

OUR MONTHLY WORK.  
DONE BY STUDENTS. FOR STUDENTS.

MARCH 2021  
#004

# News4U



NEW YEAR  
*fresh start*





*indique* 1

**AMIGO**

E GANHE **DESCONTOS!**

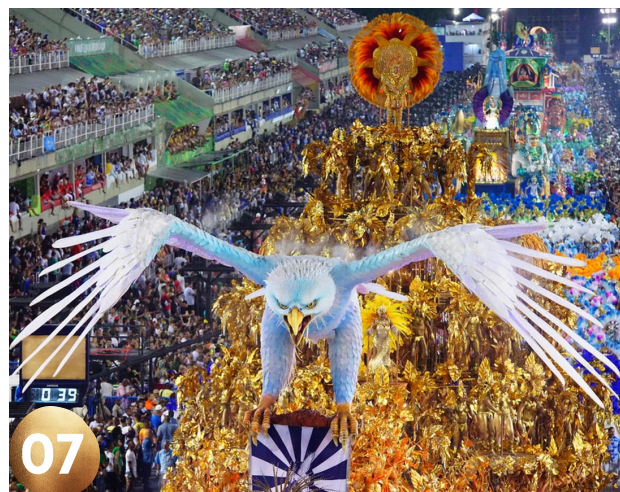


#### REGULAMENTO

- 1- O aluno que *indicar um amigo* que fechar o contrato terá o desconto de **50%** na mensalidade seguinte;
- 2- O indicado terá que informar seu ingresso através de indicação;
- 3- O desconto é válido somente para **UMA** mensalidade por amigo indicado indicado.



What's Inside?



07



08



18



28



30

- 08. Look at me and tell me if I don't have Brazil in every curve of my body;
- 10. Oh, the places you go;
- 12. An artist has no home in Europe except in Paris;
- 14. So take me back to London;
- 16. Better to have bad news that's true than good news we made up;
- 18. Today, our economy is about an economy of ideas;
- 20. The empires of the future are the empires of the mind;

- 22. You can always tell about somebody by the way they put their hands on an animal;
- 24. Solid wastes' are the discarded leftovers of our advanced consumer society;
- 26. It is health that is real wealth and not pieces of gold and silver;
- 28. The great aim of education is not knowledge but action;
- 30. No matter how hard or impossible it is, never lose sight of your goal;
- 32. Kitchens are hard environments and they form incredibly strong characters;
- 34. I have worked out that I am virtually Chinese, because everything I own is from China.





# NEW YEAR

## *fresh start*

*by Gui Armenio*

New Year. This has really been a NEW year. New because it is one more year and also new because it started totally different from any other year we've lived so far. Who would say we would be going through a pandemic, right?

If there is one thing we can take from this whole Corona Virus situation it is the lesson on how fragile we are. Today we are living happily and tomorrow we can no longer exist. How many people who died do you think would like having one more year (or many more) to live and accomplish their goals and reach their objectives and be with those they loved. So, following that cliché, what have you done until now? It is March already, how have you changed?

This is a fresh start for all of us. We can and we must change. Change our thoughts and change our habits. This is a great new opportunity for us to take care of our health and to protect those we love. Using masks, following the social distancing rules, etc...

It is known that the vaccine is there to save us, but we have not all been vaccinated yet. The danger has not been eliminated yet. So let us focus on our lives, so we can have one, two, three and more 'new years' to celebrate.

All that been said, I want you to think on the 'Fresh Start' you are having. In the case you are not, what are you waiting for?

Once I read somewhere on the internet "If you don't change, everything remains the same", and that sentence shocked me. Because it made me realize that I was not changing at all, and I was mad with the Universe, because things did not change in my life. Therefore, I was one to blame for my own sameness.

And so are you the guilty for your own sameness. If you want your life to change, better get up and changing it. After all, nothing new will happen if nothing happens. Make it happen!

Do you remember that list of goals you set last year? They are the directions you should go. Start slow, you don't have to rush, but don't stop until you get what you want. Until you have changed your life.

And count on us to support you.

Looking 4U



# "THE GREATEST SHOW ON EARTH."



Carnival in Brazil has become the largest festival in the world, known for its extravagant costumes and week-long street parties. It is an event that brings the whole country and hundreds of thousands of tourists together to a grinding balance. But how did it begin?

Carnival, surprisingly, it is associated with the Catholicism. The name is a word derived from the Latin *carne vale*, which means 'goodbye flesh', and was originally a food festival where Catholic worshippers feasted in preparation for the following 40 days of Lent that started on Ash Wednesday. The celebration starts on the Friday before Ash Wednesday.

The cities most known for their Carnival celebrations are Rio de Janeiro, Olinda, Recife and Salvador, yet every city in the country has shows, events and performances. The popular saying 'in Brazil the year doesn't start until after Carnival' is not far from the truth, as the long, national holiday seems to encourage setting all work-related plans for after the festivities are over.

The cities most known for their Carnival celebrations are Rio de Janeiro, Olinda, Recife and Salvador, yet every city in the country has concerts, events and performances. The popular saying 'in Brazil the year doesn't start until Carnival ends' is not far from the truth, as the long, national holiday seems to encourage setting all work-related plans for after the festivities are over.

The Portuguese settlers brought this festival with them from Europe in the early 1600s. However, it didn't take long for the Afro-Brazilians to start their own Carnival with African-inspired dances, music and the introduction of the fancy dress element by dressing up in a way that mocked the elite.

Only in the 20th century that the parties began to take the streets and it became a festival that everyone enjoyed together. In Rio de Janeiro, samba (that was considered a music genre of the poor and slaves) came to represent Carnival and in the early 1920s, the first samba schools were formed.

These days, the parades take place in Rio's Sambadrome, a wide avenue with large spectator stands on both sides. The costumes and impressive 'cars' are made months in advance. Although the religious element has become somehow lost, the schools base their parade performances on certain themes that usually represent Brazilian history or social and environmental issues in Brazil.

What began as a Catholic event has turned into the world's largest outdoor party and one that continues to grow each year.



<https://theculturetrip.com/south-america/brazil/articles/how-did-brazils-carnival-start/>



# “LOOK AT ME AND TELL ME IF I DON'T HAVE BRAZIL IN EVERY CURVE OF MY BODY.”

- *Carmen Miranda*

## BRAZIL

*by Ana Laura Ferreira*

Do you miss traveling? Me too. Unfortunately, the pandemic is not over yet. We must continue to take all precautions to protect everyone we love. But why not start planning your next trip for when it's over? And, once travelling abroad can be a bit expensive, why not to travel around this beautiful country we live in? Enjoy these 4 incredible destinations for you to travel in Brazil:



We all know that Brazil is an enormous country, with many other wonderful places to visit. These are just 4 to increase your willing to explore our country. Did you like the tips? Choose your destination and start planning. Traveling is one of the best things in life!



Lençóis Maranhenses - Maranhão

The white and fine sand of this paradise in the middle of the Lençóis Maranhenses National Park is everything you need right now. The freshwater lagoons between the sand dunes form a unique image in the world and it is impossible not to be shocked when you get there. There are hundreds of lagoons, in shades of blue and green that will leave you breathless.

The high season of Lençóis Maranhenses happens during and after the rains, especially between the months of April and August. In the drought, from October to December, almost all the lagoons disappear, leaving an immense desert.

Bonito - Mato Grosso do Sul

It is impossible to talk about preserving the environment and not to talk about Bonito! The city is a reference. The region surprises everyone with its landscapes, rivers of crystal clear waters, freshwater resorts, waterfalls, caves, etc. With a variety of animals, including aquatic species, such as fish and alligators, in addition to the most varied types of birds such as toucans and macaws.

