

flame



35 years ago our mentor and founder Evangelos Mantolidis laid the foundation stone of a school that became an equivalent to high quality education and strong moral values.

Time has passed and even though Evangelos Mantoulidis is not among us, we are all well aware of the responsibility we bear to follow in his footsteps and continue his unquenchable quest for knowledge.

He had experienced the difficulties of life but his tenacity, drive and devotion for his goal led him to make the difference in the field of education. Our school and its lasting impact on the younger generation irrefutably confirm that there is no room for complacency on the way to success. Never remain idle, always shoot for the stars and if you fail there will always be a cloud to land on. Clouds move ceaselessly and each and every one of them has a story to tell.

This word cloud tells a brief story of our school in time.



See you next year

Rania Dantsi

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innovative programs

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EDUCATORS SINCE 1978

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- Development of critical thinking
- Development of team spirit
- Contemporary, scientific issues
- STEM (Science, Technology, Engineering, Mathematics) oriented

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For decades, **Case Studies** have been successfully implemented as a teaching method in top universities abroad and specifically in Law, Business and Medical Schools.

Research conducted by the **Organization for Economic Co-operation and Development (OECD)** has proven that the introduction and implementation of this model of teaching in secondary education is of the utmost necessity and importance.

The knowledge economy will continue to replace even white collar workers and requires critical thinking rather than rote memorization.

Case Studies are scenarios that fits academic knowledge into everyday life. Through these students take a leading role in resolving an issue of scientific and ethical nature. This teaching method can be used not only for teaching science but also for developing critical thinking and team spirit.

preparing for the future

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Watch & Learn

Introducing the innovative program **Watch & Learn**

through which we give our students the opportunity for further practice on ancient greek, mathematics, physics and chemistry problems that meet the national examination standards online at home.

SIT: $\sum F = 0 \Rightarrow$

$F_{Bx} = W \Rightarrow$

$K\Delta l_x = mg \Rightarrow$

$\Delta l_x = \frac{mg}{K} \quad (1)$

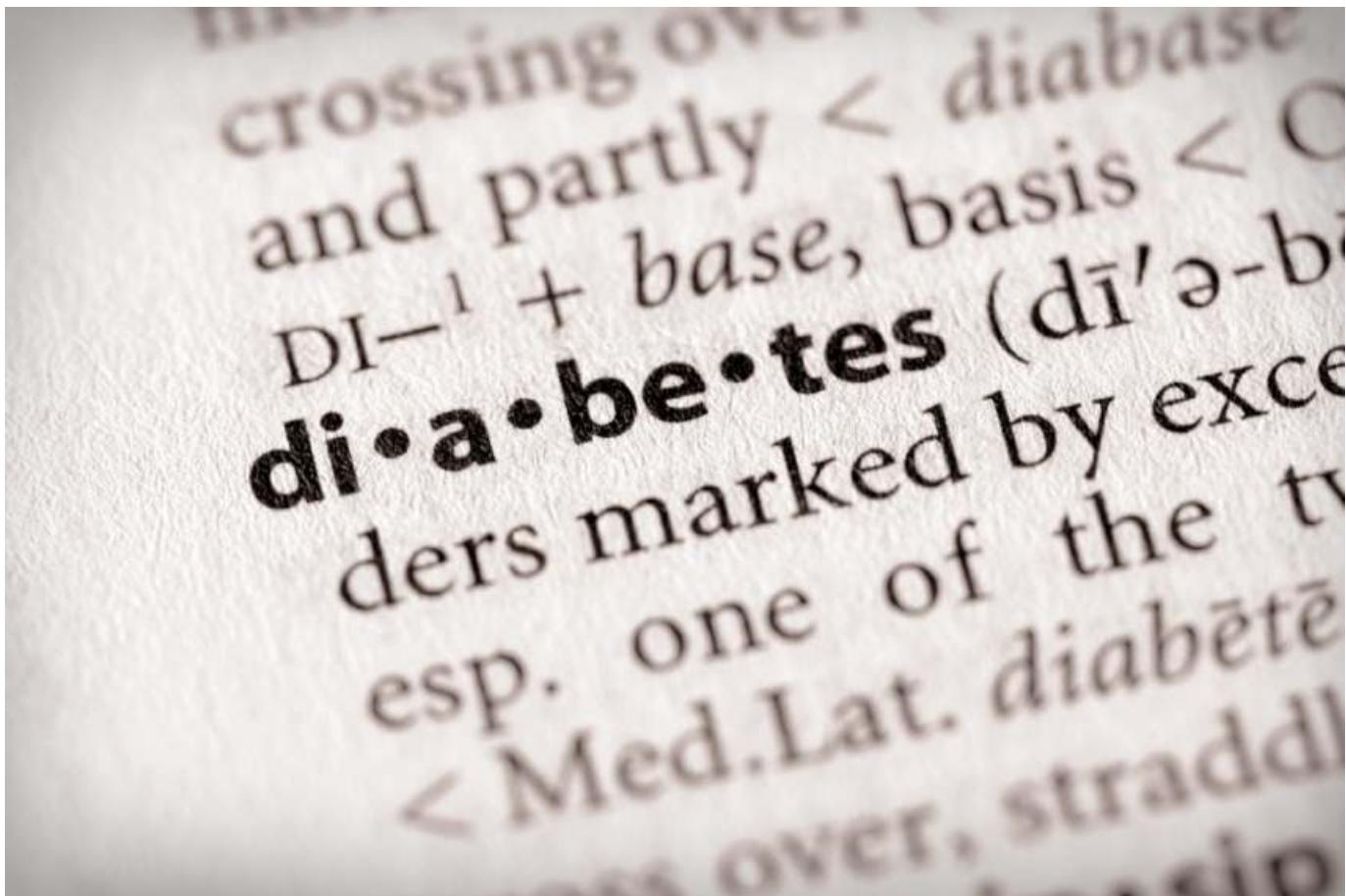
SIT: $\sum F = 0 \Rightarrow$

$F_{Ax} - W - T = 0 \Rightarrow$

$K\Delta l_x - mg - 2mg = 0 \Rightarrow$

$\Delta l_x = \frac{3mg}{K} \quad (2)$

The logo for e-mandoulides, featuring the company name in a stylized font above the tagline "The virtual side of our school".



Having lived with diabetes since the age of ten, I have observed that my attitude towards the issue constantly keeps changing as the years go by. The burden of diabetes comes with a priceless present. ,

- BY NINA MARIA FANAROPOULOU -
ORATORY FINALIST, FORENSICS TOURNAMENT 2014

I remember my mom coming in my room with the results of my blood tests and explaining to me what diabetes was. In my childish naivety, I immediately ran to the kitchen and filled up a bowl with my favorite chocolate cookies, afraid that I might not be able to enjoy them again. Later on, in the hospital, after my confusion was cleared by the doctors, I remember saying "So, that's all? Just insulin?" and smiled, my mind secretly reverting back to the thought of my favorite cookies.

Having lived with diabetes since the age of ten, I have observed that my attitude towards the issue constantly keeps changing as the years go by. I am, therefore, standing here today with a perspective on diabetes I had never thought I'd have, wishing to share with you, ladies and gentlemen, a personal experience which I consider crucial for a person leading their lives with this uninvited visitor.

Through my experience with diabetes I have concluded that maybe we need to carry a burden for a significant amount of time, to correctly estimate what it has deprived us of and what it has enriched our lives with. Originally, I may have complained and cried and yelled in my pillow about being the only one among my friends to be carrying a handbag since the third grade, as I always needed to have my insulin with me. I may have complained about having

to stop playing with the other kids to check my blood sugar, or to refrain from consuming fast food excessively BUT. I can now say that this uninvited visitor of mine has enabled me to become more disciplined, a fact which has ameliorated various aspects of my life.

Two years ago, the 14-year old brother of a friend, Nick, was diagnosed with diabetes. As he had a generally difficult character and no previous familiarity with medical issues, he faced extreme difficulty in reconciling himself with his condition and integrating those minute but necessary habits that a diabetic must introduce to his daily routine, like frequent blood sugar checks and insulin injections. Understanding his situation, one of his friends, George, offered him significant support from the very beginning. He experientially agreed that yes, it takes a lot of courage and discipline to deal with this new affliction and made an honest effort to alleviate the boy's plight; George even offered to check the boy's blood sugar at school himself, so that Nick could enjoy some sense of normalcy as part of his day.

After a couple of months, however, George, who had previously offered a helping hand, began missing school too often. Nick noticed that; he continued, however, to keep in touch with him through the phone, as it was necessary for him to receive his friend's generous support and optimism to cope with diabetes. Until one day, Nick's mother picked up the phone.

- “Could I speak to George, please?” Nick said.
- “Oh not today, sweetheart, he is exhausted by the chemotherapy, he will call you back tomorrow.” replied George's mother.
- Nick was shocked.
- “What? What do you mean chemotherapy?”
- “... Oh son, you didn't know? George has had leukemia for about a year now, I thought he had told you because you're his best friend. I'm so sorry that you found out this way.”

An unpleasant shiver went through the boy's skin. He was speechless. Profoundly moved by the infinite inner strength of his friend, who gave him courage and patience despite his own severe condition, he began detesting his own self. He wondered how he ever dared to offend, with his misery, the truly serious and difficult situations in life, by facing the minute problem of diabetes as if it were insuperable and overwhelming.

Ladies and gentlemen, everyone fighting a chronic disease develops a fervent hope that he could actually do something to eradicate it- not only to relieve his own condition, but to free the millions of people worldwide suffering with any chronic condition, as he now empathizes completely to what cancer, sclerosis and disability in general are all about.

At the same time, us, diabetics, have a rather substantial advantage –yes, advantage. We've got the same strong personal motive and are also capable of doing something about it. We are not incapacitated, on a bed, or restricted to a wheelchair, we're not faced with neurological damage; we are perfectly healthy, physically and spiritually, and able to activate ourselves in numerous ways against diabetes. Experiencing only a minor taste of human pain and health problems on a daily basis, we are overwhelmed by a desire to contribute, in any way, to the relief of all diabetics on the planet, whether through volunteerism or medical research.

This realization is reaffirmed on a regular basis through my contact with other diabetic adolescents. The burden of diabetes comes with a priceless present, I've found: It incites the inner desire for offering humanitarian help, which can be expressed by each individual bringing concrete results in the fight against chronic diseases. A chronic but manageable condition, diabetes provides us with the precious opportunity to transform our hope and desire to power of will- and it's such a shame that we forget this.

Frederick Banting was the first scientist to successfully try insulin on humans. Some decades ago, a museum in Canada has been founded to honor him. At this museum in 1969, a flame was lit called the flame of hope, as a symbol of inspiration for change; a flame that is going to be put out only when the final cure for diabetes is invented. Till then, the flame is there for all of us diabetics to give us hope and optimism, to encourage us to assist all those suffering from chronic illness. I am lucky to lead a normal life, undeterred by a manageable condition, but I am here, before you, speaking for those less fortunate. Those, whose health is constantly deteriorating and whose lives are irreparably affected either by diabetes or any other chronic disease. I am here to ignite another flame, one that will only be put out once there is enough motivation and enough empathy within us to relieve all those suffering with chronic illness.

Risks

It is sometimes better to rely on your instincts in comparison to basing your actions on facts and figures that are considered reasonable

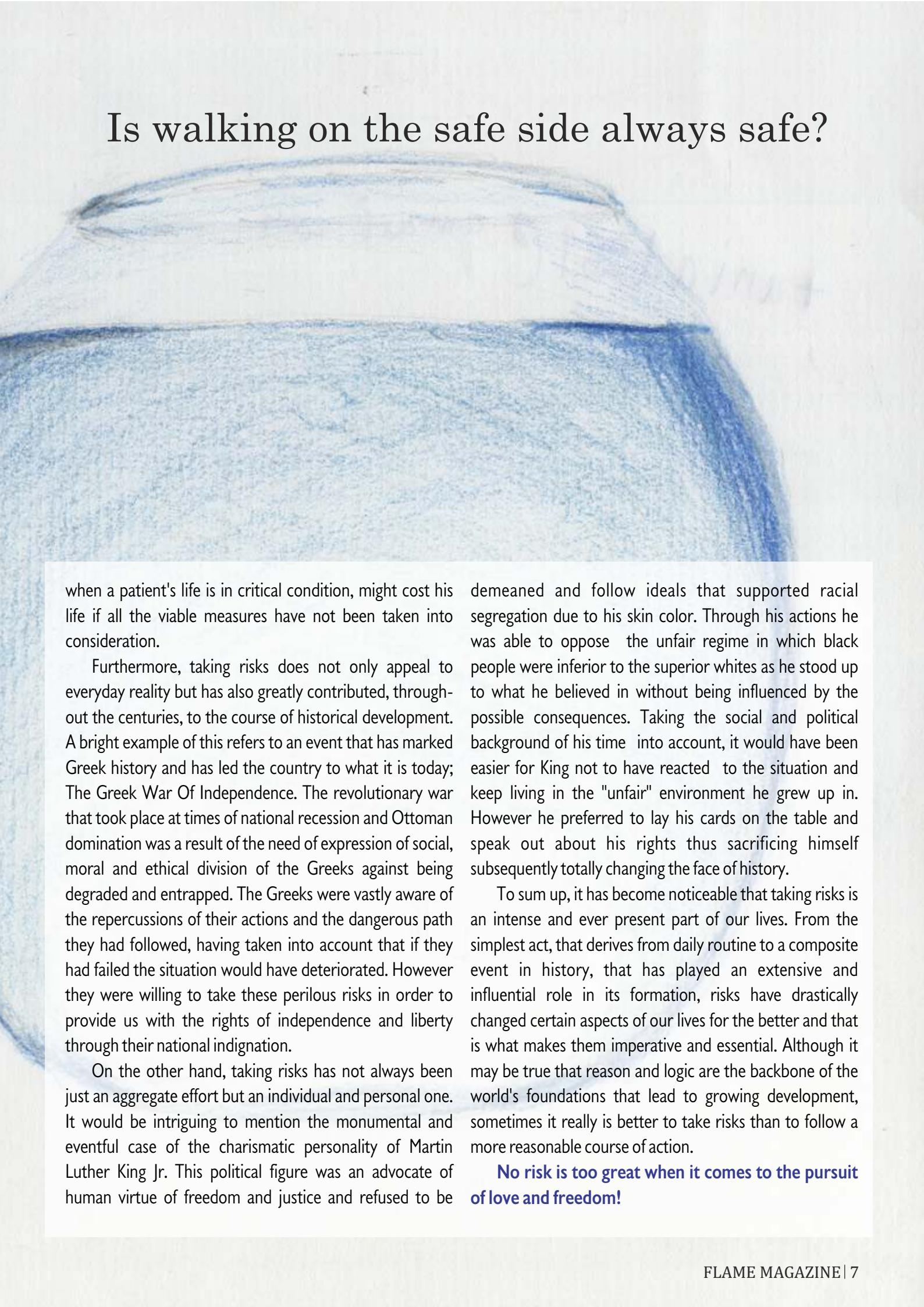
- BY ANTONIS POULITSIDIS -

Is taking risks worth the effort? Most of the people would answer with a negative response claiming that when it comes to making decisions, reason and rationality are the keys to provide the well-known "safe zone". However, it is not always the sense of prevention and making the baby-steps that will eventually lead to the road of success. Sometimes, as proven by history itself, following a single gut reaction can bring about enormous and even inconceivable changes. Therefore, it is sometimes better to rely on your instincts in comparison to basing your actions on facts and figures that are considered reasonable.

