

OUR MONTHLY WORK.  
DONE BY STUDENTS. FOR STUDENTS.

DECEMBER 2020  
#003

# News4U



**Christmas Time!**

*Unwrap yourself a  
joyful Christmas!*



*indique* **1**

**AMIGO**

E GANHE **DESCONTOS!**



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# CHRISTMAS TIME!

by Viviane

## Countries that Most Celebrate Christmas

### United States



American Christmas is one of the most famous in the world for being the most illuminated, in the streets, shops and houses. Families get together at lunch to eat traditional Christmas foods and after everyone finishes the children

play together in a game called " White Elephant " which is also known in Canada. And at the end of the night people take the gifts from under the Christmas tree at random, and there are also children who steal some goodies



### China

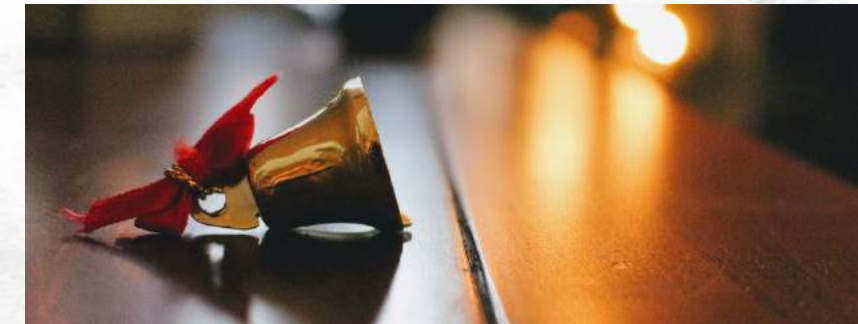


Christmas in China is still new but it soon became known as a holiday and a day of renewal and peace. The trees are decorated with paper arrangements, flowers and small lanterns. Children decorate their rooms with socks waiting for Santa to put gifts in. The good old man is called by the little ones Dun Che

Lao Ren (old man of Christmas, in Chinese). In Hong Kong, Christmas is known as Ta Chiu, one of the traditions is to burn a list with the names of the inhabitants of the region, in the hope that the paper will reach the sky.



**Angels** - The term angel literally means "messenger" and it is in this prominent role that angels take part in the Christmas story. Understandably, images of angels have become a familiar symbol of Christmas. However, contrary to their depiction as gentle feminine creatures that top Christmas trees and hover over Nativity Scenes, the Bible reveals angels as people of tremendous strength.



**Bells** - Bells have long had an intimate association with Christian churches. In many parts of the country nowadays, their ringing can still be heard every Sunday, and throughout the rest of the year for various religious celebrations – one of the most significant of course is Christmas. It comes as no surprise then that bells are a familiar symbol during the holiday seasons.



**Candy Canes** – The traditional Christmas candy cane is white with red stripes and flavored with peppermint. Though several accounts make their claim to be the "true story" of the origin of the candy cane, history reveals that, most likely, it took several centuries and the contributions of many countries for the candy cane to evolve into its current form. It appears that the candy cane has its origin in the plain white candy sticks invented

in the early 1400s. The most credible story for how the sticks became canes is based on an incident that took place more than 200 years later in Germany. The design is meant to literally hook sheep by the neck in order to lead them to better nourishment (pastures, water, etc.) or to rescue them from harm.

**Doves** – The dove has long been viewed as a symbol of peace. Surely, the concept of peace is relevant to Christmas. After all, Jesus was born into the world to bring peace between God and mankind. Consider the words of the angels to shepherds on the day of Christ's birth, "Glory to God in the highest, and on Earth peace to men on whom his favor rests".



**Gift** – The Bible teaches, "Every good and perfect gift is from above, coming down from the Father of the heavenly lights". Surely, no greater gift has ever been given to the world than Jesus. Jesus, the Son of God, came into the world in genuine flesh and blood, and he willingly gave up this flesh and blood in death to save his people.





# FIVE TIPS

## FOR GIVE THE BEST PRESENT EVER AND DO NOT GET SHAME... OR ALMOST

by Rainier

**1st. - Know the kind of gift the person to whom you'll give the present like most:**

Don't ask it directly to the person. You'll ruin the surprise! Do it like that: seek someone next to him/her (a friend, sibling, parents or relative, etc.) and ask them about it. But don't forget to ask them not to tell anything.



**2nd. - Choose a good gift wrap:**

You don't want your present looking like a bunch of garbage and your friend thinking you were not interested in giving him/her anything, or that you did it out of bad will. You are in risk of spoiling your friendship.



