

e o  
escola oficial d'idiomes

Viladecans

# info

Butlletí de l'Escola Oficial d'Idiomes de Viladecans



Match the questions to the figures that you have in the green squares

60'	How many deaths have vaccines prevented in the last twenty years?	18 million
4 million	How many children develop asthma due to air pollution annually?	How many health workers are needed to achieve universal health coverage by 2030?
37 million	How much physical activity do children need daily? And adults?	75' or 150' (if it's moderate)

How many deaths have vaccines prevented in the last twenty years? (60) And adults? (75 or 150) If it's moderate exercise

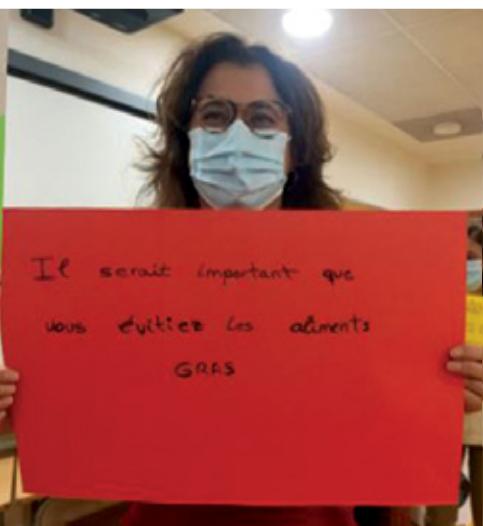
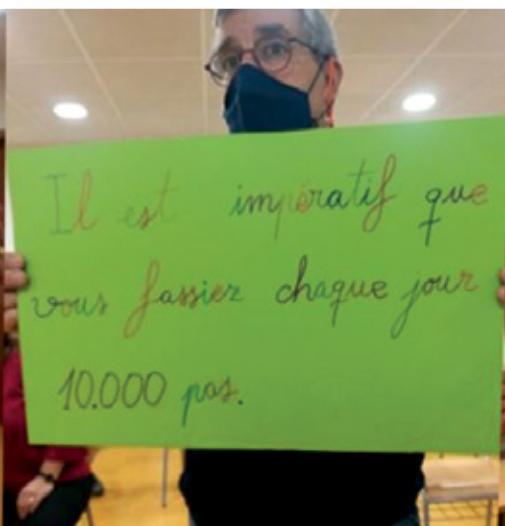
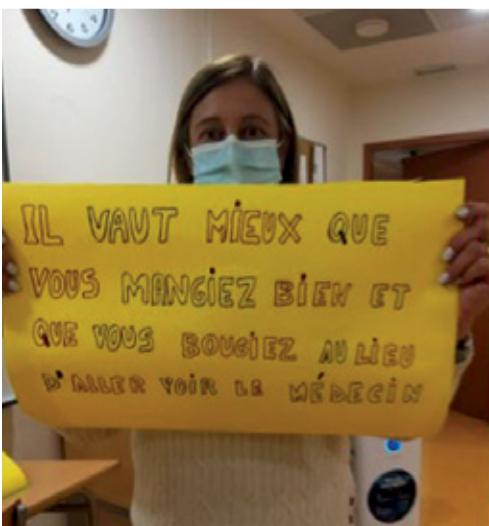
How many health workers are needed to achieve universal health coverage by 2030? (4 million)

How many children develop asthma due to air pollution annually? (37 million)

How much physical activity do children need daily? And adults? (75' or 150' if it's moderate exercise)

ANSWER KEY

## En aquest curs 2021 - 2022 hem treballat l'objectiu 3





envolgit alumnat de l'EOI de Viladecans i del CPD de Sant Boi de Llobregat i tota la comunitat educativa en general.

Us tornem a compartir un nou exemplar de la revista de l'escola, ni més ni menys que el número 12!

Es tracta d'un exemplar fet entre totes i tots, que recull els treballs dels alumnes a les aules, les activitats culturals, entrevistes a l'alumnat, projectes, activitats del professorat, recomanacions de la biblioteca, alguns entreteniments, els cursos d'estiu i les activitats de l'agenda 2030.

Com veieu hem dedicat aquest número de la revista a l'agenda 2030 i en particular a l'Objectiu de Desenvolupament Sostenible 3. Aquest objectiu se centra en garantir una vida sana i promoure el benestar per a totes les persones de totes les edats. Per a nosaltres ha estat una experiència molt enriquidora poder treballar aquest tema a diferents nivells i a tots els idiomes. És la nostra intenció anar treballant a les aules els objectius de l'agenda que el Departament d'Educació recomana que es tractin de manera transversal amb la idea de conscienciar sobre les diferents temàtiques de cada objectiu. Esperem que us pugueu trobar i reconèixer en algunes de les mostres dels treballs que es van realitzar a les aules.

Per a nosaltres aquest curs ha estat molt especial amb la tornada a la presencialitat total a les aules. Ja sabeu que des de la nostra perspectiva l'aprenentatge de llengües sense la presencialitat i el factor humà perd un dels seus principals components. Poc a poc esperem recuperar la normalitat absoluta i tornar-nos a veure les cares i sentir les veus, l'ent��ació i els accents sense interferències. Aprofitem per agrair-vos la vostra feina, la presència a classe i el vostre esforç. Sense el vostre suport, no ho hauríem aconseguit.

Volem parar especial atenció a les diferents entrevistes que ens heu concedit. Es tracta d'una petita experiència que vam començar el curs passat i que ens permet descobrir els talents que teniu i que voleu compartir amb la resta. Recordeu que podeu trobar algunes d'aquestes entrevistes i els tresors que amaguen al canal de YouTube de l'escola.

Esperem que aquesta revista arribi també a l'alumnat participant en els diferents projectes de l'escola, FP&EOI Together i el Programa de Certificació en Llengües Estrangeres. La seva participació en aquests projectes ens fa créixer en coneixement.

Ens vam acomiadar el curs passat amb un desig de tornar-nos a trobar de manera presencial a les aules i poder-nos veure les cares i els somriures. Hem aconseguit una part important, però encara ens falta una mica per arribar al cent per cent. Segur que el proper curs el desig es podrà materialitzar i deixarem enrere aquests anys de malson que ens ha tocat viure.

Esperem que tingueu molt bones vacances, que descanseu i agafeu energia per al proper curs.

Rodrigo Alonso  
Director EOI de Viladecans

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# Cursos d'estiu a l'EOI

Aquest mes de juliol reprendem l'oferta de cursos especials d'estiu totalment presencials. Si vols millorar el teu alemany, anglès, francès o japonès, no ho dubtis apunta't ja!

**Fes la teva preinscripció al formulari que trobaràs a la nostra web:  
[www.eoiviladecans.com](http://www.eoiviladecans.com)**

Si ets alumne de l'escola pots fer la matrícula del 17 de maig al 3 de juny i si no ho, et podràs matricular entre el 18 de maig i el 6 de juny o fins exhaurir les places.

**Afanya't! Les places són limitades.**

I recorda que si ets docent, aquest curs està reconegut com a activitat de formació del professorat.



## La Jornada Bones Pràctiques del Baix Llobregat



El passat 25 de març va tenir lloc la primera Jornada d'intercanvi de bones pràctiques a l'aula de les EOIs del Baix Llobregat. Hi van assistir gran nombre de professors i professores, directors i directores d'EOIs, les inspectores d'Educació i el director dels serveis territorials del Baix Llobregat. Quatre de les nostres professores ens van presentar dos projectes que s'han dut a terme a l'EOI de Viladecans i CPD de Sant Boi durant aquest curs.

La Marina i la Vanessa, professores d'anglès, ens van explicar el seu projecte col·laboratiu d'aprenentatge conjunt entre les nostres dues seus: "Building an online community". S'ha realitzat amb els alumnes de 4t d'anglès.

La Fanny i la Susana, professores d'alemany, ens van ensenyar com hem treballat durant aquest curs a l'EOI de Viladecans i CPD de Sant Boi els Objectius de Desenvolupament Sostenible del Pla d'Acció Global de l'Agenda 2030. Es tracta d'un projecte de centre, per tant hi han participat els alumnes de tots els nivells i llengües que s'imparteixen a l'escola.

# Arnau Rebollo, notre bénévole le plus engagé

## Bonjour ! Est-ce que tu pourrais te présenter ?

Je m'appelle Arnau Rebollo et j'ai 25 ans.

## Qu'est-ce que tu fais dans la vie ?

Je travaille comme ingénieur électrique, mais j'ai beaucoup travaillé comme moniteur de colonie de vacances avec des enfants et des ados. Voilà pourquoi j'ai une certaine expérience sociale et surtout avec les enfants.

## Pourrais-tu te décrire en trois mots ?

C'est difficile de se décrire en trois mots, mais je me considère comme quelqu'un de travailleur, aventurier et dévoué aux autres.

## Pourquoi apprends-tu le français ?

J'ai commencé à apprendre le français parce que je collabore tous les étés avec une association d'émergences humanitaires nommée Pies Que Vuelan. On mène des travaux de coopération dans la zone de Guinéa-Bissau de langue portugaise et dans le sud du Sénégal où on parle français. C'est pour cela que pour développer et faire plus de collaborations dans cette région, nous avons besoin de pouvoir nous débrouiller facilement.

## Qu'est-ce que tu fais exactement ?

Sur place nous visons plusieurs domaines de compétence. Le principal est celui de l'éducation et nous organisons une colonie de vacances pour les enfants du village qui n'ont pas de vacances.

Normalement ces enfants travaillent dans les champs de fruitiers ou en s'occupant de leurs frères et sœurs le matin, et c'est les après-midis que nous faisons le camp pour que les enfants jouent et continuent à être des enfants.

De plus nous offrons des formations aux professeurs, nous soutenons un centre de dénutrition enfantine, la maternité du village et un petit cabinet médical. Au Sénégal nous soutenons aussi un orphelinat en offrant des ressources et en participant aux loisirs des enfants qui y habitent.

## Quel âge ont les gens que tu aides ?

Dans la colonie de vacances ils ont de 6 à 14 ans, car c'est l'âge que nous considérons que les enfants doivent continuer à être des enfants et jouir de leur enfance. De plus, on fait que les moniteurs de la colonie de vacances soient les ados du village, car ainsi nous intégrons tout le monde et nous leur donnons un espace de divertissement.

## Combien d'enfants y a-t-il dans la colonie de vacances ?

L'année dernière il y avait 150 enfants de 6 à 14 ans et 15 moniteurs qui nous ont toujours aidés à rendre les activités

plus dynamiques et amusantes, les uns en jouant de la musique et les autres en tant que juges pour le bon fonctionnement des activités. Au total 200 personnes environ pour cette colonie appelée "Djumbaï"

## Comment vous financez-vous ?

Nous recevons des donations privées et surtout des donations matérielles: des jeux, du matériel scolaire pour l'école et des médicaments pour la maternité du village.

## Qu'est-ce qui t'a le plus surpris ?

Là-bas il y a beaucoup de choses qui nous surprennent. Tout d'abord la personnalité. Les gens sont beaucoup plus calmes et en revanche ils arrivent à tout ce qu'ils proposent. Ensuite la culture est tellement différente de la nôtre et en même temps tellement enrichissante que nous avons vraiment beaucoup à apprendre. Ils célèbrent presque tous les défis proposés, tandis que nous, dans les pays plus développés, avons parfois du mal à le faire.

## D'où est née la première idée ?

Tout ce projet est né de Gema, l'autre fondatrice de Pies que Vuelan, et moi qui avions décidé de vivre l'expérience de trois mois à Guinéa-Bissau. Nous avions été ravis des gens, nous nous étions fait amis des gens auxquels nous avions donné des cours, de ceux qui étaient avec nous, et lorsque les trois mois se sont écoulés, nous ne pouvions rester sans rien faire, sans pouvoir les aider.

Voilà pourquoi nous avons créé l'association d'émergences humanitaires Pies que Vuelan, pour le besoin d'aider les personnes rencontrées, pour leur fournir plus de ressources pour avancer et nous y allons tous les étés. Tout cela a commencé en 2018, puis en 2019 nous avons pu y retourner. Ensuite la pandémie est apparue et en 2021 nous y sommes retournés pendant trois semaines malgré tous les risques. C'est comme si nous nous sentions chez nous, car une partie de notre cœur appartient à Bigene.





# Ivana Linares, notre artiste internationale!

Bonjour à tous, je suis Ivana Linares, j'ai 43 ans et j'habite à Viladecans

#### **Pourrais-tu te décrire en trois ou quatre mots?**

Je suis une personne curieuse, perfectionniste, active, voyageuse...

#### **Qu'est-ce que tu fais dans la vie?**

Je suis coiffeuse, maquilleuse, tatoueuse, je fais de la micropigmentation et je maquille des artistes pour l'interprétation.

#### **Dans quels pays as-tu travaillé?**

J'ai travaillé en République Tchèque, en Russie, aux Etats-Unis, en Angleterre, en Italie, en Suisse, à Cuba, en Grèce, en Egypte...

#### **À quel âge as-tu commencé dans ta profession?**

J'ai officiellement commencé en 1992 à l'âge de quatorze ans dans le lycée Camps Blancs de Sant Boi. J'étudiais le matin et je travaillais l'après-midi, puis en 1999 j'ai suivi des cours de maquillage dans le lycée de Salvador Seguí. Ensuite en 2014, j'ai étudié la micropigmentation à Golden Eye et en 2016, le tatouage à l'Embruix, tout cela à Barcelone.

#### **Raconte-nous un peu ton parcours professionnel.**

J'ai toujours travaillé dans des salons de coiffure et j'ai suivi des stages de théâtre. De là j'ai travaillé à la télévision, pour

l'émission Mira quien Baila, ensuite dans le cinéma pour le troisième film d'Astérix, et ainsi de suite jusqu' aujourd'hui, dans de différents pays et dans plusieurs secteurs comme celui de la mode, de la photographie, des séries télévisées, du cabaret dîner spectacle...