To start with, it is safe to say, that the initiative and stress of taking risks, even the ones that can threaten the well-being or even violate simple fundamental liberties and rights of others, can be seen in everyday reality and this has been the case since ancient times. Such is human nature. From a small act of illicit behavior, such as a robbery, from which there can be implications and collateral damage, to simple purchases of material goods, when it comes to selecting the product that meets the interests of the consumer, risks play a substantial role and guide our actions. One quintessential example of taking risks encompasses the medical profession. For instance, doctors face and encounter cases that require major awareness in which they have to make the right calls. Sometimes playing it safe,

- TANIA DAVID -

Is walking on the safe side always safe?



when a patient's life is in critical condition, might cost his life if all the viable measures have not been taken into consideration.

Furthermore, taking risks does not only appeal to everyday reality but has also greatly contributed, throughout the centuries, to the course of historical development. A bright example of this refers to an event that has marked Greek history and has led the country to what it is today; The Greek War Of Independence. The revolutionary war that took place at times of national recession and Ottoman domination was a result of the need of expression of social, moral and ethical division of the Greeks against being degraded and entrapped. The Greeks were vastly aware of the repercussions of their actions and the dangerous path they had followed, having taken into account that if they had failed the situation would have deteriorated. However they were willing to take these perilous risks in order to provide us with the rights of independence and liberty through their national indignation.

On the other hand, taking risks has not always been just an aggregate effort but an individual and personal one. It would be intriguing to mention the monumental and eventful case of the charismatic personality of Martin Luther King Jr. This political figure was an advocate of human virtue of freedom and justice and refused to be

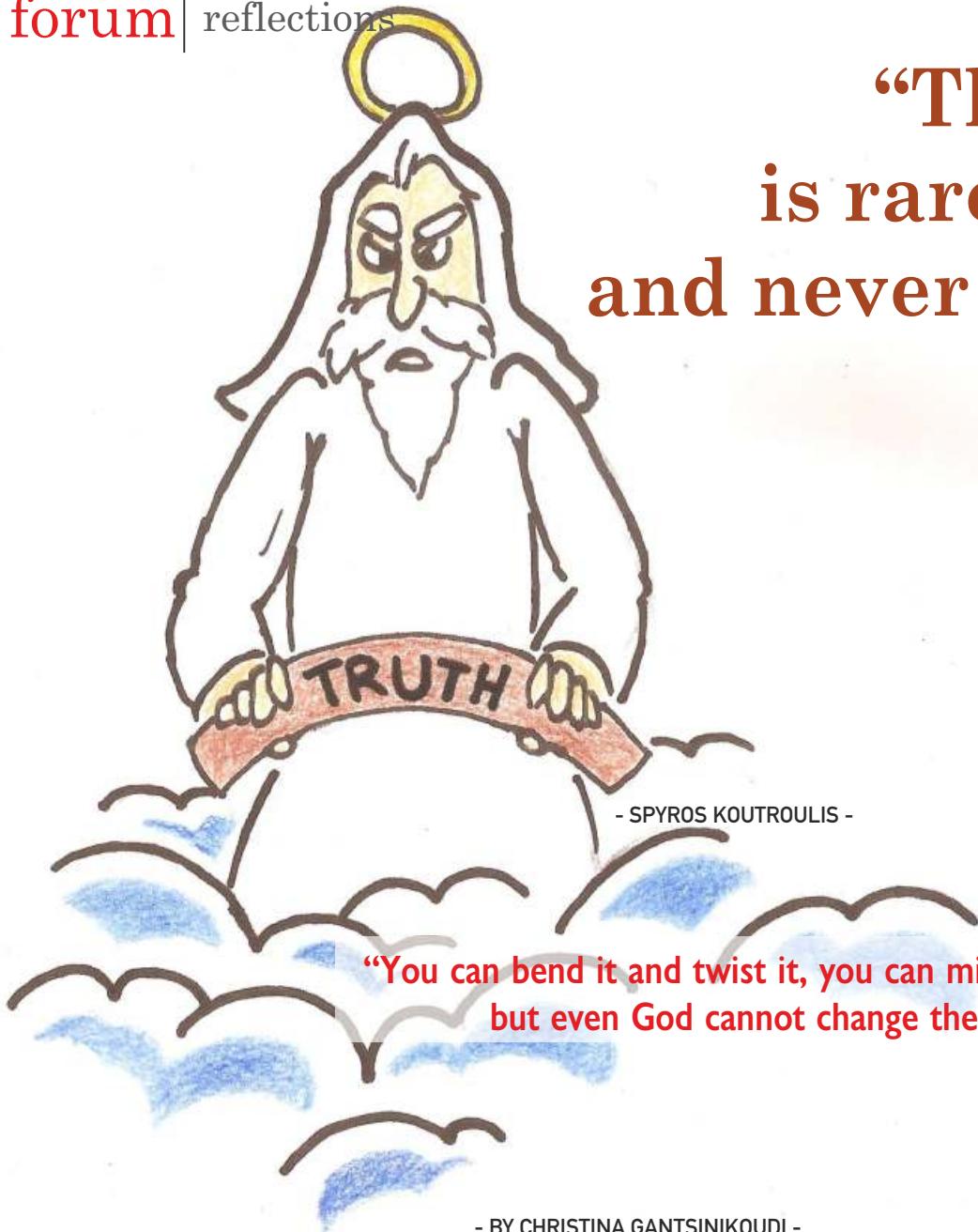
demeaned and follow ideals that supported racial segregation due to his skin color. Through his actions he was able to oppose the unfair regime in which black people were inferior to the superior whites as he stood up to what he believed in without being influenced by the possible consequences. Taking the social and political background of his time into account, it would have been easier for King not to have reacted to the situation and keep living in the "unfair" environment he grew up in. However he preferred to lay his cards on the table and speak out about his rights thus sacrificing himself subsequently totally changing the face of history.

To sum up, it has become noticeable that taking risks is an intense and ever present part of our lives. From the simplest act, that derives from daily routine to a composite event in history, that has played an extensive and influential role in its formation, risks have drastically changed certain aspects of our lives for the better and that is what makes them imperative and essential. Although it may be true that reason and logic are the backbone of the world's foundations that lead to growing development, sometimes it really is better to take risks than to follow a more reasonable course of action.

No risk is too great when it comes to the pursuit of love and freedom!

“The truth is rarely pure and never simple”

Oscar Wilde



- BY CHRISTINA GANTSINIKOUDI -

Our society pays a great deal of attention to the hunt for discovering the truth. It is thought to be of great importance for people to be aware of the exact facts and figures in order not only to satisfy their own curiosity but also to render them able to dispense justice.

It has been observed that in our days distortion or concealment of the truth has become part and parcel of people's lives when they are in deep water. They prefer to express themselves in a way which is the least painful for them, presenting events from the most convenient point of view. Using subterfuge they manage to get away from a nasty situation, in order to cover up some actions which they regret.

In all situations however, the truth doesn't change. Even if people look at things from a particular point of view, the truth remains the same. The only thing that is likely to be transformed is the way in which we conceive the events, the way we choose to analyze the information given and the degree of our objectivity. Even if we opt for ignoring and hiding the truth, because as Oscar Wilde said:

“The truth is rarely pure and never simple”, it is still there waiting for us.

Some people claim that they have their own truth. This can only work as an excuse for our not being brave enough to confront ourselves with the reality.

To conclude, I would like to point out the importance of understanding that the truth is common for everyone and can never be changed for any reason.

**"That which we obtain too easily,
we esteem too lightly.
It is dearness only that gives
everything its value"**

Thomas Paine

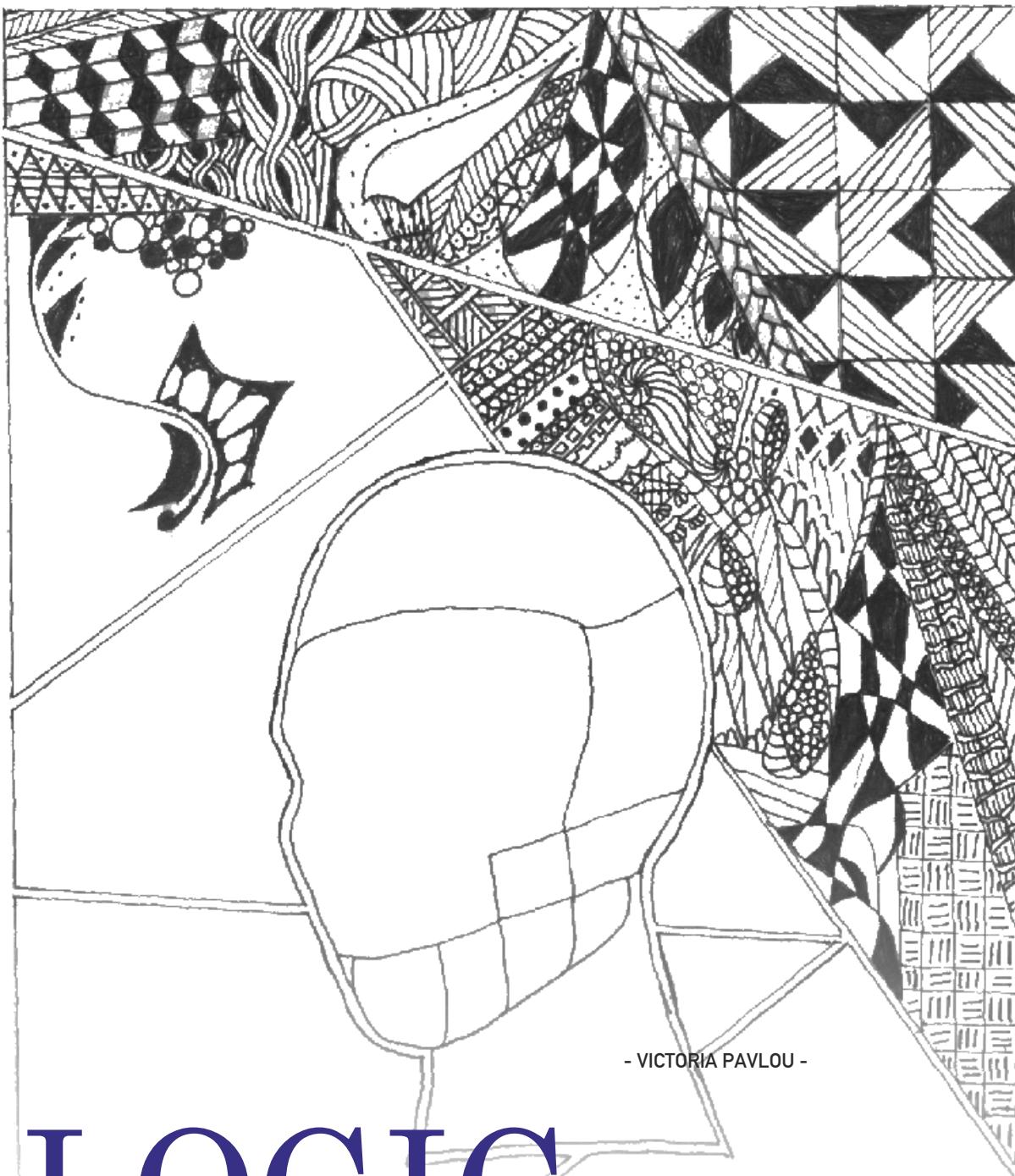
- BY ANASTASIA FOKA -

For any building to be durable strong foundations are required. Correspondingly, for any human to attain happiness and self-actualization, a certain amount of time and effort are necessary.

Whatever your goals are, from materialistic to spiritual, you will, at least most times, encounter hardship. The path to each person's desires might be full of obstacles. However, if we were simply handed what we consider special, would it still capture true pleasure? We usually take for granted the things that we don't have to struggle for. Just think of what you desire most in your life. I'm almost certain that it's not something that can easily be achieved. It has to do with the hunter's instinct, a characteristic not only for animals but also for humans, as it proves the fact that the value of each thing increases if we try hard for it. When we can't get something easily we become even more interested in it and value it more than we would if somebody simply gave it to us.

Nonetheless, when talking about value, we can only be subjective. In a materialistic world of rich and poor, winning the lottery would not be the same for both groups of people. For the rich winning one million is just adding one more expensive car or going on an exotic trip. Yet, for the poor it would mean having something to eat and a roof over your head, which are things that these people are deprived of. When you have the money to cover your basic needs then you start searching for happiness. And that's when the question of whether striving for your goals adds pleasure or not comes along.

To put it briefly, the meanings of words like "value", "goal" and "importance" are totally different for each person. So we can't really say if getting what you want easily would actually make you happier or not. In my mind, the pursuit of our desires is part of the satisfaction acquired when we finally reach them. However, as an ambitious person, I set my goals high and maybe that's the reason I see things this way. For me, if effort doesn't add happiness, then it certainly increases its duration. The longer you work for it, the longer you'll feel the pleasure after achieving it.



- VICTORIA PAVLOU -

LOGIC OVER EMOTION

“Logic is not a body of doctrine,
but a mirror-image of the world.
Logic is transcendental.”

Ladies and gentlemen, imagine finding yourselves in a post-apocalyptic world where most of the earth's population has been eliminated. Only a handful of civilians are left unharmed. The burden of survival and the potential repopulation of the planet falls in their hands. Malnourished and weak, you find yourself at the edge of a cliff, holding a toddler in one hand and a young woman in the other. Given your limited strength, which one would you choose to save? Emotion might lead you to choose the toddler. But what would logic dictate in a situation like this? Which one of these two individuals would be able to contribute more in your efforts to survive and act for the greater good?

In this matter I would outline the importance of logic with a direct quote by Ludwig Wittgenstein, one of the greatest philosophers of the modern era, who said that: "Logic is not a body of doctrine, but a mirror-image of the world. Logic is transcendental." Over the centuries a debate has been taking place with each generation's brightest minds clashing arguments on whether human beings should follow their emotions or trust their logic. The significance of this choice is immense, for it has to do with the very nature of our species, of our civilization and it affects our everyday lives in countless ways! Each day of our existence we have to make decisions which may determine the course of our future. Some may argue that listening to our emotions is the right way; that compassion for example is more important than rational, analytical thinking; but is it truly? What I am going to emphasize on during this speech is why logic always and without a single doubt prevails over emotion. After all, robots, incapable of emotion, and purely tuned to follow logic, are the most productive part of this world, so ... why not be like them?

It is said that emotions drive 80% of the choices Americans make, while practicality and objectivity only represent about 20% of decision-making. Oh, and forget about making a decision when you are hungry, angry, lonely or tired. The acronym "HALT" is exactly the point here: DON'T DO IT! If you make a decision while feeling Hungry, Angry, Lonely or Tired (or God-forbid some combination of the above) emotion wins 100% of the time and will likely push you in the wrong direction. "It is in the moments of decision that your destiny is shaped," according to Tony Robbins, self-help and motivational speaker. So if that's the case, then we better make some good ones!

