

Editorial

A very big thank you to everyone who helped bring every magazine together, it's been a tough year starting over but we made it

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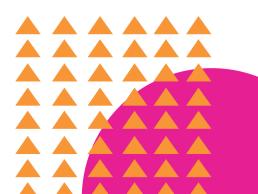
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A WORD FROM The Editor-in-Chief

This journey is coming to a slow and inevitable end which is quite unfortunate for me since I really can't find it in me to let go. As a graduating senior, I now value the years and life this place has given me for a total of fourteen years. It's literally all I've known and it has become a place that provides me with comfort and warmth.

The second I set foot on the school premises, I'm immediately greeted with smiles and best wishes by the security staff who are all kind and caring. Then I head to the reception for another set of a warm welcome, I also can't overlook Mr. Mahmoud Abouzeid and Mr. Mohamed Gaber at finance, or Mr. Emad at IT who all manage to tolerate me every time

Now the IG Office has truly turned into home, and I know I speak for everyone when I say that. Mrs. Rasha and Mrs. Menna always manage to keep up with the heavy lifting of work that gets thrown at them, but they always have time to throw in a joke or two and share a laugh.

Mrs. Hala is an entirely different story, truly a woman that comes second to none. In all her years she's achieved formidability in her position as a headmistress and cannot be challenged, she's also been my English teacher that joined in on Secret Santa two Christmases ago, and she's also a nurturing mother that helps us find the light and work to our full potential.

I really don't want to leave.

But I understand that this is life and the journey must lead to a destination somewhere, it comes a lot sooner than you expect. I'm happy I was able to share a piece of me in scraps through the last few issues that we've worked on together and I'm happy I get to at least leave some pieces of myself behind. I hope you've enjoyed reading and looking through the magazines as much as we've loved working on them. I appreciate its stress and mess because it turns out great every time.

So here is to one final issue that will have my name on it, I'll forever be grateful to all the opportunities I was given,

Hanya Kotb, Graduating Class of 2022

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SCHOOL AND LIFE





A CV is an abbreviation for curriculum vitae, also known as a resume, and it's basically a well summarized document displaying an individual's experience in certain fields, the history of their academics, the skills they've attained over the course of their career, their eligibility for the role they're applying for and more.

To facilitate the recruiter's task and make their skimming through your document a less demanding task, you need to think of your **CV's layout**. After all, they have heaps of applications to read through, so doing this will help them find the most significant details, and what makes you stand out from the others like a breeze! To start off, make sure to section your headings. Write the details relevant to each different heading underneath to indicate what each part is about. While this is not a mistake, it's a common misconception that you should write your content in chronological order. To your surprise, it's actually preferable to list them in reverse chronological order to ensure that the first thing the recruiter gets a glimpse of are your most recent accomplishments and academics. Finally, your CV should be a PDF to avoid any stumbling blocks when the recruiter is checking your file.

To leave the best impression possible, and come off as the professional type of person, there are some fundamental factors you should consider while writing your CV. Proofreading – so many people often forget to review what they wrote. A good CV should be exempt from any spelling or grammar errors, you can always ask a trusted person to go over your work once again, or use some of the endless computer generated programs designed to point out any faults.

CV LY A JOUT



To sum it all up, a good CV consists of innumerable components, however, the key element is to establish coherence and professionalism throughout your document. Additionally, doing the necessary preparations and showing your eagerness to get accepted by exhibiting that you've done your research is vital.

"THE BEST WAY TO PREDICT
THE FUTURE IS TO CREATE IT."
ABRAHAM LINCOLN

should be exempt from any spelling or grammar errors, you can always ask a trusted person to go over your work once again, or use some of the endless computer generated programs designed to point out any faults.

Your skills should be illustrated through authentic experiences and situations clarifying how you've managed to apply them in real life. Just listing your skills in a generic manner isn't going to cut it in most cases. One of the most important factors there is, is doing extensive research on the college or job you're applying for so that you can customize your CV to the role you wish to land. Check out whether they are looking for specific sets of skills or attributes and include everything that may be relevant in their eyes.

By: Layan Elseasi



DEMO-CLASSY

Posters, speeches, debates and even merchandise! For the past two months, candidates have been doing it all to get elected for class presidency. Year 9 and 10 students cherry-picked a president and vice for their class through the many candidates. Here's a glimpse at the winners' campaigns and their plans as president.

Similar to Zeina, Ahmed Shaalan, president of 9C, recounted his past work experiences. In an astounding presentation, he mentioned his job as president of 'Rotary's' - an international organisation devoted to helping the community - Interact in Tagamoa'

The Campaigns:

It was stimulating to say the least to observe the presidential campaigns run by the nominees. Each nominee came up with their own strategy to persuade their peers. These strategies ranged from posters and speeches to printing t-shirts.

For example, president of 9A, Ali Mostafa, mentions giving multiple speeches as well as having private conversations with each student about their class related issues and how he can help them if elected. In similar fashion, Omar Ahmed, president of 10B, had various conversations on class issues during his speech given to the whole class. Additionally, he printed promotion posters intended to inform the class of his goals.

In a more amusing strategy, president of 9D, Aly Abouelleil, as well as his vice president, Adam Khashaba, wore fabulous specially printed t-shirts urging students to vote for them.

Jana Gamal, 10C's president, and 10D's president, Zeina Gehad, depended on honesty to get them the position.

They both gave speeches on their stories and how they faced problems their classmates could relate to as well, encouraging students to speak up and ensuring their voices will be heard. Zeina further discussed her past experiences running for class president, and how that prepared her for the role.



Motives:

Every president had a different goal that urged them to run. Some aspired to gain some experience as well as leadership and communication skills from the role in hope that it can assist them while applying to colleges. These included Rana Shouman and her vice Laila Osama from 9B, Aly Abouelleil from 9D and Zeina Gehad and her vice Nour Swidan from 10D.

Zeina and Nour also believed their hard work and empathy will help them represent their peers' ideas by including everyone's voice in the discussions. Zeina also stressed her ability to deliver solutions without expecting gratitude, stating, "Every class needs someone who is willing to make things successful without being concerned about who gets the credit."



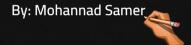


There were other presidents that ran with their class's issues in mind, including Jana Gamal of 10C, Ahmed Shaalan of 9B, Omar Ahmed of 10B.

Omar emphasised the main issue he witnesses in 10B which is bullying, whether direct or indirect. Following the Friendship Day organised by the school and most of his classmates taking the issue lightly, Omar was determined to find a solution. Thus, he ran for presidency and made it the focus of his campaign. In his final speech, he stated, "Blowing out someone else's candle doesn't make yours shine any brighter."