**3rd. - If you have to give a present to a person who you don't like, what do you do?**

Well, if it is a person who you have a bad relationship with, but it's not like hell, you may do an effort and give him/her a good present. By the way, you don't want make one more enmity or turning your relationship with them worst then what it is. However, if it is a person who you hate from the depths of your ~~sber~~ ~~you~~ can do the opposite. Give something who he/she hates, like some that goes against its ideology or faith. (Or just give them the best present you could ever imagine and prove you're better than them).



**4th. - Don't get mad if your grandma gives you a pair of socks**

Look on the bright side: socks are going to protect of the cold, they can be stylish if you personalize them, just be creative! Your grandma is a wise woman; she knows about a lot of things, you should listen to her, you must like to be next to her, she is old and won't be here forever, so enjoy her companion.



**5th. - Do not be late for the day.**

Nothing listed above will work if you get late for the party. 364 other days in the year for you to be late and you choose Christmas! Seriously? You don't deserve receiving any presents anyway.



# FIVE TIPS

## ON HOW NOT TO DRESS FOR CHRISTMAS AND NOT COMPETE WITH THE DECOR

by Cauani

**1st. - Shine, but not as bright as the Christmas tree, please!**

Surely there must be a person in your family who likes to rock when it comes to dressing, especially at Christmas. Even if you put on your best clothes to stay in the room with your family, don't be more than decor (ha ha). Choose comfortable clothes and feel like wearing colors, as long as they don't attract more attention than the blinkers on the Christmas tree. How about an emerald green, I guarantee you will rock.

**2. Do not wear a Christmas tablecloth.**

I know that crochet sweater is classic for Christmas, but imagine the pattern or color to be similar to the tablecloth? Disaster for sure, outside that we always have that family member who will give a little joke about our clothes (my family has already done this haha #drama), so here's my tip, wear a sweater with Christmas elements, but as long as it's harmonious, that way there will be no error, I swear!

**3rd - Christmas flasher... I love it, but only in the Christmas decoration.**

Some Christmas clothes get a lot of attention because of the brightness, so please if you want to shine use bright and cheerful colors, this will attract attention but in an inspiring way.

**4th. - Neon Lights: As Demi Lovato says: - "You are all I see in all these places".**

You will be the target of Christmas Eve wearing neon, so be careful, it is not a prohibition, in this case use a harmonious outfit with the environment you will be in.

**5th. - Cinderella Syndrome:**

This is the most common on Christmas Eve, the person arrives well dressed for Christmas, with the passing of the hours she takes off an accessory here, another there and ... incredible, believe me! Therefore, choose comfortable clothes for Christmas, so that you do not have to dismantle during the night because of any accessory or piece of clothing that is bothering you. And it doesn't have to be a crystal slipper okay (haha)? Wear comfortable shoes, I guarantee you will feel good.

KODAK PORTA 400



KODAK PORTA 400



# CULTURE

by Elizabete



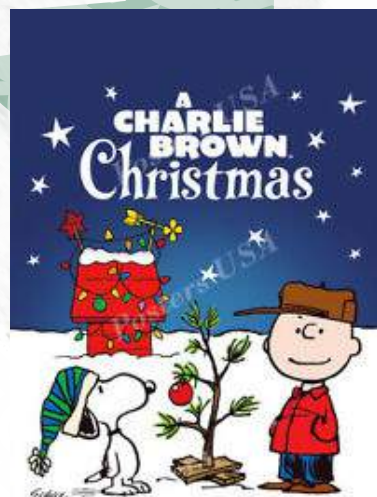
## Christmas Culture and Leisure

We blink our eyes and December is already here, bringing all the holiday atmosphere with it!

Christmas is a family get-together. In supermarkets, panettones already occupy space on the shelves and in stores and malls the Christmas decoration begins to gain the windows. It's no different at home, people are already looking for a tree and taking the garland out of the closet. To cheer the kids up and get into that climate, nothing better than a good Christmas movie, isn't it?



This movie is on Netflix. A continuation of *The Christmas Prince* (2017) And *The Christmas Prince: The Royal Wedding* (2018). In the story, the kingdom of Aldovia is in a Christmas mood, while Queen Amber (Rose McIver) and King Richard (Ben Lamb) wish to take a break before the birth of their first child. For that, they need to renew the peace treaty with the kingdom of Penglia. The problem is that the document is stolen during a snowstorm on Christmas Eve.