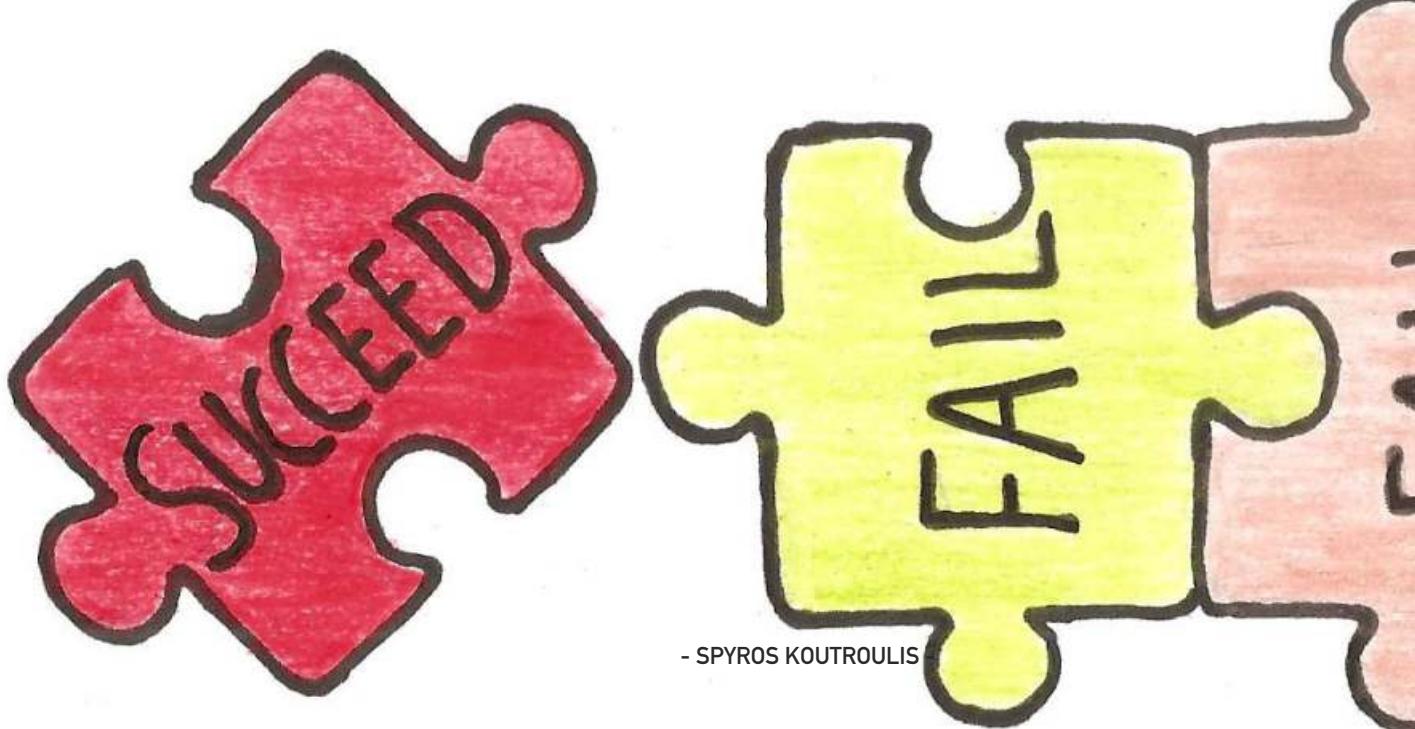
A few years ago, I recall a hostage situation at a bus station involving a deranged man who took a 4-year-old boy hostage. After a long while, the hostage-taker started stabbing the boy. The police, most probably in anger and desperation opened fire. According to some articles and reports, the "stray" bullets fired by the policemen were the ones that killed the boy. Was it not emotion that prompted Mr. Diomedes Talbo to take Dexter Balala hostage? Was it

not emotion that led him to stab the young boy? Was it not emotion that prompted the police to counteract in such a manner? If it weren't for their emotional response then Dexter might still be alive today. If police officers had acted with logic, much like a robot would have, leaving emotions aside, they would have assessed the situation correctly before taking drastic action.

You are late for work, walking down the street and there is a car crash. The driver is gravely injured, lying on the road on the brink of death! You are presented with two choices. Either help him and be late for work or let him be. Most of you would think that logic would dictate that you should go on to your work whereas emotion would motivate you to help him. However, the truth is that logic would urge you otherwise! Logic would consider the fact that if everybody were to let people die on the streets in favor of their own personal gain then the population and therefore the work force of a country would be severely depleted! So ladies and gentlemen logic would save that man, not emotion.

Two years ago in Delhi, India there was an incident involving a gang rape, a fatal assault. A 23 year-old female physiotherapy intern was beaten and gang raped on a private bus in which she was travelling with a male friend. There were six other individuals on the bus, including the driver, all of whom raped the woman and beat her friend. The woman died from her injuries 13 days later.... Ladies and gentlemen it is emotion that leads human beings to commit crimes. Uncontrolled biological urges that create uncontrollable emotions. However if this society was to purely follow logic such crime could potentially be eradicated. Logic would be able to suppress man's biological instincts as acting on them would be counterproductive. What can move society forward is adhesion to logic, which enables individuals to consider the greater good over their own profit and harmoniously collaborate to create a peaceful and productive world.

Emotions are going to lead us to ruin unless we discard them and use logic instead. Our mind is our greatest advantage and we don't use it as we should. We yield instead to the emotional part of the brain, which has disastrous consequences. We are called to make a choice ladies and gentlemen, we have to choose whether we want to continue living as slaves to our emotions or to free ourselves from them in order to evolve as a species. Unfortunately emotions are still attached to logic! When we feel fear it is because the logical part of our brain has decided that the situation that we are in is dangerous for our health. The course we take, however, after that assessment is made, is not purely a logical one. It is tainted by emotionality. Logic can exist without emotion. Emotion is simply a parasite, feeding off logic, using it to its advantage. And ladies and gentlemen what do we do to parasites? We destroy them. Join me today in casting your emotions away, for a more productive, more evolved world.



Failure is actually a stepping stone to success

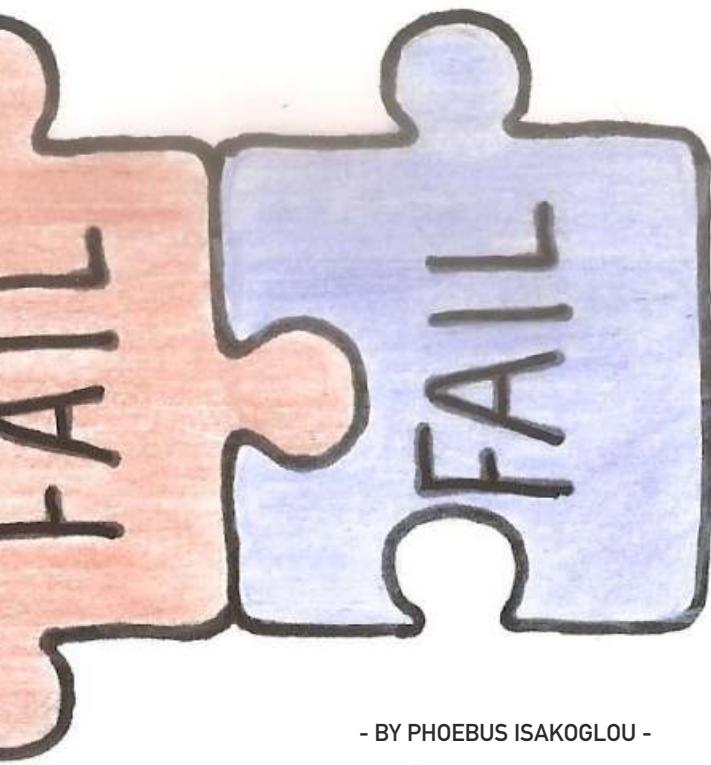


.....in order for someone to achieve success they have to first face failure, deal with it and rise stronger and more willing to try hard. Success is the result of hard work, learning from failure, loyalty, and persistence. Success is not final, failure is not fatal: it is the courage to continue that counts. And as Thomas A. Edison said:

"I have not failed. I've just found 10,000 ways that won't work."

- BY MARIA TIRTA -





- BY PHOEBUS ISAKOGLOU -

The prevailing modern question of whether the effort involved in pursuing your dreams is worthwhile despite prospective failure has yet to be answered. Whereas it is a generally admitted fact that effort is imperative when aiming for great goals it is still argued that, at times, when one strives to achieve goals at the end of the day he is emotionally drained and dejected if his efforts are not followed by success.

Indeed, ultimate success is admittedly sought-after in many respects, especially nowadays. It is widely maintained, for instance, that today's aspirational students must respond efficiently to the prerequisites of a remarkable performance and, should they not be adamant enough to reach such a level of performance, it is quite likely that they will not be regarded as ambitious people but rather as conceited individuals whose future odds are ominous. In other words, should they desire to lead a respectable lifestyle, at the very least, success really is an inevitable but imperative means for them, even if this signifies that demanding effort made during painstaking studying and rigorous academic life is rendered completely wasteful.

True, sometimes, people who set goals are not so capable of being resilient and it is totally legitimate to consider that there are some realistic objectives which humans need to meet in order to make a step further in life. Nonetheless, the aforementioned statement does not dismiss the fact that one

can benefit from everything they struggle for separately regardless of potential non-fulfillment of the goal itself. Life is like a journey and what matters most is to enjoy the scenery on the way rather than hurry to arrive in the final destination.

Failure is actually a stepping stone for success. Although one might fail in his or her aspirations, there is always something to gain from it because one can then take a step forward. In other words, even if an effort does not fulfill short-term goals, its potential value generally comes to fruition later on. More precisely, by working diligently to achieve an aim, people are pressured to tap into their greatest potential, which forms a process that can be a great experience in boosting one's capacity on its own. Furthermore, such experiences instill confidence and bravery within people because they are not starting from scratch. Therefore, they learn from their past mistakes and address their frailties.

It could also be advocated, by extension, that goal and effort become the driving force of one's life. Without any direction led by an ambition, even the most assiduous person would lose his or her way in a pointless path. The legend of women's tennis, Martina Hingis, is a clear showcase that illustrates this argument. Martina overcame numerous difficulties so as to come back to the tennis court after serious injuries, but she never got to achieve her goals as imagined. Nevertheless, the work and effort being put in made her one of the most precious tennis players. Though she fell out in her estimations and her life motives did not work out as planned, she did earn a lot of respect and lifelong lessons. Thus, the hard work and time involved in pursuing any goal pay dividends, even if the main goal is not reached.

On reflection, it may be concluded that endeavoring to pursue any aim is not only meaningful but gainful and should be cherished as well, because it provides many benefits other than the aim itself. Consequently, people hammer their morals into shape from past occurrences, which help them to adapt to other situations. Regardless of the result, the destination is trifling so long as they themselves work persistently to reach it.

“When the wind is in the east, 'tis neither good for man nor beast.”

Weather provides a vivid language for describing our emotional atmosphere, but does it also influence it?

Do dark days bring ...darker moods?

- BY NIKOLETA BAKOLA -

Wintertime. No more colorful leaves and converse sneakers! Daytime grows shorter and shorter. Darkness sets in just moments after noon. While some are excited by festive Christmas spirits and the probability of snow, others feel suffocated by a dark, freezing environment.

Weather provides a vivid language for describing our emotional atmosphere, but does it also influence it? Do dark days bring ...darker moods?

“When the wind is in the east, 'tis neither good for man nor beast.”

In order to fully understand this well-known saying, one must bear in mind that, especially when it comes to England, the eastern wind comes from the Baltic or Arctic sea and is sometimes cold and bitter, unusually enough to be notable.

But is this weather effect truly related with mood changes? There has been a vast amount of studies conducted, dedicated to prove this exact point, that weather DOES in fact effect our mood. Let's take a closer look at the ones that stood out.

A 2008 study conducted by Jaap Denissen about the effects of weather on daily mood found that weather fluctuations accounted for some variance in people's day-to-day mood.

What his research showed was that the association between sunlight and tiredness was significant. The less sunlight people were exposed to, the more they exhibited depression-like symptoms.

“As the days get shorter, people may experience more feelings of fatigue during the day, difficulty rising in the morning when it is still dark outside and craving more carbohydrate-rich foods leading to weight gain”, said Kelly Rohan, Ph.D., Professor of Psychology, University of Vermont.

It is supported that the cause of these mood swings is probably the short photoperiod, i.e., day-length from dawn to dusk, not rain or any weather variable.

Additionally, it is presumed that the sun may “melt” hearts as well. In a 2013 study by French psychologist Nicolas Guiguen, an attractive male approached unaccompanied young women and solicited their phone numbers by saying “I just want to say that I think you're really pretty. I'll phone you

later and we can have a drink together someplace". He achieved an impressive success rate of 22% on sunny days but only 14% when it was cloudy. Therefore, sunny weather can have a positive impact on the decision-making process, making it more likely to take a risk or do something out of the ordinary.

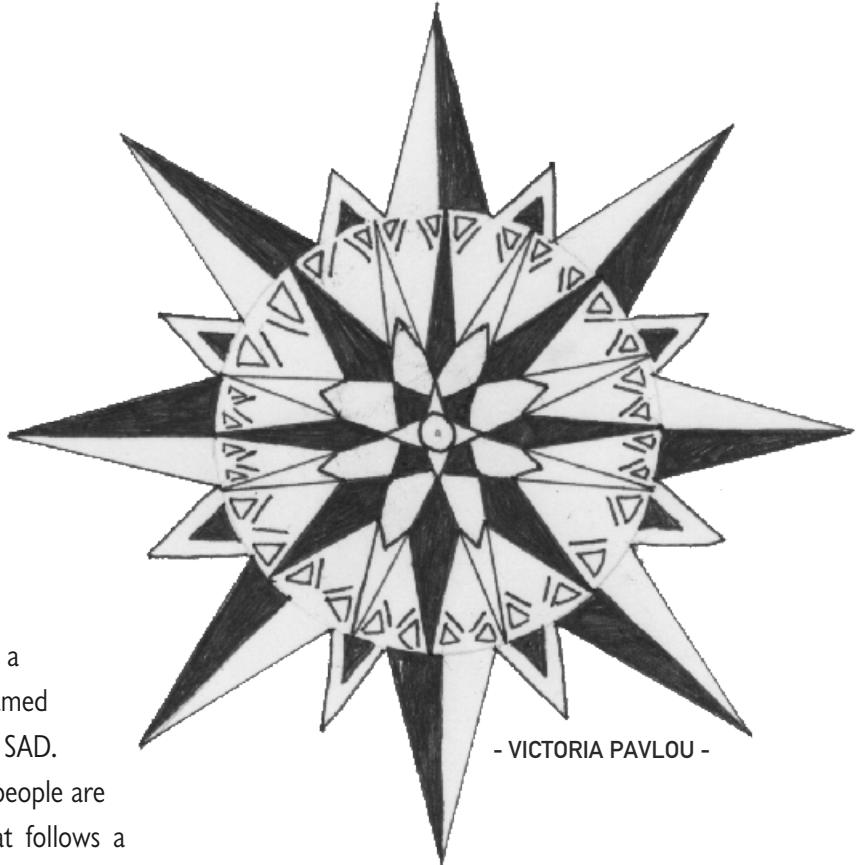
As far a science is concerned, it has been proven that weather and season changes cause a significant change in one's mood and have named the phenomenon Seasonal Affective Disorder or SAD.