The majority of the presidents mentioned their hopes to organise activities and more academic-free days for their classes. Vice president of 10D, Nour Swidan, and 10B president, Omar Ahmed, were the closest to actually holding dish parties and one day trips for their classes respectively. Although the switch to online classes has destroyed most plans, there is still hope for a break from academics soon.

Overall, the election season was a marvel to observe. The presidents' determination to help their classes and their efforts to be elected and to fulfil the promises they made during their campaigns has proven to us all that there is no such thing as 'too young to be a leader.' It will be of great pleasure to watch these presidents stride to improve their classmates' school life.



Plans:

The presidents all have their plans and goals they hope to achieve for their classes. These included 9A's Ali Mostafa aiming to achieve equality between his students and 9B's Rana Shouman wanting to provide a more positive working environment for her classmates. Others went with more simple yet important fixes to their class, for example, 9C's Ahmed Shaalan aims to fix his class's curtains and to get some air freshener. 9D's president, Aly Abouelleil, has his focus on academics to ensure all his classmates can achieve their fullest potential.

On a different note, 10C and 10D's presidents, Jana Gamal and Zeina Gehad, have focused on more social issues, trying their best to listen to everyone's voices and ideas. Furthermore, Jana wishes to initiate community development projects encouraging her classmates to contribute to society positively.



As we all know by now, the school recently decided to shorten the school day, making it end at 2:15 PM instead of the previous 2:45 PM, causing the school schedule to change. Although this seems to benefit students, it might also cost them a whole lot more. So, what might it cost?

ISTHE By: Abdelrahman Mohammed EARLY LEAVE AGOODIDEA?

The school's main concern, and reason for giving us an early leave in the first place, is so that students and teachers arrive home earlier while also avoiding the everyday 3:00 PM Cairo traffic. This allowed students to catch up on extra schoolwork, attend any sports practices or extracurricular courses after school, or simply just chill out for an extra 30 minutes every day, giving students a more relaxed daily schedule; which is better for their mental health.

The decision is not all perfect though; since it has a few unforeseen consequences. One is the fact that the school day is compressed, making lessons and breaks shorter. This makes the school day more stressful, and more tiring with the smaller breaks between lessons. The schedule change also gives each lesson less time than before, causing the lessons to get crunched down, and being more rushed, which might end with teachers having to give extra lessons online. This rush also gives teachers less time to thoroughly explain the topic, and students less time to ask questions.

ORISITA BADIDEA?

Early leave has many advantages and disadvantages, even though it helped students after school, it also gave them less time to ask questions and more.

Removing the "Mid" from Mid-Year Holidays



Since the mid-year holiday is just around the corner, and nobody is going to spend all of their time, or any of it, studying till they drop, everyone's looking for a way to fill their time off with trying new hobbies. So I compiled a list of refreshing new hobbies you can try during the mid-year holidays.

I think that one of the most enjoyable things you can ever do is try out a new hobby. And I don't mean like picking up an instrument because you enjoy music. It's always more fun when you try something completely different and out of your comfort zone. The funnest part about trying new hobbies, though, is that you never know whether you're gonna enjoy it or not until you actually try it.

One of my favorite hobbies, gardening, is really relaxing, and on top of that, gives me something to do throughout the week. It also always seems to make me feel good about myself whenever I take care of my plants. To be honest, as well as it being super enjoyable, it also gives me a sense of purpose, and I really like that.

Another thing I'd like you to try is reading a big, fat, old-fashioned book. You might not finish it, but starting a large book like that takes commitment, and overtime, you might actually finish a book or two. I would recommend that you read "The Lord of The Rings" books from the series; they're both wellwritten, and have a very intriguing story. Also, for the people who hate the "reading" part of reading, I introduce to Audiobooks! Audiobooks amazing, and I'd still say I've read a book if I listened to an audiobook. They are pretty much the voice recording of a reader reading the books. The Harry Potter books read by Stephen Fry are so good. The way he reads them is incredible, and I just know you're gonna love them.

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A more exotic hobby that is worthwhile all year round is cooking. While the thought of spending some time in the kitchen doesn't excite many, I know that cooking your favourite dish is sure to get you motivated. You could make something simple yet delicious, like pancakes, or even experiment with different cuisines and types of cooking, like baking.

The last "hobby" I'm going to tell you about is travelling. It's not so much a hobby as it is "something to do", but since you won't be spending your time at school, you shouldn't be spending it all at home, either.

So here's my idea: Decide, you and your family, on someplace to go. It doesn't have to be somewhere far away. Just get away from the city in a place like the countryside or the beach. No matter where, you're still going to enjoy that change of pace with you and your loved ones.

I hope you use this list of fun things to do during the holidays and have an amazing time. And whatever you decide to do during the vacation, make sure to have fun and enjoy it as much as you can!

By: Aly Abouelel

"HOBBIES ARE GREAT DISTRACTIONS FROM THE WORRIES AND TROUBLES"



"Assistants are students too!"

For as long as I can remember (which is 2 years in this context), many high-school teachers faced the issue of having to grade, assign, correct and test their many students, who usually happen to be divided among many different schools. This is where the role of the assistant comes through. These assistants are usually previous, or even current, high-school students who took whatever subject the teacher teaches and takes care of those inconveniences mentioned above. Some, however, believe that these assistants should be trained professionals who graduated or at least have professional experience in the subject they want to help in. The main question in this debate though is whether it is ethical to hire professionals as teachers' assistants instead

One of the biggest reasons why some people believe professional assistants should take the lead here is that a lot of students don't have the capabilities to be on the line for their fellow high-schoolers' grades. Plenty of student assistants lack the knowledge and experience when it comes to marking and grading assessments and quizzes. Things like what mistakes to skip and what counts as a "correct answer" in regards to whatever model answers they are supplied with are crucial to have when grading tests that shape the future of the poor student who's entrusted these assistants with their tests.



Well, Should They Be?

Additionally, many fear that the plain workload of being an assistant, which includes being available to the teacher during the workweek and having to correct the answers of hundreds upon hundreds of submitted work, will be too much for the students to juggle with their regular school work. This problem can be easily fixed by hiring a professional assistant, whose only duty is to be the best possible assistant. Since it's their actual job, they'll be available to do all of the required tasks easily and without the fear of missing out on something like their schoolwork.

On the contrary, one of the biggest reasons why teachers opt for student assistants is because these teachers usually hire students they know, and who they can trust. These students also know the teacher's way of thinking, as they are usually former students of that teacher. Professional assistants usually know nothing about the teacher and know them as a stranger who hired them.