It's easy to say that *Charlie Brown's Christmas* movie was produced for a festive date with the Snoopy beagle gang, Merry Christmas, Charlie Brown! It is to remember the best moments of one of the best holiday films of all times. Cute, delicate, sweet, he addresses important themes for the date - like the meaning of Christmas. As there is no better way to celebrate, they decide to put together some of the most memorable moments of the film to remember fondly. After the gang assembles a tree for Charlie Brown, they end singing in a beautiful coral, showing that you will always have friends when you need them.

# Christmas Songs!

Nothing like being with family or friends at Christmas parties with a great playlist, filled with music for this time when we cultivate love, peace and companionship. Even better if these familiar and fun moments bring a little bit of the English language, not letting the language escape the daily life of the little ones during school holidays.

One of the most popular Christmas songs, *Jingle Bell Rock* was recorded for the first time in 1957, in the voice of Bobby Helms.



Movie: Mean Girls (2004)

"What a bright time, it's the right time,  
To rock the night away.

Jingle bell time is a swell time,  
to go glidin' in a one-horse sleigh.

Giddy-up jingle horse, pick up your feet.  
jingle around the clock.

Mix and a-mingle in the jinglin' feet,  
that's the jingle bell rock."

# CHRISTMAS ABROAD

by Luca



Christmas is a romantic date and many couples go out for dinner and families and friends get together to eat a bucket of KFC chicken at Christmas. The official dessert is the strawberry cake. Once it is not a holiday, many Japanese people work normally. What leaves a lot of people in doubt is how KFC became the symbol of Christmas in Japan.



Japan



# CHRISTMAS ABROAD



by Luca

According to estimates released by the BBC, 3.6 million families eat KFC at Christmas. It was thanks to a campaign planned by Takeshi Okawara that Japan's KFC saw its profit increase considerably in December for over 40 years



Okawara was the first owner of a Kentucky Fried Chicken franchise in the country. He ended up becoming the CEO of the entire network in Japan from 1984 to 2002.

According to the company representative Motoichi Nakatani told the BBC, Okawara had an idea in a dream. One day he woke up in the middle of the night and wrote down the idea of throwing a festive bucket.

This happened a day after hearing a couple of foreigners in his store say they missed turkey at Christmas. It was 1974 and the fast food company launched a nationwide campaign inspired by the Christmas spirit in which people gather to eat turkey, but instead put the fried chicken. This custom did not exist until then and no

food was common from that specific time. Then, keeping an eye on the opportunity, KFC aimed at local Japanese foreigners and Christians with the slogan "kurisumasu ni wa kentakkii" (Christmas with Kentucky) and launched a festive chicken bucket. Then he reinforced the message by launching phrases, like "At Christmas, you eat chicken".



Krampus is the opposite of Santa Claus. While the charismatic figure of the old man with white hair and beard delivers gifts to children at Christmas, rewarding them for good behavior throughout the year, the evil spirit comes to punish those who have not behaved.



He is described in the stories as a bestial figure, being half a goat (with horns, for example) and half a demon.



Legend has it that he beat the children with a whip and put them in a bag. In Austria, where the legend is well known, the anti-Santa Claus has a pagan party. Every early December, people dress up like Krampus, put on clothes that imitate animal skins and horns and take to the city streets. Some carry chains and bells to make noise - that is how the monster would tell you it is coming. They scare children and adults.



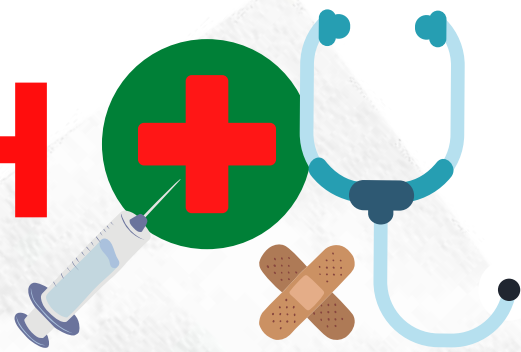
This Krampus night usually takes place on December 5, the eve of St. Nicholas' Day, a saint who is inspiration for the figure of Santa Claus. Legend has it that after that one appearance, Krampus would only reappear the following Christmas.





# HEALTH

by Gabriela



The end-of-year parties include several activities considered to be medium to high risk of contagion from Covid-19, such as eating in restaurants, travels, visiting other people and direct contact such as kisses and hugs.