#### **Pourquoi es- tu allée vivre à Londres?**

D'abord je suis allée vivre à Madrid, puis les étés à Ibiza. Ensuite j'ai eu l'occasion d'améliorer mon anglais et de tenter l'aventure de vivre à l'étranger dans un pays comme l'Angleterre. J'y suis restée pendant quatre ans et j'ai l'idée d'y retourner.

#### **Quand tu voyages, qu'est-ce qui te manques d'Espagne?**

Ce qui me manque le plus, c'est la nourriture parce que je suis végétarienne et parfois c'est difficile de trouver des plats sans viande et sans produits laitiers, mais même ainsi je suis une personne curieuse qui aime découvrir d'autres cultures, voir comment les gens vivent et goûter leur gastronomie.

#### **Quels sont tes projets?**

Mes projets sont toujours de continuer à me former, à apprendre, à m'améliorer et à pouvoir partager mes connaissances avec d'autres personnes intéressées. J'adore faire des travaux qui demandent de la créativité et de la fantaisie et si je dois voyager, tant mieux !!

## 2n Anglès – CPD – Entrevista al Julen Valverde, ballarí professional.

After reading the book BILLY ELLIOT, we had the pleasure to have Julen Valverde, a professional dancer, with us. Here's the interview:

**What did your parents tell you when you explained to them that you wanted to be a ballet dancer?**

I was a kid when I started dancing. My parents just looked at me and knew I was going to be a dancer, so I actually never really told them I wanted to be a dancer because they knew that straight away!

**Did you use to do sports before becoming a dancer?**

No, I didn't. I started dancing when I was three years old. However, I would like to do sports as I'm interested in that too.

**Did your classmates call you names because you wanted to dance?**

Yes, that was something I had to live with. However, I have always been a happy kid and I have never cared about these comments. Some people were mean to me, but when that happened, I just left. I did cry sometimes, but I don't care about these comments.

**Did you have any problems accepting that you prefer ballet to football?**

Well, yeah, here in Spain people prefer football to ballet, that's why some people don't understand that this is not my case. I did have problems with some people, but I don't care about their opinion.

**Did you share ballet lessons with more boys?**

Yes, it is true that there were more girls than boys, but actually there are a lot of men who dance ballet at the moment.

**Have you ever participated in a talent show?**

No, I haven't, but I participated in the Youth America Grand Prix, which is a competition.

**What was the hardest part of becoming a ballet dancer?**

Good question! I guess it's the mental breakdowns that you can have sometimes. It's not only about being accepted by society, it's also about the competitive environment you have in class, which isn't always easy to deal with.

**Have you got any role models apart from your family?**

Yes, Carlos Acosta, who is one of the best dancers in the world. He is Cuban and he has danced all over the world. He had to struggle a lot as a black ballet dancer and he made it, and that's why I admire him.

**Do you recommend dancing to other boys?**

Yes, of course! I'd recommend it because they will experience something different. It is something unknown for

most and, since there aren't so many boys, they would have a lot of chances.

**Is it difficult to fulfill your dream as a ballet dancer if you are a man?**

Actually, I believe it's more difficult for women since there are more. However, I think it's difficult for men to be accepted in society as it isn't "normal" for them to be ballet dancers.

**Have you ever felt like Billy Elliot?**

Well, that's a book and a film which tackle some clichés, so not necessarily. But I admit it has been difficult for me as a male dancer since some people don't accept that. I can relate to that part.

**Have you ever danced in different cities?**

Yes, I went on tour and I danced in Barcelona, Cádiz, Almería and Alicante. It was a great experience for me.

**Have you ever invited your friends to your shows?**

Yes, I have! It was great to have people who care about me supporting me doing what I really like.

**Who would you like to dance with?**

I would love to dance with the best dancers in the world, but the truth is that I enjoy dancing with my classmates. I believe it's very important to feel confident when you dance with other people. That's why I'd say my classmates are the best option for me.

**Has someone ever stopped you on the street? Would you like that?**

No, that has never happened to me, although I'd like to. I think it would be really cool!

**Would you like to act in a film?**

Yes, who wouldn't? That would be wonderful!

**Do you have any other dreams?**

I love photography, I would like to become a ballet photographer! Actually, my director is one of the best photographers in Europe.



# Anglès 5è i C1 – Entrevista a l'Eduardo Torrecillas, expert en nutrició.

Eduardo Torrecilla was born in Spain. He holds a BA in in Athletic Training, Math and Science, Kinesiology from San Diego University and an MA in Exercise Physiology. He was an American football player for 17 years in the USA. Currently, he is the coach of Rookie Barberà.

What are the main differences between the Spanish and North-American diets? Did you miss things from our Spanish food when you lived in the USA?

The main difference is that in the United States they use sauces for everything, for everything. We do not eat that many sauces I don't know... We use sauces but not as much as in the US. In the US you eat a salad and they give you two hundred thousand salsas, you want a piece of steak and they give you two hundred thousand salsas um... you want I don't know, everything. Ok, here we do not use salsas and that makes a big difference too and also in the place where I lived, I lived in San Diego, so it's very close to Tijuana, Mexico. We were very influenced by Mexican cuisine therefore, we had a lot of spicy food. I love spicy food. We had a lot of tacos, chimichangas and many other things. It was not really healthy at all, ok? Everything is fried and all those salsas, they have a lot of calories. They are not that good for your health either. They increase your blood pressure. So I had to be very careful with my nutrition when I was there because it is good food, it tastes good but it is not so good for your health. So yeah, those were the main differences. Here it is more raw product, and there you don't really taste for example the meat, unless you just tell them "I just want the meat, do not put anything else", and then you can taste the meat. They put a lot of stuff on it, ok? That's the main difference. Another aspect I think, here there's a healthier lifestyle in regards to nutrition in comparison to the United States. In the US they eat too much, too much and not so good.

Fast food chains, they're a big deal down there, here we have MacDonald's, we have Burger King, KFC and that's it. While there you have two hundred thousand chains. You know and they all do the same thing, they have burgers, fries and it's not really healthy, ok?...so like they say in the United States they go big, ok?

So, what did I miss... Ok, like I told you, just to taste the real food and not tasting all those sauces and stuff like that. Because they miss everything up too and I like more if I am eating one thing, I like to taste the flavor of that specific thing and if I am eating another thing I like to taste the flavor of that specific other thing. Of course I missed paella, you know I love paella here, but now I missed some of those things I had there: the nachos, Mexican, they are pretty good and spicy and I like them, jalapeños... Here we can have some jalapeños but they are not as spicy as the jalapeños you can have in the US, so I missed spicy food here a little bit.



Here there's a healthier lifestyle in regards to nutrition in comparison to the United States. In the US they eat too much, too much and not so good.

How can a good diet (healthy and well-balanced) influence your performance/training/etc? How could this affect your injuries?

Well, I think a good diet is.. I always use this example , it is very easy to understand. If you have a really nice car, you want to put really nice gas into it to make sure that you take care of your car. So it is the same thing with our bodies, you have to make sure that you put all the good nutrition that your body needs in order to perform. Because if you do not eat the right food, then you are not going to perform at your best. It is very important to have a good diet, a balanced diet, you eat a lot of everything. You eat

your veggies, your carbohydrates, proteins, good fats...every now and then you can have a cheat day when you can just eat whatever you want so you are not always craving stuff.

Injuries...big time, your injuries affect you, because you can decrease your performance. And as well as you decrease your performance, the joints may be influenced by the lack of some nutrients. That may affect the ability for your body to recover, you can pull some muscles. If you are not well hydrated you can have some issues with your joints. If you do not eat enough vegetables or good fats, then you can have some problems with joints as well. So it is very important.

**If you have a really nice car, you want to put really nice gas into it to make sure that you take care of your car. So it is the same thing with our bodies, you have to make sure that you put all the good nutrition that your body needs in order to perform.**

Currently, we can find kinds of synthetic products, for example, proteins in milkshakes sold in shops. Do these synthetic products work in a diet for sportspeople or could they be bad for their health?

Well, I believe that before we think about taking some supplements, you really need to take care of your diet. Once you have a really good diet, then you can move on and try some supplements. And one of the main issues with those supplements is that they are not regulated so, because they are not regulated they can put in there whatever they want. And some of those supplements, like those used in regular protein shake, you know a couple or more things, they may have to be steroids or something like that, and because of that if you take that protein and you get a little bit bigger, or you can perform better, so you are going to keep drinking that protein, ok? And you know many cases in which some athletes were taking proteins and they tested positive, and that was because that shake had some type of steroid in it, ok? So the only way that in the United States, the FDA here, I'm not sure how the whole thing works, but I know in the United States, the only way that they can investigate their product is, if let's say, I drink a protein shake and I do not feel good and I report that to the FDA. Then they are going to start an investigation on that specific protein shake, you know? on that specific flavor as well. They are not going to start to investigate all of the flavors, only that specific product. So it is quite hard to control that business. So, that's a downside about supplements, that you do not really know what you are taking.

Nowadays You're a coach in a very local team, how are you using your experience in an important team in such a local place?

Well, I think that I am trying to be as professional as I can in every aspect of my life. So with this football team, since I came here three years ago, we moved up from division three, which is the lowest division, all the way up to division one, which is the highest division. And right now we are playing the highest division that we can play in American football in Spain and we are doing pretty good as well. So we have good chances of doing great this year and I try to apply the same philosophy that I had for football then. I try to apply that for my regular life and I try to apply that in my workplace as well. I think that the fact that I had experiences at higher level than here, helps me to understand more the human nature of an athlete and how they think. And also to make sure that they are real about where they are, you know? Because some of them may think that they are superstars, or some of them think that they are professionals or something like that. And I bring them down in essence so as well you never have to forget the reason why you are practicing an A sport, and it has nothing to do with being a professional, and it has nothing to do to make money, and it has nothing to do with any of that. I'm very against all social media and all that. I think I do not like social media at all because it gives you a vision that is not real about life. So I try to emphasize that to all my athletes. Well, to not forget about why you joined the team, because you want to have some fun, want to stay healthy. You want to share experiences with other teammates and just create memories and that's it. You know, so you never... it does not matter what level you play. I think the core values have to stay the same. I think that is very important as well. Some of those young players, they start thinking about... Well, you have to make sure that you put them back on track so they do not forget the main reason why they practice the sport. It is not about social media, it is not about being pro. It is about you practicing sport, enjoying sport, enjoying your teammates and have some good values, you can transfer that. We go now....

**I'm very against all social media and all that. I think I do not like social media at all because it gives you a vision that is not real about life.**

What kind of diet would you recommend to a teenager who is starting out in sports? My child is worried about his weight, he does not want to put on kilos and he does not eat. What's your advice as a nutritionist to him?

I think that is a tricky question, because I do not want to tell anyone what they have to do. But I would say that it is crucial to make people understand that nutrition is very

important, ok? You have to make sure that you eat all the nutrients that your body needs. So you can just live a healthy lifestyle, you know? and enjoy life. And you can see that, on a daily basis, when you see someone who is not healthy, in a lot of pain or just overweight, you know? They drag themselves through life. So, I mean, you do not want to be in that situation, you want to enjoy life, you want to make sure that the time you spend here is the best time possible, with a lot of energy. So diet and exercising help to achieve that goal, or just to enjoy life. Now, I understand that social media plays a huge role. Nowadays when you see pictures on Instagram or Facebook or whatever they are using. They want to be like that, but that is not the real world. And I think that is why all that social media can be harmful for teenagers.

**Thinking of a person who barely has time to do sports. How many times should it be eaten and what kind of meat should it be taken?**

I disagree with you, ok? Just to start with that. Think about this: my wife works in Amazon and she starts working at six in the morning, so the only time that I can go to work out is if I wake up at four thirty in the morning. But because my priority is to work out in my life, I know I have to work out, and I know all the benefits, and I know how working out is going to help me to live a longer life. Then I wake up at four thirty in the morning, and I do my workout until six in the morning. Well, forty-five to five, something like that. And so then, she goes to work and then I wake up my kids, give them breakfast and bring them to school. So I do not agree that you do not have time. You have to find time, ok? I think that either you find time to work out or you are going to find time to go to the hospital with some issues, sooner or later, sooner or later! You know that it is just a matter of time, ok? Just statistics, you know?

How many times? Well, like four or five times a week, that is fine.

What kind of meat? Well, you have to limit red meat, big time. You have to be very careful with that. It is really good, on one hand, because it has amino acids, and some amino acids, let's say, that the chicken breast does not have. So it can help you on that, but just limit the red meat to one or two days a week. Then, chicken breast, you can eat chicken breast very much every day. Because it has barely anything, so I would go for chicken breast. Maybe a couple of times red meat, like a good steak and things like that, that is it.

**How do you apply knowledge in Kinesiology in a practical way, for example, related to your current job?**

Well, that's a good question, because the fact that I have a Bachelor's in Kinesiology and I have a Master in Exercise Physiology, and you can see the titles back there. That has allowed me right now to teach G11 students like... Sports, Exercise and Health Sciences in a program that is called IB Diploma Program. So, yeah, I mean, it can help you to teach some courses at a college level. It can help you to teach whatever those things you have here called "Ciclo Superior" or "Ciclo Medio" or something like that. So, you can do

a lot of things with that. You can work in a hospital, if you want just to do it. Doing some rehab, doing some type of physiology, rehabilitation as well, cardiovascular rehabilitation... So it has many different options.