In the months of December and March there is an increase in rainfall which makes the tours of waterfalls much more beautiful. The best time to go to Bonito is at the end of December, January, carnival and holidays.



Gramado - Rio Grande do Sul

Do you like winter and the beautiful landscapes of this season? Then Gramado is the right place for you!

You can walk on the famous covered street, visit the chocolate museum, visit the mini world, and there are also a lot of chocolate factories to visit and experience. All this in a city with an European Look!

The best time to enjoy the cold in Gramado is between June and August.



Chapada dos Veadeiros - Goiás

In addition to the beautiful landscape, waterfalls, mountains and savannahs, among other attractions, the place is full of mysticism. Chapada is located on a quartz crystal plate, one of the oldest geological formations on Earth that provides a special energetic vibration.

The best time to visit Chapada dos Veadeiros is between May and September, the period with the most beautiful sunset in the region.



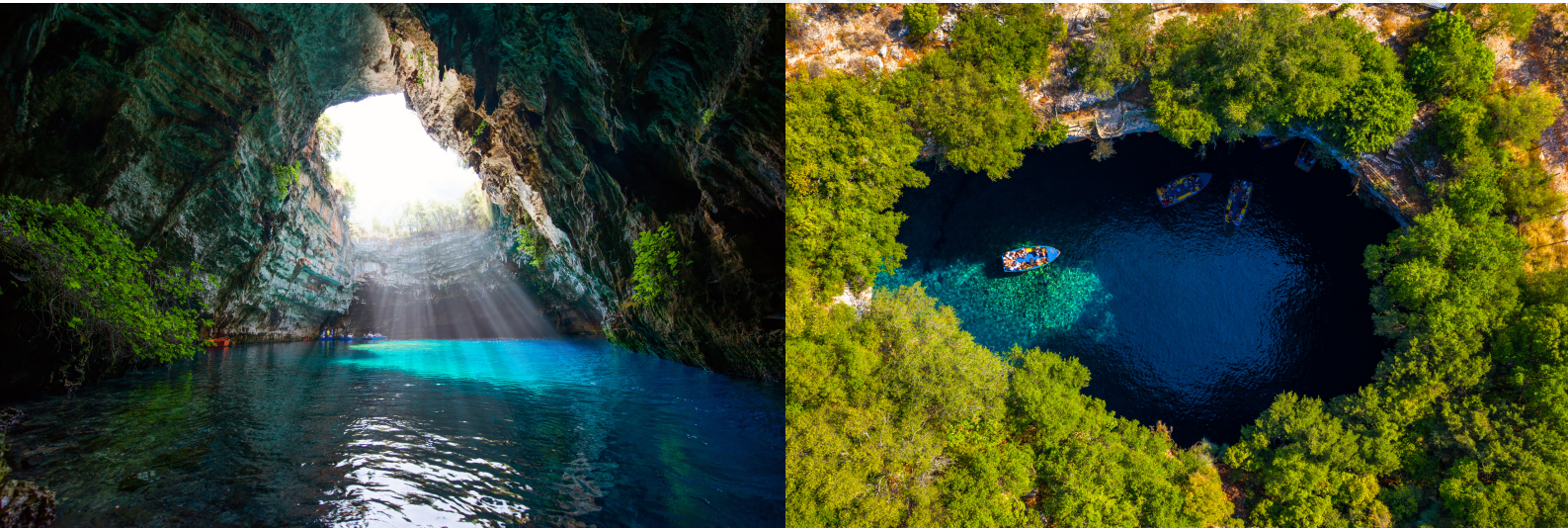
# “OH, THE PLACES YOU GO.”

- Dr Seuss

## WORLD

by Bianca Rosa

There are so many beautiful places to see in the world, who wouldn't like to travel to one of them, am I right? But I'm not talking about the most famous or dreamed destinations. I'm talking about some hidden places. Secret and special oasis which very few people know about. Want to discover more? Check it out:



Lake Melissani - Greece

The lake is located inside a cave, perfectly carved along 3.5 kilometers long 40 meters wide and 36 meters high. It was discovered in 1951 by the adventurer Giannis Petrocheilos. On the outside the cave is surrounded by the forest and on the inside a magnificent site opens: a rocky cave filled with crystal clear water. In Greek mythology the site is known as the Cave of the Nymphs, where a nymph committed suicide for not having her love corresponded. It has two big halls and an island in the middle. One of the halls opens on the surface and lets natural light in.

Niue

Niue is a small island nation in the middle of the Pacific, replete of cliffs, abysses, caves and dozens of natural pools being surrounded by coral terraces carved by the erosive forces of the Pacific. One of its great differentials is that the island offers the clearest coastal water in the Pacific.



Blagaj - Bosnia and Herzegovina

Located on the edge of the Bisce Plain in Bosnia and Herzegovina, the little town of Blagaj, served as a shelter for followers of Surfism (a current of Islam). There are just over 2 thousand people living in the village of Blagaj. The whole village built in 1520, around the Buna River, and tourist can make boat rides through it, as well as entering the cave in the mountain.



Tiger's Nest Monastery - Bhutan

Taktsang Lhakhang is a Buddhist Monastery located high in the hills of Bhutan, on the edge of a cliff. It was built in 1692 at a cave where, according to a legend, Guru Rinpoche flew to on the back of a tiger and meditated for 3 years, 3 months, 3 days and 3 hours in order to defeat demons that lived within it. The cave has been considered a sacred place ever since.

The march to the Monastery is rather difficult. Visitors must hike for around 2-3 hours through a beautiful, shady pine forest. No trip to Bhutan would be complete without a visit to this remarkable heritage site.



Tuvalu

The small island of Tuvalu, in Oceania, is considered the least visited destination in the world. The country is the union of six atolls and three islands that together have an area of 25 km<sup>2</sup>. It is located just over a thousand kilometers away from Fiji. The population is small. There are just over eleven thousand people living there. The predominant climate is tropical, with sunny days and average temperatures of 30°.





# “AN ARTIST HAS NO HOME IN EUROPE EXCEPT IN PARIS.”

- Friedrich Nietzsche

## FRANCE

by Cauani Borges e Ranier Borsato

I don't know about you, but every time I think about France I think of wine, and cheese, and Balenciaga. So I decided to talk about wine, to forget that I can't have a Balenciaga.

If you love a good wine here are 3 tips of the most exciting wineries and wine routs to visit when you're in France:

### 1. Alsace Wine Route

White wine fans, be sure to make this wine tour when you are in France. Alsace offers an exceptional region. The villages make up the beautiful natural landscapes and the wines produced from well-cultivated wineries are incredible.



### 2. Bordeaux Wine Route

The Bordeaux wine itinerary covers the famous Médoc region, with great vineyards and Roman architecture villages. This tour follows the Garonne River in France, also passing by the beautiful wine production of Saint Emilion. It is one of the largest, most beautiful and best regions to learn more about wine in France.



### 3. Champagne Wine Route

This tour is old and famous, visited by tourists from all over the world. Pass through Montaigne de Reims, Côte DES Bar, Bar-sur-Aube and Bar-sur-Seine. Also get to know the villages while strolling there. If you are coming from Paris, be sure to also enjoy options for tasting wine and cheese in Paris.



Going to France but don't quite enjoy cheese or wine? Well.. don't feel alone in this world. I'm sure there must be other people like you (or not), at least children are not allowed to drink wine, you may join them. Haha. Jokes apart, France is not made only of cheese and wine.



Get to know Corsica, or Corse Island..