According to the health norms of the World Health Organization, we should avoid such kind of gatherings, considering all the risks we are exposed to, but if you are thinking about throwing any party, here are some tips to reduce the contagion from the infectologist Danilo (@casal.infecto):

- Realize the supper in open spaces with great air circulation;
- Do not make a table for guests to serve themselves and prefer finger food or individual dishes;
- Avoid exchanging gifts and hugging/kissing at the celebration;
- The use of a mask is of great importance and hand sanitizer must be always available;
- In addition, if alcoholic beverages are consumed, remember to buy individual cans.

If you want to have a party but don't want to put anyone in risk, you could try:

- Realize a video call between family members for supper;
- Exchange of gifts through delivery apps;
- If you like to cook, a great idea is to make a dish of your specialty in individual portions and deliver it to your friends and family.

If you are going to travel, here are also some tips:

- Take the trip with people you live with and if you invite friends it is important that they reduce contact with people 15 days before;
- Avoid traveling by plane as it is a high risk of contagion;
- Check if the travel destination is not restricted due to the pandemic and the current contagion rates;
- Avoid visiting places with a large circulation of people and if you go to the beach always keep your distance.

It is worth mentioning that even with all the measures, contagion can occur, if you feel any symptoms seek a doctor and let people you had contact with know.



Here's a text by professionals in the area, infectologists Danilo and Tassiana (@casal.infecto): You see the Christmas trees being set up and you already have tachycardia. Already prepare that good excuse for the aunt who insists on joining the cousins that you don't even remember the name... Beat that sadness in thinking that this year everything will be different. And those good memories of everyone gathered insist on echoing in your head. The choice of meeting or not is individual and involves a lot of critical sense: how fundamental is this for me and my family? How much will abstaining it hurt me? Is the exhibition worth it? And if on the one hand it can be very difficult, think that being able to choose to be physically with

someone is certainly also the desire of thousands of people who lost their loved ones in this pandemic. So we are not here to judge or compel you to do anything, but that you really understand the real need for it, and if the risk is worth it.

Once again we remind you that there is no 100% safe meeting, but there are some points that we can reinforce in order to seek greater security. Some details that may help:

- Seek outdoor, open, well ventilated environments;
- Distance farther than 1m between people;
- Smaller groups, especially those that you already have a certain daily contact with;
- Use of masks, try to remove only in restricted situations;
- Give preference to meals in individual portions/finger foods;
- Shortest event duration;
- Reinforce care for family members who are at bigger risk.

In the previous 2 weeks, advise all participants to limit contact with other groups/people as much as possible

Make hand sanitizer available at various points of the site, and encourage its use.

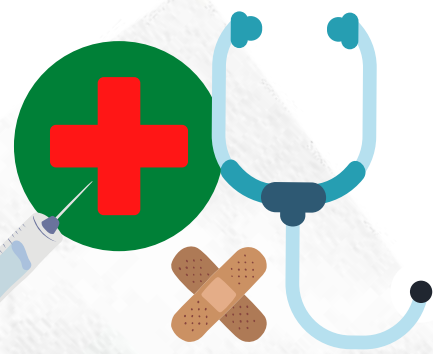
Is that easy to achieve? Certainly not! So calculate the risk/benefit that this generates for you, and try to seek that common sense that I am sure is in your heart. Do as much as possible to not further increase the vicious cycle of this slander virus.

And no, there is no test that will give you security for this, so let's take the risks of possible exposure, and deal with what this can generate.





# HEALTH



by Jean

## Healthcare in 2021

In 2021, the emergency budget rule to face the pandemic will no longer exist, that is, Brazil might return to the suffocation of Constitutional Amendment 95/2016, which froze investments in health and other social areas until 2036. This means that the Sistema Único de Saúde (SUS) can lose R\$ 35 billion compared to the resources of the Ministry of Health in 2020. The amount is equivalent to 35 times the annual budget of the Serviço de Atendimento Móvel de Urgência (Samu) in 2019, which was just over R\$ 1 billion.

The petition from Conselho Nacional da Saúde (CNS) called "Você vai deixar o SUS perder mais R\$ 35 bilhões em 2021?" (Are you going to let SUS lose another R\$ 35 billion in 2021?) wants to act against this situation. The objective is to collect signatures and aware parliamentarians regarding the Projeto de Lei de Diretrizes Orçamentárias (PLDO) 2021, sent to the National Congress, which has the proposal to resume the rules of Constitutional Amendment 95/2016. The National Congress can prevent the loss from happening.