**I have read on your profile about your experience in Exercise Psychologist. Is it related to pressure and stress that elite athletes are often suffering? So, what's your opinion on the troubles of Simon Biles and Naomi Osaka?**

I am an Exercise Physiologist, not psychologist, but I can give you my opinion. I have taken some classes in psychology and I think that those athletes are under a lot of pressure and sometimes they have to step back a little bit. So they can really think again why they are practicing that sport and forget about medals, forget about prizes and all of that, and just enjoy the moment practicing that sport. I think that is huge and I think that sometimes we lose track of what sport is all about. And we are thinking too much about winning. Thinking too much about those prizes. Because we want to take a picture of that prize and then we want to put it on Instagram. So then we have two hundred thousand likes and feel better about ourselves. But we are not really thinking about that, that we may be miserable inside.

**I have taken some classes in psychology and I think that those athletes are under a lot of pressure and sometimes they have to step back a little bit. So they can really think again why they are practicing that sport and forget about medals, forget about prizes and all of that, and just enjoy the moment practicing that sport.**

**What is your opinion on supplements, such as gels to provide your body with a push of energy as you are doing sport?**

Unless you really need it, like really long distances, I do not recommend supplements. Because I see some people that go for a run for thirty minutes and they take some gels. That is not right. Plus gel is pure sugar, so you have to be careful when you take that and when not. So I think with a good diet you can progress and you can become a really good athlete just by having a really good diet.

**Are you passing on some of your knowledge to your players and advising them on off-the-field aspects? Do you help them improve their performance based on the nutrition needs of each player?**

If you think about the off-the-field aspects, are you talking about personal issues? If you are talking about personal issues, then ... I say "yes" because to me the most important thing of being a coach is the fact that you create relationships and you create memories. And, at the end of the day, you don't really care that much about trophies, but you care about people, you know? I can have thirty thousand trophies in my house but if I don't have anyone to share these trophies with; that's worthless. But, that's my opinion. In fact, you know, I've won many different titles in my life, I won many championships games in Spain, in the United States. So, to me, it is worthless. Well, there are two good stories. One is that everything that I won in my life I gave everything away, I don't wanna keep any trophies in my house. It is just to make sure that I have my feet on the floor and I think that what's important is what is coming next, it is not what you have done in the past. It doesn't mean anything to me what I've done in the past. What matters is what I'm doing today to become the best teacher at school, the best coach for my team, the best dad that I can be for my family, the best husband for my wife. So, that's what I do today not that much about what I did in the past. And then I have another good story about a coach. He won the Superbowl when he was coaching and one day, he brought his ring which is really shiny, big with gold, diamonds, etc. I saw it and I told him "I see your ring and that's pretty cool, you won the Superbowl." And he went "yeah yeah, look!!" and he showed me the ring and he said "Do you want it? you can take a picture of it". This is not a lie, this is true, it's a true story. And I told him "Are you crazy?", I'm gonna that a picture but If I want one, I will have to fight to earn one. So, I won't take a picture of a ring that is not mine. So, whatever I work for in my life, then I get it. But I'm not gonna take a picture of a ring to put it on Instagram or Facebook, that's not my trophy, you know. And then he got a little shocked by my answer because most people what they do is that they take the ring, they put it on and they take pictures and they put in Instagram and wow! look at that! I don't want a picture, I don't wanna touch your ring! That's not my ring, I will earn my ring.

**Some people are sedentary and do not practice any sports regularly. Do you think the principles of sports nutrition can be applied to ordinary people? And Why?**

I think the principles can be applied because, at the end of the day, our body physiologically is the same. But I can tell you that sport is the best medicine for a lot of things. We can avoid a lot of injuries, we can avoid a lot of diseases just by practicing sports, just by staying active. Get out of the couch and do some sport. I don't care what you do, but get out from the couch and do something, you know. We are not designed to stay on the couch all day. Just think about this, if we are designed to stay on the couch for 12 or 8 hours, our butt is gonna be huge, you know. So we have 2 arms, 2 legs so we can move around. If we have 2 arms and 2 legs it is because our physiology allows us to move around because your body is designed to move around. So, yes!! You can apply the same principles.

**But I can tell you that sport is the best medicine for a lot of things. We can avoid a lot of injuries, we can avoid a lot of diseases just by practicing sports, just by staying active.**

**Do you think that a person diagnosed with diabetes or a similar disease can overcome it and become an elite athlete? And how?**

Of course! There are a lot of athletes that have diabetes. There are two different types of diabetes: diabetes 1 and diabetes 2. So, one of them that is number 2 is the one that you develop through bad habits and no exercising. And type 1 is the one that is just non-reversible. So, if you have it, you have it, if you don't have it, you don't have it. Type 1 is non-reversible and type 2 is reversible with exercising and good habits. But yes!! You can be a good athlete.

**What's your opinion on intermittent fasting?**

It is just another way of eating. If you wanna lose weight, you can use it. But, you can lose weight eating 5 times a day. If you eat more calories than the calories you burn, then you gonna get weight, if you eat less calories then you gonna lose weight. It's as simple as that. Now, if you are telling me that for healthy purposes, I think doing intermittent fasting can help to teach your body how to use fats as a source. So, I like it, I do it, sometimes I do 2 or 3 months of intermittent fasting then 2 or 3 months I go back to normal. So, then I teach my body how to use fats as a source of fuel but I also teach my body to use carbohydrates. That's why I follow a regular diet. So, I think it is another way of eating. I know that for some people, they use it to lose weight and to keep those calories down. But, I do it, I like it.

**What took you to the US to do your studies?**

Well, American football. I went there to play American football and at the same time I was playing football in the university then I did my studies there. I started in college and from there I went to San Diego State where I finished my studies. Then, I was coaching at university. After that, I went teaching because I wanted to spend more time with my family and then I taught Physiology classes, Health classes, Kinesiology, Exercising or Programming, you know, things like that.

OK! I hope you guys have enough information here and I hope that you can use all the information. If I can help you, please let me know and I will be more than happy to help. It's always a pleasure to help. Thank you so much for everything, guys!!



## Anglès 5è i C1 – Entrevista a la Sheila Dixon, exjugadora de bàsquet professional i fundadora i directora de Dixon Sport.

Sheila Dixon was born in Schenectady, New York. She holds a BA in Politics from Brown University and an MA in International Sport from Edinburgh University. She was a Barça Basketball Team player from 2015 to 2019. Currently, she is the founder and director of her business, DIXON SPORT.

**At what age do you recommend female players to retire or stop a professional sports career?**

Well, that's a complicated question. I don't think women should have to stop at a certain age, but I think they should stop when the end result no longer justifies the obligation, or the time commitment or the sacrifice. I can give you a pure example, a personal example, me. I stopped playing not because I was too old, but because it wasn't worth it, the money wasn't worth it, the time wasn't worth it, and I needed to take actions that were going to make my life better in a quicker amount of time than if I would take it playing.

**You're the Founder and Director of DixonSport, is it easy to become a businesswoman in a company dealing with sports as business having been a player before?**

I think it helps. I have a close connection with sports, I have a personal relationship. Having spent many years I believe makes it a lot easier to run a company because you know a lot of the blood, sweat and tears that sports requires, and also how to relate and communicate and form relationships with athletes and other sports. And being an athlete myself has proven very important, especially when I'm talking with young athletes, relating my past experiences with them, and trying to get them to see the bigger picture.

**It appears that female Barça players are much better off than their male colleagues, do you agree? Why do you think this is happening?**

I'm not certain that's true. From my own personal experience, for example other American male basketball players that played for Barça compared to myself and my teammates. They are definitely better off. They get, for example, just on the surface they are provided a house, a car, cleaning services that they need for their apartment, and a lot of other perks that I never saw and don't think most female Barça players see even at the highest football level. I think that in terms of longevity of their career, Barça females do last longer because there's not as high a demand to win so there's not as much pressure, which means that a person like me could stay in a team for four or five years, whereas in a male team, if they don't produce and they don't perform and their team doesn't win, they get the boot very quickly. So I think that's why it's more a necessity or demand to win and while Barça female teams want to win, their need to win, that expectation is not as high.

**What do you think of the salary gap that exists between female and male players?**

I've tried to be very pragmatic, very realistic. I understand that a big reason why men get a bigger salary is because they are revenue for sports, people come to watch them play and that's just not the same with women. Women don't create the revenue for a lot of clubs and sports as men do, that's normal and I understand that, but don't believe that the gap should be as big as it is, especially in a lot of sports that are Olympic sports that women dominate

even more so than men. I think that gap is just a reflection of the type of society we continue to live in, a patriarchal society that says men are better than women and they deserve more. I don't agree with it, I think it was a huge determining factor as to why I stepped away from playing this sport because at the end of the day for me it was going to be a battle I lose, there's not enough time in the world to close that gap in which I personally would benefit.

### I think that gap is just a reflection of the type of society we continue to live in, a patriarchal society that says men are better than women and they deserve more.

Which is DixonSport's policy related to climate change and gender issues? Does it take them into account?

Wow! That's a heavy question. I'm going to be honest. In most senses, climate change we don't take into consideration that often. We are a company that we don't travel often, we don't buy a lot of merchandise. I think what we do more directly is that we are conscious about recycling, our equipment usage, when we have extra material we continue to reuse that. That's a really small example of what we do to try to minimize our footprint.

But, I'm gonna be honest, as a business policy we don't directly take climate change into consideration. But, actions as a group and our social climate change awareness are just representative of the staff and people that we have on board. They are just very conscious of the environmental impact that our actions have. And so, we try as much to incorporate our ideologies into this project.

Gender issues. That's another one. Well, what I've faced, what I've noticed, and what I've experienced is that female athletes, at least here in Spain, do not want to play basketball in the summertime. It has been incredibly difficult for us to connect with the female athlete market, largely because of the different interests. When we come down to our project that is a project that happens in summer and, therefore, it's been really hard to connect with female athletes. We don't directly take gender issues either but we continue to try to involve female athletes in all the activities that we do. A lot of them are not successful but we continue to do so. And I think that's an important factor on gender issues and gender inequalities. It is identifying your problem and continuing to be persistent even though you are not successful, being consistent is really important.

What would you say to girls that want to become professional athletes?

I love this question and I'm gonna be honest. I thought about what sport I want her to play and why. And, well, I love basketball and I spent the majority of my life playing it, I really won't like my daughter to play basketball because

as I said the end result does not justify the obligation, the sacrifice, well, and it is a great way to develop a lot of different social skills and qualifications as a professional sport is just not worthy. There are just few women that at the highest level of basketball earn what they desire to earn and for me this is really important.

For my daughter and any other young female athletes, I want them to see the results, the real tangible results, and that's championship, that's winning games, that's living these experiences but that's also getting paid what they desire and, for me, I would say "go play tennis" "be the next Serena Williams" "Gymnastics" "Go to the Olympics" "Golf, an amazing sport for sponsorship and earning a really good living and being one of the best".

Those are individual sports and that's for me a downfall because I believe team sports have a really unique contribution to who you become as a person and your ability to socialize and work with people and workgroups. I think team sport does that but at the end of the day individual sports are money makers and I promise I wanna tell my daughter to do whatever you want but I'm about to guide her to do tennis, golf, those sports that have proven to respect the effort made and the greatness.

### I think what we do more directly is that we are conscious about recycling, our equipment usage, when we have extra material we continue to reuse that. That's a really small example of what we do to try to minimize our footprint.

Was Barcelona's training sessions less demanding than the ones you were used to in your university team?

Absolutely, it's just a different mindset. American sports is ingrained in our DNA and for us, as Americans it means that when I was in medium high-school I was practising six days a week two hours a day, plus extra strengthening and conditioning work out, which would amount to anywhere from fifteen or twenty hour or practice or sport related activities, and Barça wasn't that. It was an hour and half to our practice if you were lucky and three or four times a week and it was our downfall in a lot of ways because a lot of other European teams or a lot of other Spanish teams had already started to incorporate the American mindset into their sports programmes and so when I came to us competing, we were always a few steps lower in terms of preparedness and just because we hadn't yet to incorporate that American mentality of sports and preparation.

Through DIXON SPORTS, young Spanish players can gain visibility with the ultimate goal of joining teams in the

United States. How exactly can your company help athletes achieve this goal?

That's a fantastic question and it's the crux of what we do. Our goal is to make sure that player is going to the US not because it's their dream, but because it is the right fit for them. And so one of the biggest things that we do is, we all favour a recruiting service that evaluates them, their player profile and their student athlete profile, to make sure that where they are in the US if they are able to go to the US, is the right place for them, and where they are going to have the more success and best development, personal and individual development.

## Our success is that they go to the US, they finish high school, they receive a full academic scholarship to a university in the US and they graduate. That's what we describe as a success story

Do you think that a teenager can fulfil his/her dream of being an American basketball superstar by joining your project? And why? Can you describe a success story?

I'm going to be honest. Let's define what an American basketball superstar is. If that's the players that are Basket players are now in the NBA, 99% of my players are not going to be that. American basketball superstars. But that's not our goal.

Our goal and the goal of themselves and their parents is to receive an education, play basketball at the highest level they can and help to construct their own future. Through the experiences and the opportunities that we're able to help them obtain.

So, like I said, I don't think, at least in my client-base as of now, we have any NBA players. I may be wrong because they're still young and a lot of them have an incredible work ethic.

Our success is that they go to the US, they finish high school, they receive a full academic scholarship to a university in the US and they graduate. That's what we describe as a success story and we have them each year and each year we are going to have more and more kids receive scholarships and play at a high level in the US. So, again, American basketball superstar, probably not but graduate from a really good university and going to have and carry a good profession, most definitely.

This year, Mireia Rodriguez has become the first woman to join a men's handball team. Do you think mixed competitions are close to happening? Is it possible to have mixed gender teams in every sport?

I think it depends on the sport, so in that regard I would say I don't think it is possible, just because the physicality of certain sports can put women at danger. And I think

that's not something we want to see. Of course sports like handball, tennis, golf, these types of no-contact or little contact sports, I do believe there is an interesting element of mix competition. And I think that it is really interesting to see and inviting to see. And I would encourage more teams that have the capacity within these sports to do so just because it provides a more equal playing field for men and women in terms of expectations, the obligation, the sacrifice and at the end, I believe also in money.