Besides being every beach-lovers dream, Corsica has a rich history and centuries of traditions, with ancient buildings on every corner, winding cobbled streets, delightful cuisine and a thriving art and music scene. Whether you're looking for a week spent on a sandy beach, a tour around France's most fascinating museum or a scenic village riding on horseback, Corsica is the perfect choice for you.



This island of the Mediterranean Sea (Southeast of France) is part of the Region of France, and it's like paradise. Corse Island (or Corsica) is famous for its tourist attractions, and as the birthplace of Napoléon Bonaparte.

The island has a natural park (Parc Naturel Régional de Corse), which protects thousands of rare animal and plant species. Nowhere in the Mediterranean can be found beaches more perfect than those on Corsica's coastline – half-moon bays of white sand, transparent water and rocky coves extend all the way along the west coast.

And you can book hotel rooms there from R\$ 200,00 to R\$ 300,00.

What are you waiting for?





# "SO TAKE ME BACK TO LONDON." - Ed Sheeran

## LONDON

by Beatriz Vieira

Hello, my name is Beatriz Vieira, I'm 14 years old and in July of 2018 I went to London with my mother. At the beginning, we were scared because we would stay in other country, living other culture, other language, etc, for 1 month. But at the same time, we were very excited about this idea.

If you plan going to London for an exchange course or just for fun, here are a few things you should know:

### THE WEATHER



Winters in London (December, January and February) aren't as cold as elsewhere in Europe due to London's Atlantic climate. In the past years, due to climate change worldwide, winters have generally been milder.

Spring in London (March, April and May) is as unpredictable as summer, but it's a little more peaceful. It can be sunny and 20°C, and suddenly, the day becomes cold and gray. The rain is more frequent in April, but it doesn't last long.

The best way to describe London's summer (June, July, August and mid-September) is "unpredictable", because anything can happen: a week with temperatures close to 30°C or continuous rain.

In the beginning of autumn (mid-September, October and November) you can still get good weather with pleasant temperatures. In October the cold and rain come and it increases in November. Although the end of autumn is the rainiest time of the year in London, the chances of rain occurring aren't so great.

### THE MONEY

The most important thing you'll need: money. In the UK they use the Pound Sterling (£); and it can be a bit expensive compared to our Brazilian Real (R\$). The equivalence is £1 = R\$ 7,47\*. So you better start saving now.



Although the money is expensive, things there aren't much. You can do a lot of things with only a few pounds. A hot meal in a supermarket costs round £3. With £10 you can have a full combo in Burger King. Or even buy a pair of jeans at Primark.

### THE TIME

British people are VERY punctual. And that is known worldwide. You may have heard about it too. So, if you happen to have an appointment with someone there, DO NOT be late. Like, NEVER. It may even be considered as an offense for them.

C'mon, one of the most famous buildings in the city is an enormous tower, with clocks on each side of it.



### THE TRANSPORT

Google Maps will be your best friend, trust me. It tells you exactly which line to take, which station to get off at and how long to walk. Although very big, London is a flat city, so walking between places is very easy and you'll want to see as much as you can while you're there. Of course, there are long distances that must be covered using any means of transport, but there are several walks that can be done on foot.

A bus pass ("1-day-bus-and-tram-pass") that allows unlimited travel on buses and trams (transfers) for one day in all London transport zones costs £5. This is the cheapest form of public transport in London. The pass must be purchased before you get on the bus at metro stations, visitor centers and other locations.

For those who enjoy cycling, taking advantage of the city's bike rental scheme is also very cheap, as you will pay £2 to access the bikes and the first half hour of use is free. As there are stations scattered throughout the city center, it is easy to change bikes as you travel. But be careful, the traffic can be cruel and confuse (they drive on the wrong lane).

To use the Undergrounds (subway), you can purchase the Travelcard (a special pass for individual tourists that can last 1, 7 or 30 days) or the Visitor Oyster Card (a rechargeable prepaid card, for your bus travel, subway, DLR, Overground, and various discounts.) The Visitor Oyster Card (let's call it VOC) cannot be purchased in London: it must be purchased in advance and sent to your home. The advantages of the VOC are discounts in shops, restaurants, entertainment spots and some means of transport. The disadvantage is that you need to pay the shipping fees.

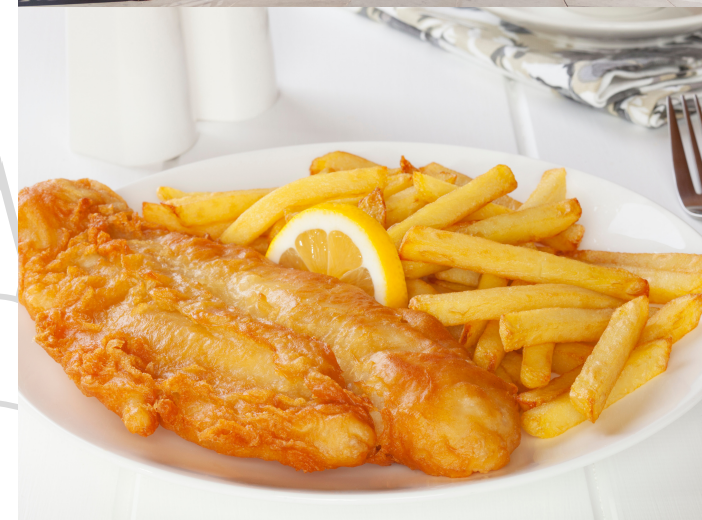
"But when I leave London, what will I do with the card?" The card can be returned to automatic machines and you'll be refund the £5 you paid for it plus the unused balance. For machines, there is a limit of up to £ 10.00 in reimbursement credit. If you have more than £ 10.00 left, request a refund at the box office. And if you want to visit London again, the card hasn't expiration date, you can keep it as a souvenir!

### THE FOOD

England is very famous for the "Fish 'n Chips" dish, which is NOTHING more than fish and chips. Other very famous dishes there are "Bangers and Mash", created in the First World War, and that consists of high quality sausages served with mashed potatoes, cooked peas and caramelized onion sauce; and Jacked Potatoes, delicious English potatoes, baked and stuffed with the most different ingredients.

Summer Pudding is a pudding made from bread in a dormant way, strawberries, raspberries, blueberries, currants, sugar and wine. Because it is a homemade recipe, it is not so common to find it in restaurants in the country.

The Scones are of Scottish origin and are served throughout England to accompany afternoon tea. They are small rolls with raisins that do not take biological yeast in the dough; they are made from flour, sugar and milk. They are usually served with clotted cream (a softer butter) and red fruit jelly.





# "BETTER TO HAVE BAD NEWS THAT'S TRUE THAN GOOD NEWS WE MADE UP." - Eric Ries



## NEWS by Kálid Kaliski

3 MAIN EVENTS HAPPENING AROUND THE WORLD:

### 3 Continents facing an oxygen crisis caused by the pandemic

Many people died because of a lack of oxygen in Manaus, Brazil. The Public Health System has faced chaos during the Covid-19 Pandemic. People ask for help, the number of patients dying from shortness of breath increased largely and the local government announced plans to open 22 thousand new tombs.

But the things don't stop here. In Mexico, the situation is even worse. More than 152 thousand people died, and the most horrible thing, there have been theft of oxygen cylinders from hospitals and clinics. Two men were arrested with oxygen cylinders on a truck.

In Egypt at least two hospitals were declared with lack of oxygen. A man filmed the situation on one of these hospitals, alleging that all patients in UTI died due to shortness of breath, but the authorities affirm that they are not facing a chaos of oxygen, that patients died because of the disease.



<https://www.bbc.com/portuguese/internacional-55856813>



### Third Pole can melt and affect more than 1 Billion people

This Himalayan region is known as Hindu Kush or Indocuche (HKH) and it's called The Third Pole because of its large ice reserves. The mountains Hindu Kush refuel the biggest rivers of Asia.