## Losses in Different Areas

According to the Comissão Intersetorial de Orçamento e Financiamento (Cofin), based on the 2019 Annual Management Report, based on data extracted by the CNS economist and technical consultant Francisco Fúncia, Samu, in 2019, had investment of R\$ 1,005,323,234 for all its areas, which involve professionals, structure, ambulances, call center, among others. The expected loss for 2021 should drastically interfere in numerous SUS actions, since there will be pent-up demand because of the pandemic, in addition to the lack of resources to maintain the legacy acquired, which can result in thousands of respirators and ICU beds in warehouses.





# COOKIN' FOR U!

by Andrew



# HOW CAN I DO IT?

by Andrew

Panettone is synonymous with Christmas for many Brazilians. With or without raisins, with candied fruit or chocolate chips, this domed bread is an essential element on the tables of Europe and South America during the celebration of Christmas and New Year. But little is known about its origin, other than that it came from Italy.

According to one of the most popular legends, the inventor of the panettone was Toni, a cook's assistant to the Duke of Milan Ludovico Sforza, called "Il Moro", at the end of the 15th century. On Christmas Eve in 1495, Sforza's court was devouring a banquet. In the kitchen, the chef was busy preparing different delicacies and asked his young apprentice, Toni, to supervise the oven in which large cookies were being baked - these would be the grand outcome of the duke's dinner. Toni, however, exhausted from work, fell asleep for a few minutes and the cookies burned. The young cook, afraid of the reaction of the chef and the guests anxious for dessert, then decides to sacrifice the dough he had saved for Christmas bread. He mixed flour, eggs, sugar,

raisins and candied fruits, until he gets a soft and very fermented dough, which he baked and served at the banquet. The result is a resounding success and Ludovico Sforza decides to call this sweet "Toni bread", in honor of its creator. Then, over the years, "Toni bread" became popular throughout Italy under the name "panettone".

But what is the truth of this legend? "Absolutely none" says Massimo Montanari, professor of food history at the University of Bologna, Italy. "This is one of the many false reports that circulate around the origin of many gastronomic products".

There are no records indicating how and why the tradition of eating panettone at the end of the year arrived in Brazil. What is known is that it may have been sometime during World War II, when immigrant Carlo Bauducco migrated to the country bringing a traditional family recipe.

The year was 1948 when Carlo opened a pastry shop in the neighborhood of Brás, in São Paulo, selling that sweet bread from Turin with candied fruits and orange essence. The recipe pleased so much that, in a few years, the consumption of panettone became popular to the point that small sales became an industry, and Brazil became the second largest world producer of the food after Italy.



## Panettone

## Ingredients

- 2 cup (tea) of warm water;
- 1 cup of wheat flour;
- 1 tablespoon of sugar;
- 6 fresh yeast tablets;
- 1 cup (tea) butter (200g);
- 8 egg yolks;
- 1 pinch of salt;
- 1 tablespoon of panettone essence;
- 1 kg of wheat flour;
- 3 cups of chocolate chips or 3 cups of candied fruit;
- 4 tablespoons of butter to cover the panettone.

## Preparation Mode

- In a bowl, place 1 cup of warm water, 1 cup of wheat flour, sugar and yeast.
- Mix and let it sit until it grows and then add the butter, sugar, egg yolks, salt, essence and the rest of the warm water.
- Add the flour, mix until it gets homogeneous and let it rest for 40 minutes or until it doubles in volume.
- Add the chocolate drops or the candied fruits to the dough.
- Divide it into four parts, make the balls with the cap facing down and place in panettone molds.
- Rest until it doubles in volume again.
- Place a spoonful of butter over each panettone and bake them in a preheated oven at 200 ° C for 40 minutes or until golden brown.





# COOKIN' FOR U!

by Gabrielle



Some people are vegan (like me) and suffers at Christmas dinners, so today I brought a vegan recipe for you. Salpicão is a typical food in several regions of Brazil, but it is believed that its origin is Spanish. Of course, we adapted the recipe here, but the recipe was not entirely our idea (thanks, Spain!). Not satisfied, we, vegans, trade the chicken for Jaca, a typical brazilian fruit! Take a look!



Vegan "Salpicão"

## Ingredients

- A bag of shredded jaca;
- A jar of vegan mayonnaise;
- 1/3 of yellow bell pepper;
- 1/3 of red bell pepper;
- 1/3 of green bell pepper;
- 1 grated carrot;
- Dried grapes to taste;
- Salt to taste.

## Preparation Mode

Sometimes, the jaca's bag came already done, but if it's not, you can season it just like shredded chicken. After that, in a bowl, you'll mix all the ingredients together and put the mix in the fridge. DONE! Pretty easy, right?

Enjoy the Christmas with love, as it should always be!