Do you think that having some college degrees has been useful in your career?

Oh, absolutely! I think it has helped me to realize where I excel, where my education has really provided me with the tools to do well and also I think it is really important to continue to educate yourself and to grow in your studies. I think that's important in any field to just continue to educate yourself and it doesn't have to be a college degree, it can be a vocational certification or trade and you just keep developing your knowledge and deepening your understanding of the subject. I think it has been helpful to me because I have been able to navigate the world of business, and the world of sports having had a Sports Masters Degree. I think my Political Science Degree doesn't help me so much but the classes I did in that degree have helped me. For example international relations and public policy, those are really important for what I am doing now and how I develop my projects and how I communicate with different countries, and so that has been helpful

Okay guys, that were all of the questions. I want to apologize for the tardiness of receivingness, there were fantastic questions, things that I haven't thought about in a while but I think they are important in the sports industry and I think you guys did fantastic. Thank you very much!

I think that's important in any field to just continue to educate yourself and it doesn't have to be a college degree, it can be a vocational certification or trade and you just keep developing your knowledge and deepening your understanding of the subject.

## 2n Anglès. Presentació oral d'en Juan Valverde, vocalista de la banda La Caja de Pandora.



Everyone thinks that a musician's life is always cool, fun, amazing... However, all that glitters is not gold. This is Juan Valverde from the old Spanish music band La Caja de Pandora and today I'm going to tell you about my experience in the music world.

I had the same dreams as my older brother and all my friends during my childhood: to become a famous musician like Bruce Dickinson from Iron Maiden, Bruce Springsteen or Manolo García from El Último de la Fila.

It all started in 1997 when I met someone who had heard me singing and suggested starting a music project together. I couldn't refuse it!

By 1999 I had created my band together with four musicians, including some friends and my little brother. There

were six of us: a solo guitar, a rhythm guitar, a drummer, a bass player, a keyboard player and me, the lead singer.

Our first concert was at my oldest brother's wedding in October, 2000. After that one, we only had three more gigs before the spring of 2001. After the second concert, a man who worked for a small record label offered us a contract to record an album after having seen our show.

We started to record our first album *A Nuestra Vida Otro Sentío* and on September 28, 2001, our lives changed forever. The album was played in all the radio stations and TV shows. We sold 200,000 records and we had more than 120 gigs around Spain, including the islands.

It was a great success! At the beginning we were over the moon, but as time went by the energy of the band decreased. We were always away from our families, we didn't eat very healthy either and we spent many hours sleeping in a van and in different hotels. I personally couldn't eat before a concert as I felt very nervous. We used to spend a lot of time talking to our fans and taking pictures with them and signing autographs after the shows too.

Our dreams came true, but we spent too much time on the road. After a while, we felt exhausted and we missed our family. Therefore, we decided it was time to rest, "clean" our brains and spend time away from the lights.

Just remember: "All that glitters is not gold".

By Juan Valverde Montalbán

## Interview mit Manuel García - Alemany 5B



Hallo Manu,  
du bist Schüler der EOI Viladecans und du lernst hier Deutsch. Du bist schon im 5.Kurs und wir wissen, dass Fremdsprachen wie ein Hobby für dich sind.

Wie viele Sprachen lernst du jetzt?  
Jetzt lerne ich gleichzeitig sieben Fremdsprachen.

Welche sind diese Sprachen?  
Englisch, Deutsch, Französisch, Italienisch, Russisch, Griechisch und Japanisch.

Seit wann magst du Sprachen?  
Ich mag Sprachen seitdem ich ungefähr elf oder zwölf Jahre alt war. Ich habe mit der englischen Sprache angefangen als ich 2 oder 3 Jahre alt war.

### Welche Gründe hast du, Sprachen zu lernen?

Ein Grund ist, dass ich an der Uni Tourismus studiere und Sprachen sehr wichtig dafür sind, aber meine Liebe zu Sprachen kommt schon aus der Abiturzeit. Am Anfang war das nicht meine erste Option. Als ich ein Kind war, hatte ich echtes Interesse an Naturwissenschaften, aber ich sollte zu viel lernen und ich sah, dass Englisch ein gutes und für mich einfaches Fach war, deshalb habe ich damals die Entscheidung getroffen, Fremdsprachen zu lernen.

### Wenn Sprachen keine Voraussetzung für die Arbeit wären, würdest du sie trotzdem lernen?

Ja. Ich denke, dass alle Sprachen sehr wichtig sind, nicht nur um mich verwirklicht zu fühlen, sondern auch um neue Kulturen kennenzulernen. Außerdem mag ich es, mit anderen Leuten zu sprechen.

### Hast du eine Vorliebe für eine Sprache?

Ja, Englisch, weil sie die erste Fremdsprache ist, die ich gelernt habe. Ich bin stolz auf mein Englisch-Niveau.

### Welche Sprache fällt dir am schwersten oder am leichtesten?

Für mich ist Deutsch die schwerste Sprache, aber auch Russisch. Das ist eine ganz andere Sprache, aber sie hat Ähnlichkeiten mit Deutsch. z.B Stuhl ist das gleiche auf Russisch und Deutsch. Aber das Alphabet ist anders und es ist sehr schwierig sich an die russischen Buchstaben zu erinnern.

Am leichtesten würde ich Italienisch sagen. Es ist einfach, weil ich auch Katalanisch spreche und die Unterschiede sind nicht so groß wie zu Deutsch, Japanisch oder anderen Fremdsprachen.

### Sind romanische Sprachen einfacher für dich?

Ja, wie ich gesagt habe. Es gibt kleine Unterschiede. Als ich mit Französisch angefangen habe, waren die mündlichen Übungen schwierig für mich, weil man Französisch nicht so schreibt wie man es ausspricht. Ich würde sagen, dass eine neue romanische Sprache zu lernen, für mich einfach ist.

### Viele Leute sagen, das Schlimmste am Sprachenlernen sei die Grammatik. Bist du damit einverstanden?

Nein, ich bin nicht damit einverstanden. Für mich ist der Wortschatz, das Vokabular, das schlimmste. Es gibt so viele Wörter... Es gibt z.B. Verben die keine Übersetzung haben oder der Genus im Deutschen (Maskulinum, Femininum oder Neutrum).

Aber nicht die Grammatik, ich bin ein "Grammatikfan", könnte ich sagen. Als ich Lateinisch gelernt habe, habe ich angefangen, meine Muttersprache besser zu verstehen.

### Wie findest du Motivation zum Sprachenlernen? Kannst du uns einen Tipp geben oder wie ist deine Lernmethode?

Meine Motivation ist meine Fähigkeit für Sprachen. Ich finde, dass das etwas ist, was ich gut machen kann. Dagegen finde ich Mathematik sehr schwierig.

einen Tipp?... Jeder hat seine Lernmethode. Vielleicht was ich mache ist einfach für mich, aber nicht einfach für eine andere Person. Es gibt Leute, die mit dem Hörverstehen oder beim Lesen eine Fremdsprache lernen. Es gibt so viele Möglichkeiten. Ich empfehle allen ihre eigene Methode zu finden.

**Was mache ich?** Ich lese nicht so viel, das ist etwas, was ich öfter machen sollte. Aber Musik hören ist für mich sehr wichtig. Und am wichtigsten finde ich alles von Hand zu schreiben. Ich kann nicht mit einem Computer lernen. Für andere Fächer geht das, aber um eine Fremdsprache zu lernen, ist es besser für mich, alles von Hand zu schreiben.

### Was hältst du von den Leuten, die selbstständig eine Fremdsprache lernen?

Ich könnte selbstständig eine neue Sprache lernen, aber was ich zuerst brauche ist eine Basis und danach könnte ich selbstständig die Sprache weiterlernen. Am Anfang brauche ich einen Lehrer oder eine Lehrerin, um eine Basis zu bekommen. Ich könnte nicht einfach ein Buch kaufen und so anfangen.

### Glaubst du, dass das Beherrschung von neun Sprachen dir eine breitere Sicht auf die Welt gibt?

Ja klar. Wie gesagt eine Motivation für mich, eine Fremdsprache zu lernen ist andere Kulturen kennenzulernen und zu verstehen und das ist einfacher, wenn man die Sprachen der Länder lernt. Ich beherrsche nicht alle neun perfekt, aber ich denke, dass ich ein gutes Niveau habe. Natürlich kann ich aber das Niveau weiter verbessern.

### Hast du alle Länder besucht, von denen du ihre Sprache sprichst?

Nein, nein, nein, z.B. ich spreche gerade Deutsch und ich bin nie in Deutschland gewesen und das ist eigentlich nötig. Aber ich hoffe, dass ich in der Zukunft diese Länder besuchen kann.

### Würdest du gerne noch mehr Sprachen lernen, zum Beispiel Chinesisch oder Arabisch?

Chinesisch nicht, weil ich jetzt Japanisch lerne. Und ich finde Chinesisch schwieriger als die japanische Sprache. Aber z.B. Arabisch schon. Das ist eine Möglichkeit. Ich habe einen Freund, der aus Marokko kommt und er hat mir die Zahlen beigebracht und ich finde Arabisch oder Türkisch sehr interessant, aber auch sehr schwierig.

Außerdem habe ich immer mehr Probleme, wenn ich eine andere Sprache spreche, ich verwechsle Wörter. Manchmal sage ich zum Beispiel ein französisches Wort, wenn ich auf Deutsch spreche. Für mich sind Fremdsprachen kein Muss, sondern ein Hobby.

Das Interview ist von Raquel Bañón, MªCarmen Jiménez und Pau Márquez

# Agenda 2030

**En aquest curs hem treballat l'objectiu 3:  
Salut i Benestar**



Els alumnes de 2B d'alemany han participat a un fòrum de Moodle, on han explicat què fan per dur una vida sana i saludable. Abans han recollit algunes de les activitats que ens poden ajudar a aconseguir-ho. Aquí teniu una mostra.



Els alumnes de 4A i 5A d'alemany també han participat en activitats relacionades amb els objectius de l'Agenda 2030. Van elaborar un menú amb receptes de menjars saludables i ens van mostrar el seu talent culinari. Van sortir receptes ben delicioses que segur que deleitaran els alemanys amants de la cuina mediterrània. Els codis QR us mostren alguns vídeos.



Els alumnes de 5B d'alemany també són conscients de la importància de portar una vida sana, per això, aprofiten per fer un puzzle i formular hàbits saludables i de pas repassen i aprenen noves estructures gramaticals. « Anstatt mit dem Aufzug zu fahren, nehme ich die Treppe » (En comptes d'agafar l'ascensor, pujo per les escales) ».



L'alumnat de quart del CPD de Sant Boi van elaborar un menú saludable en grups de tres. Van escriure les receptes dels seus plats i es van gravar cuinant. En acabar, van pujar fotos del seu menú al Padlet i la resta de companys/es van escriure una valoració del seu restaurant fictici. Aquesta activitat forma part de l'Agenda 2030.

### MAIN COURSE

## CHICKEN PAELLA

**INGREDIENTS**

- 1 clove of garlic
- 1/2 onion
- 1 tomato
- Salt
- Saffron
- 4 cups of rice
- Thighs of chicken
- 1/2 pepper
- Oil
- Chicken soup



**METHOD**

1. Wash all the vegetables.
2. Cut the 1/2 pepper and the tomato.
3. Peel the onion and the clove of garlic. Then, cut the garlic and chop the onion.
4. Pour some oil on the casserole and preheat the gas range.
5. Add the onion and the garlic to the casserole.
6. Then, add the pepper and the tomato, and add a pinch of salt. Don't forget to stir it.
7. While the sauce is sautéing, add a pinch of salt to the thighs of chicken and cut them.
8. When the sauce is sautéed, transfer it to some bowl.
9. Fry in that same casserole the pieces of chicken, and stir it.
10. Whisk the sauce while pouring chicken soup until there aren't lumps.
11. When the chicken is fried, pour the sauce into the casserole and stir.
12. Add the 4 cups of rice into the casserole and stir it until it gets boiled. Add also a pinch of salt and saffron.
13. Finally serve and enjoy the dish.





# Fruit Cake

## DIRECTIONS

Put 280 grams of sugar in a bowl. Then, add 120 milliliters of olive oil and mix them with a whisk. When all mixed, break 3 eggs, one by one.

Pour 140 milliliters of orange juice and 100 milliliters of cream. Grate an orange to add the orange zest (perfect to flavour the cake).

Take a bowl with 280 grams of flour and add a pinch of salt. Later, 15 grams of baking powder, and mix them.

Use the drainer to add these dry ingredients inside the batter (do it in three times to mix everything better).

Peel the fruits and chop one pear, one kiwi, six raspberries and half apple. And slice three strawberries.

Add the mixed of fruits inside. Keep part of the fruits to decorate, and add the rest of the batter. Cover the cake pan with aluminium foil with a little hole in the middle. The goal is an homogeneous bake.

Put the cake into the oven for 45-50 minutes at 160°.

While the cake is baking, it's perfect time to make a sauce to cover the cake. Mix one tub of mascarpone with 150 milliliters of milk in a bowl. Pour the milk little by little until having the texture that we want.

Can check with a stick if the cake is baked. Remove the cake from the cake pan.

Decorate the Fruit Cake with the cream. Put over a dish and cut a piece of cake, decorates it with the sauce and some piece of fruits.

Enjoy!



## Which factors contribute to a healthy lifestyle?





Els alumnes de C1 d'anglès debaten sobre la salut i el benestar.