Specifically, it has been shown that some people are more vulnerable to a type of depression that follows a seasonal pattern. In regards to these individuals, the shortening days of late autumn are the beginning of a type of clinical depression, with more intense symptoms during the darkest months, that can last until spring.

Although not as common, a second type of seasonal affective disorder known as summer depression can occur in individuals who live in warmer climates. Their depression is related to heat and humidity, rather than light. Summer depression is known to cause severe violence, aggression and irritability being in many cases worse than depression during the winter months.

Moreover, humidity tends to make people more tired and irritable. It is known to alter moods and trigger headaches, some studies finding a link between the above and depression, even suicide.

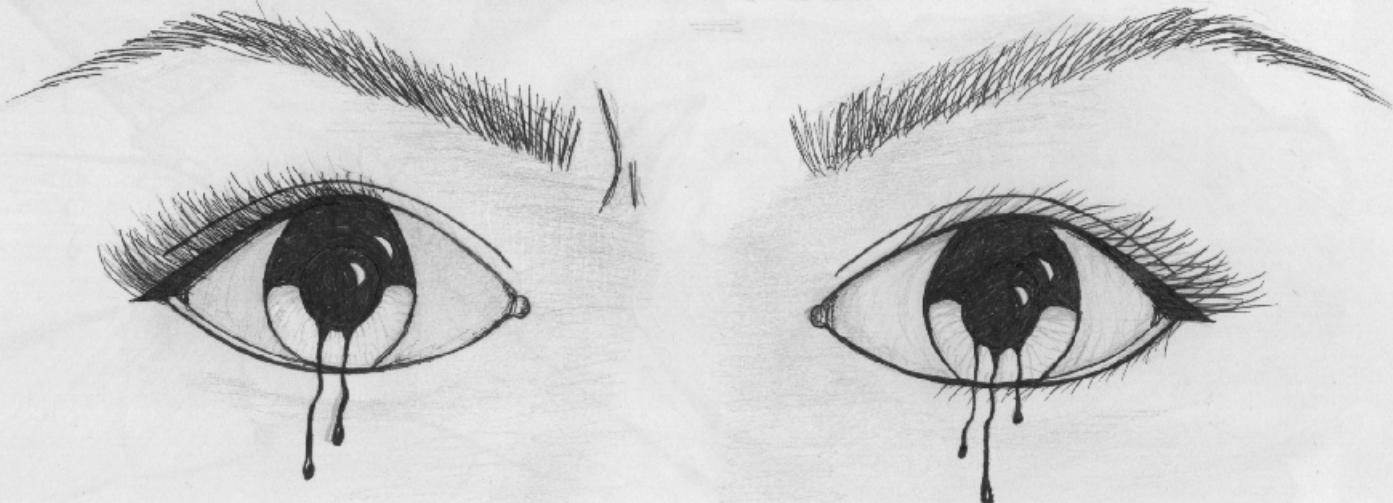
The effects of weather on mood are not straightforwardly biological, but primarily physiological. However, many biological changes have been reported. Excess heat causes discomfort by taxing our capacity of thermoregulation, causing irritability and aggression. Exposing skin to sunlight produces vitamin D, promoting the brain's production of serotonin, which lifts mood. Therefore, lack of sun and light leads to a drop in production of this vitamin and specific mood swings.



- VICTORIA PAVLOU -

In conclusion, whichever the cause, psychological or biological, weather has an effect on our mood and the way we act. So, if any of you are experiencing the winter or ever summer blues, remember this: the weather, as our mood, is ever-changing and, in some cases, even unpredictable. So, make the best of each day, every-day, regardless of whether it shines or snows!

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- VICTORIA PAVLOU -

Crime: Female

- BY FILIPPA VALAVANI -

I am a 16-year-old Caucasian woman who has enjoyed the privileges of her race and culture. My sex is an aspect of who I am, yet one that has, even nowadays, built quite a few roadblocks in my path. It is true that women have endured a lot of discrimination worldwide in various ways. One manner of all these, is encountered in India with the mandatory burning of women after their husbands' death, as it was considered that without them they would be useless. These women were forced to get married or sold at the tender age of 8-12, to men who were over 60 years old.

Name:	Unknown
Age:	16
Ethnicity:	Indian
Crime:	Female
Punishment:	Rape

This girl, after being raped, was left naked in the street and stoned to death.

Where is your outrage?

In many countries such as Afghanistan and Pakistan, where the Taliban rule, women are stripped off their rights. They are kept indoors 'to prevent them from harm', with all the windows painted to prevent them from seeing the outside world or to be seen by anyone. They still have to wear a burqua and can be beaten or stoned to death in public if their eyes aren't covered, or if they stand up for something which is not considered their right.

Name:	Malala Yousafai
Age:	16
Ethnicity:	Pakistani
Crime:	Female
Punishment:	Shot

Malala stood up for education and was shot by the Taliban, leaving her face's left side paralyzed.

Where is your outrage?

In many unprivileged countries, we encounter the phenomenon of female genital mutilation, which still remains an issue in the front for the globalization of human rights. The clitoris is typically cut out, usually without anesthesia, using a knife or a razor, which has not been properly sterilized. The girls' ages vary from weeks old till puberty. The majority of girls are under 5, and most of them die from blood loss or infection. This action is a violation of the girls' human rights, an abuse of their bodies and is done in order to control women's sexual desires by taking away any possibility of experiencing sexual pleasure in the future.

Name:	Waris Dirie
Ethnicity:	Somalian
Age:	3
Crime:	Female
Punishment:	Circumcised

Still, women's depreciation can be seen in civilized countries as well. Until the year 1900 women did not have the right to get educated or work. Until 1958, women did not have the right to vote or assume a political role. Women lived in a confined world and there was only one path for them: to marry in their 20s, have children and become house keepers, spending at least 60 hours per week in domestic chores. They had no opinion or legal rights on their husbands' earnings or property. This depreciation lead to a feminist movement. A women's movement for liberation and equity that started in the late 19th century, with campaigns for reforms in issues like reproductive rights, domestic violence and equal job compensation. Women asked for independence, birth control and the right to abortion, freedom to choose their own clothing and control over their body image and for a redefinition of their role in marriage. At this point, it is necessary to mention sexual harassment and sexism against women, another major problem in the workplace. The results of the feminist movement were to further gender equality on a political and on a personal level.

In recent years, despite changes in society, the problem still exists but is more covert. There is an income gap between genders according to Government

Accountability Office. The weekly earnings of a full time working woman, were 7% of a man's during 2001. This report was prepared from a study of the history of earnings of over 9,300 Americans.

Where is your outrage?

Women still face domestic violence and spousal abuse. Men try to dominate and control their female partners, wives or daughters. The consequences of abuse can not only be physical but emotional too. They can destroy a woman's self esteem, make her feel helpless and useless and lead to anxiety and depression.

Where is your outrage?

Empowerment of women is a social necessity. Recent research suggests that gender equity and the achievement of other goals such as health, education, economic rights fulfillment and growth are inseparable. For example, higher levels of female education and literacy have been found to reduce child mortality and improve educational outcomes for the next generations. It is found that, in Asia, an extra year in primary school encourages girls to marry later and have fewer children.

A careful look reveals that societies with greater gender equality achieve higher levels of social and economic rights fulfillment for all members. Men and boys must be engaged to gender equality by both their family and society. Equality must become part of men's culture and not an implemented issue.

Name:	Filippa Valavani
Age:	16
Nationality:	Greek
Crime:	Female
Punishment:	verbal abuse, bullying, objectification, discrimination.

Where is your outrage?

As Audre Lorde said: " I write for those women who do not speak, for those who do not have a voice because they were so terrified, because we are taught to respect fear more than ourselves. We've been taught that silence would save us, but it won't.

Today, I have stood up for myself and those of my gender who cannot be here to speak up or even yell to the world for the misfortunes they have suffered. What will you do for me? What will you do for us?



Underpaid millionaires

- BY APOSTOLOS CHOROZOGLOU -

Even though the whole world is in the midst of an economic crisis, there are still lots of people that continue to make huge amounts of money. And by huge, I mean enormous amounts. There are still billionaires in today's world whose wealth practically allows them to buy anything (even though they say that happiness is the one thing that can't be bought, I am starting to believe that it will be available for purchase in the not so distant future). Society has led us to believe that business moguls (such as big company CEOs and entrepreneurs) are the ones that deserve the tons of money they get. Yet, we find it hard to believe that athletes and actors get huge checks on a regular basis. It's easy to say that these people are overpaid and not deserving of their wealth, but it's time to take a reality check, as people should finally learn the truth about what these people are really worth.

Actors as well as athletes get paid in order to perform what they do best whenever they are asked to (or in many cases when their contract suggests they do). Even though from their perspective, nine times out of ten, they do it for the sheer love of their job, we live in a time where the world is driven by money, so we've got to take this into account. Surely a movie producer likes all the awards and accolades, as much as team owner or sponsor likes the titles, but it doesn't stop there. These businesses are run by smart (and rich) people that work methodically. If they hadn't expected that they would get money in

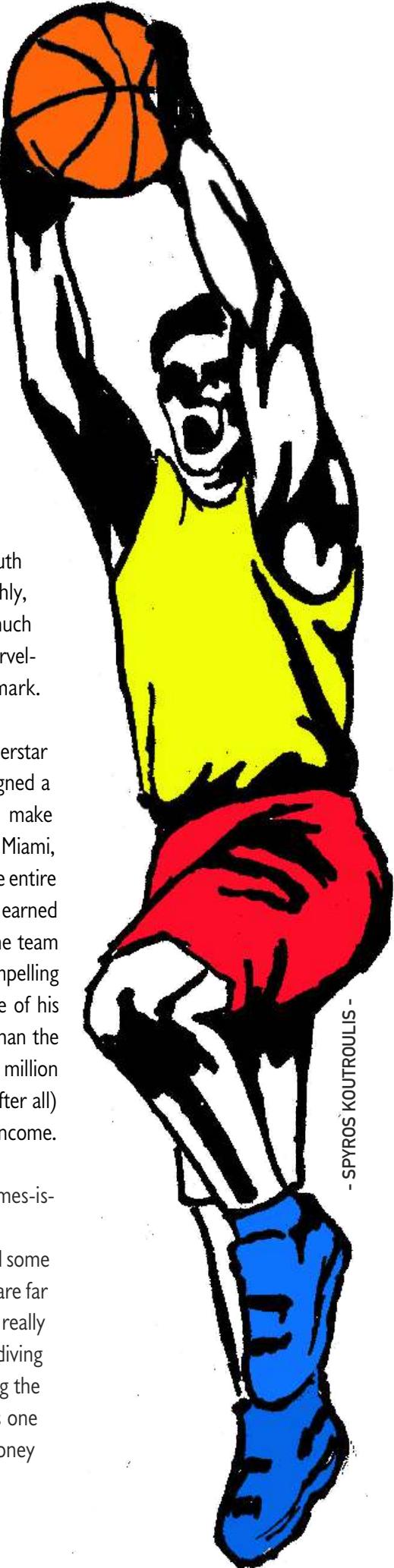
return for their actions, they wouldn't have invested their personal, hard-earned wealth in the first place. They invest their money and they expect to get a profit. So, it is very well understood that these athletes and actors whose names are written on 8 digit number cheques, generate much more money than it is attributed and eventually given to them.

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It is pretty obvious by now that I don't believe that these people are being overpaid. However, I will try to go a bit further than that and I'm now going to make a case for something that is a tad difficult to comprehend: athletes and actors are being underpaid. - don't just turn the page , let me explain-

Yes, that's right, underpaid. As in not getting as much money as they deserve.

If one of these people publicly stated that they're not getting enough money, he would be heavily criticized and ridiculed. I can't lie.

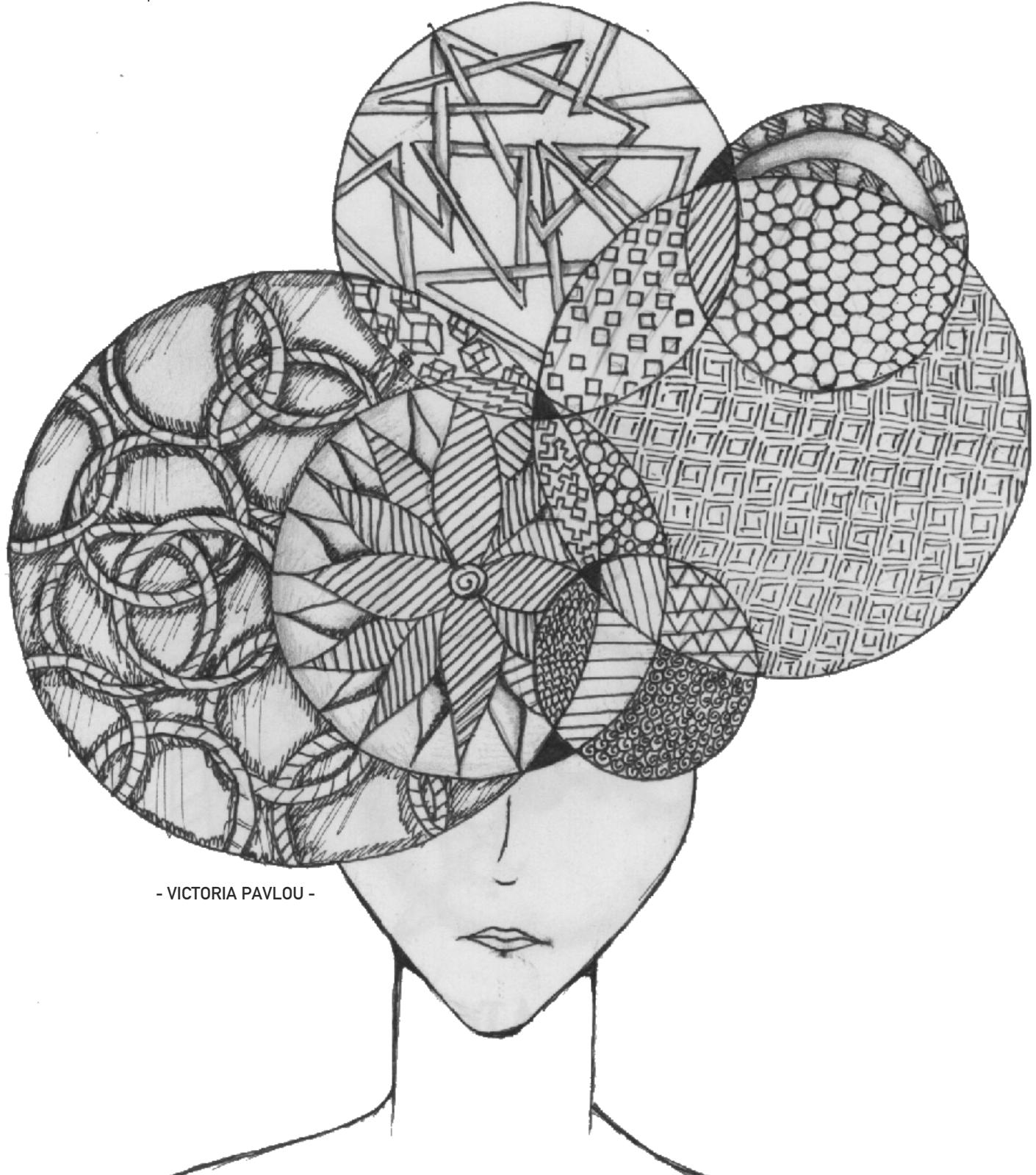


Even I would be really angry towards the person, and to tell you the truth it would be perfectly justified. These people make millions and live lavishly, while others struggle to get by every day. A person making that much money is asking for more? Absurd - Right? Wrong. Thanks to this marvelous creation called the Internet, I can substantiate this remark.
[\(<http://bleacherreport.com/nba>\)](http://bleacherreport.com/nba)

A great example of an athlete that is underpaid, is Miami Heat Superstar (and current basketball overlord), LeBron James. Back in 2010 he signed a six-year contract worth 110 million dollars. This year, he is set to make around 19 million dollars. He is underpaid. After just 3.5 seasons in Miami, James has had an unbelievable impact on the organization as well as the entire NBA. An article calculated that: since joining Miami, the team has earned about \$7,1 million more than his old team from ticket sales. Also, the team gets a million dollars from selling his merchandise. An even more compelling finding is that the latest TV deal the league signed (around the time of his signing) earns each team around the league almost 1 more million than the previous one. That's almost another 27 million. Add another 15.6 million (money based on his superb play; he's the best player in the league after all) and that brings the total to around 50 million of annual generated income. Yikes. It is true. Millionaires can be underpaid.

