where you are from, you should watch this movie. He made India proud at an international level in Track and Field in the Asian Games, the Commonwealth Games and Olympics. We feel proud to have an athlete like him.

Would you like to watch this movie? I was able to find an online version English subtitles here:

<https://einhutan.tv/movie/watch/2665/?lang=hindi>





By - Bhanu Suthar, 12th Grade

# BHANGARH - HAUNTED PLACE OF INDIA



Two years ago, I visited the scariest and most haunted place in India - Bhangarh. You might believe in ghosts or not, but this place is real. If you don't believe in ghosts, then just visit Bhangarh, and you will see how scary it is. Since childhood, I had heard about the place, but I never imagined that I'd get this close.

Bhangarh is located in the Alwar district of Rajasthan. The Sariska Tiger Reserve is nearby. The Bhangarh fort is well-known for its rich history and paranormal incidents. Bhangarh Fort is currently owned by the Government of India, but the town was established by King Bhagwant Das in 1573. He had two sons: Man Singh and Madho Singh. The town was ruled by Bhagwant Das's younger son, Madho Singh, who established this mysterious and haunted fort in 1613. Bhangarh is beautiful when you visit it during the daytime, but at night time, it's another story.

I have a crazy friend who is a traveler. His name is Akshay and on April 29th, 2015, he asked me to go to Bhangarh with him. I was shocked and told him he was crazy, but I was intrigued by the idea, and immediately said that we should also take Gorav and Kuldeep with us. If we got in trouble with them there, we figured we would be able to handle the situation. Akshay asked me to convince them to come, and I talked with them for at least 30 minutes to explain the plan. They both agreed eventually. I invited both to come to Akshay's house. We gathered there on 30th April, 2015 and we planned to leave on May 2nd. Akshay was the mastermind of this trip. He told us exactly what we were going to do, and we were happy to go along with it.

We all asked and got permission from our parents to go on the trip. We were also going to Alwar to celebrate one of my friend's birthdays, so our parents had no problem letting us go. At that time, I was 16 years old, but Akshay was 19 years old and he had a driving license.

On May 2nd, we set off on our long journey and we reached Alwar City the next morning, on May 3rd. We freshened up in the hotel, very aware that Bhangarh Fort was only 90 kms away now. Akshay told us that we would leave for Bhangarh in the evening and we would try to stay overnight. Time passed very quickly and suddenly it was time to leave for Bhangarh, where we arrived at 6pm in the evening. The place already looked scary by then, and our journey was weird, as we got lost on the village was a little unusual. It was getting



*Bhangarh Fort in India*

late and the sun was setting. We saw a huge signpost warning us "Entry to the Bhangarh Fort is prohibited after sunset". Two security personnel were guarding the entrance to the fort. They stopped us and told us that we could not go in at night time. I

thought this would be the end of our journey; however, Akshay convinced them to let us go, trying to give some money to the security personnel, although they wouldn't accept it. I didn't feel comfortable with this, but we'd come this far and couldn't turn back now.

In the end, we were allowed to enter, possibly risking our lives in the process. We had torches and cameras, and it was now 9 o'clock at night. Everyone was afraid, except Akshay.

There were many old hills inside the fort, and we had no coverage on our phones. That was when the fear really set in. We put on the torches and we had the camera on recording mode. For a while we had the sensation that someone was

following us and as we went in, we heard something strange. It seemed like someone wanted to say something to us.

That was when we really freaked out and decided to turn back, but in the darkness we were unable to find the way. I said to the others:

"Let's hold hands so that nobody will get lost, and nothing can get us".

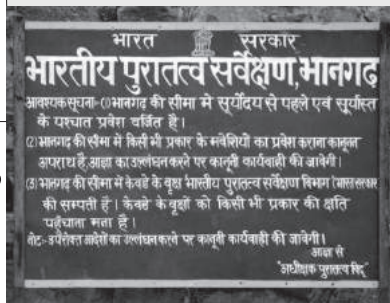
This was by far the scariest journey of our

lives. We were all terrified after hearing the unusual sounds.

With a huge amount of relief, we finally saw a street light in front of the fort entrance and knew we were out. There was nobody at the entrance: just our car. It was already 11 o'clock at night, so we left as fast as we could.

After reaching the hotel in Alwar at 12.30 AM at night, we revised the three cameras. We all gathered in Akshay's room and checked the recording. Despite the video recording mode being on, there was no recording stored in the camera.