**DO:**

- PICK UP SUSHI USING CHOPSTICKS (HASHI) OR FINGERS. BOTH ARE CORRECT.
- LIGHTLY DIP THE FISH, NOT THE RICE, INTO A SMALL AMOUNT OF SOY SAUCE.
- PUT THE WHOLE PORTION IN YOUR MOUTH, HOLDING THE SUSHI SO THE FISH TOUCHES YOUR TONGUE.
- USE THE BLUNT BACK END OF THE CHOPSTICKS WHEN TAKING FOOD FROM A SHARED PLATE.
- REST THE NARROW, ROUNDED ENDS OF YOUR CHOPSTICKS ON THE SMALL CERAMIC HOLDER, OR HASHI-OKI, WHEN YOU'RE NOT USING THEM.  
ONE WAY TO SIGNAL THAT YOU'RE FINISHED IS TO PLACE YOUR CHOPSTICKS ACROSS YOUR SOY SAUCER (DON'T JUST REST THE TIPS), PARALLEL TO THE SUSHI BAR.

**DON'T:**

- RUB YOUR CHOPSTICKS TOGETHER TO REMOVE SPLINTERS. (IT'S RUDE; A GOOD SUSHI BAR WOULD NEVER OFFER CHOPSTICKS OF SUCH LOW QUALITY.)
- BITE THE SUSHI IN HALF AND PUT THE REMAINDER BACK ON THE PLATE.
- FLOP A BIG PIECE OF PICKLED GINGER ONTO YOUR SUSHI BEFORE EATING IT.  
(EAT THE GINGER BETWEEN PIECES OF SUSHI, AS A PALATE CLEANSER.)
- DUNK THE RICE IN THE SOY SAUCE.
- DUMP WASABI INTO YOUR SOY SAUCE, TURNING IT INTO A SOUP.
- HAND MONEY TO THE SUSHI CHEF.  
THE CHEF TYPICALLY NEVER TOUCHES MONEY.



APPLE STRUDEL IS A TRADITIONAL PASTRY FROM THE AUSTRO-HUNGARIAN EMPIRE. THE NAME IS GERMAN, AND THE DISH WAS MADE FAMOUS BY THE VIENNESE.

### Ingredients

- 2 Apples
- 100 gr Butter
- Lemon Juice
- 1 Pastry dough
- 3 Spoons of Brown Sugar
- Ground Cinnamon
- Glaze Sugar (Optional)

### Preparation

- Prepare for Baking: Preheat your oven to 200°C.
- Peel the skin off your apples and slice them into 1/4-inch pieces.
- Combine apples, sugar, butter and cinnamon in a large bowl for the filling.
- Fill Pastry: Spread the apple mixture evenly down the center of the pastry, lengthwise.
- Close Pastry: Fold the sides of the dough around the apples. Seal the dough together by lightly wetting the pastry and pressing it together.
- Bake: Bake your strudel for 25 to 40 minutes, until golden brown.
- Add Sugar: Sprinkle with coarse sugar if desired.
- Serve warm or at room temperature.

# Dansa escocesa



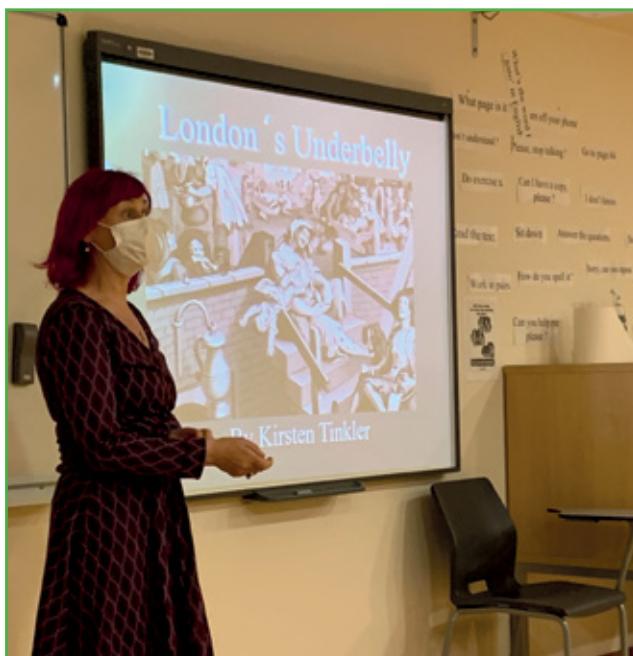
## 2n i 3r – Anglès – CPD

El dia quatre d'abril ens va visitar en Tom Makintosh, un escocès molt simpàtic que ens va ensenyar algunes danses

tradicionals. A més, ens va parlar de la seva indumentària típica escocesa i ens va tocar la gaita. L'alumnat s'ho va passar d'allò més bé!

# London underbelly

Els alumnes de 4t d'EOI de Viladecans i CPD de Sant Boi van gaudir d'una sessió molt interessant sobre l'aspecte més terrorífic de Londres des dels Romans fins l'actualitat. Kirsten Tinkler va dur a terme aquesta activitat i, a més a més, els alumnes van aprendre l'accent cockney.



# La Chandeleur !!!



Aquest any tots els alumnes de Francès han tornat a celebrar la Chandeleur. La primera setmana de febrer ha sigut l'ocasió pels més "gourmands" de menjar crêpes a l'escola.

Els de primer curs han descobert els orígens d'aquesta tradició a la vegada religiosa i pagana que data de l'època romana. Les crêpes, símbol de prosperitat per l'any vinent, per la seva forma rodona i daurada, recorren el disc solar, evocant el retorn de la primavera després de l'hiver sombre i fred.

Els alumnes han gaudit d'aquesta activitat que els ha permès de repassar el vocabulari i la gramàtica relatius a la gastronomia francesa en un ambient més pràctic que els ha cohesionat encara més.

Ha sigut com un viatge gastronòmic i cultural que no implica haber d'anar lluny per regalar-se amb unes delicioses crêpes.

Bon appétit !!

# Unsere kleine Karnevalsfeier Alemany 3A



Hallo, wir sind die Klasse 3A. Hier ist ein Foto unserer kleinen Karnevalsfeier.

Diese kleine Feier war toll und wunderschön. Unsere Lehrerin hat Kostüme für uns mitgebracht und hat eine rote Maske getragen. Außerdem haben wir ein Video über den Karneval von Köln gesehen.

Wir lernen gern Deutsch, weil es eine interessante Sprache ist. Deutsch lernen ist super, wahnsinnig, witzig, toll, wunderbar, unterhaltsam ...

Kommt mit zum Deutschunterricht!

Alumnes: Lorena, Jan, Marcel, Patricia, Alba, Elsa i Gladys

Professora: Marta

# Eine Klasse stellt sich vor! Alemany 4A

Hier erzählen wir euch von unseren Erfahrungen mit der deutschen Sprache. Warum lernen wir sehr gerne Deutsch? Das erfahrt ihr gleich:

## Laura und Sergi:

Wir haben uns entschieden, Deutsch zu lernen. Fremdsprachen lernen ist heutzutage sehr gewöhnlich, nicht nur für unsere Arbeit, sondern auch um neue Kulturen und neue Menschen kennenzulernen.

Wichtig ist hier noch zu erwähnen, dass wir zwar die Sprache schwierig finden, aber es gibt Aspekte der Grammatik und der Wortbildung, die wir sehr logisch finden, zum Beispiel, das Wort Krankenhaus.

Man sollte auch nicht vergessen, dass wir verschiedene Sprachen brauchen, um eine bessere Kommunikation mit Leuten im Ausland zu haben.

Wir hoffen, wir konnten euch nützliche Einblicke geben, wenn ihr weitere Fremdsprachen wie Deutsch lernen wollt.

## Charo und Albert:

Wir haben Deutsch gewählt, weil wir eine andere Fremdsprache lernen wollten. Man sollte auch nicht vergessen, dass Deutsch die zweitwichtigste Sprache in Europa ist. Außerdem ist es für uns eine persönliche Herausforderung und damit hoffen wir, euch einen anderen Eindruck in die deutsche Sprache zu geben. Probiert es mal aus!

## Carlos:

Wegen meiner Arbeit bei Seat denke ich, dass Deutsch lernen sehr wichtig für meine Zukunft ist. Natürlich ist es nicht nur wichtig für die Arbeit, sondern auch zum reisen oder um Tourismus zu machen. Obwohl Deutsch schwierig ist, gefällt es mir sehr. Eine neue Sprache zu lernen ist am Anfang nicht einfach, weil es nötig ist, viel Geduld und Zeit zu haben. Unter neuen Sprachen zu lernen verstehe ich Möglichkeiten zu haben, eine neue Kultur kennenzulernen

und den Geist viel zu öffnen. Das ist meine Erfahrung, und eure?

## Cristian und Vanessa:

Wir haben uns für Deutsch entschieden, weil wir Fremdsprachen generell effektiv lernen wollen. Wahrscheinlich werden wir in der Zukunft in Deutschland oder in der Schweiz leben und arbeiten, um mehr Geld zu verdienen. Außerdem haben wir Freunde, die Deutsch sprechen, und wollen mit ihnen in dieser Sprache sprechen. Für uns persönlich ist die Grammatik nicht einfach zu lernen. Trotzdem wollen wir sie ziemlich gut verstehen.

Deutsch lernen ist für uns: spannend, logisch, lustig, herausfordernd aber interessant, und dankbar. Probiert es mal aus!



## 2n Anglès – CPD Sant Boi

L'alumnat de segon del CPD de Sant Boi va crear la seva ciutat en grups. Van triar el nom, la bandera, la festa major i les normes. Després de presentar els projectes, es van triar els dos projectes guanyadors: Happy Land and Bridge Town.



## 2n Anglès – Estacions d'aprenentatge – CPD

L'alumnat de segon va fer un repàs de gramàtica i vocabulari molt amè! Van jugar a jocs famosos com el Pasapalabra, Palabrea, Uno i Kaboom i van crear la seva història amb les cartes i els daus del joc "Story maker".



## Project presentations



B1 students made their presentations in class using diverse technology tools, and trying to make their topics gripping to their classmates. They presented a wide range of topics, like recycling, British traditions, Japanese culture, cooking, etc. They interacted a lot and had fun.

## EOI + CPD project

L'EOI de Viladecans i el CPD de Sant Boi de Llobregat va dur a terme un projecte conjunt d'aprenentatge en línia amb videotrucades sobre les Fake News. A cada sessió, l'alumnat es connectava per poder fer les activitats orals conjuntament. A més a més, van escriure uns articles relacionats amb la temàtica que van treballar. Els grups formats per alumnes de CPD i EOI van produir col·laborativament uns articles que els companys llegien amb els seus grups per videotrucada per poder esbrinar si eren articles amb informació real o no.



## Anglès 4t – EOI + CPD

Els i les alumnes van escriure una història de por col·laborativa al voltant d'una foto d'una casa. Els estudiants d'EOI van començar la història i els estudiants de CPD van escriure el final. La història incloïa almenys un personatge principal, almenys un caràcter lateral, el temps, el lloc i el problema.

Després de llegir la història final, tant els estudiants de l'EOI com del CPD van votar la millor història de por. Els guanyadors van aconseguir un premi molt dolç.



## Breakout

L'alumnat de 4t van gaudir d'una sessió de jocs. Els grups havien de superar sis misteris per aconseguir esbrinar qui era el personatge que buscaven. Va ser una sessió molt divertida amb les diferents proves. Al misteri final es van adonar de qui era aquell personatge tan important que la història havia oblidat ...



## 4t Anglès - CPD

Aquí tenim un grup presentat el seu projecte: la creació d'una aplicació que et diu si ets apte per conduir després d'haver begut o no. Altres invents van ser una nevera intel·ligent i un robot anomenat "cheerie" que t'anima a fer esport.



## Breakout 2

L'alumnat de 5è de la tarda van gaudir d'una sessió de jocs. Els grups havien de superar sis proves per aconseguir el premi final. Un premi molt dolç per finalitzar la classe.

# Mein Lernerporträt

L'alumnat de 2B d'alemany ens presenta els seus "Lernerporträts", els seus retrats d'aprenents. Ens expliquen quan van començar a aprendre alemany, perquè, quina va ser la seva primera paraula o frase, què és el que troben més difícil de la llengua alemanya i també ens donen consells perquè l'apreneu. Us hi animeu?

## Emma Pascual Desentre – 2B

Hallo! Ich heiße Emma, ich bin zweiundzwanzig Jahre alt, ich komme aus Spanien und ich spreche Spanisch, Katalanisch, Englisch und ein bisschen Deutsch. Jetzt lerne ich Deutsch in einer Sprachschule.

Meine ersten Wörter auf Deutsch waren die Zahlen und mein Lieblingswort ist "fünfundfünfzig".

Ich lerne Deutsch, weil ich denke, dass Deutsch sehr kompliziert ist und mein Rat für Deutschlerner ist, dass sie viel Geduld haben sollten.

Danke!

## Javier F. G. – 2B

Hallo!

Ich heiße Javier und ich komme aus Spanien.

Mein erster Deutschkurs war vor zwei Jahren. Es war in der EOI Viladecans. Jetzt lerne ich immer noch in der EOI. Ich lerne Deutsch, weil ich gern Sprachen lerne, aber Deutsch ist ein Pluspunkt in meiner Arbeit. Ich bin Ingenieur von Beruf und ich will in einer deutschen Firma arbeiten. Ich habe gehört, dass Ingenieure besser bewertet in Deutschland als in Spanien sind.

Mein erstes Wort war Schmetterling. Ja, Schmetterling.

Ich war 17 Jahre alt, als ich Abitur machte, und ich habe das Wort Schmetterling in einem spanischen Buch gelesen.

Mein erster Tag in Deutschland war in Bad Soden, bei Frankfurt. Meine Freundin und ich sind nach Frankfurt geflogen, um Saras Eltern zu besuchen.