240 millions of people live in this area. A quarter of the world's population depends of the rivers that arise from HKH. However, there is a huge problem: the glaciers are melting in a very fast pace, and it can cause a big damage to those people lives.

Ice is melting because of the global warming. Some studies points that the glaciers can totally melt by the end of century if the global warming don't stop.

<https://www.bbc.com/portuguese/internacional-55712045>

### Whatsapp put off sharing user data with Facebook

Whatsapp put off, by May 15th, the decision of sharing users data with Facebook because of the negative reactions of the users. After the announcement of this sharing, millions of people downloaded other similar apps, like Telegram and Signal.

Whatsapp emphasized that messages and calls inside the app will be kept encrypted, and that Facebook and Whatsapp cannot see private messages of each other. The change is that Facebook wants to intensify its integration with Whatsapp, and companies that use the platforms to sell products and services would be able to easier interact and make business with the user.

Whatsapp explanation made it clearer that they want to increase the Whatsapp Business services with Facebook features and vice versa.

Do you agree with this new sharing policy between the two social medias?



<https://www.bbc.com/portuguese/internacional-55712045>



# “TODAY, OUR ECONOMY IS ABOUT AN ECONOMY OF IDEAS.” - Patrick J Kennedy

## ECONOMY AROUND THE WORLD

by Kálid Kaliski e Nathália Favares

### HOW THE BIDEN'S VICTORY CAN AFFECT THE WORLD

#### Stock Exchange in the world

With the victory of Joe Biden the Stock Exchange has a new record and it was worth US\$ 93.557 trillion of dollars. And is provable than the republicans stay in command of the American Senate, the investors see this with a good thing for the economy.

International relationship will be better in the new government. Biden wait than the country back to the multilateralism including the participation of the EUA in international institutions.

The Europeans are waiting new negotiations with the EUA in this new age.

#### Devaluation of the Dollar

The new president's proposal is to inject US\$ 1.9 trillion in the US economy, and consequently there will have a devaluation of the dollar worldwide.



This proposal is to help families and companies, once a lot of people suffered during this pandemic situation, so this is one of the main causes of the trillion dollar money proposal. The government intends to send \$1,000 checks to the most vulnerable people to increase the food consumption and try to restore the economy.

#### Brazil and U.S.'s relationship with Biden in the Presidency

We know that President Jair Bolsonaro and President Donald Trump had been developing a bond and a good ideological relationship of commercial interests in order to advance agreements between the countries.

In one of the meetings held in 2020, Trump emphasized about Bolsonaro's presence: "Great honor to have the President of Brazil with us. He's a great man, he's doing a great job. Our relationship has never been closer. And it's great to have you here." – Metropolises, 2020.

Apparently the mutual interests of both presidents put our country in a favorable state for negotiations. Until the election came, and Joe Biden was elected. The overarching question now is how will the new U.S. president's relations with Brazil and President Jair Bolsonaro stand?

<https://www.dallasnews.com/news/politics/2020/01/16/joe-biden-says-hell-commit-resources-needed-to-win-texas/>

#### American government and Brazilian politics

Joe Biden's inauguration resonates with a concern for Brazilian politics. Recently at a press conference, a journalist questioned Joe Biden: "Mr President, when you are going to speak to the Brazilian president? And he laughed and remained silent." - Folha, 2021.

In addition to the President of the Republic giving full support to the Government of Trump, Bolsonaro and Biden have some totally different ideological strands, and have already had some exchanges of ironies.

Biden throughout his campaign underscores his interests and priorities in the field of human rights and the environment, and that countries may disagree. Experts analyze and recommend the federal government to maintain a fine line with the new U.S. government, adopting a 'pragmatic' behavior.

#### After all, do you know why the United States is an important ally for our country?

- The implementation of Brazilian businesses in the USA provides visibility to other countries in order to good and favorable allies;
- Brazil being one of the preferred allies Extra-Nato provides positive trade effects and gains in resources;
- Investments of American capital in Brazilian companies favors a higher cash turnover in Brazil;
- A good relationship favors the tourism and entry of Brazilians in the USA and the stimulus for American tourists to come to Brazil.

This and several other aspects are important and impacting for active and favorable growth for Brazil. It is important that our current government establishes this pragmatic bond with the new U.S. government so that we can have a good ally, especially in the midst of the global crisis that the pandemic has been reaching and moving support by all countries and their respective governments.

And since we are talking about economies...

Tell me, how is your financial planning for 2021?

It's always good, in the beginning of the year, to set goals and objectives that we want to accomplish within this new year. That trip, that new car, that course, etc.. To help you setting and achieving those goals, here are some tips on how to control and take care of your personal finances.

Let's go?



#### TEUROPE

The United Kingdom promised to give a credit of US\$400 billion in loans to companies affected by the pandemic of COVID-19. This represents 15% of GDP of the country.

Spain announced the mobilization of 20% of its GPD to pump the economy and fight the effects of the pandemic and giving money to help the most affected people.

Italy announced giving financial assistance to the people who were most affected and to self-employed professionals.

Germany did no different and gave unlimited credits for ban guarantees.

#### MILLIONS OF EMPLOYMENTS

The International Labor Organization (ILO) warned that this pandemic can affect 27,7 millions of jobs worldwide, much more than in 2008 when there were the loss of 22 millions of jobs. Things will be even worse if we don't have an effective vaccine, the economy apparently is very damaged in all world, and consequently the numbers of unemployed people will increase.

#### RECORD ALL EXPENSES!

(This goes even for the salty in the bakery!) It is important to record all your fixed expenses, and daily expenses. This will help you discipline and plan your budget.

#### Think long and hard before you buy!

Do I need this object?  
Do I have the money?  
Does it have to be now?

#### MAKE USE OF SPREADSHEETS!

Excel has several practical features that will help you organize and maintain a pattern throughout the months. You can save a model you like the most and it's practical for you!

#### ORGANIZATION AND DISCIPLINE:

#### DREAMS COME TRUE!

#### FINANCIAL GOALS!

Set short-term, medium-term and long-term goals! So you will be able to measure your goals and organize yourself for a certain action you want to perform.

#### Read!

Look for articles, books and blogs on financial organization and investments. Believe me, it will help you a lot :)



# "THE EMPIRES OF THE FUTURE ARE THE EMPIRES OF THE MIND." - Winston Churchill

## HAVE YOU EVER HEARD ABOUT NEURALINK?

by Andrew

Have you ever watched an episode of the Black Mirror? If not, I highly recommend you to. It is all about possible future technology and the consequences of it on our lives. This text is not about this masterpiece though, but somehow related to. Have you ever heard about Neuralink?

Neuralink is an Anglo-American neuro-technological commercial company established by Elon Musk and eight other entrepreneurs, reported to be developing

implantable brain-computer interfaces. The company was founded in 2016 in San Francisco, and was publicly announced in March 2017. This project consists in implanting a chip on the brain to monitor its activity and electrical waves and take that information to a computer.

In 2018/2019, the first test of this technology was done with a pig called Gertrude. The second demonstration occurred in 2020, in first week of February, when Elon Musk asked a monkey to play a video game using only his brain (YEAH games played in virtual reality are real haha.) And the whole scheme does not stop there. Neuralink has started to look for human volunteers to test their Neurachip.

On twitter Elon Musk posted: "Neuralink is working super hard to ensure implant safety & is in close communication with the FDA. If things go well, we might be able to do initial human trials later this year."

Musk believes we are all "cyborgs", because we all depend on a day-to-day "tertiary layer" of technology, composed of our smartphones, computers and

applications. Its implantation would accelerate the communication with these gadgets, making the integration between human and computer much more powerful and efficient.