After this incident, we decided that we would never go back to Bhangarh again. We also decided that we would try to forget the incident altogether. The next day when we reached home, my friend Akshay had a 103 degrees' fever. Akshay forbade us from telling his parents about this incident. It was a scary experience for me, Akshay, Gorav and Kuldeep, and it was a long time before I was able to sleep soundly again, and stop thinking about the scary things we heard and saw.



*Warning to stay away from Indian government*

# Student's deepest thoughts

by Alex Medina, 12th Grade

If you could only take one thing to a desert island, what would it be, and why?

A fueled helicopter to quickly get home. **Anton Korolev, 11th Grade**



I would take a phone with unlimited battery and 4G. **Galateia Mesochoritou, Grade 10th**



I would take a person probably because the worst thing is loneliness since it can drive you crazy. **Mina Starcevic Grade 11th Grade**

Would you rather travel to the future or to the past? Why? What would you do there?

I'd go back to the past because I don't want to know my future. There are things in my past which I want to change so I'd do that. **Jasmine Saunders 11th Grade**

I would travel to the future, I would look at past lottery numbers and horse racing winners. I would then travel back and win millones. **Matthew Wilson, 10th Grade**

I would prefer to travel to the future since we already know so much about the past. I would use it to see how much everything has changed. If I was there, I would try to just live a typical day in my life and get lost. **Alison Doherty 10th Grade**



I would go to the past and see the dinosaurs. **Birta Thorhallsdottir 12th Grade**

If you knew you were going to die tomorrow, what would you do today?

I would take my debit card and go to the nearest pet store and buy loads of puppies and play with them for the whole day. Then I would give them to each member of my family so they can remember me through them. **Jasmine Saunders 11th Grade**



I would go to the beach, watch the sun go down and rise, and think of all the best moments in my life. **Bonifacy Varisella 9th Grade**



Pretty much I would do in 24h everything I could. I'd go skydiving, go partying, then spend my last moments with family. Then, I'd donate my organs. **Sergiu Celebidachi 11th Grade**

I would bring together all my relatives and friends and spend time with them. Then I would write a long essay about the world, about my family, my home-country, and about my philosophy of life, looking at our reason for existence and life. **David Ayrapetyan 10th Grade**

I would be honest with everyone and try things that I would never normally do, because I'm normally too embarrassed to do them. **Anton Korolev 11th Grade**



## Finish the sentence: I wish there were no more...because ... .

I wish there were no more mosquitos because they are annoying. **Galateia Mesochiritou 10th Grade**

I wish there was no more famine because I believe everyone should have a shot at life. **Greg Cotter 10th Grade**

I wish there were no more terrorist attacks because the world does not deserve them. Lots of people die for no reason. **Karina Crivtonencu 10th Grade**

I wish there were no more bad stereotypes because they kill the common sense of human beings. **David Ayrapetyan 10th Grade**

I wish there were no more problems because I want to live happily. **Kerem Subasi 11th Grade**



## What makes you feel safe? Why?

I feel safe when someone cares about me. **Carlos Serinana 11th Grade**

My mum and food make me feel safe. **Galateia Meschoritou 10th Grade**

My brother makes me feel safe because I live with him and he supports me in whatever I do. **Mina Starcevic 11th Grade**

I feel safe when I have knowledge because then I am able to understand the world around me and make decisions. **Joseph Daly 11th Grade**

Justice makes me feel safe because if there was justice everywhere in the world, there would be fewer problems. Now I mostly feel safe, but when I realize that some people can't even buy some bread, I start to feel uncomfortable and not safe. **David Ayrapetyan 10th Grade**

## If you had a choice between 1) traveling all over the world and never returning to your country; or 2) staying in your country forever, and never leaving it, what would you chose? Why?

As I am Armenian, I would stay in my country forever. Armenia is having troubles now and the population is decreasing fast. The best thing to do is to stay in your home-country and support it. I've promised myself to come back in my home country some day. **David Ayrapetyan 10th Grade**



I would choose travelling all over the world and never returning home, because my family would come visit me, and I think that what makes every country special is the people that you meet; not the place. **Mina Starcevic 11th Grade**

I would rather travel all over the world. There is so much to see in the world, from different experiences to different cultures, different food etc. If I could not leave my country, I would feel trapped and in a way deprived from seeing and experiencing what the rest of the world has to offer. **Alison Doherty 10th Grade**

# Catalan Cuisine

*By Marcos Villalonga, Grade 11; and Carlos Serriñana, Grade 11*





# Catalonia, The Best Place To Eat



Gastronomy in Catalonia is really important and Catalonia ranked as the eleventh place in number of Michelin stars in the world (it has 30 in total). This is mainly thanks to el Bulli, a really successful restaurant on the Costa Brava, which was one of the first restaurants that started this philosophy of constantly tasting different kinds of combinations of food from different places in the world.