[\(<http://bleacherreport.com/articles/1721978-nba-why-lebron-james-is-the-most-underpaid-player-in-the-nba>\)](http://bleacherreport.com/articles/1721978-nba-why-lebron-james-is-the-most-underpaid-player-in-the-nba)

So to sum it up, athletes and actors are not overpaid. There are still some cases of these people getting more money than they deserve but they are far outnumbered by cases of people getting paid less. However, since it's really difficult to feel sorry for millionaires as I can't help but imagine them diving in to their stacks of cash (Scrooge McDuck style), I'll settle with calling the amounts of money they get, fair. After all, they worked for it. And as one would expect, during these tough times, people should get all the money they deserve. Even millionaires.



- VICTORIA PAVLOU -

Rumor has it!

H ave you heard that Vicky secretly went out with Bill this Friday? Yeah, they were kissing right in front of the bathroom on the 2nd floor at the Mall while her poor boyfriend was sick, in bed. Wait you look familiar. Weren't you just in the bathroom talking about... wait it might not have been you...

This, ladies and gentlemen, is something my peers and I face every day. Rumors seem to penetrate our lives in various forms. Facebook, Twitter, all social media give the opportunity for spreading rumors and because of our obsession to find more about people, regardless of whether this information is accurate or not, we believe and spread such rumors.

The political world faces similar problems as well. In the political realm, the losses suffered are far greater. Politicians not only need to face embarrassment but also the possibility of the end of their professional career.

Do you remember the scandal that burst a few years ago regarding the former president Bill Clinton? Let me enlighten those of you who may have forgotten. Bill Clinton, American President from 1993-2001, was rumored to have had an "experience" with a young lady. Specifically, this young lady at some point blew the secret that she had embarked on an "adventure" with the president. He —of course— denied such allegations. However, when some evidence, such as clothes with "physical evidence", was discovered, he confessed and apologized in public. The most important outcome of this, was the fact that he gained a reputation as an adulterer which potentially caused his political party the presidency during the following election.

Isn't it mind-boggling that our perception of Obama changed dramatically because of some rumors? In the beginning of his campaign and especially after his election everyone adored him. He was "the first African – American president of the United States!" when suddenly a rumor was spread concerning potential extramarital relationships. My question to you is: Did he do anything to destroy the western civilization? Because everyone started treating him like he had. Can we simply discredit all his work because of these rumors? What about his actions? From Obama care, which allows more people the right to health insurance, to his unilateral actions on the international level. Regardless of whether or not one agrees or disagrees with his political actions, the evaluation of their efficiency should be independent of rumors concerning his personal life. Such rumors only destroy and alter the value of his work.

How is a picture of president Putin semi-naked hunting on a bear in a lake connected to his actual political work? Putin is the one Russian president who has managed to answer people's question for a paternalistic figure in the political sector. He, himself, has supported and fought for the rights and demands of his people and has appeared as a dynamic and powerful figure worldwide. Why, then, erase all of his effort because of these pictures? Overlooking the fact that we don't have reassured evidence of the legitimacy of the pictures, we certainly don't have the right to meddle in his vacation.

Let's not focus solely on politicians. Rumors could be a serious setback in the philosophical realm as well.

Ladies and gentlemen, what if Socrates was rumored to be a thief? Would we suddenly stop admiring his teaching methods and theories? Would the introduction of the Socratic method suddenly become meaningless because the character of the person that preached it would be of questionable nature? Would our entire ideology and opinion on his work change?

What if Karl Marx was a closeted capitalist? Would his writings and the philosophy that has been inspired by them be rendered meaningless? Would we forsake his teachings and thoughts on communism if he, himself hadn't necessarily adhered to them? Personally, I believe it would be extremely naive to cast aside the father of communism and judge him based on his character rather than his revolutionary way of thinking should he have been a personal supporter of capitalism.

Consequently, a simple question arises. Why are public figures' lives more popular and important than their work? And why is this work of theirs evaluated based on rumors about them?

A public figure can be criticized, adored or shunned based on questionable rumors. Some people tend to believe that this is the appropriate way of choosing a leader or representative in the political, philosophical or religious realm. It could be argued that the beliefs a public figure presents to the world as meaningful and worthy of adherence should be identical to those the politician, philosopher or religious leader adheres to as well. For instance, an adulterer preaching about fidelity may not be someone to admire for some. However, is fidelity as a concept less worthy of respect simply because it is preached through the mouth of someone who doesn't necessarily believe in it? Should the person preaching fidelity be silenced because they are not faithful in their personal lives?

Ladies and gentlemen, whether political, philosophical or religious, the leaders of our world should not be judged on their personal lives or rumors stemming from those. Their value should be measured purely based on the work and beliefs that they present to the world, provided that they are beneficial for humanity. Rumors may be a fun pastime in high school but when introduced to the worldwide community, they have irreparable consequences on the way people view individuals who might have, had it not been for these rumors, changed the course of this world.

From one day to the next, our world changes gradually from one condition to another. Recent developments in science and technology have triggered and resulted in huge alterations in our everyday lives as they rapidly change many aspects of our society. Look around and you will see that we can no longer imagine life without technological advances such as computers, televisions and so on. However, is technology so important and essential to us, or has it created numerous drawbacks that outweigh its positive aspects?

To begin with, technology has advanced in tremendous leaps and bounds. It plays a highly significant role in society as it makes life easier to live and saves us precious time. In fact, new ideas always come to the minds of people in an effort to make life better. Firstly, technological developments have created shortcuts in every one of our actions. For example, microwave ovens prepare food easily and without making any great mess. In contrast, until only a relatively short time

ago, the only way to cook meals was to light up some firewood in order to produce heat. Another example is that technology has accomplished considerable feats in the world of work. An office worker, for instance, no longer needs to keep records and files in numerous books and folders since he can have all the data needed saved on his laptop or even on his phone. Teenagers and students are able to get images and information the moment they want them without having to search in books, magazines or encyclopedias. Consequently, technology makes things much easier and simpler than the old fashioned way.

ments to our lives, because of the innovations cited above, it has also made us impatient, distracted and demanding. We have got used to getting what we want immediately and communicating with just about anyone. As a result, a barrier in personal interaction and face-to-face communication has been raised amongst people, who, apparently, no longer need or desire to meet someone personally. As a consequence of this, a new form of danger has been created through these innovations such as copyright infringement and privacy violation. There are many cases, for instance, when hackers or even anonymous organizations search for someone's personal information and data like his location or the sites which are visited by that person. Similarly, when someone "meets" someone through his profile on the Internet, that person is more likely to meet a mere image or a fake individual which has been created by a user. This way, people actually lose touch with their social environment. So, while electronic communication can be beneficial from time to

21st Century: The Digital Reality

ago, the only way to cook meals was to light up some firewood in order to produce heat. Another example is that technology has accomplished considerable feats in the world of work. An office worker, for instance, no longer needs to keep records and files in numerous books and folders since he can have all the data needed saved on his laptop or even on his phone. Teenagers and students are able to get images and information the moment they want them without having to search in books, magazines or encyclopedias. Consequently, technology makes things much easier and simpler than the old fashioned way.

Furthermore, electronic communication has brought about enormous changes to the way social interaction is conducted. Some decades ago, long distance communication was difficult and, in some cases, even impossible. Therefore, due to many factors, the use of letters wasn't always efficient or effective. However, today, information can be transmitted quickly and easily via the Internet, enabling people to communicate with each other faster, better and with ease. For instance, with the use of special sites like Facebook or Skype users are able to talk with each other, sharing their thoughts and ideas as they would normally do in the street or in the park even though they are separated by a huge distance. Another form of electronic communication is online gaming. Through games like that, many people interact with each other while gaming and, sometimes, use teamwork in order to achieve a goal.

On the contrary, technology also brings harm to our society. Although technology has introduced great improve-

time, face-to-face contact is also crucial.

In addition, another negative aspect of these technological advances is that people are starting to become lazy. In today's society, everyone has immediate access to a huge and unimaginable amount of worldwide informative material. Furthermore, with new gadgets and electrical appliances like the dish washer or central heating every single person can live in luxury and comfort which, few years ago, was considered a mere dream. Hence, no one needs to do all the hard labor anymore as technology can offer us the best possible result. However, even though this is claimed to be one of the most profitable, useful and advantageous aspects of technology, it is also the one that contaminates and complicates our lives in the worst possible way. For example, many people do not feel the need to step outside of their home to find entertainment and fun in things that used to be enjoyable, such as participating in a rousing game of basketball with friends, meeting a friend at a cafe, and so on. Instead they prefer to stay home, play video games, something that may lead to addiction and the creation of psychological issues, not to mention social isolation.

All in all, technological change has had, with out a doubt, a positive impact on the world. As it advances, everyday life becomes more appealing, intriguing and pleasant to live in, in comparison to when technology had not yet entered our lives. Nevertheless, it's made clear that, technology has both advantages as well as some negative aspects. Although, it has created improvements in our lives it has been a predominant factor to the creation of new diseases and disorders like obesity, laziness and loss of personality.

Should I stay or should I go?

In many countries the unemployment rate is desperately high and as a result many people are unable to find a job to support themselves and their family. Emigration seems to be the only solution for them in order to find a better life. This is a huge decision which changes the rest of their life dramatically and of course it has advantages and disadvantages for each person.

In the past the majority of emigrants were nearly always uneducated people looking for any kind of work, mostly manual labor.

Nowadays the people, who decide to leave, are mostly scientists, very well educated and specialized in a particular field, with a high cultural level. In a foreign country they have the opportunity to find a new job, a place to live with their families, and slowly to integrate into their new life.

Nevertheless, there are also disadvantages to emigrating to a foreign country. The most common disadvantage is that most of the immigrants do not know the language and it is very hard to communicate with the local people and deal with services. Also many times they become a target for racist attacks without any particular reason simply because they just seem to be strangers while speaking the country's language rather badly or being a different color from the local people. Furthermore many people blame them for taking their jobs, and for criminal actions. These are the most serious problems that an immigrant can face in a foreign country. Maybe some of the accusations are not real, but it is always easier and more suitable to blame the weaker members in a society.

The worst aspect of the phenomenon of immigration is that it also affects young people. They believe that if their parents cannot find a job, why should they be able to? As a result younger people prefer to finish their university education abroad, feeling that it would be easier for them to live there, find a job and become assimilated.

It is evident that in this way the most valuable manpower of a country is desperately enfeebled leaving the country without productive minds that could potentially help in its regeneration and development.

Most people are forced to emigrate, so as to have a "decent life". Nevertheless people, before making their final decision must think it over very carefully, exhausting all the possibilities in their country, making every effort they can, because emigration is not necessarily the solution to every problem and certainly not the easiest one.

IS THERE A HERO IN YOU ?

Through the path of ages, modern needs have changed and heroes are no longer deemed those who use the power and force of their body, but that of their mind and tongue



- BY RAPHAEL KETSETSIDIS -

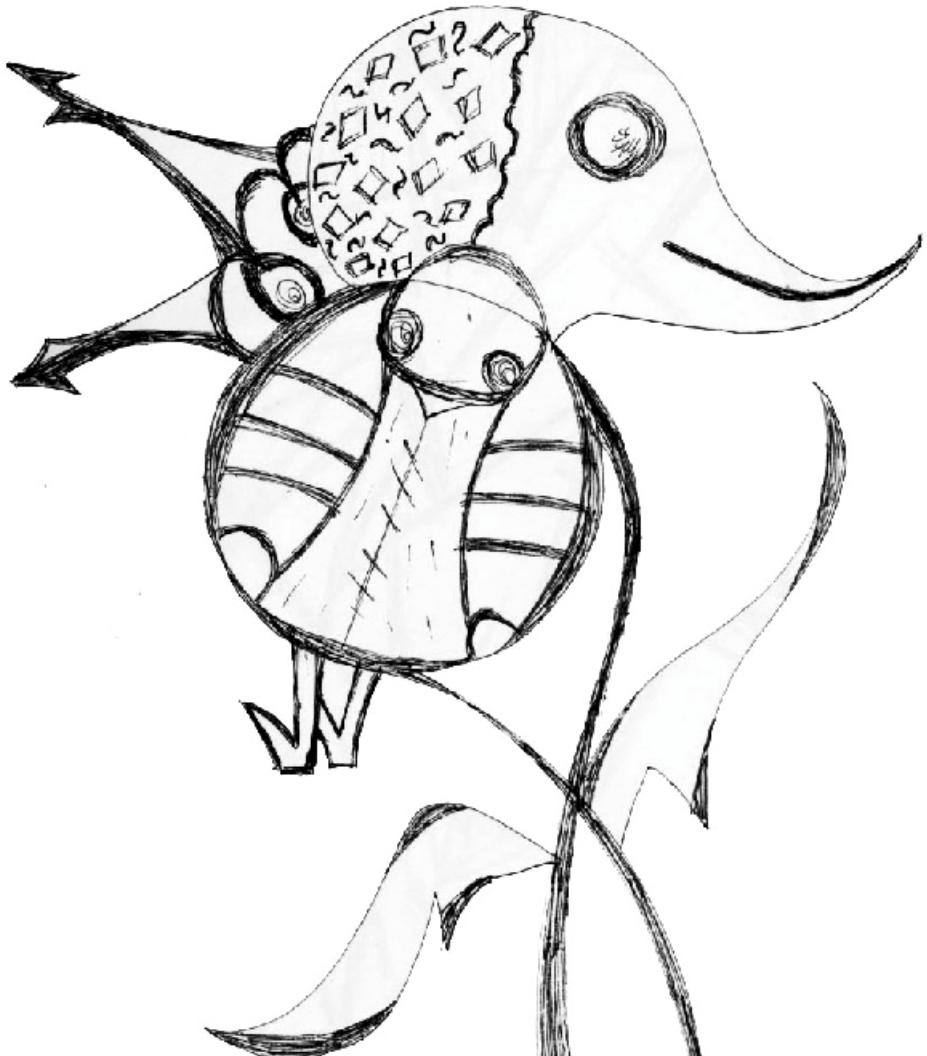
Heroes have always been the mythical and legendary *dei ex machina* who save the day, usually in a self-sacrificial way. Through the ages, modern needs have changed and heroes are no longer deemed those who use the power and force of their body, but that of their mind and tongue. Many such people appeared during the Age of Enlightenment and small acts of heroism occurred during the life of the famous composer Ludwig van Beethoven and the not so famous Igor Stravinsky.