Das ist für mich typisch Deutsch... ja. Wenn ich an Deutschland denke, denke ich an Schnitzel, Bretzel, Flammkuchen... aber auch an die Weihnachtszeit, Weihnachtsmärkte, Glühwein, das schreckliche Wetter und Apfelstrudel. Ich liebe Apfelstrudel.

Mein Tipp für andere Deutschlerner:

Filme auf Deutsch sehen und viel Deutsch sprechen. Man sollte deutsche Freunde finden und üben. Man sollte auch Geduld haben.

## Marta Laura García – 2B

Hallo!

Ich bin Marta und ich komme aus Spanien. Ich bin 1985 geboren.

Ich mag Sprachen. Ich spreche Spanisch, Katalanisch, Englisch und Portugiesisch, und ich lerne jetzt Deutsch, weil ich eine andere Sprache lernen wollte.

Für mich ist am typischsten Deutsch: Bier, Wurst und weiße Socken mit Sandalen.

Die Deklination ist für mich am schwierigsten, und mein Lieblingswort ist „Tschüss“, das klingt lustig.

Ich bin nie in Deutschland gewesen, aber nächsten September fahre ich nach München.

Ich habe Tipps für die anderen Deutschlerner: Viele Bücher lesen, viele Filme sehen, Musik hören und viel Arbeit zu Hause machen.

Tschüss!

## Sonia García Pérez 2B - Alemany

Hallo zusammen!

Ich heiße Sonia und ich bin 1999 geboren. Ich komme aus Spanien und ich lebe in Viladecans. Ich liebe Sprachen und ich spreche Katalanisch, Spanisch, Englisch und ein bisschen Chinesisch, aber mein Chinesisch ist nicht sehr gut. Jetzt lerne ich auch Deutsch, weil Deutsch wichtig für die Arbeit ist. Das ist für mich typisch Deustch: Bier und Fußball. Mein erster Satz auf Deutsch war „Ich liebe dich“ und der ist auch mein Lieblingssatz. Ich bin schon einmal nach Deutschland gereist und ich habe Berlin, Hannover und Wolfsburg besucht. Meine Tipps für andere Deutschlerner sind: Filme auf Deutsch sehen und deutsche Musik hören. Man sollte auch mit Deutschen sprechen.

Tschüss!

## Núria M. J. – 2B

Hallo, ich bin Núria und ich bin 18 Jahre alt. Ich bin am einundzwanzigsten April zweitausend drei geboren und studiere Grundschulpädagogik an der Universität Barcelona, um Lehrerin zu werden.

Ich spreche Katalanisch, Spanisch und Englisch und lerne seit 8 Jahren Deutsch. Ich habe mit dem Deutschen im Gymnasium angefangen und dieses Jahr gehe ich zur Sprachschule.

Mein Traum ist Spanischlehrerin in Deutschland zu werden.

Ich war zweimal in Deutschland, das erste Mal mit meiner Familie und wir haben viele Städte und den Schwarzwald besucht. Wir sind mit einem Wohnmobil gefahren. Und das zweite Mal war ich mit meinen Mitschülern\*innen in Berlin.

Für Deutschlernende habe ich ein paar Tipps:

1. Sei mit der Sprache hartnäckig!
2. Suche nach Sprachinformationen!
3. Verliebe dich in die Sprache!



## Patricia González – Anglès 5è

### The adventure

Have you ever thought that our learning process through life is a never ending story? Of course, there are many

different ways to learn such as listening, reading or just watching an expert doing something that you don't know how to do yet, but all the ways of learning are always kind of magic and in the end, an adventure.

### Learning as an opportunity

It is said that, sometimes, learning and the way it is done is something crucial. That's the case of those people in developing countries that don't have the same availability of resources that we have in developed countries. For them, learning something new could mean a new way to make money or an opportunity to leave poverty behind and become an expert in that field.

### Spread the wisdom

So, as you can see, learning is a kind of magical process where you gain experience in a field, but the most important thing is to spread the wisdom that you have already achieved with others and to be sure that you are creating a wise community and to give opportunities to people who have not been able to access them.

# A new opportunity

## Raúl García – Anglès 5è



It is said that learning is a lifelong pursuit. We start off in elementary school and continue through high school and maybe university. But what happens after that? For many people, what happens is

that we settle into our routine jobs, responsibilities and life tasks, and the only learning that takes place is what's necessary to get by. As a result, our learning soon consists of acquiring the new skills and abilities that are presented to us by our circumstances.

Last month, I accepted a new job as a worldwide project manager in a chemical company which has been in the pharmaceutical and agricultural business for more than 50 years. I realised then that a great opportunity was just about to happen, and now we are working on some projects together, having a really good working environment.

Finally, I think learning something new takes a motivation to grow. I will not set out to learn something new unless I am motivated to improve and develop my current state or knowledge. It means choosing to be a better version of myself.

# Becoming a blood donor

## Patri Macías – Anglès 5è

Although society is aware of how important it is to donate blood, not enough people do it. I have heard most of my life that if I donated, I would help a lot.... but not only didn't I fully believe it, I didn't like needles either. Nevertheless, everything changed one morning, when I decided not to make a mountain out of a molehill.

So I went to donate blood. When it was about to be my turn, I overheard a boy and a girl speaking. She explained to him how a donor had saved her life, and how that experience made her become a donor too. In contrast, the boy explained to her that, despite the fact that his older sister had died because she couldn't receive enough blood, he often visited the donating section to thank donors for their help. Those stories made me feel a lump in my throat.

To be honest, although it was an awful experience, it was worth it. What I learned was that no matter which your fears are, all you have to do is think about doing a little gesture, and you will help a great deal more than you think.



# Leading a healthy life

Pilar García Torregrosa - Anglès C1

This essay will examine the role played by diet in people's pursuit of a healthy life. It will look at how their age, physical activity or even their job determines which is their best diet in order to reach that goal.

First of all, while an appropriate diet is widely considered the cornerstone of a sound body, few can deny that a person's dietary needs vary according to their age. In this respect, a young person requires more carbohydrates and proteins in order to grow up healthily. In contrast, elderly people need a higher proportion of vegetables and less fatty food to watch out for their heart and improve their well-being.



On the other hand, what one eats also depends on the job one does. For instance, a construction worker usually has a big sandwich in the middle of the morning to get the energy he needs to do his job. On the contrary, office workers will probably have enough with a piece of fruit or a snack to remain stuck to their chairs and computers, focused on a more intellectual task.

Another point worth noting is the amount of exercise one does. Generally speaking, athletes, or even people who go to the gym for physical fitness, require much more energetic food than others who do little exercise or nothing at all.

To sum up, in my opinion we must take into account all circumstances in a person's life to say which their best diet is. Not only do we have to look at the three factors outlined above, but also consider the special needs that people, either with allergies or health problems, like diabetes or high cholesterol, have. Not to mention other food demands related to religious beliefs or any ideological conception concerning food. In any case, we should not forget to consume a balanced proportion of all nutrients.

## Compositions

### WILD WILD WEST

By Jesús Sánchez - Anglès 3r

It all started when an old lady walked into the bar. She was walking very slowly carrying a little dog in her arms. She went to the counter and started talking to the waiter.

-Excuse me, can I have a whisky, please?

He looked at her strangely, since the woman seemed very old to drink such a strong beverage. I'm sorry madam, we can't serve alcoholic drinks to elderly people.

-Oh, My God! she said.

Then, the old lady remained silent for a moment, looked

around, and suddenly took a gun out of her handbag. She pointed at the waiter and shouted:

- For goodness' sake! I want that whisky right now!

Is an old lady really threatening me with a gun, he asked himself. He couldn't believe it!

The old lady said: "Move your ass man, and serve me that whisky!"

The waiter took a glass and a bottle of whisky with shaky hands and asked her nervously if she wanted it on the rocks.

The old lady laughed out loud, and then said: "I was kidding, this is just a fake gun!"

Finally, the woman had her drink, paid the bill and said to the waiter:

"You must respect old ladies, my friend."

And she walked away slowly with her little dog in her arms.

### THE CURIOUS CASE OF A SURPRISE PARTY

By Marta Prats - Anglès 3r

It all started when an old woman entered a bar. She slammed the door catching the waiter's eye, who she turned her back on. From the start, she had an idea in mind, which was to find her husband.

She was tired of so much deception, as he had cheated on her again, but this time it was the last straw. Initially, Andrew, her husband, had told her that he was going to play cards with his friends, but she knew he was lying. Later on, her husband would tell her that he was going for a walk, to finally change his tune and say he was just going for a drink, so he thought he had a mistress.

First of all, she called her husband's friend, who told her that they were going to have a drink together. She asked him to tell her which bar they have decided to meet at, under the pretext that she wanted to surprise him. His friend gave her the name of the bar.

As soon as she got the name, she went straight to the bar. Once she got there, she didn't expect there was a party going on.

Suddenly, after banging on the door, she found herself in the middle of all her friends.

Her husband had organized a surprise party for her birthday.

# Kino! Kino!

L'alumnat d'alemany ens recomana pel·lícules. Aquí en teniu la mostra i els tràilers en alemany!

## 10 Dinge, die ich an dir hasse Carla Sierra – 2A

Der letzte Film, den ich gesehen habe, heißt 10 Dinge, die ich an dir hasse. Es geht um das Liebesleben der Stanfords Schwestern. Ich finde, dass der Film sehr lustig und unterhaltsam ist. Die Musik ist sehr toll auch. Außerdem muss man sagen, dass meine Lieblingsszene ist, wenn Kat ihr Gedicht im Unterricht vorliest. Wenn Sie romantische Filme mögen, dann müssen Sie diesen Film sehen.  
Hier können Sie den Trailer auf Deutsch sehen!



## Der Batman Noa Granados – 2A

Am Wochenende habe ich einen Film gesehen: Der Batman.  
Er hat mir sehr gut gefallen, die Schauspieler waren ja super und er war wirklich lang, aber nicht langweilig. Die Filmmusik war toll auch!  
Der Film erzählt die Geschichte von Bruce Wayne (Robert Pattinson), ein Milliardär, der ein Geheimnis hat: Er ist Batman. Ich finde den Film zu dunkel, es gibt keine Sonne, aber die Hintergründe sind toll!  
Hier kannst du den Trailer auf Deutsch sehen!



## Lauf Forrest, lauf! Evelyn González – 2A

Mein Lieblingsfilm ist Forrest Gump. Er ist ein Film aus dem Jahr 1994. Es geht um das Leben von Forrest Gump, ein Junge aus Alabama, der schon als Kind viele Probleme hatte. Der Film erklärt wie er reist, in den Krieg zieht, Freunde findet, Fußball und Tischtennis spielt, etc ... und das Wichtigste: seine Liebe zu Jenny. Er lebt sehr wichtige historische Momente. Der Schauspieler ist Tom Hanks, der auch mein Lieblingsschauspieler ist. Ich finde, dass er ein spannender und interessanter Film ist, weil man über ihn lachen und weinen kann.

Wer diesen Film noch nicht gesehen hat, sollte es machen!

Hier haben Sie eine Dokumentation über Jonas Deichmann, den deutschen Forrest.



## I kill giants. Natalie Santana – 2A

Der Film heißt "I kill giants". Er erzählt die Geschichte von Barbara Thorson und ihre Probleme in der Schule und zu Hause. Diese Probleme waren riesige Monster für sie. Ich finde den Film sehr interessant, weil die Schauspielerin toll ist. Die Musik ist etwas langweilig, aber die Bilder und die Szenen sind spannend. Hier kannst du den Trailer auf Deutsch sehen!



## Nightmare Alley Patricia Zafra – 2A

Der letzte Film, den ich gesehen habe, heißt Nightmare Alley. Er entstand 2021 unter der Regie von Guillermo del Toro und es geht um die Geschichte von Stan Carlisle (Bradley Cooper), ein ehrgeiziger Schausteller und von einer korrupten Psychologin (Cate Blanchett). Ich finde den Film gut, aber viel zu lang. Die Landschaft und die Musik haben mir am besten gefallen. Die Schauspieler waren toll auch.  
Hier kannst du den Trailer auf Deutsch sehen!



## The Adam Project Natalia García – 2A

Der letzte Film, den ich gesehen habe, heißt "The Adam Project". Der Film erzählt die Geschichte von Adams Reise in die Vergangenheit. Ich finde, dass der Film sehr emotional und interessant war. Außerdem muss man sagen, dass die Schauspieler sehr gut gespielt haben.



## Er ist wieder da.

Eine Empfehlung von Júlia Muñoz (4rt Alemany)

Habt ihr schon Er ist wieder da gesehen? Dieser Film ist wirklich empfehlenswert.  
Es ist ein Film, der sicher allen Komödien- Fans gefallen wird. Es handelt sich um einen Film, von dem das Publikum begeistert war. Der Film lief am 8.Oktober in den deutschen Kinos an und er wurde von mehr als 2,4 Millionen Kinobesuchern gesehen. Der Film wurde zu großen Teilen in Berlin gedreht. Es handelt sich um eine deutsche Koproduktion. Die Dauer des Films beträgt 116 Minuten.  
In dem Film geht es um einen Mann, der im Jahre 2014, also 69 Jahre nach dem Ende des Zweiten Weltkriegs, als

Adolf Hitler bei bester Gesundheit in Berlin aufwacht. Aufgrund der veränderten Umgebung und Menschen ist er vorerst ziemlich orientierungslos und verwirrt. Zudem halten ihn alle Menschen, denen er begegnet, für lediglich einen Hitler-Imitator.

Der Film ist deshalb besonders sehenswert, weil es eine Gesellschaftskritik an der NS-Ideologie in der aktuellen Zeit ist. Es ist auch ein sehr lustiger Film, in dem man mit der Familie lachen kann.

Hier kannst du den Trailer sehen:



### System sprenger

Eine Empfehlung von Nora Benattia (4rt Alemany)

Habt ihr schon System sprenger gesehen? Dieser deutsche Film ist wirklich empfehlenswert. Ihr solltet ihn unbedingt sehen!