In Catalonia the most famous restaurants since el Bulli closed six years ago are Abac, Dos Cielos, and Can Roca.

## AbaC

AbaC is a restaurant with three Michelin stars located in Sant Gervasi (Barcelona). The chef of the restaurant is Jordi Cruz, also well known to be one of the judges in Masterchef Spain. At the age of 14, Cruz started working in a restaurant called Estany Clar de Cercs, and at the age of 24, he achieved his first Michelin Star. He is recognized as the youngest person in Spain to ever achieve this award.



In 2010, he moved to ABaC Restaurant & Hotel, and this is by far one of the most exclusive places in town. It was named The Best Restaurant in Catalonia by the Catalan Gastronomy Academy in 2011, and in the same year, the restaurant got its second Michelin star. This year (2017), it won its third Michelin star, and this means that they have achieved the highest ranking in restaurant qualifications.

## Dos Cielos

On the 24th floor of the Meliá Barcelona Sky hotel, the brothers Javier and Sergio Torres lay on the high cuisine in Dos Cielos, a



restaurant surrounded by views of the Mediterranean Sea, the mountains and the city. In recognition of this high quality, Dos Cielos already has its first Michelin Star, in addition to the award for the best Restaurant of the Year (2010) awarded by the Catalan Academy of Gastronomy.

Carlos Serriñana can vouch for the restaurant: "I went there in December 2016. In my opinion this restaurant is really good and I loved all the dishes that they served to us. The views from the table and the terrace were beautiful, as they have a 360 degree view of Barcelona.

## Sergio & Sergio Torres

In their kitchen these chefs try to transmit memories and experiences that they lived in both their professional and personal careers, using the best ingredients and the most exclusive products, as well as the most innovative techniques. Dos Cielos restaurant offers a variety of high cuisine dishes, as well as a seasonal tasting menu.

## El Celler de Can Roca

In Girona, a small city only one hour away from Barcelona, there is one of the most popular 3 Michelin star restaurant called Can Roca, the restaurant is owned by the three brothers (Joan Roca, Josep Roca and Jordi Roca). Jordi is in charge of the desserts and Josep and Joan prepare the main dishes.

There are two menus: the shorter Classical menu has around seven courses (plus snacks) and



features established favourites such as 'prawn with vinegar' (prawn juice, crispy prawn legs, prawn velouté) and Jordi's edible perfumed desserts; the longer menu offers 14-plus courses. Highlights might include an opener of an onion flower with comté cheese, cuttlefish with sake and black rice sauce, and charcoal-grilled lamb consommé.

# Q&A WITH ASC COACHES!

Have you ever wondered what your coaches were like when they were teens? Read on to find out about the fascinating lives of some of the excellent ASC coaches!

## Moe Ghoreishi

### **Where did you grow up?**

I grew up in Kuwait, but I am Iranian.

### **When did you start playing tennis?**

I started playing when I was 6.

### **What were you like as a student?**

I didn't have any problems in school, I was an average student, and I listened in the classroom. My favorite class was maths, but at home I didn't study at all. In my free time, I played tennis or football instead of studying.

### **What is your favorite part of your job?**

When I see a player working hard with discipline and when I see players improve and grow and get on the correct path to success.



*Moe with professional player Grigor Dimitrov in ASC.*

*Did you know that Moe and Grigor Dimitrov were roommates at ASC?*

## Victor Garriga

### **Where did you grow up?**

I grew up in Caracas, Venezuela. I started playing tennis in Caracas when I was 5.

### **What is your favorite part of your job?**

To be part of the growth of our athletes. After many years sharing your life with the players, they appreciate your help and commitment. As a coach, you always remember how small someone is when they start the journey at the academy, and you feel proud on graduation day or after a few years when they come back to visit.