During the French Revolution many put their life on the line, but the true heroes were those behind it, the philosophers and scientists of the Age of Enlightenment. They did not fear rejection of their evolutionary ideas neither by society nor by the Catholic Church. They were tired of believing whatever the Catholic Church supported and opened their minds and those around them to new, ground-breaking ideas. Such people were Diderot, Montesquieu, Rousseau, Voltaire and many more. Modern science, philosophy and even the very fabric of society are the way they are today due to the courage of those people.

One little known incident during the life of Ludwig van Beethoven happened during his meeting with Wolfgang Amadeus Mozart. Beethoven was introduced to Mozart as a prodigious young musician and performed a piece so that Mozart could decide whether to accept him as a student or not. When Mozart rejected him due to his performance being cold, Beethoven not only persisted, but asked to perform one of his own pieces. After the second performance, Mozart was so astounded that he remarked: "Mark that young man; he will make a name for himself in the world!". Beethoven showed bravery when he was not taken down by Mozart's words, but insisted and believed in himself. He proceeded to become one of the greatest and most famous composers of history.

Another musician who did not care about social rejection was the little-known Igor Stravinsky. He is widely considered as one of the most influential composers of the 20th century. When one of his works, "The Rite of Spring", was performed, the audience rejected his work completely and started throwing vegetables at the stage after only ten minutes. However, they did not realize the power of Stravinsky's music. After a while, when they were completely under his spell, they acted like barbarians preparing for battle. The revolutionary rhythm Stravinsky had invented awakened the beast in each one of them. A critic claims that for a long time the person sitting behind him was banging his fists on the critic's head, without either of them realizing. It is obvious that Stravinsky did not care about the crowd's rejection and supported his work, earning a resounding applause at the end of the performance.

In conclusion, heroes nowadays are not those who sacrifice their lives for the well-being of others, but those who support their opinion, not fearing rejection by society or the ones they admire. At the end of the day, heroes are everyday people, just like you and me, who restore our faith in humanity.



- FILITSA MAVRIDOU -

- BY MARIA TIRTA -

We define **HUMAN** as:

- **H**onest to people that surround them.
- **U**nique in their ideas, way of thinking and products of their own creation
- **M**ature in the way they approach situations and especially difficulties
- **A**ccountable for their actions and responsibilities
- **N**oble, with awareness of who they are and what they can offer the world

**5 letters, 5 characteristics, millions of ways
to show and prove each and every one of those to the world!**

The true illusionist



- VICTORIA PAVLOU -

V I S I O N

R

eality is merely an illusion, albeit a very persistent one, said Albert Einstein. In the allegory of the cave, Plato describes a group of individuals who live chained to the wall of a cave all their lives. These individuals watch shadows projected on the wall by things passing in front of a fire behind them, and begin to assign names to these shadows. Socrates suggests that, for the prisoners, the shadows of artifacts would constitute reality.

This allegory implies that we use our senses, and specifically vision, in order to perceive and interpret the world. It is primarily vision that dictates to us what is and what is not objectively real. Since we tend to base our perception of reality on this sensory module, it is natural to question its effectiveness and eventually its credibility. Can we trust our vision?

Let us begin by examining color vision, an aspect of this sense that truly affects our view of life. It is important to point out the way by which we are able to perceive colors. Newton observed that color is not inherent in objects. Rather, the surface of an object, depending on the material it is constructed of, reflects certain wavelengths of light and absorbs others. The retina, a layer of tissue lining the inner surface of the eye, is the receptor of this reflected light. It contains two types of photoreceptors, rods and cones. The cones provide the eye's color sensitivity. There are three different types of cones: "red", "green", and "blue" cones. Given that no human being is identical to another, it is logical to assume that the percentage of each category of cones is different for each of us. As Josef Albers, a well-known artist stated, "If one says 'red' - the name of the color - and there are fifty people listening, it can be expected that there will be fifty reds in their minds. And one can be sure that all these reds will be very different."

Therefore, if each of us perceives the visual sensory input we receive in dissimilar ways, due to differences in our physiology, how can we claim that there is an objective reality? Even worse, what if we truly see, not simply different hues, but completely different colors? From an early age, we are taught to differentiate between colors and assign names to them. How are we sure that all of us experience the same

color when we call a strawberry red? What if my majestic, royal, vivid red is in truth your...blue? There is currently no known way of testing whether or not my red is your red, or your blue, or your green, or a color I cannot even fathom as the experience of seeing a color is not something apt, that science can capture and recreate.

Now that we have tackled color vision, let us examine vision in general and see if we can extrapolate our findings. A fact that makes vision a potentially deceiving and unreliable sense is the existence of the "blind spot". A blind spot is an area located on top of the optic nerve, on the retina of the eye, which is called the optic nerve head or optic disc and does not contain photoreceptors. However, this partial lack of vision goes unnoticed since eyes have overlapping visual fields to compensate for it. There exist filling-in phenomena, which are responsible for the completion of missing stimuli across the blind spot, mainly by collecting information from the other eye. Even so, in truth our brain is continually making its best guess as to what is missing. This guess might be wrong and we, might subsequently be perceiving untrue information.

Furthermore, it is vital to note that light, is energy traveling in waves with different wavelengths, part of the electromagnetic spectrum. This spectrum is usually divided into these seven parts, from which humans can only see one. It is called Visible radiation and includes all of the colors of the rainbow which, when combined, make white light. Aren't we limited in perceiving any object when our own brain can only recognize one seventh of the light spectrum? Aren't we as bound to a metaphorical wall, restricted by the ability of our brain to interpret visual stimuli as the prisoners in the allegory? Don't we merely see a shadow of what our world truly is, given that we could evolve to perceive the entirety of the light spectrum?

Ladies and gentlemen, we can all agree that we rely on our vision the most during our daily lives. We shape our world based on the doctrines dictated by this sense. At the end of the day, we perceive only what our vision allows us to, and I have just proven to you that vision lies. We are in fact living an illusion, one we are most comfortable in. I hope that my words have made you even the least bit uncomfortable and willing to shake your chains, release yourselves from the wall of our cave, and try to imagine reality as it should be. Unrestricted by vision.

Is conscience a more powerful motivator than *fame power money?*

- BY RAPHAEL KETSETSIDIS -

It is often stated that conscience is the most powerful motivational force, more compelling than fame, power or money. Unfortunately, this romantic sentiment does not hold in the world that surrounds us, for the sole reason that conscience is not inbred in human nature, but is rather an illusion created by culture, religion and children's cartoons. This can be inferred from examples ranging from Ancient Greek beliefs to the structure of modern society.

Back to Ancient Greece, the birthplace of ethics and philosophy itself, what we call today "conscience" was the prerogative belonging only to kings and heroes of legend. The only thing that held common folk from unethical practice was punishment from the gods and goddesses above due to the common belief that judgment was carried out not only in the afterlife, but also in one's life, by mythical entities called the "Erinyes". On the other hand, the more ambitious were driven by hysterophemia; the belief that one can live inside the memories of others after his death. From this fact it can be inferred, that even during the Golden Age of Ancient Greece, when all civilization matured, fear of and desire for fame controlled people, rather than conscience.

In modern times, crime and all kinds of unethical acts thrive. If conscience were a more compelling force, we would all live in an idyllic society where peace and prosperity ruled everyday life. But such a utopic fantasy cannot exist, since it is human nature that man should seek his own success, and not the community's welfare. This implies that conscience is by nature a secondary force, since one's own survival and wellbeing is more important. Because self-sacrificial conscience is so rare and illogical, those who seem to possess it are deemed heroes.

In conclusion, conscience is surely not more powerful than fame, money, or power. Human beings have always been ruled by these powers, since they seem to ensure one's welfare. The idea of conscience and ethics comes from Ancient Greek philosophers and has been preserved to this day because of Christianity and its embrace of Ancient Greek philosophy. These ideas will be passed on to the generations to come through children's cartoons and stories, for only there does good defeat evil. At the end of the day, that sneaky little voice inside our head, trying to tell us what to do, is no more powerful than a fly speeding up to a closed window.

Unlocking

- BY SOFRONIS ZAFEIRIADIS -

"Sound is of no use to human evolution, in fact it gets in the way" claims Haruki Murakami in his book "Hard-boiled Wonderland and the End of the World." The evolution of mankind is indeed reaching a plateau. Scientists claim that in the next 15 years or so, progress will be minor or, worse, completely stagnant. But we, can see this for ourselves as well. Phones and computers are getting lighter every five years by a whole....massive...gram, fridges now have 3 led light bulbs instead of 2, cars have new extra-virgin metallic paint...you get the idea. Is Mr. Haruki right? Is it sound that's obstructing development and progress? Or maybe something else...a different sense for example...

Human beings tend to cling to their most developed sense, vision, and rely solely on it. Alpha, beta, delta and other waves have been examined in our struggle to perceive our surroundings through the use of our vision. The more we develop this sense and broaden the wavelengths which we can see, the more we forsake our other senses.

Just think of it for a moment. For every single word I say there is an image correlated to it, which would subconsciously pop up in your mind. But why should we let our visual modalities reign over our auditory ones? Why not let our ears lead us to discovering a completely different world, a new reality?

Let's take into consideration the example of congenitally blind people who have been taught to perceive body shape and posture through "soundscapes" that translate images into sound. While people with visual impairments have long since used other senses such as touch to perceive the world around them, those who are blind from birth have limited experience of external body shapes.

With the use of sensory substitution devices (SSDs) – technologies that provide one sense access to certain features of the world generally experienced by another – researchers Ella Striem-Amit and Amir Amedi from the Hebrew University of Jerusalem have greatly extended the possibilities of perception for the blind. "The idea is to replace information from a missing sense by using input from a different sense; it's just like bats and dolphins use sounds and echolocation to 'see' using their ears", Dr Amedi claims. Researchers trained a group of congenitally blind individuals to use the visual-to-auditory sensory-substitution algorithm vOICe, which conveys shapes by topographically translating images into sound. Hearing is perceiving reality.

the Universe through music

"Reality is a sound, you have to tune in to it and not just keep yelling" according to Anne Carson. But how does one tune into reality? One answer is through music. But then again what is music? Music is marrying sounds in a particular order, which makes or does not make sense. Or, as Christoff Wolf put it, "Music is a mixed mathematical science that concerns the origins, attributes, and distinctions of sound, out of which a cultivated and lovely melody and harmony are made, so that God is honored and praised and mankind is moved to devotion, virtue, joy, and sorrow." Now, this is all starting to get rather interesting.

I urged you to perceive the world through sound. Explained to you how to do it, but then again...why? Why shouldn't I just cling to my vision and start listening more? The answer is simple...communication. Music is a form of communication.

Through music we can understand a plethora of things. We could communicate with literally anything that emits sounds. And speaking of sound emissions, I am pretty sure that you have all heard something about the universe emitting sound waves. But is that even possible? School physics has taught us that sound needs a medium to travel through and in space there is little amount of matter, so in space sound cannot travel. So how come there are sounds coming from space? This definitely contradicts what we have learned so far... However, space wasn't always so empty. Some billion years ago, space was filled with a hot, thin, uniform gas. So it had, or rather in a sense, was an atmosphere. It was within this atmosphere that sound waves could form and move within the universe.

According to a recent study conducted by the NASA's astrological team of the Chandra X-Ray Observatory, what seemed to be ripples in the Perseus star cluster, was actually the evidence left by sound waves that have traveled hundreds of thousands of light years from the center of the cluster. According to Andrew Fabian of the Institute of Astronomy of Cambridge, in musical terms, the sound produced would be translated as a b flat, some 57 octaves under a standard-tuned piano middle-c, meaning that no human being would have a chance of hearing this cosmic performance. Interestingly enough, it is the deepest note ever detected from an object in the universe. "The Perseus sound waves, are more than just an interesting form of black hole acoustics," states Steve Allen, co-investigator in the Cambridge Institute of Astronomy. "These sound waves may be the key to figuring out galaxy clusters, the largest structures in the universe".

The importance of sound has through the above become rather evident. From one single note, we have the chance to unravel one of the greatest mysteries of the universe, and thus come one step closer to understanding both its core and our hearts' depths. So at the end of the day, what Mr. Haruki fails to see, is that he should try to listen. Evolution is plateauing because we are trying to invest in broadening our vision's horizons, but do not take the time to consider that the universe is attempting to communicate with us through its sub-baritone symphony. "If the doors of perception were cleansed, everything would appear to man as it is - infinite." Said William Blake. So, close your eyes. And listen.



- VICTORIA PAVLOU -

Buses are miniature



- SPYROS KOUTROULIS -

ures of our society

- BY ELENI TSAPRAZI -

Bus rides are rarely seen as intellectual experiences. It is easy to be distracted by the numerous oddities encountered: unfamiliar people, peculiar behaviors or personalities. Outside the boundaries of a bus, there is time for people to expand their idiosyncrasies, expand them over the span of each day, year, decade, so that they are disguised as behavioral formalities. Within a bus, however, time is limited, and every personality seems to develop the need to become as expansive and loud as it possibly can during the ten minute ride.

From a sociological aspect, buses tend to amplify people's traits. Passengers are free to express themselves without being held back by codes of behavior one is supposed to display in order to be proper. "They won't ever see me again", we think. We allow ourselves to do things we would not normally attempt: stare at someone, be rude, or alternatively act more politely or sociably than we normally would. There are drivers who are being kind to you, opening the front door in case you are close to it, or drivers who shout at you: "Get off the back door!", like you didn't know you had to. As passengers, we get transformed into beings with intensified feelings, acting in a different frame of conduct.

You might get off at the last minute even if the driver has already closed the doors, because a more

daring passenger, asked him out loud to open the doors.

In this way, bus commuters and drivers form a miniature of a "politely primitive" society and the same mentality dominates our everyday society, as well.

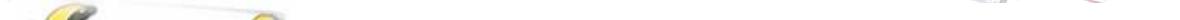
Now that I am getting older and gradually drifting away from my house, I have come to the realization that buses have taught me to be wary of people's unrestricted freedom. Much like in Milgram's experiments, the proximity or lack thereof of an authority figure seems to be a significant factor as far as conformity with social norms is concerned. Our perceived freedom within the confines of a bus, our desire to get to our destination as quickly as possible, our frustration at the enclosed space, or, for some, the gift of time, the chance to enjoy their surroundings, the pleasant humming and bouncing of the bus, tend to reveal aspects of ourselves that otherwise lay dormant.