If there's one butt-of-the-joke dish at Christmas, it's fruitcake. The fruitcake as we (mostly) know began, according to the Smithsonian, in the Middle Ages when dried fruits became more available. Traditionally, fruitcakes are made well in advance and "aged," wrapped up and left up to a year, with alcohol as a preservative. A tutorial on proper fruitcake making from A World of Baking by Dolores Casella via What's Cooking America claims that a fruitcake must be aged for no less than a month to mellow, though it seems that it will take a lot longer than that since you're supposed to unwrap and brush the cake with alcohol once a week! Want to unearth a fruitcake like you would a celebratory bottle of wine laid down to age for an occasion? Casella offers insight: Fruitcakes taste better with age! This is called "ripening." Liquor based cakes may be stored several months in advance in a cool place prior to serving. Non-liquor-soaked cakes may be kept in a cool place or in refrigerator for short term storage or a freezer for long storage. Be sure to ripen fruit cakes a few weeks before freezing. For very long storage, bury the liquor-soaked cake in powdered sugar and place in a tightly covered tin in a cool place (fruit cakes can be enjoyed as long as 25 years this way.) Check liquored-soaked cakes periodically and rewrap in liquor-soaked cloth.



Fruitcake

## Preparation Mode

Preheat oven to 300°. In a large bowl, combine the nuts, dates and cherries. Combine the flour, sugar, baking powder and salt; add to nut mixture, stirring until nuts and fruit are well coated.

In a small bowl, beat eggs until foamy; stir in vanilla. Fold into nut mixture and mix well. Pour into a greased parchment-lined 9x5-in. loaf pan.

Bake at 300° for 1-3/4 hours or until a toothpick inserted in the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack.

## Ingredients

- 3 cups coarsely chopped Brazil nuts or other nuts (walnuts, pecans or hazelnuts);
- 1 pound pitted dates, coarsely chopped;
- 1 cup halved maraschino cherries;
- 3/4 cup all-purpose flour;
- 3/4 cup sugar;
- 1/2 teaspoon baking powder;
- 1/2 teaspoon salt;
- 3 large eggs;
- 1 teaspoon vanilla extract.

Enjoy  
it!

by Giovanni



# COOKIN' FOR U!

by Isabela



# HOW CAN I DO IT?

by Isabela

## Swedish Christmas Rice Porridge



According to foodhistorian Jan-Öjvind Swahn, rice porridge is first mentioned in Sweden in 1542 in Malmö. It started to become more common in the 18th century. Julens Kokbok from 1963 notes that the Christmas porridge used to consist of unhomogenized milk and barley grains, "only in later times has the barley been replaced by rice". And the quantities seem to have been massive.

The porridge was served in various ways. In Grinstad in Dalarna, the porridge had a knob of butter in the middle and sugar and cinnamon sprinkled on top. In Sko, it was served with golden syrup. In Ysby in Halland, the porridge was decorated with cinnamon, "whole and ground", with the ground cinnamon sprinkled onto the porridge in a pattern of crosses. In Kräklingbo on Gotland, the porridge was flavored with anise and mixed with milk, buttermilk, beer, or a local small beer.

## Ingredients

- 1 cup short-grained glutinous rice (such as jasmine or pearl);
- 1 1/2 cups water;
- 1 tablespoon butter;
- 1/2 teaspoon salt;
- 4 1/2 cups milk;
- Cinnamon-sugar and butter to taste.



## Preparation Mode

- Gather the ingredients.
- Rinse the rice well and drain.
- In a heavy-bottomed saucepan, bring the water, butter, and salt to a rapid boil over high heat.
- Pour in the rice, stirring constantly to prevent sticking.
- Reduce the heat to low, stirring the rice until boiling is reduced to a simmer.
- Cover the pot and simmer for 10 to 15 minutes, until the rice has absorbed most of the water.
- Add the milk to the rice, stirring to incorporate. Bring the mixture to a boil, stirring constantly, then immediately reduce the heat to low.
- Once boiling has reduced to a simmer, cover the pot and allow it to cook, without stirring, for 45 minutes. Be careful here to avoid it scorching.
- Serve warm with cinnamon-sugar and butter to taste. You can also serve it with cold milk to pour over the top. Enjoy it!

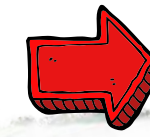
Leftover rice porridge can be enjoyed the next day for breakfast, simply reheat in the microwave. It will keep for a few days in the refrigerator. You can always thin it with milk if you prefer it a little more liquid.