### **Famous tennis friends?**

David Souto (top 200 ATP) and (top 10 ITF)

Roberto Maytin (top 500 ATP) and (20 ITF)

David Navarrete (top 500 ATP) and (13 ITF)

These rankings show how hard the transition is from a top junior to a professional!

### **What is your biggest wish for the future?**

To keep being part of the growth of the next generation of our players, not only as a tennis players but also as people.



*Victor travelling with players to ITF tournaments*



# Ash Webster

## **Where did you grow up?**

Glossop, a small village outside of Manchester.

## **What is your biggest wish for the future?**

To make an impact on people's lives, through creating opportunities in tennis and in life. Regardless of their background whether rich or poor, old or young, with a disability or not, I want to reach people through tennis.

## **What is your favorite part of your job?**

Seeing the improvement and transformation of people regardless of their goals. Tennis is not just about the match it is about growing the whole person in order for them to reach their full potential and fulfillment.

## **Did you have any friends that made it into ATP top 100? WHO?**

Liam Broady is ranked around 160 ATP but was the world no. 2 junior ITF.



Ash Webster, training the future stars of tennis at ASC!

# Alvaro Pino

## **Where did you grow up?**

I was born in Huesca, a town in Spain, but then grew up in Cordoba. When I was 5, I moved to Barcelona!

## **When did you start playing tennis?**

My first sport was karate and then I played football. I was a professional footballer, playing in second division. When I was 12, I started to play tennis.

## **Did you have any friends that made it into ATP top 100? WHO?**

Yes, I have many, like Gabashvili, Nadal, Ferrer, Almagro and Dimitrov.

## **What is your biggest wish for the future?**

To be healthy until I die. In tennis, I would also love to build a player and bring him or her to the top of their game.



Alvaro Pino, ASC Coach

# 5 Reasons To Play Tennis

By Kerem Subasi, Grade 11

## 1) Longer Life

Scientists say that tennis is one of the healthiest sports. It delivers physical, mental, and emotional gains, and extends your life. Aggasi is a perfect example for this title, because he still plays tennis and he is in his sixties.



*Tennis = happy life!*



*Pato Alvarez, 83 years old, and still coaching!*

## 2) Happier Life

We already know from No. 1 that tennis engages your mind and body at the same time, but this also makes you happier in general. Tennis players have more confidence, are more socially interactive and are less stressed.



*ES International School provides tennis players with the flexibility they need to succeed.*

## 3) Flexible School

Tennis players all around the world, especially the ones who play a lot of tournaments, miss school, and if they go to a school that is understanding of their sport, they are able to recuperate any work they miss, with more flexibility from their teachers.



*Many winning points are achieved through tactical thinking and strategy.*

## 4) Mental Development

Tennis requires complex problem solving and tactical thinking; for example, players usually visualize the point before serving. Most professional tennis players, as a result, are really good at solving problems.

## 5) Valuable Life Lessons

Youngsters who play tennis develop a good work ethic, learn sportsmanship, manage their mistakes, learn how to work as part of a team, and develop many more healthy habits.



*Many youngsters learn valuable life skills and values from the sport of tennis.*



# ATP vs ASC

How do ASC players compare to the top ATP players? The camera says ASC players looks great!

By Hovhannes Madanyan 10th Grade

Gael  
Monfils,  
ATP Player



**VS**

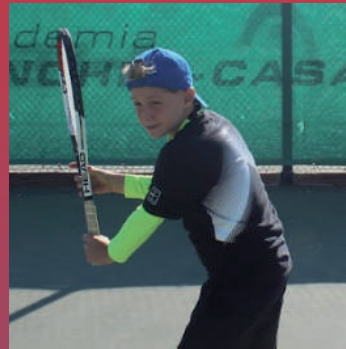


Jean  
Christian  
Morandais,  
9th Grade

Denis  
Shapovalov,  
ATP Player



**VS**



Konstantin  
Gogeliya,  
7th Grade

Roger  
Federer,  
ATP Player



**VS**



Hovhannes  
Madanyan,  
10th Grade

Novak  
Djokovic,  
ATP Player



**VS**



Jovanov,  
Borjan,  
8th Grade

Rafael  
Nadal,  
ATP Player



**VS**



Kazuki  
Saito,  
ASC Player

# When Tennis gets Weird

by Pedro Norte, 10th Grade

*Did you ever notice your favourite tennis players engaging in some weird routines? Check out their unusual routines here.*

**Rafael Nadal** is one of the best examples of a player with weird tennis routines. Rafael Nadal never touches the lines, always organizes his bottles carefully, has a lot of tics and when he wins a trophy, he always gives the trophy a kiss, followed by a bite.