The professional assistants also tend to cost more; for they usually offer a higher quality of work in relation to the student assistants. Student assistants, especially ones who took classes with the teacher they're working for, see their work as more of a favor. This adds a friendly locution between the teacher and the assistant which no professional can get close to without years of working with them

This was just a quick debate on whether hiring a professional assistant over a student assistant is worth it. On one hand, professionals offer a better schedule and

more advanced services, along with no fear of their work affecting any aspect of their lives. On the other hand, students have a pre-existing bond between the teachers that helps them know how to grade and mark work.

By: Mazen Marwan



Should School Buses Be Mandatory?

By: Mazen Marwan

Many schools offer the added luxury of a school bus for an extra cost to all the students. The bus helps the students subscribe to it in many different ways ranging from convenience to comfort. Now, with that being said, should the added convenience be given to everyone? Even those who don't want it?

Well, for starters, having all students take buses every morning eliminates the "I was late because of heavy traffic" excuse. If all school buses have specific times that they pick students up in-which they do-and all students ride in said bus every day, nobody will ever have the opportunity to slack off and blame their tardiness on the "traffic;" since the bus will be there to prove their statement. All students taking buses to school also reduces the number of cars on the road every day, reducing daily traffic by a significant margin.

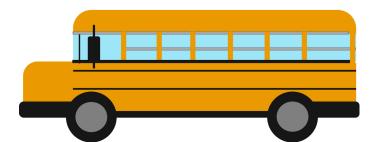
However, there are still some significant factors you have to put into consideration before mandating buses. One is the fact that it might be less convenient for some students. Students that walk, or bike to school will most probably find more bad than good in taking a bus to school. The time it takes for waiting and being on the bus every day might be longer than the time it takes to walk to school.

Additionally, having all students ride a bus to school every day will be more environmentally and-on the long run-economically friendly too. Just think about it: instead of having hundreds of different vehicles, each carrying one or two students, burning fuel and suffocating the planet with tonnes and tonnes of CO2 every day, you have around 20 buses which all carry the same amount of students the cars were carrying. Combined with the fact that there are now fewer cars on the road and less fuel consumption, you now have a formula for a more eco-friendly mode of transport for students.

Additionally, any students who want to visit a friend, a family member, or even just run some errands won't be able to do so with school buses. Students who take after-school classes or are part of any extracurricular activities, like yours truly, will have to rely on taking some other form of transport on those occasions; due to the school bus having set stops that cannot be changed.

In theory, the idea of giving students a more (generally) convenient and more eco-friendly solution to their daily transit is ingenious and seems to benefit the students as well as the teachers and parents too. The unfortunate, but important factors that need to be taken into consideration have a chance to foil the entire suggestion. Is it a good idea to force buses into students' lives? Or is it going to be a detrimental cash-grab that nobody will like?





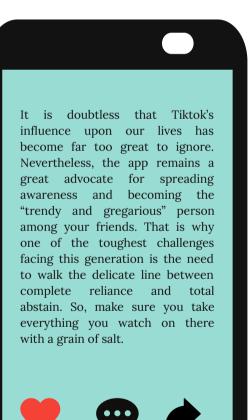
Is TikTok or Tik-Toxic? Let's Find Out.

Social media has drastically taken over a huge portion of our lives. People now wake up to the resentful sound of TikTok songs, which we've come to believe is our only source of entertainment. But, have those people bothered to take a look at the sky today? They'd probably lose it if you told them the sky's still blue. Yet, all the Tik-Talk about global warming has made them believe that the sky has already turned to deep shades of red. (Props go to TikTok for raising such awareness, though.)

TikTok has become the worst enemy to someone's productive life. Many of us have become dependent on the app as our core method of relaxation. Therefore, instead of pursuing hobbies or a healthy lifestyle, we waste that time watching TikToks - all to earn nothing at the end of the day. It's not like you get a paycheck for watching others live their lives on an application.

With time, major technological factors have made it easier for the next generation to get more involved online. Their exposure to this app at such a young age is inarguably virulent due to the unrealistic content it contains. Of course everyone knows it is obvious to the more mature age group that what we see on the internet isn't always authentic; however, who is going to spell out the truth to the youths? Naturally, "influencers', nocuous corporations and online dealers lead the young ones into believing that purchasing the advertised products on said application is the only way to fulfill their validity.

Scrolling endlessly on TikTok can turn to our advantage sometimes. As mentioned before, TikTok is a space where people can speak up regarding whatever it is that they feel is right. As a consequence, most people fall into the bright side of this app where they can learn about critical topics that deserve more recognition – for example; climate change, gender inequality, as well as other global issues.







Is It Still "Thank God It's Friday"



By: Aly Tamer

With the start of 2022, The United Arab Emirates made an overwhelmingly significant shift, taking the "New Year New Me" trend to a whole new level. The government decided to move the weekend days to Saturday and Sunday, instead of Friday and Saturday. This changes the scene especially with businesses and institutions, which are now forced to give half of Friday off for the Friday prayer. Many Emiratis have mixed feelings about this change, some with and others against the new weekend. But overall, is sacrificing a Muslim holy day worth the more convenient schedule?

From a businessman's shoes, it seems like the only logical move for the UAE to carry on with the shift. It is the only way to stay interacted with the rest of the economic system, and it is essential for preventing unnecessary delays in transactions. Since most countries, excluding those of the Arab World, work on Fridays, making it a workday synchronizes them with the rest of the world's businesses.

It doesn't stop there. For the average worker, it is surely more practical to take Sunday off and work on Friday, than taking Friday off, while still having to read e-mails and plan projects throughout the weekend, and still is expected to arrive at work on Sunday all refreshed. Additionally, an elongated weekend means more relaxation time, more quality time, and a boost in focus for the rest of the week.

However, it's not all sunshine and rainbows. Citizens have been experiencing

a sort of "shock", to say the least. For foreigners estranged in the UAE, it just seems like getting back to normal. For the native, or even expatriate Arabs living there, though... It's a whole other story. Government Institutions recognize the weekend as 2-and-a-half days; Saturday, Sunday and half of Friday, giving plenty of time to get on with personal affairs and attend the Friday prayers.

Private businesses, on the other hand, only allow paid vacation during Saturday and Sunday, with a break in the middle of Friday for prayers. This naturally leads to an occasional overlap between working hours and prayer times, causing workers to arrive late to mosques. This also overhauls the weekly schedule for most people; eliminating the idea of spending Thursday nights out and about or having all of Friday to attend to your errands.

Such a vital change implemented on the Emiratis' daily routine will certainly require adaptation. A lot of people are confused, maybe even angry with the new system. For some, this is seen as over-westernization; as cutting up their holy day is like cutting up their Muslim and Arab identity. For others, this is a golden chance for getting along with the rest of the world, and a vital step for the improvement of their economic system. Over time, citizens will learn to adjust to their schedules, and only then will the benefits of an elongated weekend and a system coordinated with the rest of the world begin to shine.