Imagine yourself controlling your house with the power of thoughts. Skipping to the next song just with one command in your memory. Thinking even bigger, everything you need, Ifood, payments, phone calls, and all you have to do is think of it.



## WHAT IS THE BIGGEST EMPIRE IN THE WORLD?

by Isabella Moreira

When we think of big cities, human constructions immediately come to mind, with great traffic routes for cars, shops and skyscrapers. However, the largest construction ever made by a living being was developed by insects, in an underground city larger than the United Kingdom.

There is a colony of animals growing and expanding at a speed never seen before. Expanding across all continents, this single colony is home to millions of individuals in several countries, who are able to work together in surprising ways. The largest current empire on our planet is the Global Mega Ants Colony!

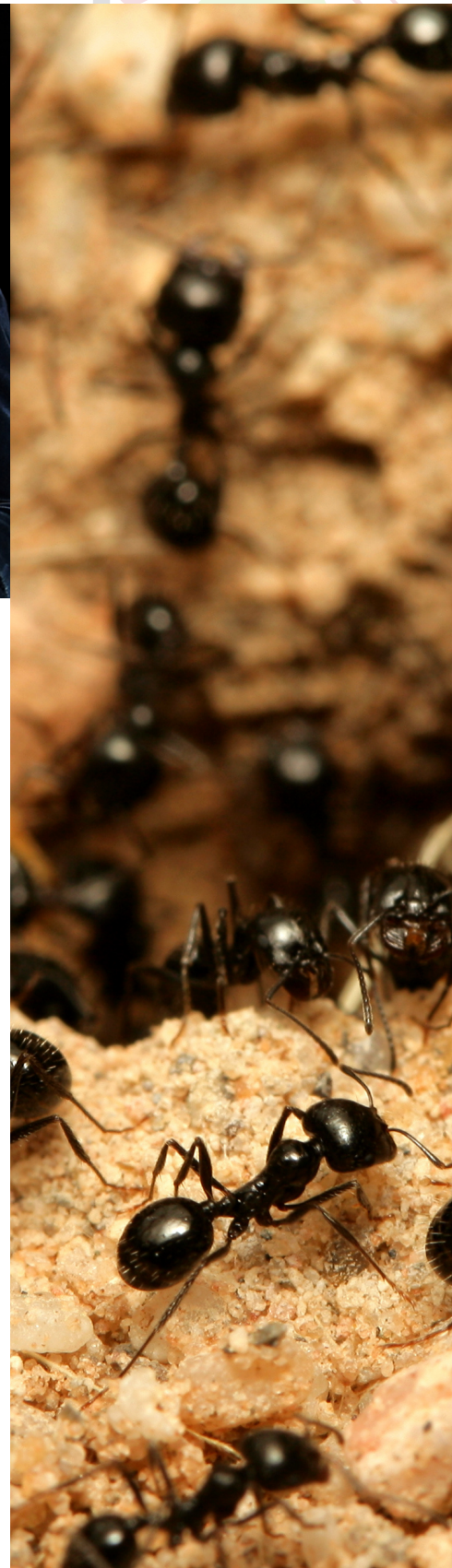
Currently, there are more than 16,000 known species of ants and they make up between 15 and 25% of the total biomass of animals on dry land. There are about 10 quadrillion ants on the planet, which is equivalent to 1.25 million ants for every human being on Earth. These insects, which have developed forms of agriculture and livestock, are capable of cutting down or creating new forests and are the basis of diverse ecosystems.

Did you know that ants from nearby colonies, so they can move freely between the anthills? This creates a collaborative network between different ant populations. In its habitat, ants are extremely successful. What nobody expected, however, was that these animals would conquer every continent on the planet with the help of humans.

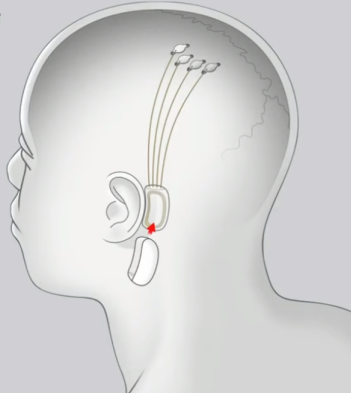
Transported from one place to another, these animals quickly created super colonies in every country in which they arrived, forming a large network of connected anthills that extended for hundreds of kilometres.

So many scientists do tests with different ant colonies on the planet, and the result was: ants from three continents behave like a global mega-colony. In total, this mega-colony covers an area of 6,900 km<sup>2</sup>, totaling billions of workers and queens. If it were a country, the population of that empire would be the largest on the planet. In terms of area, it would occupy the 163rd position in the world, being greater than Palestine, Malta, Barbados, Cape Green, among others.

It's so important to know that these organisms are crucial for the life of many ecosystems. Even though they are common animals, ants have an unimaginable diversity, creating one of the most complex networks of interactions in our biosphere.



N1 IMPLANT





# "YOU CAN ALWAYS TELL ABOUT SOMEBODY BY THE WAY THEY PUT THEIR HANDS ON AN ANIMAL." - Betty White



## TAKE CARE OF YOUR PET

by Ana Laura

Did you know that if you have a pet, you must take care of it just like you take care of yourself? Worrying about its food, health, well-being, etc, after all, pets also get hungry, thirsty, feel pain, have emotions, and get ill. However, they can't speak to demonstrate these things. We need to be attentive to the signs, and maintain a daily care to offer them a life with the highest quality possible.



Check out these important tips on taking care of your pets:

- **Food:** Do a lot of research and choose the most suitable food for your pet, with the proper amount of vitamin and protein they need and with little sodium and dye;
- **Water:** It is important to keep your pet hydrated. Always offer them fresh water in their bowls, or even if you can buy a water cooler to incentive to drink water;
- **Cleaning:** It is important to keep food and water pots always clean to keep you friends safe from bacteria and diseases. It is also important to keep your pet clean, taking care of the ears, mouth, paws and bathing whenever necessary;
- **Health:** Like us, pets also need regular medical appointments to check if everything is fine. In addition to routine checkups, and to maintain the necessary vaccinations to prevent diseases;
- **Leisure and affection:** Give a lot of affection to your pet. Take it for a walk, give toys for it to play with, and have fun with it.



With a lot of carrying and love, your pet will have a long and happy life. Take care of your pet. A life is a big responsibility!

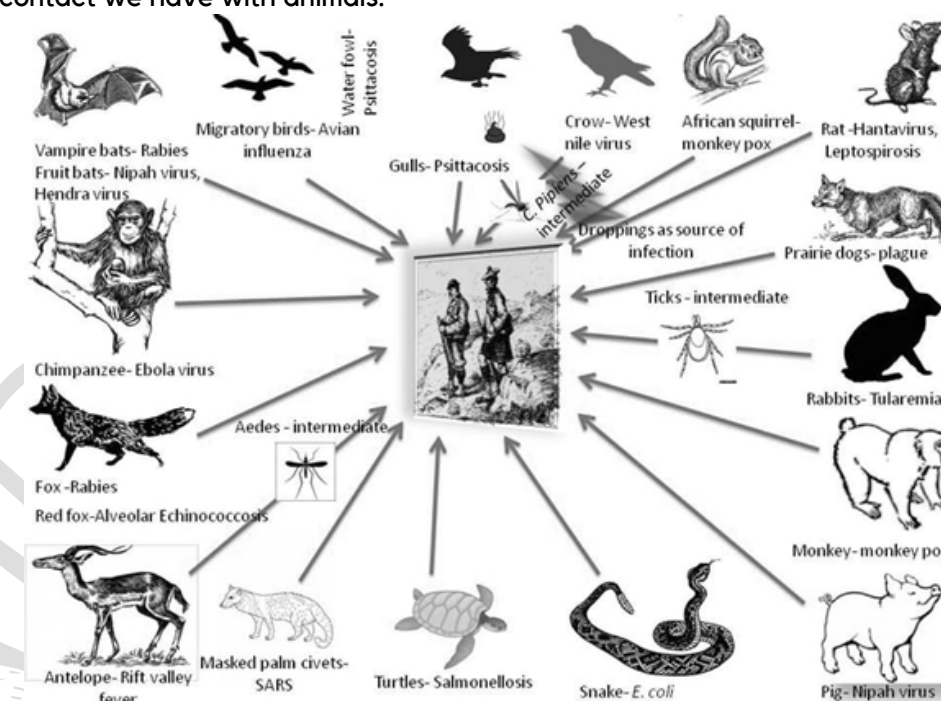
(<https://www.facebook.com/LoveforePetsofficial/photos/a.1629707367298362/1871270643142032/?type=1&theater>)