My observations have slightly readjusted my view of humanity. I have acquired the ability to discern how fragile the community balance we seem to enjoy in our everyday lives is-in the midst of developed, civilized societies-and to cherish the fact that it exists.

Similarly, I cherish the fact that, through the process of maturation, I have been able to realize just how easy it is to be consciously kind and transcend biological urges that may sway each and everyone of us towards incivility.



-KYRIAKOS KARASAKALIDIS -



- BY ANNA VRANI & FILARETI PENTOUSI -



is regularly referred to as 'Unwanted', 'Vandalism', 'Sight Damage', or 'Art'. But what is it really? Should it be totally banished and punished, or does it belong in art galleries? I think that graffiti is indeed, to a certain extent, an art form.

When you hear the word Graffiti, you probably think about gangs and other illegal actions. It is true that gangs tag buildings to mark their 'territory', but not all artists have this intention. However, because of this, people often label graffiti simply as vandalism, although others might say that it actually enhances the urban landscape and expresses feelings about society. These people say that graffiti is a Gallery art.

This is where the real graffiti artist comes in : these artists strive to detach themselves from the regular 'vandals'. That's why we are starting to hear more about 'hip-hop graffiti', 'public art', 'street art' or 'post-graffiti'. These terms mean nothing more than the word 'graffiti'. People who have worked with graffiti artists will tell you that most of them have no intention of ruining things at all.

If Picasso had done one of his paintings on the wall of a building, would this have been seen as vandalism? I don't think so. Just because it isn't done in a studio doesn't mean it's not art. People consider a lot of things as art, so why not consider graffiti as an art form?

Also, graffiti is a much more direct way of telling people about your thoughts. This is because it's on the streets for free, you don't have to pay a single penny or take any time out of your busy life to enter a museum.

Would we consider Graffiti as art? Absolutely. Is graffiti accepted by the general public? No. The thing is, graffiti is often attention grabbing as you walk down the street, ride the train... etc. It is forced on the public, as opposed to going to a gallery or private venue, like an advertisement on a billboard. Imagine if billboards were used, instead of buildings or walls, for graffiti, as it is with advertising. Would it then become a socially recognized form of art? Would that then change the essence of graffiti?

Let's take, for example, Keith Haring : he drew graffiti on the streets of New York, but he was never looked upon as an outcast or a criminal. Graffiti painters are artists, often having more talent than some of the world's greatest renowned artists. I think graffiti artists should use what they have to better themselves. Make money from their talent instead of wasting it on illegal walls. I believe that one day, hundreds of years from now, graffiti artists will appear in history books as some of the greatest artists ever to have lived.

What is the future of graffiti? I really think that at some point there is going to be a shift in thinking towards graffiti. As future artists come along they will have the desire to make their work stand out and try to take the style in a new direction. Future generations will have tools available that we can't even imagine today. Twenty years from now who knows what type of technology or devices will be available to young people to express a message or idea. I for one hope that it is something widely accessible, cheap and digital and that it takes graffiti beyond a crime and moves it into a widely acceptable form of art.

Nowadays, the career selection process is probably one of the most crucial decisions that students have to make throughout their lives. They are unaccustomed to the working world, as they have spent their whole life in an academic environment. Therefore, many students take a so-called gap year between college and school, in order to get a greater sense of personal direction and set their academic goals.

To begin with, a gap year gives students the opportunity to travel abroad and meet new people and experience different cultures. Taking a year off helps them find inspiration from people or places, provides them with different perspectives and experiences that could lead to unexpected discoveries about their interests. Moreover, travel is an important asset for students when they start their college life because it offers knowledge about history and foreign languages, which will be to their advantage for their academic performance at college. After all, travel is the best route to genuine education.

Taking a year off is also a perfect chance for students to continue their college search and decide on their major. Some students get disappointed because they were not accepted into the schools of their choice or because they did not find a college that meets their expectations. So, taking a gap year helps students discover what they really want and find the right college for them. Also, a gap year allows students

to figure out which field is more suitable for them and find their academic focus, avoiding the possibility to rush into something that they might regret in the future. In other words, a year off is an effective way to make good and reasonable decisions.

To sum up, choosing a future career is an essential and responsible act that students from all countries give a lot of thought to. Of course, they do not have to make any hasty decisions and enroll in a college where they are not sure they want to study; taking a year off is always a good alternative for students who are not certain about their goals and dreams, as long as they do not see a gap year as a year only for vacation and fun.



-KYRIAKOS KARASAKALIDIS -

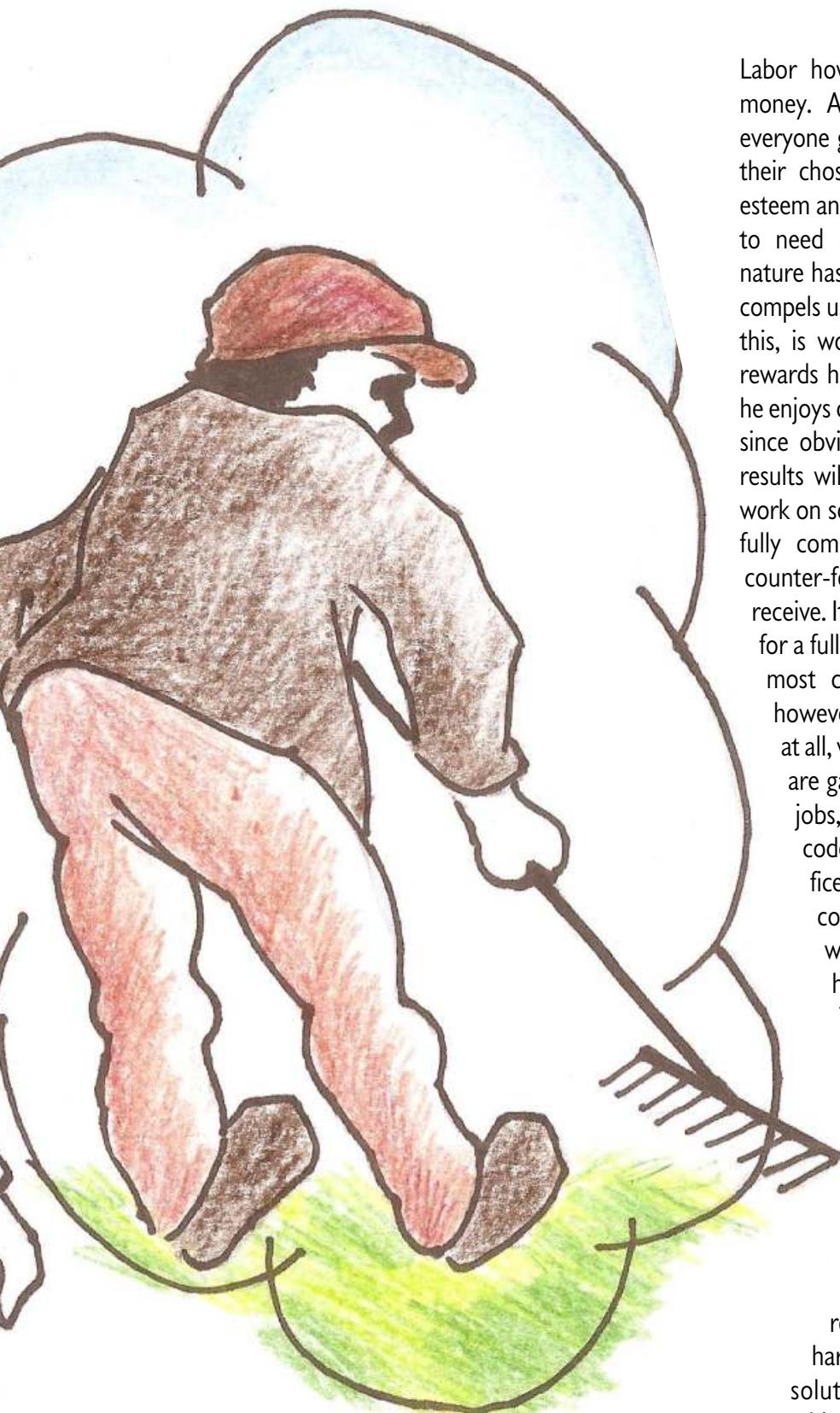
Big money VS job satisfaction

- BY GEORGE PAPANIKOLAOU -

More often than not, most people, adults or teenagers find themselves wondering whether the job they're doing or the one they wish to be doing in the near future, is the one of their dreams. In either case, a dilemma, which goes as following " money, self-fulfillment, both?" keeps popping up when it comes to motives to work. This is because in a society such as ours people have come to deem the two traits of equal importance. A job is one of the most crucial decisions man takes in the pursuit of happiness, and one he should take carefully if he hopes to succeed. "How do we pick the right job then?". At this point, many would argue that this question can be answered in myriad of ways, a fact that we should take into consideration before making any rash decisions.

Starting out with money, one of the most commonly used arguments of our times when asked about picking a job is no other than the "financial-crises" one. We've all heard about the hard times we live in and the constantly increasing need for money to cover basic needs and ensure a decent living. Even without a financial crises in mind however, people still have a way of creating the need for money because it is a habit that comes naturally. This is how modern society has been shaped, and its form will continue being so for quite some time to come, I believe. So a fine step towards the right direction would be coming to the realization that money is, to a certain degree for everyone ,a necessity to survive, and then maybe a way to chase happiness. Therefore a job which provides an acceptable amount of money (again this varies according to every individual's personal standards) should be more than welcomed for anyone. It doesn't hurt to have money as long as it is not the only thing one desires to possess. That is where the real problem lies. Money is after all one of the fruits of our labor, which we all desire to see rewarded.





- SPYROS KOUTROULIS -

Labor however has many more fruits other than money. Above anything else lies a satisfaction which everyone gains invariably if the work they're doing is their chosen one, and a feeling of increased self-esteem and appreciation. Just as society forces people to need money for almost everything nowadays, nature has always forced us to act by an instinct that compels us to feel useful, and the easiest way of doing this, is working. To claim such spiritual and moral rewards however, anyone's job has to be something he enjoys doing. It is better to do something we enjoy, since obviously more effort will be put into it and results will always exceed expectations, rather than work on something we do not appreciate, thus fail on fully completing our task and receive the exact counter-feelings to the ones all people wish to receive. It is generally estimated that all those looking for a full-time job, value these factors greatly, and in most cases, more than money. Keep in mind however that there are jobs which pay no money at all, voluntary ones primarily. The same benefits are gained about ten times over thanks to these jobs, since societies still use this unspoken moral code which rewards people who make sacrifices. With this in mind, a job cannot be considered as simply a way of survival, but as a way of reaching a personal zenith, while helping others along the way.

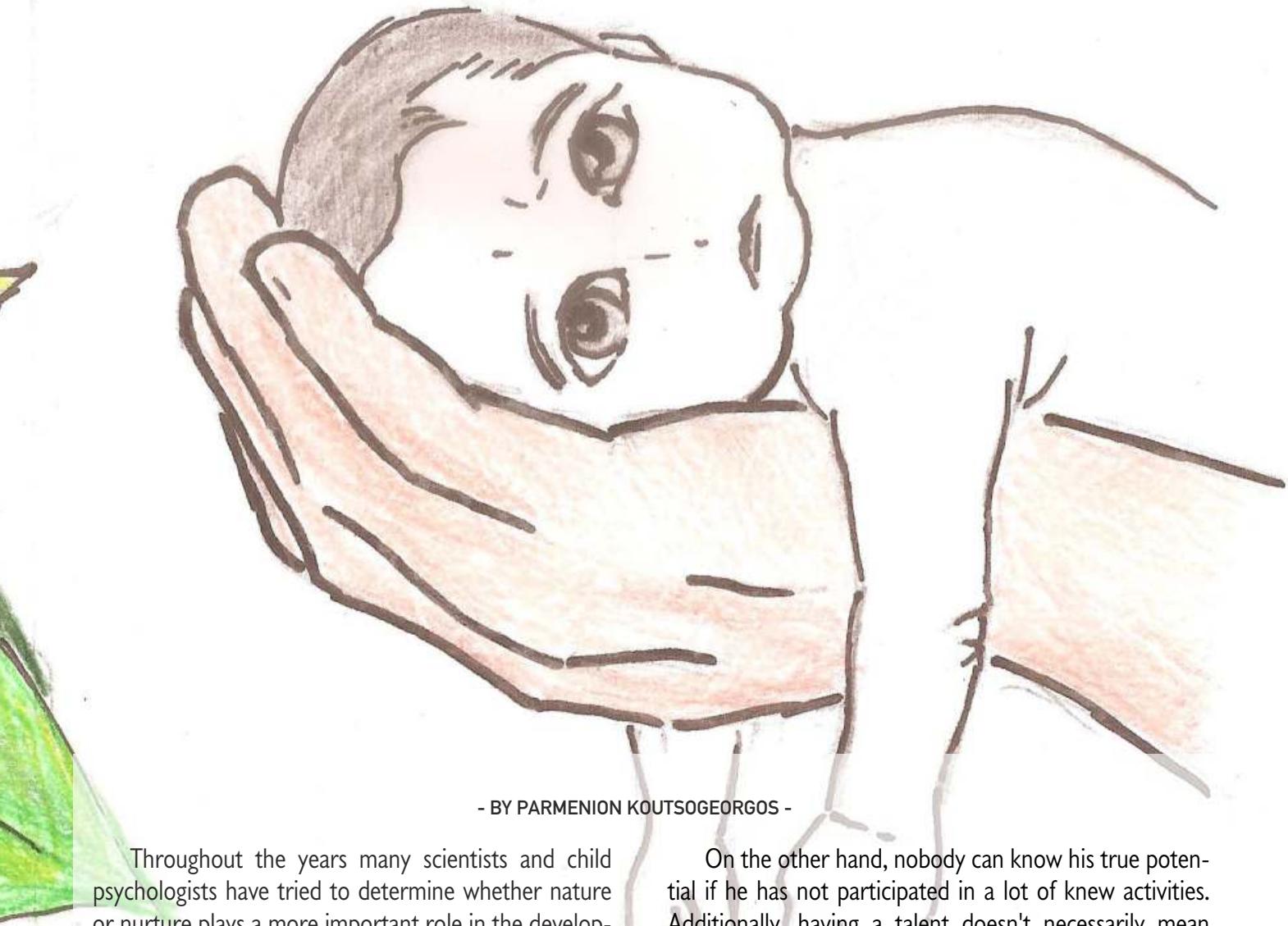
To sum it all up, it has been made clear that many factors contribute to making this decision, which will last almost for a lifetime. The way one sees things, clearly depends on his personal background so far, as well as his critical thinking ability and moral code. Everyone tends to know roughly when the time is right to set their goals, and when they do there are always rewards along the journey, no matter how hard it is or how challenging it may be. An ideal solution would be to find something that combines all these rewards but such jobs usually lie on the hard path. In any case, what's most important is to find and build yourself along the way, not lose it...whatever the way is.