# WHERE CAN I GO?

by Antônio



# WHAT CAN I DO?

by Ana Beatriz

Brighton is not just about an exotic and different city. There are also food and typical british plates (because we're hungry haha). Nothing better than encouraging you and indicating restaurants to visit. Here's a top5:

## 1st - The Little Fish Market:

This tiny but terrific fish restaurant is run by former Fat Duck chef Duncan Ray, who creates wonderfully refined and elegant dishes using the very best seafood from local waters.



## 2nd - Wild Flor

A welcoming, intimate neighborhood bistro, run by three friends with a common passion for food, wine and hospitality. Enjoy classic British dishes – Pheasant pithivier, Glazed beef cheek, Custard tart – plus a carefully-selected wine list and one of the warmest welcomes in town."

## 3rd - Fatto A Mano:

The Guardian named Fatto a Mano, which has three branches across the city, one of the UK's top 10 indie pizzerias. With pillowy Neapolitan wood-fired pizza and a great kids-eat-free deal, we couldn't agree more.



## 4th - 64 Degrees

Michael Bremner's tiny restaurant, serving an ever-changing short menu of wildly inventive small plates, helped kick-start Brighton's recent restaurant revolution and took top spot in the awards in 2016 and 2017.

## BRIGHTON PALACE PIER

**Brighton Palace Pier** – One of the older and bigger Pier in the world. It is a place where people can visit shops, amusement park toys, arcades and good restaurants. It also stands out because of the amount of pictures that are taken there. It sure is a magical place to visit with family and enjoy a seaside view.



## BRITISH AIRWAYS I360

**British Airways i360** – The highest moving tower in the world. It is 162 meters and spins 360°, so it provides an amazing view of all the city below, and is a famous touristic point that operates every 30 minutes.



## SEA LIFE BRIGHTON

**Sea Life Brighton** – The oldest ocean aquarium in the world. There you can admire from fishes to sharks or stingrays. It is an extremely informative and educative place to visit. Being perfect for children and bringing a good contact with the ocean animals.



## ROYAL PAVILION

**Royal Pavilion** – A palace that brings an Indian architecture out of it, and a Chinese decoration with golden dragons inside of it, and Muslim characteristics. This palace was built in 1780s, and is famous, because it's an Asian palace inside an European city.



## BRIGHTON CITY





# SAVE THE DATE ✓

by Ana Beatriz

Once we're talking about an exotic, different and liberal city, many festivals happens there throughout the year (Not during the pandemic situation of the Covid-19 of course). Brighton is known by their liberal people, where a lot of LGBT+ choose to live peacefully in Europe. Celebrate love and happiness is in the citizens' veins. Here's some Festivals we can celebrate when Covid is over:



**1st - Foodies Festival** - Date: 1 May 2021 to 3 May 2021.

Foodies Festival offers a fun day out for all the family. Foodies Festival, the UK's largest celebration of food & drink where visitors can feast on a vast array of culinary activities, making Foodies Festival the social event of the summer.

**2nd - Land Beyond Festival 2021** – Date: 2 May 2021.

Bank Holiday May 2021, you can party to the moon and back. Escape and experience an undiscovered galaxy far far away, as Land Beyond orbits to the South Coast for the second time. Let the adventure begin.



**3rd - Brighton 7s Festival.**

BBrighton Rugby Club hosts a 10,000 people capacity event, in June, where competitive rugby 7s collides with the most creative music, art, and vendors from Sussex and beyond. A festival easy to get to by public transport, the event surpasses any of its kind. Encounter amazing live entertainment and be transformed for more



than just a weekend at Brighton 7s Festival. 3 separately bookable arenas including: Rugby 7s - Female and male competitive rugby; Live music - Original indie, rock, DJs and more; Local food & drink - Made in Brighton and Sussex; Art & creativity - Bright, bohemian and beautiful;



# BRIGHTON CHRISTMAS TRADITIONS

by Bianca



**- Brighton swimming club:**

One of the English south coast's oldest Christmas traditions is the Brighton swimming club, which go whit members dressed in Christmas clothes to swim in the freezing sea.



**- The Santa dash:**

Other traditions is The Santa dash, in this tradition thousand runners dressed Santa Claus run to collected money.

**- The Burning Clocks:** One the most interesting traditions, Burning Clocks has a become a special date in the Brighton calendar, happening in winter solstice, 21st December. The parade makes its way from the city center to the seafront, where people put light up paper lanterns. They say that in the lanterns, people put their fears, desires and dreams. They usually wear clothes with clocks on, to represent the time passing.