Es ist ein Film, dessen Regisseurin Nora Fingerscheidt ist. Er hatte Erfolg bei Kritikern und Publikum in Deutschland und er wurde 2020 mit acht Deutschen Filmpreisen ausgezeichnet, in den Kategorien Bester Spielfilm, Beste Regie und Bestes Drehbuch.

Hervorzuheben ist auch die Schauspielerleistung: in ihrer Rolle als Benni beeindruckt uns Helena Zengel wirklich. Alle lobten die Leistung der jungen Berlinerin als „grandios“. Der Film handelt von einem Mädchen, deren Name Bernadette ist. Die 9-Jährige, genannt Benni, sieht froh und freundlich aus. Aber sie hat psychische Probleme. Jede Enttäuschung oder Konflikt kann einen unkontrollierten Wutausbruch auslösen, bei dem sie schwere Schäden anrichtet oder andere oder sogar sich selbst verletzt. Ihre Mutter Bianca ist überfordert. Sie hat noch zwei jüngere Kinder. Sie kann sich nicht mehr um ihre wilde Tochter kümmern und Benni hasst Jens, Biancas Lebensgefährten. Am liebsten würde sie bei ihrer Mutter Bianca leben aber es ist nicht möglich. Es gibt leider keinen Platz mehr für sie bei ihrer Mutter. Frau Bafané vom Sozialen Dienst versucht Benni zu helfen. Sie engagiert Micha, ein Anti- Aggressions-Trainer.

Eine erschütternde Szene, die sich einbrennt: weil ein kleiner Junge den Fehler begeht, das Mädchen im Gesicht zu berühren, schlägt Benni seinen Kopf wieder und wieder auf den Boden.

In einer weiteren von vielen furchtbaren Szenen schlägt Benni ihre Mutter mit einer Keramikfigur nieder. Jens, der Lebensgefährte ihrer Mutter, fasst sie und sperrt sie in den Schrank.

Der Film ist deshalb besonders sehenswert, weil er ein Kind zeigt, das für die Liebe seiner Mutter kämpft. Gewalt von Kindern ist immer ein Hilfeschrei. Dieses Drama hat uns zu Tränen gerührt.

Hier kannst du den Filmtrailer sehen:



### Nicos Weg

Eine Empfehlung von Paulina Rodríguez (4rt Alemany)

Ich möchte euch die Nicos Weg - Filme empfehlen, wenn

ihr Deutsch lernt. Es gibt drei Filme, einen für jedes Niveau (A1, A2 und B1). Man kann sie mit Untertiteln, die auf Spanisch, Deutsch, Englisch und anderen Sprachen sein können, oder ohne UT sehen.

Die Filme erklären Nicos Erfahrungen in Deutschland. Nico, ein junger spanischer Mann, ist nach Deutschland gereist, um seine Tante zu suchen. Er war nach Deutschland gekommen, weil er nicht an der Universität studieren wollte. Aber er verlor seine Tasche im Flughafen. Deshalb hat er keine Ausweispapiere und keine Kleidung. Außerdem hat er sein Handy nicht, weil es in der Tasche war. Lisa, eine Deutschlehrerin, war auch am Flughafen und sie hilft Nico, damit er seine Tante findet.

In den drei Filmen tauchen nicht nur größere Schwierigkeiten auf, sondern auch verschiedene Themen. Zum Beispiel sprechen die Protagonisten über Geschlechtergleichheit, über Schule und Beruf, über die Umwelt und andere Themen, die im Unterricht gelernt wurden.

Ich finde alle drei Filme sehr interessant, weil der Wortschatz auf jedes Niveau passt

Hier kannst du Nicos Weg A1 (den kompletten Film) sehen:



### Der Himmel über Berlin

Eine Empfehlung von Victoria Grinstovich (4rt Alemany)

Einmal hat unsere Lehrerin uns gebeten, dass wir einen deutschen Film sehen und dann eine Filmempfehlung schreiben sollen. Ich bin nach Hause gekommen und habe das meinem Mann erzählt. In diesem Moment hat er mir gesagt: "Der Himmel über Berlin"! Der Name des Filmes erschien mir schön und ich habe beschlossen, den Film zu sehen.

Der Film, den wir euch empfehlen, ist ein alter Film. Wim Wenders ist der Regisseur des Fantasy-Dramas aus dem Jahr 1987. Es handelt sich um eine deutsch-französische Koproduktion. "Der Himmel über Berlin" gewann zahlreiche Preise. Auf dem Filmfestival Cannes 1978 gewann Wim Wenders den Preis für die beste Regie.

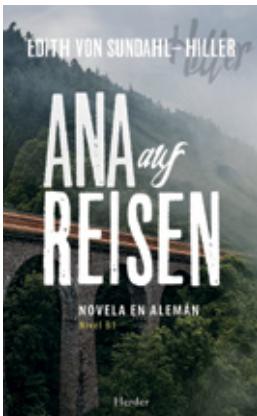
In dem Film geht es darum, dass in Berlin Engel wohnen, die unsterblich sind. Diese Engel kennen die Zukunft und sie können die Gedanken der Leute hören. Sie besuchen die Häuser und die Menschenseelen. Aber sie können nichts machen und die Leute sehen sie nicht. Die Engel sehen, dass viele Menschen sehr unglücklich sind. Nichtsdestotrotz können die Engel den Menschen nicht helfen.

Ein Engel (Daniel) ist nicht sehr froh mit seinem Leben und er verliebt sich in eine Turnerin. Daniel will ein echtes Leben haben, deshalb verzichtet er auf die Unsterblichkeit. Ganz besonders eindrucksvoll finde ich, dass die Engel die Welt schwarz-weiß sehen. Die Liebesgeschichte hat mich zu Tränen gerührt.

Hier kannst du den Filmtrailer sehen:



# Recomanacions de la nostra biblioteca d'alemany



Hast du **Ana im Kreis** und **Ana und das Café Rubia** gelesen? Dann kannst du den letzten Roman von Anas Trilogie in der Bibliothek finden. Wir empfehlen ihn dir!

**Ana auf Reisen (B1)**  
Edith von Sundahl-Hiller  
ISBN – 9788425443633

Hast du Gut gegen Nordwind gelesen? Dann wirst du den Roman **Alle sieben Wellen** interessant finden.

**Alle sieben Wellen (B2)**  
Daniel Glattauer  
ISBN – 9783442472444



## Die Herrenausstatterin (B2)

Mariana Leky  
ISBN – 9783832161651  
Eine komische Liebesgeschichte. Katja verschwimmt die Welt vor Augen. Ihr Mann ist fort, sie ist ihren Job los und allein. Da sitzt auf einmal ein Herr auf dem Rand ihrer Badewanne ...



## Irgendwann werden wir uns alles erzählen (B2)

Daniela Krien  
ISBN – 9783548061726  
Eine Liebesgeschichte von ungeheuerlicher Intensität.

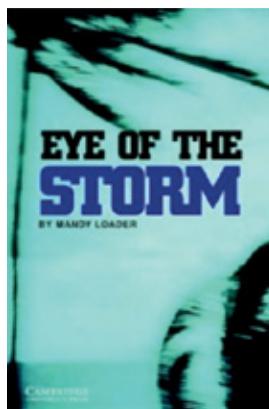
**Hast du Lust bekommen, diese Romane zu lesen? In unserer Bibliothek kannst du sie finden. Viel Spaß beim Lesen!**

# De la biblioteca d'anglès

## SEGON

**Eye of the storm + 2 CD**

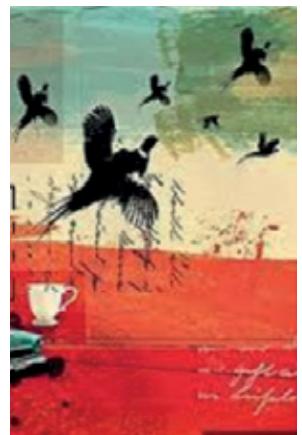
**Autor:** Loader, Mandy  
**Publicació:** Cambridge: Cambridge University Press, 2003  
**Col·lecció:** Cambridge English Reader. Level 3  
**Resum:** A hurricane is tearing across the Atlantic from the west coast to Africa towards the USA. As the hurricane passes through the Caribbean, it destroys everything in its path. In Florida, a man is out in a fishing boat, unaware of the approaching disaster. His daughter, Ikemi, and his boyfriend must confront the hurricane in a desperate attempt to reach her father before it is too late.  
**ISBN:** 0521536596



## TERCER

**Man From the south and Other Stories**

**Autor:** Dahl, Roald  
**Publicació:** Pearson Longman, 2002  
**Col·lecció:** Penguin readers  
**Resum:** Roald Dahl is the master of unexpected. Things are not always what they seem and nobody should be trusted. In this collection of his short stories we learn some strange lessons about the dangerous world we live in. But you will have to wait until the pages of each story to discover the last, terrible twist!  
**ISBN:** 0582512239



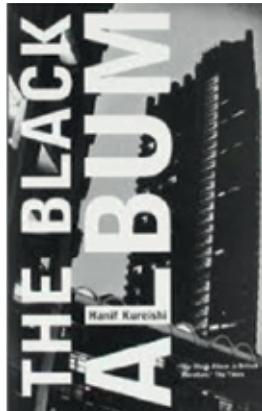
## QUART

**The Black Album**

**Autor:** Kureishi, Hanif

**Publicació:** Faber and Faber

**ISBN:** 0571203922



## C1 & C2.1

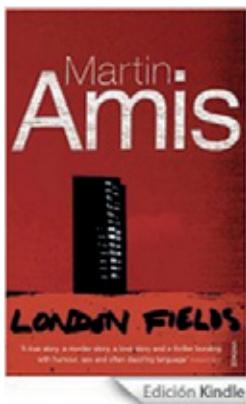
**London Fields**

**Autor:** Amis, Martin

**Publicació:** Vintage Books

**Resum:** There is a murderer, there is a murdere, and there is a foil. Everyone is always ort there searching for someone and something, usually for a lover, usually for love. And this is a love story. But the murdere - Nicola Six - is searching for something and someone else: her murderer. She knows the time, sho knows the place, shi knows the motive, she knows the means. She just doesn't know the man. London Fields is a brilliant, funny and multi-layered novel. It is a book in which the narrator, Samson Young, enters the Black Cross, a thoroughly undesirable public house, and finds the main players of his drama assembled, just waiting to begin, It's a gift of a story from real life... all Samson has to do is write it as it happens.

**ISBN:** 0099748614



## CINQUÈ

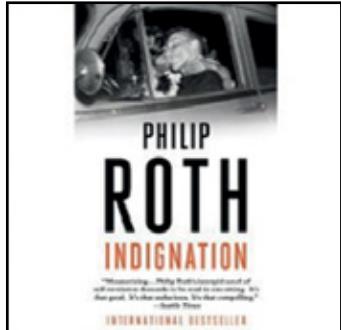
**Indignation**

**Autor:** Roth, Philip

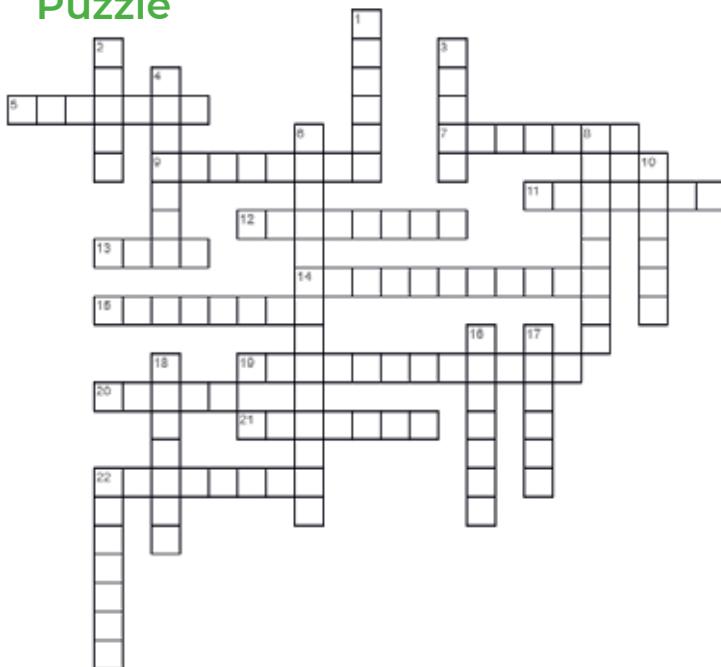
**Publicació:** Vintage, 2009

**Resum:** It is 1951 in America, the second year of the Korean War. A studious, law-abiding, intense youngster from Newark, New Jersey, Marcus Messner is beginning his sophomore year on the pastoral, conservative campus of Ohios Winesburg College. And why is he here and not at a local college in Newark where he originally enrolled? Because his father, the sturdy, hardworking neighbourhood butcher seems to have gone mad mad with tear and apprehension of the dangers of adult life, the dangers of the world, the dangers he sees in the every corner for his beloved boy. So Marcus leaves and, far form home, has to find his way amid the customs and constrictions of another American world. Indignation is the story of a young mans education in lifes terrifying chances and bizarre obstructions. It is a story of inexperience foolishness, intellectual resistance, sexual discovery, courage and error, told with all the inventive energy and with Roth has at his command.

**ISBN:** 0307473406



## Healthy Lifestyle **Crossword** Puzzle



### Across

5: one of a group of natural substances in food that you need to be healthy.. 7: sport of riding a bicycle or motorcycle; act od riding a bicycle. 9: activity that you do with your body to make your body strong. 11: the condition of being physically

strong and healthy. 12: a measurement of how much water there is in the air. 13: the type of food that someone usually eats. 14: how hot ot cold something is. 15 the force with which blood flows around your body. 19: a substance in food such as sugar, potatoes, etc that gives your body energy. 20: the red liquid that flows arround your body. 21: a unit for mesuring the amount of energy food provides. 22: the sport or activity of moving through water by mov-ing your arms and legs.