## WHOSE FAULT IS IT?

by Gabrielle Cadete

Our way of living may destroy us. And this is not about addictions or bad behaviors. This is about our food. Destroying the nature is destroying ourselves. The way we eat or act sometimes can be a gateway to many diseases, such as the avian influenza, swine flu, HIV, Ebola, etc. All these diseases came to us because at some point the limit nature / human was crossed. Now, we are living the COVID-19 pandemic, other disease passed to humans by the wrong contact we have with animals.



Are you aware of the 'wet markets'? Wet market is more popular countries like China or Chile. There you can find many types of animals for selling, from snakes to exotic fish.

These markets are very popular in China due to their cultural and historical traditions, but putting many animals together, whether they are from the same species or different, can be very disastrous.

Now you are probably thinking "But dos Wet Markets have to do with the COVID-19?". Researches say these virus stem came from bats, but recent studies have shown that other mammal can also have been an agent on the spread of the Corona Virus. Pangolin it's the most trafficked mammal today and it is believed that the virus could have passed to us by the contact with pangolins at wet markets.



One solution would be stop bringing wild animals to our daily diet. Stop putting many animals together in livestock industries, and, the most important, stop eating animals.

Read more at <https://tunesambiental.com/as-epidemias-e-a-biodiversidade-como-a-destruicao-da-natureza-pode-ameacar-a-saude-humana/>



# "SOLID WASTES' ARE THE DISCARDED LEFTOVERS OF OUR ADVANCED CONSUMER SOCIETY."

- Jimmy Carter



## WHAT'S INSIDE YOUR FOOD PLATE

by Isabella Moreira

The environment is directly affected by our diet: greenhouse effect gases emissions, great land usage, polluting agents added to the water, residues not discarded correctly, non-recyclable waste disposal, indiscriminate use of pesticides and many other problems.

The cost for our planet starts in cultivation and transportation. From machines for production to supermarket shelves. Scientists say that food production, including planting, raising animals, fishing and transporting our food is responsible for 20% to 30% of total global levels of greenhouse gases emission.



According to the Global Footprint Network, a research organization that fights global warming, four Earth planets would be necessary to sustain the same consumption rate of the world population until 2050, only twenty-nine years from now. Other surveys found that wealthier countries would reduce their environmental impact if their citizens followed nationally recommended diets, mainly because most of these recommendations require a significant reduction on the amount of meat consumption.

Food production accounts for about 30% of total US greenhouse gas emissions, with the largest proportion coming from food of animal origin. In addition, the poor quality of the standard US diet, including high levels of red and processed meat and low levels of fruits and vegetables, is an important factor in several preventable diseases, such as diabetes, cholesterol and cancer.

Besides all these problems in food production, after consumed, according to the World Resources Institute (WRI), Brazil annually discards about 41 thousand tons of food, placing us among the 10 countries that most waste food. Which means that there is an enormous potential for our food choices to have positive effects on our environment, as well as on our health.

This doesn't mean we have to stop eating meat. We don't have to take extreme actions in favor of the environment, but little changes on our behaviors can help to reduce the impact we cause.

More informations in [tunesambiental.com](http://tunesambiental.com)

## 3 SIMPLE TIPS TO REDUCE WASTE

by Gabrielle Cadete

Our world is changing EVERYDAY, and we must change along it. We need to change our habits and reduce our waste if we want to make any difference. These tips will help you to help the planet:



1

First (and most important) CUPS! We have the habit of using disposable cups everywhere we go, like at parties, doctors' offices, and even in our work places. The best attitude we can take is changing the disposable cups to reusable cups. You can buy a foldable reusable cup, for example. You will always have a cup in your bag/purse, they are very easy to clean and as these cups are retractable, they need very little space!

2

Second tip is the only, the famous: reusable steel straws. I'm sure this is not the first time you read about them. And I'm also sure you have one with you at this point, right? And you take it when you go to the beach, or parties, etc.. If you don't have one yet.. RUN to a store and buy one! Save the world!



3

And last, but not least, it's known that many people use them, but it hasn't become a habit yet. I'm talk about Squeezes. You can save money, your health and save the planet! I known people who don't drink as much water as they a human being needs, and my advice for you to start drinking more water is buying a squeeze you really love and setting the goal of having at least one or two of them full of water per day.



Hope you enjoy the tips and

LET'S CHANGE THE WORLD! STOP PRODUCING WASTE!





# "IT IS HEALTH THAT IS REAL WEALTH AND NOT PIECES OF GOLD AND SILVER." - Mahatma Gandhi

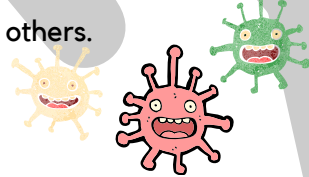


## DO YOU KNOW HOW TO CORRECTLY SANITIZE FOOD?

by *Jéssica Moreira*



Sanitizing food is extremely important. You can avoid many diseases and remove virus and bacteria like those which cause hepatitis or the star of the moment, the Corona virus, and so many others.



So let's go learn how to properly sanitize our food:

Remember, before washing fruits and vegetables, you must wash your hands very well and follow the instructions below:

- 1- Wash the fruits and vegetables with a soft brush, warm water and a little soap to remove dirt;
- 2- Let the fruits and vegetables in a bowl filled with 1 liter of water and 1 tablespoon of the baking soda or bleach;
- 3- Wash the fruits and vegetables in clean water to remove the excess of the baking soda or bleach used for disinfection;
- 4- Be careful not to mix the sanitized fruits and vegetables with the dirty ones!

That is it, take care of your health and !



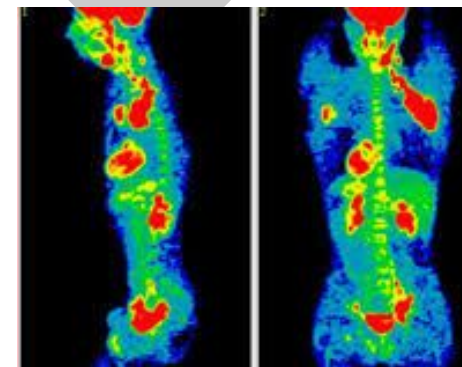
## NUCLEAR MEDICINE

by *Lucas Bueno*

Nuclear Medicine is a form of image diagnosis.

You probably know other forms like magnetic resonance, computed tomography, ultrasound, x-ray, etc., but there is also the nuclear medicine (NM).

In NM exams we use radiation as a source of energy. We transform this radiation into images and with those images the nuclear doctors can make their diagnosis. The patient will receive a radiation dose that will focus where on their body we need to study and the computers will read this radiation emitted and transform this information in images like this:



is not dangerous, am I right?