**The Beach Hut Advent Calendar:** Every year, 24 beach huts are designated to a Christmas themed creative space.





# HOW MUCH IS IT?

by Ana Luiza



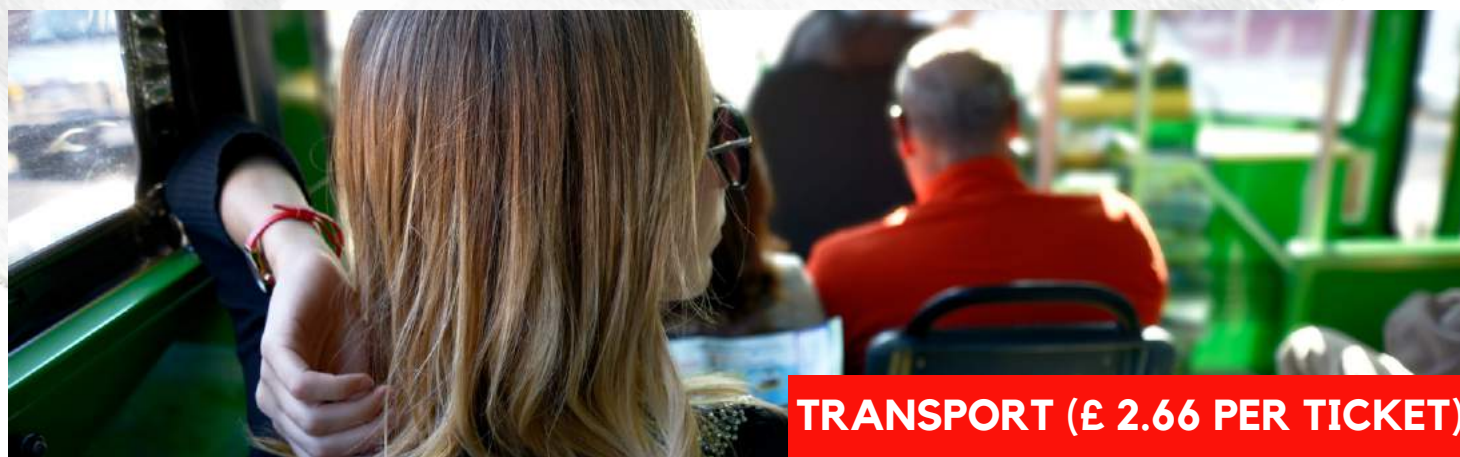
The beautiful city of Brighton, in the south of England is a great place to have fun, study and to have an incredible cultural experience, as it is a very attractive city, it receives more than 7.5 million visitors a year. If you think about getting to know this wonderful city, you also think about values. If you think about doing an exchange course there, here are a few prices you should know (considering a one-month time experience):



ACCOMMODATION (£ 480)



ROUND-TRIP TICKETS (£ 1250)



TRANSPORT (£ 2.66 PER TICKET)



MEDICAL ASSISTANCE (£ 200)



COURSE/SCHOOL AND ENROLLMENT (£ 917.64)



FOOD (£ 50 PER DAY)



TOURS AND SHOPPING (£ X)

Going to Brighton, even for a *short time*, is not cheap, but it surely should be an unforgettable experience.



# THE NEW YEAR

by Giovanni,  
Isabela, Jean



## New Year Behavior and Attitude

Some people have a tradition of writing down all the miserable things that they experienced during the past year early on New Year's Eve. The paper with the depressing list is then burned or torn and thrown away. This is a symbolic act of letting go of bad memories.

But now, The New Year is coming and it's time to relax and think about our new goals and wishes for upcoming year. Here is an especial matter to help you planing the next steps for another new cycle that starts full of hope and hapiness. Enjoy it!

## The New Year Symbols and Superstitions

The new year occurs a week after **Christmas**, it is a time when family and friends get together to celebrate the end of another year, it represents the possibility of new opportunities, and an improvement in our attitudes and in our life in general.

There are so many New Year traditions and superstitions. Many people just have some things that are important to them. Some make their own New Year tradition and others follow old traditions. Here are just a few of those symbols:



## Clothes for New Year Luck

Wearing new clothes on New Year's Day. That is supposed to bring good luck for the following 365 days. Wearing new underwear in many countries. In South America the color of your underwear matters. If you are longing for love, the color of your underwear should be red. For money you should wear yellow underwear. White symbolizes health, hope and peace. Or if you choose prosperity could wear green.



## Lentils for Prosperity

According to superstition eating lentils soup will help ensure an increase of wealth to the coming year. This is a common tradition in South America.