Spicing Up Your Thursday Night



I know that it's not just my friend group and I who struggle with picking out a hangout spot every single Thursday. We always argue over which of the same 3 places should we meet up at every week. Well, recently, I discovered a bunch of exciting new venues that can save you and your friends the "So, where are we going out to today?" conversation, and here they are.

5A:

Waterway has never failed to impress us with their selection of stores and locations. And their newest creation, in 5th settlement, will definitely not disappoint you either. Not only is it the newest, it's also the classiest one too! Having some of the world's most luxurious brands, like Prada, Gucci, Hugo Boss and even Porsche open up on its grounds, 5A should really be full of themselves. Now for the real reason everyone goes out: the food! You can satisfy your appetite at Bocca, Carlos, Numa, Gala and much more.

Restless Coffee House:

An accomplishment by one of our very own. Restless Coffee House has shown its face on street 232, Degla, Maadi. It was founded and is owned by Bassel Ziad, once a Narmarian and now proud coffee house owner. Judging by the happy and excited faces that make an appearance at the coffee house, the former senior student seems to definitely knows what he's doing. Treat your tastebuds and check out Bassel's new home. You will not regret it.

The Field:

Everyone's favorite burger and pancake place, BRGR, has opened a new branch in Maadi! The dishes we all know and love along with aesthetically-pleasing seating makes your food even more enjoyable. Activities, like Go!Padel and BeFit are also accessible at The Field. So not only can you enjoy a meal with your friends, you can also get a hold of that summer body. This place is for sure the one for Maadi kids.

ZED Park:

If you're looking for another version of Dream Park, ZED Park is the place to go. All of your childhood dreams about amusement parks come true at ZED Park, 6th of October. Many types of fun like go karting, and the famous ZED Eye, have attracted attention from all the ZED Park fans. Between all the fun, food is also a highlight at ZED Park, so make sure to be both fun and full.

There are still many more places to be discovered, but these, with no doubt, will add spice to your day out. They're heaven on Earth, just as much as they're the topic of conversations. Now what are you waiting for? Launch the Uber app and start your adventure!





MARVEL STUDIOS

SPIDER-MAN No Way Home

THE MOST MRVII OUS OF THE MAKES

By: Aly Tamer

Released on December 15th 2021, "Spider-man No Way Home" was a blast to say the least. Completing the trilogy, the John Watts masterpiece allowed us to see Tobey Maguire, Andrew Garfield, and Tom Holland come together, combining three different franchises spanning twenty years, and bringing iconic moments back to life. Starring the wondrous Zendava Coleman as well, it's like a dream coming true for marvel fans across the globe. The astonishing graphics, the mesmerizing acting, the incredible climax, along with the nostalgia factor - it seems to have it all!

No Way Home takes place after the previous movie "Spider-man: Far From Home" in 2024, according to the marvel cinematic universe, where the entire globe discovers Peter Parker's identity. putting him and his loved ones in deep danger. In a try to restore his regular life, Peter seeks out Doctor Strange, but that only leads to something drastically wrong, threatening the safety of the world.

The movie is filled to the brim with unraveled twists. With its incredible climax, it seems like every 5 minutes a new problem, worse than the prior, is there to face Peter, and further complicate his life. How is the friendly neighborhood Spiderman going to redeem his mistakes? Will he be able to solely save the earth from dangers you can't comprehend? Can this possibly be the end of Spider-man as we know him?

This is only a fraction of the questions



all viewers speculate upon throughout

The most overwhelming factor about the movie has to be the CGI; you'll be sitting in the movie theater in awe, feeling the events circulate around you. Every web swing and every fight will leave your jaw hitting the ground. However, we can't forget about the amazing acting and the cast. There is clear and complete harmony between the actors - the chemistry between Tom Holland and Zendaya Coleman was a marvel to say the least.

Overall the movie is a top tier masterpiece, and a must watch for all Marvel geeks craving a new "best movie of all time". It should most certainly be on the top of your watch list. It is the perfect fit for all comic book fans and general action lovers. Moreover, it is a must watch for all age groups out there. Don't forget to bring you 3D glasses though to enjoy the movie to the maximum!





FUN EASTER ACTIVITIES!

By: Aly Abouelela

Easter is right around the corner and many people have begun thinking about different ways to spend their Easter, the most popular of which is painting eggs. I think that Easter is so much more than that and it doesn't have to be limited to tradition. You can have just as much fun by breaking tradition, if not even more. Now without further rambling, here are some of my personal favourite ways you can celebrate Easter.

A fun yet easy activity is molding chocolate. You can get a mold in the form of an egg, or even a bunny and melt some chocolate, so that when it cools, it takes that shape. Obviously you can buy these at the supermarket, but where is the fun in that? Many people have said that the supermarket ones taste worse than homemade ones anyway. The whole procedure of making these chocolate trinkets will stick with you for a long time.















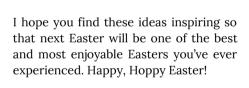
Another very cool idea is organising a treasure hunt. You could hide clues inside plastic eggs that lead to a huge reward (like the chocolate eggs and bunnies you made earlier) that the winner gets to claim. There could even be dummy clues that lead to nowhere! Wouldn't that be super exciting?

One very exotic activity is planting flowers. Since Easter is perfectly aligned with Spring, there is no better way to celebrate than by planting some flowers. Violets are among some of the most gorgeous flowers, along with Carnations, and they have the effect of adding color into your garden, or even your house! However, if there is one flower that will surely transform your house, it has to be the Easter Lily.

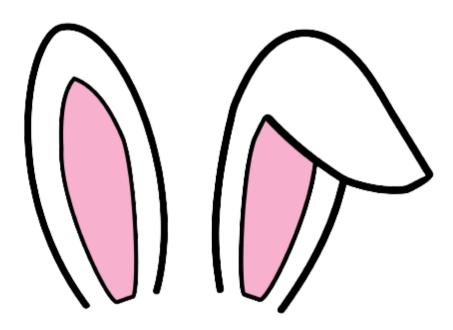
As their name implies, they're some of the most popular flowers grown around Easter, and for good reason. They're so pretty, and are really easy to take care



Finally, going on a picnic is a really understated part of Easter. I think that too many people stay at home to color their eggs instead of going outside when the weather's really nice. On a picnic, you can color your eggs just fine, but you get to be in the sun and enjoy the warm air while you do so.







LUXOR & ASWAN TRIP NMUN'22 **SENIORS TRIP**



Luxor and Aswan Trip '21





I'm sure most of you have heard of the freshman and sophomore trip to the wondrous cities of Luxor and Aswan in December. Also, I'm quite sure you've only heard about how everyone had the time of their lives to the point where the only downside was that everyone came back and couldn't get up from bed for a week afterwards. However, with all jokes aside, it truly was a blast and everyone had the time of their lives.