The answer is no. Actually, the side effects are basic nonexistent and the radiation dose used is totally safe. It's a minimum dose and it will be eliminated through the urine.



In the NM, the patient receives the radiation in many ways. Most of the time it's intravenously, but depending on what we're studying, it can be via inhalation (to study the lungs), intradermal route (lymphatic system), ocular route (eye drops) or even orally. That's right, the patient will literally eat the radiation in a food or liquid (to study esophageal transit, digestion, etc).

We call the radioactive medication as radiopharmaceuticals. That's basically a radiative compound mixed with other substances that will make it be absorbed somewhere in our body. Therefore, if we want to examine the heart, we will inject something specific for that. Just like for the lungs, bones, kidneys, etc. There are a few different types of radiopharmaceuticals, but the most used are Technetium-99m and 18F-FDG.

The basic NM is divided in two parts: Scintigraphy and Positron Emission Tomography (PET). The Scintigraphy are those types before mentioned, which study the body systems and organs. This second one, PET, is the exam people with cancer do, to know how and where the cancer cells are manifesting within their bodies.

Nuclear Medicine exams and diagnosis are hugely important. It is by these exams that doctors can find out primary cancers or metastasis, watch if the treatment it's working, or ever check the presence of bone infections, heart's problems and countless other diseases and complications that could not be found by other ways.



# "THE GREAT AIM OF EDUCATION IS NOT KNOWLEDGE BUT ACTION." - Herbert Spencer



## EDUCATIONAL ABYSS

by Guilherme Del Cistia

The covid-19 pandemic showed us how social inequality is very present in Brazil, and unfortunately it is increasing.

Due to the social distancing action, all schools had to close down to help containing the virus, however, not all of them stopped classes.

Students from public school in the State of São Paulo had their classes paralyzed for approximately 1 month, while the government created a project for broadcasting the classes on the tv channel Cultura. This channel showed video lessons on a schedule for students of elementary school, middle school and high school. But this happened only in the State of São Paulo. Other regions of the country have been without any kind of education.

Students from private schools, however, had a totally different education. Schools continued with classes following the "Home Office Model", where teachers and students have computer and internet connection. Teachers could taught their students as if they were at school.

Unfortunately, this changes have created an educational abyss that will be lived for a generation for years.



## THE BUBBLE

by Guilherme Del Cistia

Covid-19 pandemic has affected everyone and the world's largest national basketball league in did not escape. They had to make quick and tough changes to help controlling the virus and still be able to end the 2019/20 season, so they created the famous NBA Bubble.

To create the entire isolation structure, the organization invested \$170 million, which is not much for a collection over \$8 billion. However, it wasn't just the money that managed to keep the virus at bay, but a hard protocol of 113 pages and commitment from all participating teams.

Some of the protocols was the "ban on players' families". As soon as they entered the bubble, players needed to stay in their rooms for a quarantine period. Examinations of covid-19 were performed daily. A chip was given to each one and, if they get too close (less than 2 meters), the device would ring an alarm.

The NBA Bubble was a success in the world sport. 96 days of isolation, more than 347 players and none contaminated.



# “NO MATTER HOW HARD OR IMPOSSIBLE IT IS, NEVER LOSE SIGHT OF YOUR GOAL.”

- *Monkey D Luffy*



## START YOUR ENGINES

by *Gabrielle Cadete*

Hello! Hello! Hello! 2021 has started with a light in the end of tunnel: Rupaul's Drag Race: Season 13.



This season is different from the previous because they choose queens to lipsync for their lives two by two. The queen who wins go to the workroom and the queen who lost go to a different room called "the porkchop", a joke with Victoria "Porkchop" Parker, the first eliminated ever. The room had a wall of the first elimination queen since for season 1.

The three first episodes are like runway premieres, lipsyncs and musical challenges. Just on the fourth episode the circles get together and meet each other. On the second episode we listen Gottmik talking about be a transgender man. A different discussion in Rupaul's Drag Race. We had some transgender women in the show like Peppermint, Gia Gunn and Trinity K. Bonet, but never had transgender man.

The video "Meet the queens" is already on Rupaul's Drag Race social medias. You can find on IGTV or on the Youtube channel. My advice: GO SEE RIGHT NOW!

(before you, guys, ask me: I'm team Utica)

Thank you for reading! ('cuz reading is what? Fundamental!)



## TFADE, THE WINX SAGA

by *Lucas Bueno*

The new Netflix TV Show is a live action based on the acclaimed and famous cartoon, Winx Club. Today, you'll see the differences between the live action and the cartoon.

First, we're talking about an old cartoon (2004). So, it's normal a live action released in 2021 show more maturity and modernity. In both versions we are introduced to a magic world. Where fairies exist and try to protect the world against evil forces. On the cartoon, this world has three different schools. Alfea, for fairies, Cloud Tower for witches and Red Fountain for specialists (men who fight along fairies against the evil, but without magic). On the live action, fairies and specialists study together at Alfea. And together they try to learn more about themselves and magic. Witches are just mentioned, with no special focus.

The cartoon shows Bloom, who carries the Dragon's Flame (a powerful power); Stella, Solaria's princess, with the power of the sun; Musa, a music fairy; Flora, the nature fairy; Tecna, the fairy of technology and Aisha, the wave fairy. On the new version, some characters weren't presented until now (and we don't know if they will be).

In the cartoon, the Winx are always in constant battle with their rivals, the Trix. A powerful trio of witches, Ice, Darcy and Storm. By her names you can figure out their powers. Those witches are trying to steal the Dragon's Flame from Bloom. But, in the live action the Trix was shrank to a single character: Beatrix, with air power, and who also study in Alfea. She's trying to discover the school's secrets and she will do anything to get what she wants.

In the live action, each fairy controls one specific element. Fire, earth, light, mind, water and air. And, like sad before, they're trying to learn how to control and use their powers. A big drama is set in Bloom's history and her way to figure out her origins and control her power, the fire.

Although the differences between the versions, if you're not trying to find a real perfect basement from the cartoon, the live action is very nice. The typical teenage cliché we like. But, if you want an exact copy of the cartoon, sorry my friend, you'll be disappointed. However, don't get stuck to these differences, embrace the new and go watch some fairies kick some monsters' asses.



## ANIMATION. I MEAN ANIME!

by *Luca*

Have you ever read a manga? Or, let me ask you another question. Have you ever watched an anime? The answer probably will be 'yes', Anime is derivative from another English word, animation and there are many famous anime, like Dragon Ball, Naruto, Pokemon (and yes, Pokemon is an anime).

Anime is the easiest way to get to know the Japanese culture, the supernatural creatures of their folklore, their customs and traditions or even their food. And there are literally an anime for each subject you can think of, like Yo Kai (folklore), Shokugeki no Souma (food), Kimi no Na wa (traditions), Haikyuu (sports), and many others.

Just like Tv shows, animes have stories and usually bring different feelings and emotions teaching valuable lessons to the person who is watching. How to overcome Hotaru no Haka (Grave of the Fireflies) or Joy Sakamoto Desu Ga (Haven't You Heard? I'm Sakamoto)? For example. But don't worry if you are not a sentimental person, there are also animes that are funny, or scary, or adventurous, or thriller, for you to watch.

Many times anime is said to be made for children, but there are animes for every age. And in the end there will always be an anime for you to like.



"Dattebayo!"