### Down:

1: one of many pieces of tissue in the body that are connected to bones and which produce movement by becoming longer or shorter. 2: the organ inside your chest that sends blood around your body. 3: a small amount of food that you eat between meals. 4: an illness. 6: the scientific study of the effects of natural or artificial atmospheric conditions, as temperature and humidity, on living organisms. 8: any substance that animals need to eat and plants need from the soil in order to live and grow. 10: the condition of your body. 16: food such as meat, chesse, fish, or eggs that is necessary for the body to grow and be strong. 17: feelings of worry caused by difficult situations such as problems at work. 18: a form of trotting or running at a slow or leisurely pace. 22: the activity or habit connected with cigarettes.

## Wortschatz: Digitale Medien

Finde 13 versteckte Wörter

S	U	B	Q	K	Q	N	E	T	Z	W	E	R	K	Y
N	E	P	Y	K	S	N	Y	A	V	D	H	P	X	Y
F	Y	V	H	X	Y	T	I	Y	N	P	A	Q	S	F
M	M	D	E	N	O	R	F	N	E	L	N	P	H	A
W	A	A	R	V	R	Z	E	T	T	I	D	Y	C	N
R	E	T	U	P	M	O	C	A	H	L	Y	M	P	Z
W	Y	M	N	S	S	A	D	S	C	V	S	F	Y	I
G	U	T	T	H	U	I	V	T	I	A	Ü	F	H	Z
D	S	D	E	Z	R	N	K	A	R	K	C	F	U	H
R	R	T	R	Q	F	R	I	T	H	H	H	T	O	A
D	P	X	L	E	E	E	K	U	C	F	T	A	D	Z
H	A	D	A	F	N	T	A	R	A	B	I	P	P	F
W	S	T	D	Q	I	T	T	E	N	S	G	G	Q	Q
D	Q	N	E	K	C	I	L	K	N	A	R	W	A	S
W	L	Z	N	I	G	W	W	L	L	E	B	A	K	B
R	L	H	L	E	W	T	M	A	Q	D	L	Y	T	D

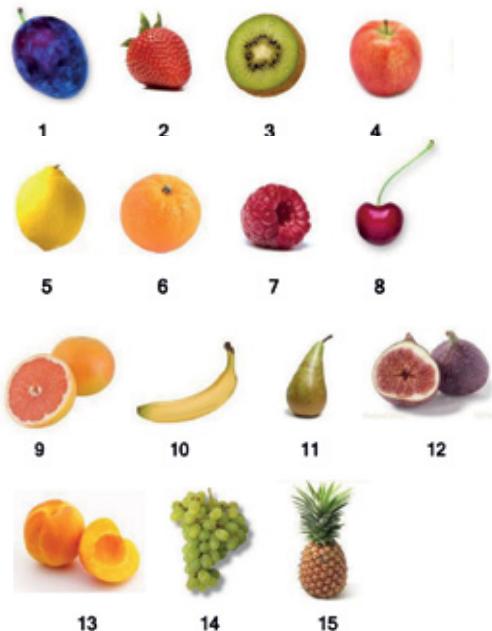
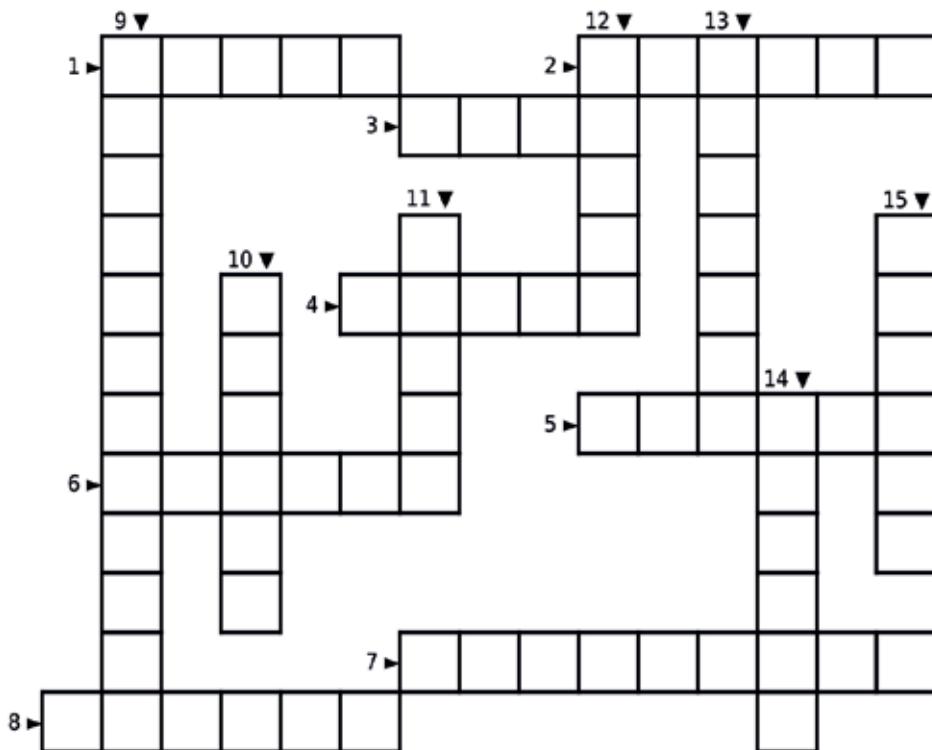
## Solucions a la contraportada

## Wortschatz: Sport

Finde die versteckten Wörter

A	Q	G	F	L	O	G	C	N	N	S	O	J	E
F	U	C	C	E	A	N	A	J	C	N	A	O	K
O	U	E	M	R	M	U	J	Z	H	A	E	G	R
D	S	ß	A	N	T	C	F	E	H	T	V	G	E
R	J	I	B	M	Z	S	G	E	O	C	T	E	I
I	G	Y	P	A	G	H	M	Z	N	R	J	N	T
Q	T	I	T	K	L	E	T	T	E	R	N	H	E
F	W	K	F	S	D	L	W	O	N	H	G	C	N
Z	A	Y	A	V	K	N	J	I	E	V	A	H	M
F	S	C	H	L	Ä	G	E	R	N	F	B	K	N
U	G	G	C	G	W	T	F	S	K	N	B	H	J
H	J	U	S	S	R	E	T	G	T	V	E	A	E
N	I	H	N	R	E	D	N	A	W	I	X	N	I
D	Z	T	N	E	M	M	I	W	H	C	S	T	D
D	Z	I	A	I	A	I	T	P	K	L	D	E	E
V	C	G	M	V	L	M	F	O	N	R	F	L	O
D	W	N	E	S	M	Z	C	B	H	C	Y	N	B
N	D	P	C	P	E	A	P	M	T	B	L	X	B

## Mots-croisés Fruits



## Nutrition quiz

1. The process of breaking down food into a form the body can use is called...  
 a) Diet b) Metabolism  
 c) Calories d) Digestion

2. To have a healthy diet...  
 a) stay away from foods with fat  
 b) avoid foods with carbohydrates  
 c) eat a variety of foods  
 d) never eat ice cream

3. Carbohydrates are...  
 a) the most preferred source of energy  
 b) the slowest source of energy  
 c) the building blocks of the body  
 d) neither animal or vegetable

4. It is important to eat enough calories every day so you can...  
 a) grow and have plenty of energy  
 b) store extra calories in fat mass  
 c) have more than you can use  
 d) run faster and jump farther

5. The three nutrients that provide the body with energy are...  
 a) calories, fat and vitamins  
 b) carbohydrates, fat and protein  
 c) calories, vitamins and minerals  
 d) carbohydrates, vitamins and fat

6. A diet is anything you eat or drink.  
 a) True b) False

7. The function of protein is...  
 a) growth, maintenance and repair of

body tissues  
 b) the first source of calories that the body uses  
 c) to help you sleep

8. Which vitamin is water soluble?  
 a) Vitamin a b) Vitamin b  
 c) Vitamin k d) Vitamin d

9. Which vitamin is FAT soluble?  
 a) Vitamin a b) Vitamin b  
 c) Vitamin c d) Vitamin z

10. Bread, rice, and potatoes are examples of...  
 a) fats b) carbohydrates  
 c) proteins d) legumes

11. Chicken, fish, beef and eggs are all examples of ...  
 a) starches b) fats  
 c) protein d) minerals

12. Elements essential for good health. e.g. Calcium, Iron, Potassium are...  
 a) Protein b) Fat  
 c) Minerals d) Carbohydrates

13. The process of converting the energy in food into energy the body can use:  
 a) Metabolism b) Diet  
 c) Digestion d) Calories

14. When you don't drink enough water you can become:  
 a) silly b) hyper

c) intoxicated d) dehydrated

15. What are the 6 nutrients?  
 a) Carbs, Meats, Fibers, Water, Protein, and Dairy  
 b) Fruits, Milk, Fibers, Water, Pork, and Vitamins  
 c) Carbs, Fats, minerals, Water, Protein, and Vitamins  
 d) Carbs, Fats, Fibers, Cheese, Protein, and Vegetables

16. Units of heat that measure the energy used by the body and the energy that foods supply to the body:  
 a) Nutrients b) Calories  
 c) Appetite d) Nutrition

17. Process by which the body takes in and uses food:  
 a) Nutrients b) Nutrition c) Hunger

18. Select the nutrients that provide our bodies with calories.  
 a) minerals b) carbohydrates  
 c) vitamins d) fats e) proteins

19. What is the most important meal of the day?  
 a) Lunch b) Dinner  
 c) Breakfast d) Snack

20. It is important to eat at least 200g of protein a day.  
 a) True b) False

## Entertainment

EOI and FP students worked on different activities on entertainment, like a group discussion about healthy leisure activities, and a TV series kahoot where they had to match some theme music extracts with their corresponding TV series. They also dealt with the dangers of alcohol, like binge drinking and drink spiking, doing activities and watching two videos about both issues. To conclude the session, students listen to a song called Last Friday night by Kate Perry learning slang words and describing what they see in the oficial video.



## Solucions dels entreteniments

### Healthy lifestyle Crossword puzzle

#### Across

- 5. vitamin. 7. cycling. 9. exercise. 11. fitness. 12. humidity.
- 13. diet. 14. temperature. 15. pressure. 19. carbohydrate.
- 20. blood. 21. calorie. 22. swimming

#### Down

- 1. muscle. 2. heart. 3. snack. 4. disease. 6. biometeorology.
- 8. nutrient. 10. health. 16. protein. 17. stress. 18. jogging.
- 20. smoking

### Nutrition Quiz: answer key

- 1. d). 2. c). 3. a). 4. a). 5. b). 6. a) 7. a) 8. b). 9. a) 10. b) 11. c)
- c) 12. c). 13. a). 14. d). 15. c). 16. b). 17. b). 18. b) d) e). 19. c).
- 20. b).

### Mots-croisés

- 1. prune. 2. fraise. 3. kiwi. 4. pomme. 5. citron. 6. orange. 7. framboise. 8. cerise. 9. pamplemousse. 10. banane. 11. poire.
- 12. figue. 13. abricot. 14. raisin. 15. ananas.



## Butlletí de l'Escola Oficial d'Idiomes de Viladecans \_ Núm. 12, maig 2022

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Estefanía Rodríguez

### ISSN

2014-8445

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### LÖSUNG für Wortschatz

S	U	B	Q	K	Q	N	E	T	Z	W	E	R	K	Y
N	E	P	Y	K	S	N	Y	A	V	D	H	P	X	Y
F	Y	V	H	X	Y	T	I	Y	N	P	A	Q	S	F
M	M	D	E	N	O	R	F	N	E	L	N	P	H	A
W	A	A	R	V	R	Z	E	T	T	I	D	Y	C	N
R	E	T	U	P	M	O	C	A	H	L	Y	M	P	Z
W	Y	M	N	S	S	A	D	S	C	V	S	F	Y	I
G	U	T	T	H	U	I	V	T	I	A	U	F	H	Z
D	S	D	E	Z	R	N	K	A	R	K	C	F	U	H
R	R	T	R	Q	F	R	I	T	H	H	H	T	O	A
D	P	X	L	E	E	E	K	U	C	F	T	A	D	Z
H	A	D	A	F	N	T	A	R	A	B	I	P	P	F
W	S	T	D	Q	I	T	T	E	N	S	G	G	Q	Q
D	Q	N	E	K	C	I	L	K	N	A	R	W	A	S
W	L	Z	N	I	G	W	W	L	L	E	B	A	K	B
R	L	H	L	E	W	T	M	A	Q	D	L	Y	T	D

A	Q	G	F	L	O	G	C	N	N	S	O	J	E
F	U	C	C	E	A	N	A	J	C	N	A	O	K
O	U	E	M	R	M	U	J	Z	H	A	E	G	R
D	S	B	A	N	T	C	F	E	H	T	V	G	E
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Z	A	Y	A	V	K	N	J	I	E	V	A	H	M
F	S	C	H	L	Ä	G	E	R	N	F	B	K	N
U	G	G	C	G	W	T	F	S	K	N	B	H	J
H	J	U	S	S	R	E	T	G	T	V	E	A	E
N	I	H	N	R	E	D	N	A	W	I	X	N	I
D	Z	T	N	E	M	M	I	W	H	C	S	T	D
D	Z	I	A	I	A	I	T	P	K	L	D	E	E
V	C	G	M	V	L	M	F	O	N	R	F	L	O
D	W	N	E	S	M	Z	C	B	H	C	Y	N	B
N	D	P	C	P	E	A	P	M	T	B	L	X	B