Of course no one enjoyed waking up at 3 am, so they could get to the airport at 5. But, at least we all made it safely (I almost didn't but you didn't hear that from me). As soon as we all made it to the airport and gathered together, we hopped on the plane and headed to Aswan, and let me just tell you the plane was packed with our students – almost as if it was made just for us. We were all so excited to take off that we took pictures of each other randomly, and sent them to everyone on the plane!

Arrival was such a hassle. Everyone was running around, and the worst part was having to wait forever to get our bags. But once that was over with, we all met up with our guides, got separated into 3 busses and started our tour.

First, we visited The High Dam, but we didn't stay there for long. 'The Philae Temple' on the other hand was the man of the hour. It was truly a sight to see, breathtaking and mindblowing in every possible way. The tour guides' fascinating talk about the legend of Isis and the history of the temple was out of this world!

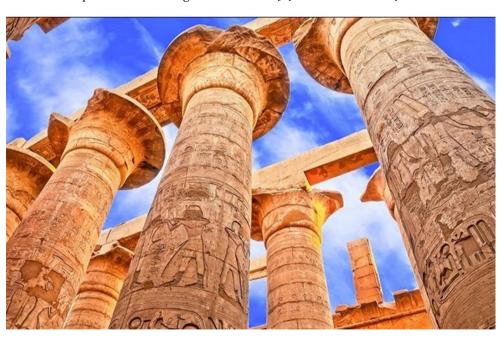
Once we found ourselves on the cruise, everyone raced to the buffet for lunch. Can you blame us though? We were starved!

We all had agreed that this next visit was the best place we'd gone. The next day, we woke up at 6am and headed to a beautiful Nubian village! The people there were a joy to be around. They welcomed us into their home with the most epic tea and hibiscus party. Everyone bonded by dancing and singing together to some of the most rhapsodic Nubian songs.



had all their doors open with music blasting from every corner. At 9pm, everyone headed to the bar, since there was a Christmas eve party. We all danced around a bit then got tired and started playing card games. Eventually, we all passed out on the couches.

We all had agreed that this next visit was the best place we'd gone. The next day, we woke up at 6am and headed to a beautiful Nubian village! The people there were a joy to be around. They welcomed us into



After that, everyone either napped, checked the cruise out or played around the girls' side of the cruise really lived up to the definition of play around, as they their home with the most epic tea and hibiscus party. Everyone bonded by dancing and singing together to some of the most rhapsodic nubian songs.



























Later that night, we arrived at Kom Ombo and visited the Kom Ombo temple. Now, I'd be lying if I say that everyone was excited for it, because honestly we were all, once again, starved. Despite that, we were intrigued by the legend of the Ancient Egyptian gods Sobek and Haroeris, and the peculiar crocodile museum. Finally, we had dinner and a cocktail party awaiting us back at the cruise. And while everyone was jumping around to 'Hamo bika', little did they know, we were sailing to Edfu.

The third day was by far the most arcadian. Even though we had to wake up at 5am, our morning grumpiness was all forgiven and forgotten after we had some tea and cake. Not long after, we went to



On our way, we saw the spectacular hot air balloons of Luxor, and we were introduced to great stories about some of the most famous leaders of Ancient Egypt, but nothing topped the excruciating story of Hatshepsut - Egypt's only female leader. Next on the list was obviously Hatshepsut's temple. Then, Karnak temple and Luxor temple. We also visited a site where alabaster is made. In the afternoon, we went to a local café for the moment we were all waiting for - our McDonald's order. At 6, we headed to





the airport again for our final goodbye. Everyone was devastated, but also geeked at the thought of sleeping. This trip was beyond amazing, and we owe a big part of that to the one of a kind teachers that accompanied us on the trip. The freshmen and the Sophomores had one wild adventure around the cities of Luxor and Aswan.



visit the Horus temple in Edfu. There was plenty to look back at with this visit including; the tranquillity of the temple early in the morning and our unforgettable ride - horse carriages! We spent the rest of the day on the cruise while sailing to Luxor.

Everyone gathered around on deck playing board games which I thought was the peak of the freshmen and sophomores' friendship. But, I can't really say this applies to when we played "Aflam".



The students were divided into two teams: Ms Menna's team and Mr Hamdy's team. This game caused a rivalry between us and set an invisible yet luminous border. It was absolutely hilarious! At night we had the most fabulous galabeya party, but let's just say that things didn't go as planned. Everyone ended up sitting on deck with the teachers, as we all sang heartbreak songs.

The last day was the most hectic day of all. Not only were we crestfallen about it being the final day, but the majority of us were worn out. We started the day by visiting The Valley of the Kings. 3 Tour buses picked us up right after we checked out of the cruise.







Seniors,22

We actually never thought we'd make it to Europe after everything came to a pause due the pandemic, but it's actually been over a month since we came back!

We landed in Charles de Gaul on the 11th of February and some of us made it to a League 1 match while the rest roamed the pretty streets of Paris, mainly the Champs-Elysees and had a luxurious meal at L'Entrecôte de Paris.

The following day consisted of a tour around the exquisite city, seeing the Eiffel Tour, Notre Dame, and Sacre Cœur all followed by a beautiful cruise in the Seine River.

Euro Disney felt like a childhood dream come true for most of us. Everything about it was magical, even the rides that made your stomach quench with fear.

Our next stop was the small yet beautiful town of Brugge, where we got to taste the true luxurious Belgian chocolate that instantly melts in your mouth. Not to mention trying their famous fries.

Now I know I speak for everyone when I say that Barcelona was the best destination on our trip. It's just as everyone describes it, a mediterranean city with many different monuments and a beautiful colour palette. Everyone had paella for lunch to taste their culture and we never stopped shopping.

Andorra was our last stop, we got a chance to see the snow for the first time, made snow angels, and went skiing.

It was definitely an experience like no other and we wouldn't trade it for the world, I do think the pictures speak for themselves so enjoy!

4 Countries, 3 Aiports, 2 Contents, and 1 Class



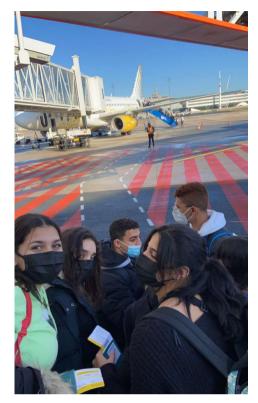


SENIORS ARRIVING AT THE AIRPORT.....







































BELGIUM FRIES













































The NMUN Returns! And It Was Better Than Ever!