*Rafa Nadal and his strange tics*

**Roger Federer** is another good example. His favourite number is 8. Federer won Wimbledon eight times, was born on the eighth day of the eighth month, and before starting a match he wants to serve eight aces,



*Roger Federer,  
born on 8/8/81*

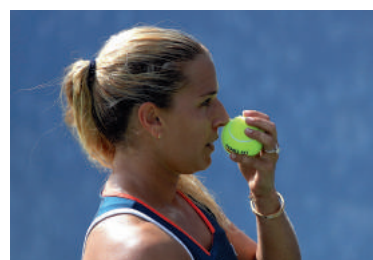
always takes eight bottles, eight rackets and eight towels to the court.

**Novak Djokovic** always bounces the ball a lot of times before serving. In 2007, Djokovic bounced the ball 38 times before serving during a Davis Cup match against Australia.



*Djokovic bouncing the ball*

Now we move onto female tennis players, and **Dominika Cibulkova**, gives us one of the best examples of weird tennis behavior. Cibulkova, before serving, always smells the ball. Last year she did an interview where she said that she can differentiate tennis balls by their smell. Serena Williams before the first service always bounces the ball five times, and twice before the second serve.



*Cibulkova smelling the ball.*



# WHEN TENNIS GETS CRAZY

By Kerem Subasi, 11th Grade

## Gael Monfils Wowed The French Open Crowd With His Dancing Skills

This French tennis player's opening dance routine provided one of the most entertaining moment in the tennis world. During the French Open kids day Monfils took his chance to show off his break dancing skills, complete with flips, spins and other phenomenal moves.



*Gael Monfils doing a back flip.*



*Mardy Fish's epic accident!*

## Kim Clijsters Had A Male Fan Put On A Skirt And Play A Point

Kim Clijsters was having a bit of fun in her match asking the crowd whether she should serve sides or down the middle. A man in the crowd suggested "body" Clijsters laughed in reply, "You said body? Why don't you go there?!" the man instead of backing off went on the court, but Kim was not quite happy with the man's tennis outfit so she gave him a white skirt. You should CHECK IT OUT IN YOUTUBE. It's hilarious.



*Kim Clijsters helping a fan from the crowd to don the compulsory white skirt at Wimbledon during the summer 2017 tournament.*

## Roger Federer Has Decided To Create A Boyband

Roger Federer, Tommy Haas, Haas's dad at the piano, and Dimitrov relax in between tournament matches to sing the song "Hard to say I'm sorry". They actually sing it pretty well. You should check it out on youtube.



*Federer, Haas, Haas's dad at the piano, and Dimitrov singing between matches.*



# Grades 2-4



(L-R) Daly, Patrick; Gimenez Espinosa, Thais; Gurvits, Elena; Emma, Philip; Gurvits, Aleksander

# Grade 5



(L -R) Daraban, David; Malak, Banu Selvi; Ardavichus, Anastasia; Tvizer Miller, Ariel



# Grade 6



BR (L-R) Marinova, Patritsia; Grossschmidt, Sofia; Hejazi, Salma; Jovanova, Iva; Melamet Zavarov, Lal; FR (L-R) Ardavichus, Ivan; Miano, Zachary;

# Grade 7



(L-R) Emma, Alexander; Kolganov, Kirill; Liu, Langrun; Ferlito, Alice; Gogeliya Konstantin; West, Ryan



# Grade 8



BR (L-R) Jovanov, Borjan; Arora, Chirag; Shah, Kael; Olivier, Pieter-Roux; Sauliuc, Emilia; Clements Sodre, Cloe; Daly, Alicia, FR (L-R) Suter, Davide; Utrilla Ramirez, Luis; Edara, Aneesh; Chapides, Andreas  
Absent: Meyer, Sebastian; Meyer, Syver-August;

# Grade 9



BR (L-R) Ichikawa, Akari; Morandais, Jean-Christian; Laporte, Damien; Ortega Gomez, Hugo; Kaloian, German; Grossschmidt, Elena; Mkrtumyan, Artem; Gazivoda, Milo; Hernan Cobos, Hugo; Baldwin, Sam; FR (L-R) Suter, Fabio; Tvizer, Hagai; Cebey Ripoll, Alex; Ayrapetyan, Arsen; Salmeron Catalan, Hugo; Sanchez Delgado, Javier; Rosales, Moshe Emiliano;  
Absent: Varicella, Bonifacy; West, Gavin