# “KITCHENS ARE HARD ENVIRONMENTS AND THEY FORM INCREDIBLY STRONG CHARACTERS.”

- Gordon Ramsay



## SWISS CHOCOLATE

by Vitor Dias

When you get asked “Which is the best chocolate of world?”, you can easily think of Swiss Chocolate. Some people in Switzerland eat 12kg of chocolate per year, thus understanding of the subject is the least we can expect from them. They say “a trip to Switzerland is a waste of time if you don't visit and try the delicious and best chocolates in the world”.

The transformation of chocolate from a gritty, bitter paste to the silky confection known today owes much to the creativity and ingenuity of Swiss chocolate pioneers. Many of the key developments and processes in the creation of chocolate originated in the town of Vevey on the shores of Lac Léman (Lake Geneva) in western Switzerland.

Today, the chocolate industry is a highly visible and important sector of the larger food industry in Switzerland and the Swiss economy in general. Annual revenues of chocolate production in Switzerland are about 1.5 billion Swiss francs. Switzerland produces about 180,000 tons of chocolate per year. Of that total production, about 39% is sold in Switzerland and 61% is exported.

Here are some famous Swiss chocolates brands you might know:

**Lindt** - The journey of Lindt started in 1845. This is one of the most well-known Swiss chocolate brands in Switzerland. They have around 370 chocolate shops all over the globe. With great quality and wide availability, Lindt maintains its position as one of the finest chocolate producers in the world.

**Toblerone** - Toblerone was founded in 1908 in Bern, Switzerland by Theodor Tobler and Emil Baumann as a unique Swiss chocolate in a triangular shape including almonds, honey, and nougats. Toblerone is one of the premier chocolate brands in Switzerland and is owned by the Mondelez International Group which has an annual revenue of around \$25 billion and employing more than 107,000 people worldwide.

**Milka** - Milka is regarded as the best chocolate brand in Switzerland for its history of making top quality milk chocolates for almost two centuries. Milka was established in 1825 by Phillipe Suchard as a patisserie in Neuchatel, Switzerland and expanded its production to produce 30kg of chocolate every day. Milka, one of the top 10 Swiss chocolate brands has an annual sales revenue of over \$1.8 billion and has been considered one of the most famous chocolate brands for many decades.

**Nestle** - Nestle SA is one of the top 10 Swiss chocolate brands featured on the comprehensive list of Swiss chocolate brands. Nestle SA is a global food and drink manufacturing company from Switzerland and was incorporated in 1866 by Henri Nestle and Charles Page in Vaud, Switzerland. Kit Kat is one of the most famous chocolates in Switzerland that is manufactured by this brand. Nestle SA has an annual revenue of more than \$90 billion and it is estimated that around 150 bars of Kit Kat are consumed every second globally.



## LOW CARD SALTED PALM HEART PIE

by Jessica Moreira



### Dough Ingredients:

3 eggs  
3 cups almond flour  
1 cup almond milk our vegetable milk  
1/2 tablespoon salt  
1/2 tablespoon chemical fermente

### Stuffing Ingredients:

2 cups palm heart  
1/2 cups chopped cherry tomato  
1/2 cups chopped onion  
1/2 cups chopped green olives  
1 cups grated mozzarella  
Olive oil

### Directions:

In a pan, put a little olive oil, saute the onion then add on the other ingredients of the stuffing, cook them for a few minutes and reserve.

For the dough, put all ingredients in blender and beat them up until getting a homogeneous mixture. In a greased pie pan, put on half of dough, then the stuffing, and then cover it all with the other half of dough. Bake for 20 to 30 minutes in a preheated oven.





# “I HAVE WORKED OUT THAT I AM VIRTUALLY CHINESE, BECAUSE EVERYTHING I OWN IS FROM CHINA.” - Sean Lock



## THE CHINESE CUISINE *by Jean Shinohara*

Chinese cuisine is known for its exotic and peculiar regional ingredients, being one of the oldest registered cuisines in the world. Cultural customs and traditions also have a major influence on the process of building Chinese cuisine to this day. The history of Chinese cuisine has records of up to five thousand years ago and its changes were due to its culture, which changed according to the dynasty at the time:

In those early records, during Zhou dynasty, grilled fish could have already been found, and the main foods were grains, and such as brown rice, corn, barley beans. At the end of the dynasty they started eating white rice, but since it was a rare food, it ended up being only for the higher classes because of its high cost. Salt was a crucial spice in cooking and in people's daily lives.

In the Qin dynasty, people came to appreciate the sour taste. Plums were popularly used as a seasoning for fish and meat, as well as cinnamon, green onions, etc.

In the Han dynasty, the salty taste became the favorite. It was a period of great advancement for Chinese cuisine, due to the opening of the Silk Road. Traders and economic exchanges brought in many imported materials. Ingredients such as pomegranate, grapes, nuts, sesame, watermelon, cucumber, spinach, carrots, fennel, celery, lettuce, onions and garlic are part of these ingredients that came from other countries.

In the Tang dynasty, the habit of throwing parties and banquets for celebrations or socializing became common.

The Song dynasty was the peak of the development of Chinese cuisine. In restaurants in Beijing and Linan, there were several cold dishes, hot dishes, soups and colorful dishes. That was the moment when cooking schools started to be formed.

During the Yuan, Ming and Qing dynasties, Chinese cuisine took a huge leap. Thousands of kitchens have emerged. Manchu style and flavors were added to Chinese cuisine, and it was also during this time that pepper arrived in China as an exotic and glamorous plant. It didn't take long for the Chinese people to discover its great value in the cooking process. And another fact that marked this phase was the addition of elements from Western cuisine to Chinese cuisine.

Since the stabilization of the People's Republic of China, the heritage and innovation of Chinese cuisine has achieved exciting results. Traditional cuisines from various regions and ethnic groups have returned to appear on restaurant lists. They also invented Tang-style cuisine, Song dynasty-style cuisine, Confucius cuisine, Hong Lou cuisine, and so on.

## BASIC FRIED RICE RECIPE



One of the first dishes anyone interested in Chinese cuisine should learn is fried rice. It is the foundation for many recipes and will give you experience with the wok or, if you don't have one, quick cooking in your frying pan.

Fried rice is extremely simple and when starting with cooked rice takes just a few minutes to prepare. This recipe requires green onions, eggs, salt and pepper, and soy sauce or oyster sauce. You can add meat and other vegetables if you like and turn this side dish into a quick meal.

Just basically prepare your rice the way you do regularly. And then, fry it, with all the ingredients you chose on a wok (or frying pan).

You can serve it with with any meat, or chicken or pork preparation.



## CURIOSITIES

Chinese food has 5 key flavors that must be balanced according to Traditional Chinese Medicine: sweet, sour, salty, bitter and spicy. Flavors vary considerably across China. For example, Sichuan cuisine is famous for being spicy, in Hong Kong it is sweet or salty, in the north salty is the predominant flavor, while in the southern minority it is sour.

Tourists who pass through China are usually shocked by the gastronomic culture there. Many exotic dishes are served, using ingredients and proteins that are not normally eaten in other countries. There, it is very common to eat meat from animals such as dogs and snakes. From the pig they enjoy almost everything: lungs, liver, kidneys, intestines and boiled blood. In some regions, you can try an exotic skewer of scorpions, cockroaches and even rats.

People from different cultures find this behavior strange, without first thinking about it. It is easy to judge someone for having different habits. It turns out that China has always been a country with a poorly distributed economy.

While in some parts of China the population is above the middle class and wealthier, like Beijing, most other parts of China are very poor. In the past, the poverty situation in these places was even worse, which forced the inhabitants to eat anything they could.

As Brazilians we should not judge this behavior. Our feijoada, for example, is also the result of this. It was the pig remains that Europeans left that led us to create this dish and eat it until today. Examples of other "exotic" Brazilian dishes are chicken hearts, gizzards, chorizo, beef tongue, etc.