After a long wait, the NMUN finally returned to the spotlight for a fun, yet educational, week. Presentations, activities, and games were all included making this NMUN an unforgettable experience for sure.



Throughout the week, each council's hard-working ACs presented presentations and hosted fun activities related to the topic they were talking about. For example, Mohamed Wael, Abdullah Hossam, and Nadine Amr decided that the American invasion of Iraq would be suitable for the Council of Historical Events (CHE). On the other hand, Habiba Hossam, Mazen Marwan and Nancy Shaker found it suitable to discuss slave trafficking in Libya in the Human Rights Council (HRC). As for the Economic and Social Council (ECOSOC), Farrah Moharam, Haneen Weaam, and Jana Kammel prepared thorough presentations about the economical crisis in Lebanon. Finally, for the Security Council (SC), Malak Yasser, Abdullah Shoukry, and Mariam Okasha went on about the Azerbaijan-Armenian conflict.

Undoubtedly, having fun is just as important as learning. That's why, during the sessions, the delegates enjoyed numerous games. Delegates, OCs and even ACs were able to take a break from the classroom during the fun day held on Tuesday. It started strong with a colour fight, giving everyone a tie-dye look. Later, the talent show allowed different gifts to shine. Dancing, singing, stand-up comedy, you name it! Next, a thrilling treasure hunt was organised around the entire campus, with multiple prizes. Using teamwork, brainstorming, and quick thinking, CHE was proudly victorious. To conclude the day an amazing glow stick party was thrown, creating a phenomenal ambience.

After all that was said and done, it was time for the conference. On the final two days of the NMUN, it was time to put all of the invaluable information presented by the ACs to good use. Throughout the weekend delegates dressed formally, represented delegations and presented their views for the entire council to hear. Since nothing is done without a challenge, delegates had to adapt and think quickly and come up with solutions for rapidly arising crises that developed during the meeting. On the final day, our delegates were able to reach resolutions that were satisfactory to all sides, flexing their problem-solving skills and creativity. Everyone was then rewarded with an amazing closing ceremony. A DJ blasted back-to-back party hits as everyone danced and sang like there was no tomorrow.

A special thanks must be given to the entire AC and OC team, which without their help none of this unforgettable week was ever going to be possible.

















THE COLOUR FIGHT









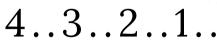




















THE DELEGATES























MORE.....























STILL GOING....











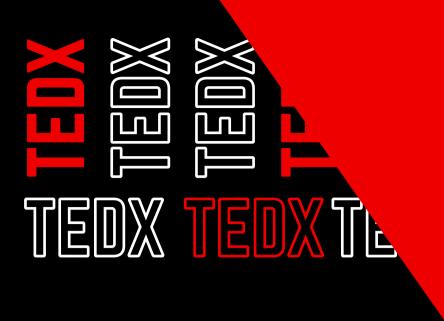












AMORPHOSIS
AMORPHOSIS
METAMORPHOSIS

RAMY SOLIMAN

BY: Habiba Hossam & Mazen Marwan

Metamorphosis. A pretty funny word, right? Well, Our first speaker at the 5th TEDxYouth@MNS Ramy Soliman took it quite seriously. He took us through his journey of evolution and soul searching to find his true passion. Everybody has dreams, Ramy included. So who's better to tell you about achieving your dreams than one who's already reached it and beyond?

Not adapting to your work space and career path is everyone's nightmare. Ramy found that majoring in Engineering needed a bit more flavor. He realized that working a job you don't like and having to borrow money to get to work everyday wasn't his ideal scenario. Because of that, he decided to put engineering aside for now and focus on his true passion. Food. He started off by first making cakes and selling them to his friends and colleagues. This side-hustle eventually evolved into what we know today as @ramysoli on Instagram.

The talk was a rejoicing opener to the event. Soliman's story painted the whole town red! Since food was his true passion, the audience could feel his confidence in changing his entire career from across the stage. This inspired everyone to do what they truly love.

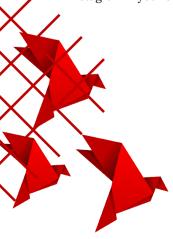
There were several other factors that made the entire TEDx Talk a marvel. For one, all the food displayed in the background was mouth watering. However, Ramy showed us that his food wasn't always as it is right now - progress had to be made for it to become this good. He also advised us to set side goals when trying to achieve your dream. He gave an example from his journey when he said that his side-goal was to buy a Playstation 3 video game console.

Most people when talking about achieving your dreams tend to forget the fact that we humans naturally get bored and uninterested when we gain no accomplishments after our hard work and Ramy found an ingenious way of tackling that problem and shared his findings with us. Whether you have a sweet or salty tooth, have a deep admiration for engineering or food, Ramy Soliman's talk found its way to everyone's heart. I wouldn't recommend going through his Instagram if you're hungry though!









MAHMOUD ABDELMAGEED مواطن متفائل.

By: Sherifa Hassan

Given the task to review Mahmoud AbdelMeguid's Ted talk filled me with a certain fear that I won't reflect the same motivation and stimulation for the readers.

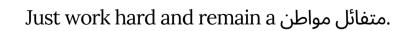
It filled me with satisfaction knowing that his beliefs are similar to mine; he discussed every topic I'm interested in, how loving your country could actually be your success story, how you should be proud of your family no matter how hard the circumstances may be, and no matter how little they have.

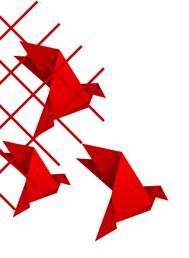
Mahmoud's entire talk revolved around faith in God, trust in your own capabilities, and pushing yourself to your full potential. Even when the times get rough, especially when the times get rough. Because success in life doesn't come easy nor will you find it as you're laying on your couch. And most of the time, you won't even see the rewards coming through which may have you question if any of the efforts you're exerting is even worth it. Mahmoud confirmed that the hard work does indeed pay off and it even turns your entire life round, even if you can't see it from where you're currently standing.

Hearing this confirmed my determination and faith in life. Optimism is the path Mahmoud chose to take throughout his life although nothing about it was luxurious, he handled the hardships God threw at him and he never stopped working to draw himself a better scenario. His key trait is being grateful... grateful for his family, his rough childhood, his studies, the opportunities that were granted, and of course his wife.

"You don't choose where you come from, but you do choose where you go from there," was the sentence that hit a nerve and stuck with me. None of us have a say in what we're born into or what the world offers for us, but we are capable of showing the potential we have in us, his talk was all about this. Success is all about steps because trusting the process is the only thing you have sometimes.