# Grade 10



BR (L-R) Agusti Mazza, Irene; Ceesay, Djara; Ayrapetyan, David; Dranchenko, Kirill; Zamora, Patricio; Paleev, Nikolai; Miano, Sebastian; Shah, Kean; Isik, Ahmed; Rocha Cue, Mikel; Crivtonencu, Karina-Stefania; FR (L-R) Campelo Leitao, Rui; Norte, Pedro; Kanazirev, Nicholas; Madanyan, Hovhannes; Wilson, Matthew; Kaydashov, Ruslan; Cotter, Gregg; Molinari, Vittorio, Marinetti, Franco; Absent: Doherty, Alison; Mesochoritou, Galateia

# Grade 11



BR (L-R) Celebidachi, Sergiu; Magow, Abhinav; Lehman, Ava; Montero de Espinosa, Arantxa; Garcia Romanos, Daniela; March Okuyama, Clara-Kei; Starcevic, Mina; Saunders, Jasmine; Daly, Karina; Ross, Matthis; Vilallonga, Marcos; FR (L-R) Serriñana Esteve, Carlos; Ardavichus, Nikita; Daly, Joseph Delfino; Korolev, Anton; White, Joseph; Subasi, Kerem  
Absent: Hotis, Ryan;



# Grade 12



BR (L-R) Medina Puigmarti, Alex; Bascuñana De Miguel, Clara, March Razakamanantsntsoa, Aina; Lopez Giese, Laura; Sanchez-Vicario, Julia; De Carli, Sharon; Erriad, Danisa; Thorhallsdottir, Birta; Sokolova, Sofiya; Atlangeriev, Alikhan; FR (L-R) Cekirge, Kuzey; Herrera, Diego E. Moura; Feliu Gomez, Marc; Muñiz Hidalgo, Antonio; Barrera Beltran, David; Dhamija, Shivit; Suthar, Bhanu; Ferrer Ramos, Jordi: Absent Caro, George; Mihaylova, Eleanore

# The Faculty



BR (L-R) Aisling Lawless ; Manuel López; Paul Gaudin ; Anastasia Nika ; Gonzalo Ríos; Simone Baroni; Natalie Joyce; Abigail Hatto; Jacqueline Boerkamps; Geoffrey Greene  
FR (L-R) Monique Nuñez; Mónica Sainz; Laura Garcia; Gloria Delgado; Joanne Burns; Laura Jimenez; Yolanda Rodriguez; Harriet Sandilands; Caitlin Billing; Eimear Wynne; Jamie Fulcher; Adela Gavozdea: Absent; Carlos Lizardi; Jennifer Ferrara



Compiled and designed by Ruslan Kaydashov, 10th grade

**A**

# cademy Sanchez-Casal Programs

## Tennis & School

**U12**



## Annual Program

### EDUCATING STUDENTS-ATHLETES

The ASC Annual Tennis + School Program is the ultimate expression of the Academy's mission: creating opportunities in tennis, in education, and in life. We offer the best high performance tennis training combined with an excellent academic education in our own school, ES International School, located inside the Sánchez-Casal Tennis Academy facilities.

The Annual Tennis + School Program provides optimal conditions for our students-athletes to reach their maximum athletic performance and continue with their studies at the same time.

Information compiled from the Academia Sánchez-Casal website at [www.sanchez-casal.com](http://www.sanchez-casal.com). More information is available online.

The annual U12 Tennis + School Program reflects the spirit of the Academy: creating opportunities in tennis, in education, and in life. This program is of moderate intensity and is adapted to the needs of players in 2nd to 5th grades who want a less intense daily training program.



Academia Sánchez-Casal and ES International School provide the perfect combination of optimal conditions for our students-athletes to reach their maximum athletic performance and continue with their studies at the same time.



## Int. Exchange

Sanchez-Casal is the only tennis academy in the world to have training centers in Europe (Barcelona), the USA (Naples, Florida) and in Asia (Nanjing, China). The International Exchange Program offers the exclusive opportunity to pursue personalized and comprehensive academic studies and training in both the European and American centers as an elite player, earning an international High School diploma from two continents.





# OUTTAKES