Overall, it was one of the most inspiring talks I've heard, knowing that someone with a similar mindset to mine went through so many things then eventually succeeded is an extreme push for me to carry on. I'm looking forward to talking to him in a few years after reaching my goals because he is definitely one of the main factors.







LULI AKRAM

By: Habiba Ayman

Luli Akram talked about how she went from being buried in a tonne of self-help books on her couch trying to find her way through life to changing an orphaned little boy's world overnight with just one simple act like starting a live video and moving thousands of hearts.

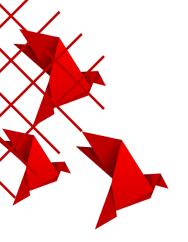
The story is about a four year old boy rejected by many adoptive parents not only because of his "older age" but also because of the colour of his skin. She started a blog to express her sadness, worries, and thoughts about the issue surrounding the boy's adoption. She ended up writing not one, not two, but 60 articles and that sparked her urge to dive deeper into the topic that meant so much to her, shining a light on older orphans.

"Do what you can with what you have right now," was the quote that started it all and lit the bulb from her piles of self-help books that, along with Luli, moved many of us. She made sure to do what she could and started to visit the young boy as much as possible. She decided to record a video with him to show just how much the boy needed a loving family that could provide him with a warm home. This video went viral, with hundreds of messages flooding in which left her beyond overjoyed, However, much to her dismay on the day of the adoption no one showed up.

Luli went to think of what she had done wrong and what she could have done to make it better, but she came up short of an answer. She decided to start a live video with absolutely no idea how to start one and split her whole heart and soul. The following day she got a message from a woman stating that she's taking the kid in and changing his life.

Luli took a leap of faith and decided upon adopting a two and half year-old girl of her very own. Luli is a firm believer that any act you can do may seem small and insignificant but can change a person's entire life overnight and that's what matters at the end of the day.she couldn't change the world but for her changing one's world means much more. After all she gave a voice for the voiceless.





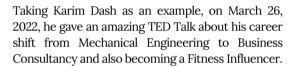
A VOICE FOR THE VOICELESS



KARIM DASH

By: Malak Abdelhamid

Choosing a path in life has never been easy, especially as a 17 or 18-year-old with everything up in the air- probably seconds away from burning. Choosing a university and career is a decision that, for most people, is a lifetime contract in which you put everything you have into, and it's either a success or a failure.

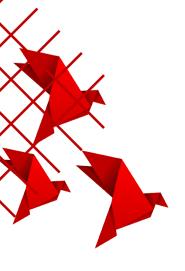


In his talk, Karim stated that, "it's not the path we choose that makes us successful; a successful person would be successful in any path he chooses because he is driven by his ambitions." He also stated that one of the most crucial aspects of success are the people who help you choose your career.

I genuinely enjoyed Karim's talk and couldn't think of a better way to conclude it. Karim demonstrated that it is not wrong to put everything you have into one path, even if you are not certain it will work out, because as much as you give, you will receive, and sometimes taking a leap of faith and putting yourself on one road will give you the best opportunities.

One of the things that inspired me the most was his statement that, "you can't compare yourself to someone unless you work as much as they do or it will be unfair to both them and to yourself," which I believe touched everyone who listened to the talk.

Karim's talk was far more inspiring than most of us expected; he was able to pinpoint the things that most teenagers need to hear. I needed to hear that I didn't have to worry about failing and that my life wouldn't be based on one decision I'll make in a year or two.





EMAN HUSSEIN

By: Mariam ElDoh

In 2018, Eman Huissen would've never imagined getting diagnosed with breast cancer at the age of 28, or that now she'd stand on a stage, 3 years post-chemo, talking about her initiative "#تاني_هتقومي" "that offers emotional support for cancer patients

Throughout her TED talk, Eman talks about her road to recovery from breast cancer - all the way from her first chemotherapy session to her very last one on the 12th of January, 2019 - a day which she hopes to celebrate every year.

Finding the right support system during such a tough time can be challenging. In her talk, Eman highlights this importance. She starts by talking about her family and close friends and how they would always try to cheer her up and assure her that she'll recover and get better. She understood that their words were from the heart and that they were simply trying to comfort her and offer as much support as she needed; however, it wasn't what she needed at the time. She went on to say that she needed people that understood what it's like to go through chemotherapy, to lose your hair as well as having to get back up afterwards.

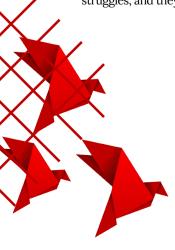
For this reason, she decided to look for facebook groups for cancer survivors and those currently fighting it. Through these groups, she was able to meet up and talk to many people who either had cancer at that time or recovered from it. Eman says that after talking to them she finally felt seen and understood. Thus, she was able to find people who also shared similar struggles, and they offered advice she needed.

result, she decided to start her own initiative to help others as people once helped her. Her initiative "النيهقومي" "allows those currently fighting cancer to talk to and meet up with Eman, so they can have the same support she once needed. She offers the support they need and any advice she has that could benefit them.

To conclude, I think the message Eman was trying to deliver was that no one could feel your pain unless they're going through it themselves. So, find your people and confide in them. Find your comfort and be the change











By: Mazen Marwan

Change. It is more like flipping a coin; the chances of it being good or bad are 1:1, yet impossible to anticipate. Some changes are great, and advantageous to you and those around you, like getting a flashy new car, or meeting a new friend. Other changes are... well... not that great. Things like getting a new job or moving out tend to come with a great deal of stress and force you out of your comfort zone. This leads to many people having an irrational fear of change, hoping to avoid as much change in their lives as possible.

Sedky Sakr, being the Jack of All Trades he is, made use of his time on stage at our very own TEDxYouth@MNS to talk about how you can overcome the fear of change - metathesiophobia. As well as, exploiting all of the different changes in your life for your benefit.

Sedky started his talk with an unexpected harmonica solo. The whole crowd clapped along and bopped their heads to the music Sedky played while marching on the stage. After creatively grabbing the crowd's attention, he started his talk. You'd expect that someone as successful as and inspiring as Sedky Sakr would wow you with a valuable and empowering talk, and your expectations would be reached. His talk was by far the most interactive one, where he took answers and asked questions on more than one occasion.

His talk was also about a very relatable topic: adapting to change. Using many examples from throughout his life, and through creating fake yet realistic scenarios that students are able to relate to, Sakhr was able to craft a talk that gave everyone the confidence and guidance to not only face change, but use it for your own good.

To sum this up, Sedky Sakhr was able to give an astounding talk that reached all of the nooks and crannies in our hearts. He was able to send his message directly and easily, in addition to being able to create relatable scenarios and saying motivating one-liners.



METATHESIOPHOBIA METAT METATHESIOPHOBIA METAT



SHAHD SAMER

By: khaled ahmed

Shahd Samer, speaker number 6 in our 5th TEDxYouth@MNS event, gave an astounding talk before a huge audience that fully occupied the whole theater on Saturday, March 26th. Relating to our theme this year, Metamorphosis, which may be interpreted as transformation, she gave a brilliant presentation covering not only the anxiety and the stress of being an Egyptian Olympian, but also how to deal with offensive comments, or maybe bullying at its worst, by the people around you.

She started with an enticing introduction where she described her time practicing, and what she does to relate to the audience. After flawlessly creating a connection with the audience, she then began to dig deeper into her life story. She began to mention how her mother helped her keep her flame always lit. It was really eye opening how some reassurance can make a world's difference.

What seemed to be the most fascinating was her will and ambition towards her goals. She was able to rise like a phoenix from the ashes when she described how her own coach discouraged her from aiming for the Olympics, simply because of her dark skin. She was called black and that distracted her from her life dream. It was at this point where she turned that comment into a nickname, as she changed her perspective and saw it as something unique and admiring.

The name that her coach chose for her, Black Barbie. Then she began using it on Instagram and getting endless support from her followers. Her ability to ignore any crude comment and stay focused was what I found the most intriguing. She was able to evolve from hating being described as black to taking it as a compliment and making it 'Black Barbie'.

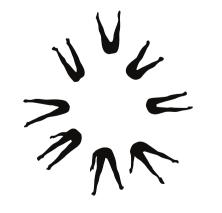
Another important idea that she discussed was her tendency to panic easily in every situation - something which negatively affected her performance. Things weren't going fine with her as long as she relied on people's support and reassurance. The minute she decided that reassurance should come from within was her actual metamorphosis. Shahd described that moment brilliantly to her audience, highlighting how she talked to herself in the mirror seriously and confidently, ensuring herself how hard she worked, how deserving she is of winning and how things will definitely go as planned. That was a turning point facing her lack of self confidence and panicking.

Overall, Shahd Samer without a doubt surpassed everyone's expectation and was able to make a unique connection with her audience, who cheered with applause several times during her talk. She definitely became an idol to many people who were watching.







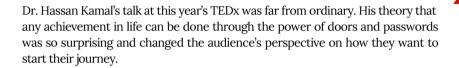


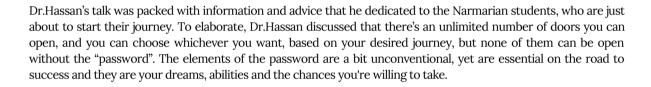


x = independently organized TED event

DR. HASSAN KAMAL

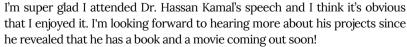
By: Mariam Okasha





One thing that stood out in Dr. Hassan's speech was his use of real-life examples. Moreover, he talked about his personal experience, as well as the experience of the most prominent Egyptian athletes, like Hedaya Malak and Feryal Abdelaziz. The way he personalized his speech by sharing his struggles made the speech more relatable and even more memorable. Additionally, he talked about the continuous need and desire of wanting to follow your passion, which in his experience was his love of writing, and that was by far the most relatable thing about his speech. As high school students, we are faced with many choices and a very common one is whether we should follow our passion or if we should go with the more logical option, thus I believe everyone benefited from his words.

The only problem might've been that his speech was too packed with information, but I'm sure that's from the good of his heart since he wanted to maximize the benefits we gained. Dr. Hassan also added that it's not a necessity to be talented, yet it's a necessity to be ready to dedicate all your time and effort to open your door. I think a lot of people in the audience needed to hear this since we are constantly faced with the misconception that we have to be talented and naturally good at what we do.









ZEIAD KAHIL

By: Habiba Hossam

For some reason, our brain persuades us to not complete tasks we already know are tiresome. Yesterday, You got up to get a cup of water, and the journey from the couch to the kitchen was quite an adventure. Naturally, the next time you want to repeat this whole process of getting yourself a cup of water, you'll remember the duration of the task rather than focusing on how fundamental it is to drink water - how great of a responsibility it is. Among the many inspiring speakers at the 5th TEDxYouth@MNS, Zeiad Kahil succeeded at giving this example in his exceptional speech. Our very own former Narmarian - class of 2018 - provoked a rather latent significance to responsibility.

Zeiad found himself partially restrained in terms of physical ability. Consequently, he found his freedom underwater and encouraged everyone to "never settle for your own environment." He never expected to become a paralympian one day; however, his determination only strengthened after his plans to Italy in 2020 were brought to an end due to the pandemic. Kahil decided to put in the effort to build his own make-believe swimming pool at home using a mixture of random, yet surprisingly versatile, objects that he could find – like even pillows! His persistence impressed the audience immensely.

What I liked most about the talk was the little messages Zeiad would deliver across the room whilst telling his story. The most crucial message of all was to assign yourself with responsibility in order to achieve now, and as a message Zeiad left to specifically our generation, "In our society, you achieve first then you expect the clap. If you keep waiting for motivation first whilst taking your journey, you're better off sitting on your couch, and say hi to motivation on your way there."

It was a pity we couldn't hear more of Zeiad's talk. It was filled with influential stories which made the audience break into smiles. It is of no doubt that Kahil's mindset and ambitious goals helped him get to where he is. Still, all his major commitment to taking on responsibilities and fulfilling them remains essential.

The talk left the audience speechless and full of applause. I must say, it was truly spectacular! All in all, It is only a matter of being able to take on the responsibility you took yesterday; even if it was getting up to get yourself a cup of water. After all, it is you yesterday vs you right now and nothing more in your way.







SINE, THE BAND







Amid the inspiring and life-changing talks given throughout the TEDx event the promising Egyptian band "Sine" made up of our very own Seif Shehab, Akram Sameh and Hussein Badawy decided to lighten up the mood and get us all off our seats.

Sine charmed us with a breathtaking performance of their hit song "La Rambla" as an opening act. We all sang, danced and had a great time. They were able to provide all event-goers with a memorable experience through their bizarre visuals played on screen, their unique mix of instruments, beats and soundtracks along with their harmonized voices.

After everyone presumed the event was over, we were all pleasantly surprised when we saw the trio march back on stage for a couple more songs before we all went our separate ways. The two songs were performed back to back and were a perfect way to end the event.



After all this was said and done, one of our journalists, Mazen Marwan, interviewed them backstage to find out further information about the band - that is bound to be interesting to us all. For example, Mazen found out that the band was formed before the alumni even graduated, and that the 3 main songs that they picked each had a special meaning to them. In the end, Sine was an extraordinary part of the event and gave this TEDx a new feel.



Meet Our * CHAMPIONS*





Ramadan Mubarak

SEE YOU NEXT YEAR