- SPYROS KOUTROULIS -

Were you born with it?

Sometimes a talent can be revealed
without any previous exercise or motivation. However



- BY PARMENION KOUTSOGEORGOS -

Throughout the years many scientists and child psychologists have tried to determine whether nature or nurture plays a more important role in the development of a personality. However, there is no clear-cut answer to the question of whether the environment we grow up in or our genetic profile is the one which is finally responsible for our abilities and talents.

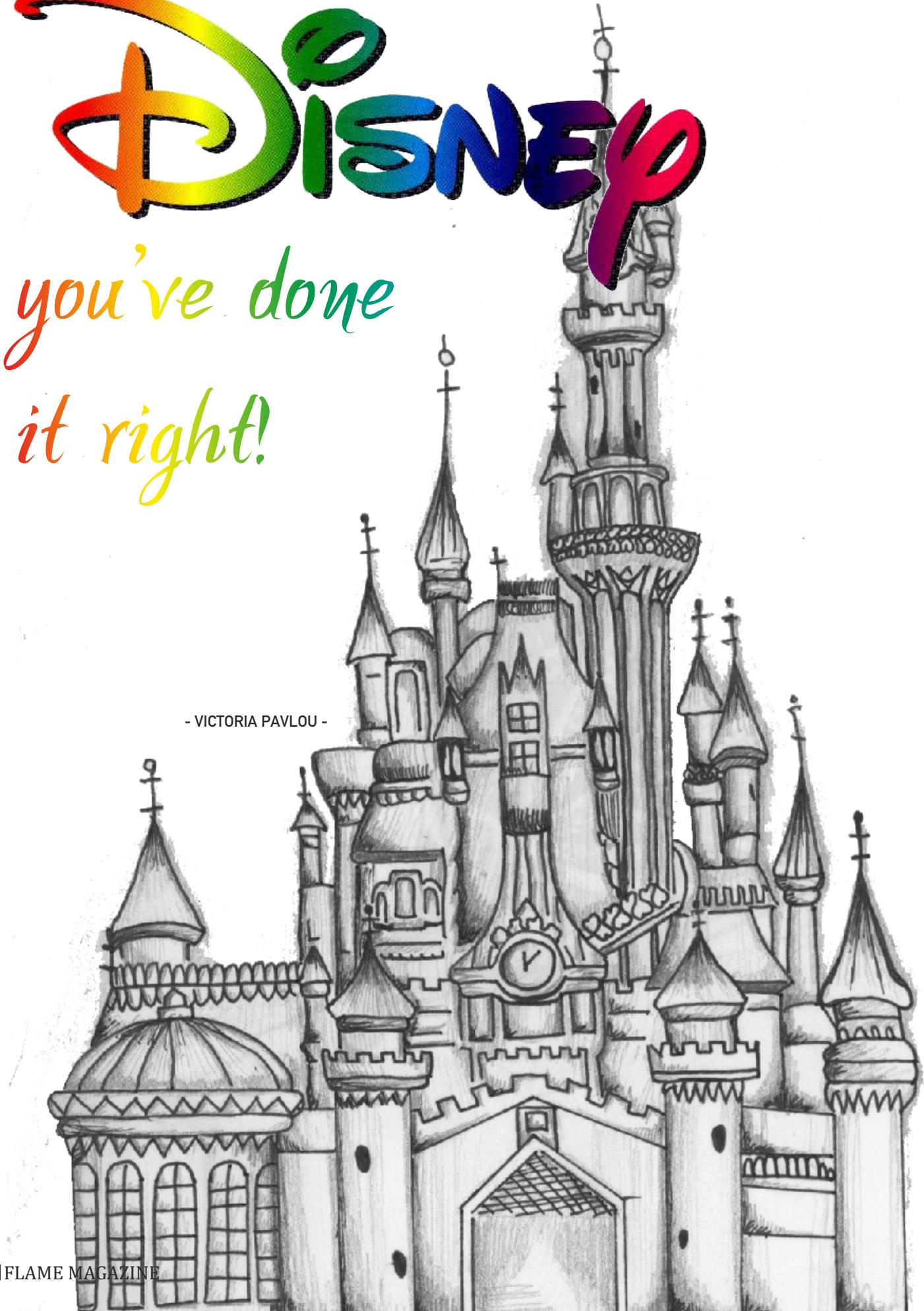
On the one hand, nobody's talents can be entirely taught. On the contrary, a child must be inclined to a particular activity or a scientific field in order to excel in it. For example, many great scientists have exhibited signs of their genius since they were children, despite the fact that they often did not have any encouragement from their environment. In addition, a lot of children who grew up in poor or uneducated families have managed to become famous businessmen, actors or politicians, without having any previous experience. Moreover, many children are convinced by their parents to pursue new activities, but in spite of their efforts, they remain at the same level, because they are not particularly talented at them. It is evident that our abilities are not a function of our nurture, although their development and improvement depend very much on it.

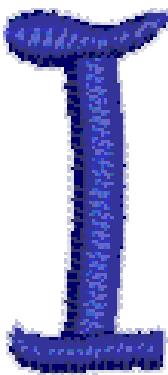
On the other hand, nobody can know his true potential if he has not participated in a lot of knew activities. Additionally, having a talent doesn't necessarily mean taking advantage of it. For example, even if someone has an aptitude for sports, he needs a lot of training during his childhood and adolescence in order to become a good athlete. Otherwise, he will never be able to master any sport. Furthermore, people who have low self-esteem or have never learned how to set a goal and achieve it during their nurture will probably waste their talents when they grow up. In order to get ahead, children must grow up in a helping, kind and motivating environment. As a result, someone's nurture plays a crucial role in whether his true talents finally shine up or not.

In conclusion, it is difficult to say whether nature or nurture plays a more important role in the development of someone's personality and talents. In my opinion, nature is more important than nurture, because sometimes a talent can be revealed without any previous exercise or motivation. However, ability can be crucially improved during the years of childhood and adolescence, thus providing the potential for even greater achievements.

Disney
*you've done
it right!*

- VICTORIA PAVLOU -





s it Disney's fault that their teen stars turn into controversial train wrecks? It's a legitimate question, with no simple answer.

From Disney darling to twerking queen, Miley was a wholesome and innocent young girl, auditioning for "Hannah Montana" - the role that would quickly make her a household name. "Hannah Montana" would go on for four seasons, becoming one of Disney Channel's most popular shows, and making Miley a billion dollar business before she even reached adulthood. But in 2010 it became clear that Miley was desperate to shed her good girl image when she released her single, "Can't Be Tamed" and that was only the beginning of her transformation to full-fledged bad girl.

The little adorable red head with the freckles that debuted in the Disney remake "The Parent trap" is now a drunken, binging impingement on society, and her name is Lindsay Lohan. Within the past 3 years Lindsay Lohan has been in more trouble than most other celebrities her age. She was arrested for DUI and admitted herself to the Wonderland Center Rehabilitation facility. After not complying with the terms of her probation and failing drug tests, Lohan was frequently -though briefly- jailed and has been sentenced to community service.

The former Disney star of "The Wizards of Waverly place" Selena Gomez along with her friend Vanessa Hudgens also former star of "High School Musical" shook off their goody two shoes image when they took on provocative leading roles in the movie "Spring Breakers". Consequently they both entered rehab, seeking professional help too.

Watching kids on Disney channel, it seems like they are having so much fun, but in reality we are watching a 10 year-old kid with a grown-up job. With the confusion of being a pre-pubescent child, earning more than everyone around them - including their parents - it is easy to imagine how delusions of grandeur and a loosening grip on reality might develop.

It is undeniable that drug usage is common place among young teens, it's not unique for young stars but due to their fame it's very much a public topic; and with all this cash to spend, the cost of a drug habit isn't going to be a problem.

Since the Disney brand strives to make quality entertainment for every member of the family, it should as such try harder to advocate a healthy transition, for their starlets, into adulthood. It's sad to see these girls, who are closely involved with the brand, having such a hard time adjusting to life after Disney. Or is this a tried and tested recipe for success? You do a couple of years with Disney, move onto making your first film or album whilst maintaining an appropriate child image? Then, it's time to show the world you're a woman. Take off all your clothes at every event possible. Once you're stripped shamelessly, have been arrested twice and have enjoyed a mini-break in rehab you'll know you've really made it. The pattern is undeniable, so eventually we are left with the question: Is it a case of bad parenting? Or is it in fact the good girls gone bad thanks to the Disney effect?

Dear Minister of Education,

I am currently a student in the second year of middle school. Below I have written some observations and suggestions about our present educational system. I would appreciate your reading it and if possible responding to my complaints and recommendations.

One of the most important systems in a country is the educational system. Usually students have complaints about some aspects of this system. Most of the times the students' opinions go unnoticed by the government. Recently, the educational system in my country has got even worse. An example of this is that the level of teaching isn't very good and as a result students need to have private lessons in subjects that the school should be responsible for teaching. In order to improve this situation the politicians have to listen to the serious complaints students have.

If I had the opportunity to change two things in the educational system I'd firstly change the way the books are written. Many students have problems with one or more subjects because the books are badly written by the authors. This is the reason why students have little knowledge about some of the most important subjects, like history. If school books were written more clearly then students wouldn't have any difficulty in understanding the material.

Secondly I'd try to improve the way teachers conduct their lessons since just lecturing is usually kind of boring. Technology can help teachers in their work thus students will make progress with their studies if they are more motivated by other teaching means.

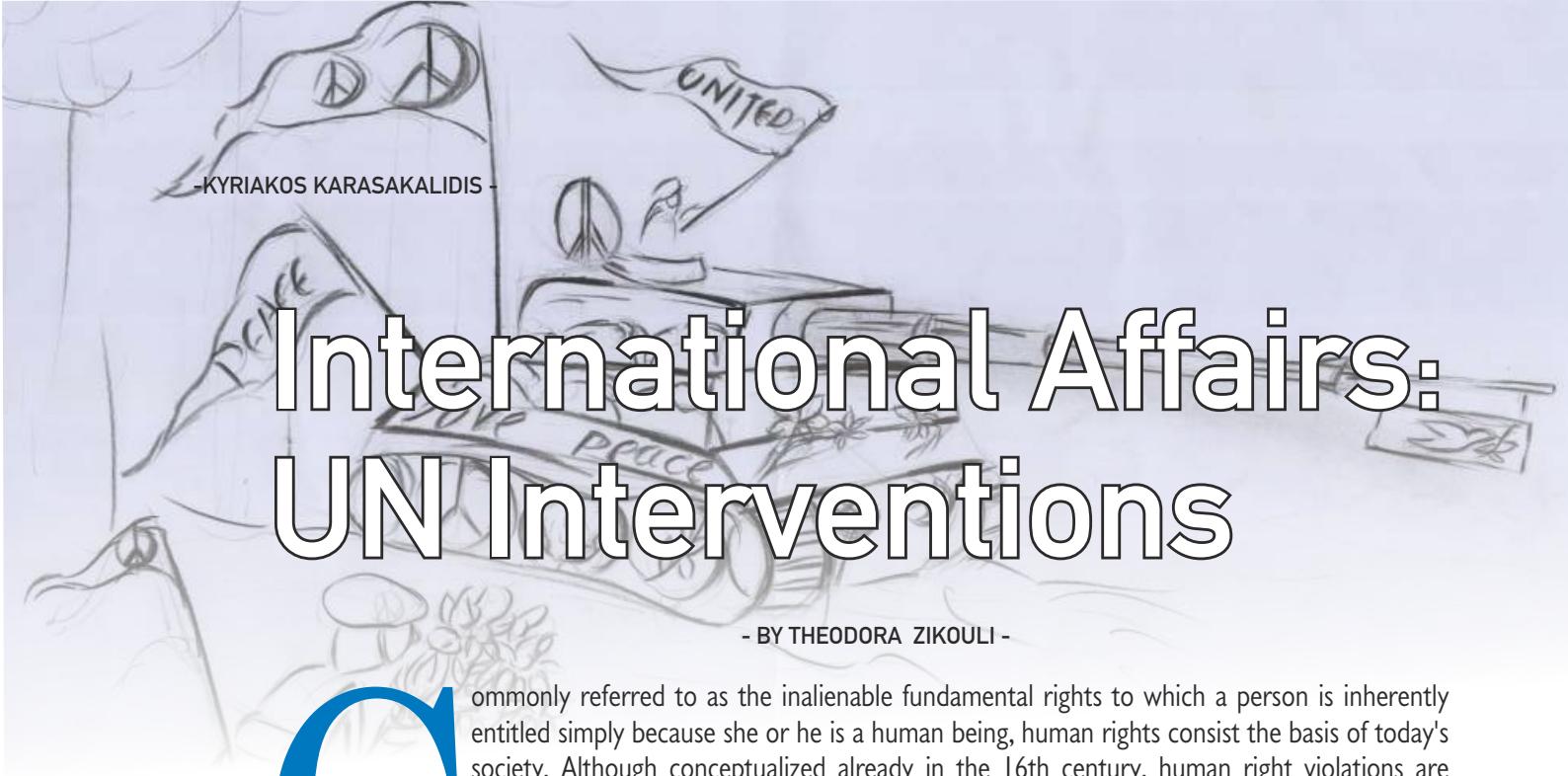
In the final analysis, the government has to improve the educational system by listening to complaints, recommendations and accepting feedback from students.

I hope I was able to successfully express just some of the problems that I find in the educational system. I'm looking forward to your reply and any suggestions you may have concerning changes which will affect student's education in this country.

Your sincerely,
Thanos Stoikos

for teachers who care

http://www.ted.com/talks/tyler_dewitt_hey_science_teachers_make_it_fun



-KYRIAKOS KARASAKALIDIS -

International Affairs: UN Interventions

- BY THEODORA ZIKOULI -

C
ommonly referred to as the inalienable fundamental rights to which a person is inherently entitled simply because she or he is a human being, human rights consist the basis of today's society. Although conceptualized already in the 16th century, human right violations are unfortunately high in number. Violations occur when actions by state or non-state actors abuse, ignore, or deny basic human rights. Because of the above, several non-governmental organizations, with most resent the United Nations, have been created. Their main goal is to protect human rights under all circumstances. The dilemma of humanitarian intervention is growing, while millions of people are denied civil, political, cultural, social, and economic rights.

The question so far is why intervention is not immediate when a situation calls for it. A potential factor in delayed interventions could be the structure of the UN Security Council. Being responsible for every decision regarding any kind of intervention, the Security Council, has delayed many similar actions, with most recent example the one of Syria. It is important to understand that the five permanent members have veto power; that is, the power to stop any decision made when it is against their political agenda. As China is one of the five aforementioned permanent members, a country ruled by a non-elected authoritarian regime and with a long history of human right violations, it is very difficult for change to happen.

Continuing, the need for intervention in some gross human rights violation cases is enormous for the reason below; human life and dignity stands above all interests and gains. The principle of state sovereignty should not be valued higher than the values of individuals. Contrariwise, the UN Charter says: "Nothing contained in the present Charter shall authorize the United Nations to intervene in matters which are essentially within the domestic jurisdiction of any state." Yet, inaction in response to the Rwanda genocide in 1994 and failure to halt the 1995 Srebrenica massacre in Bosnia highlight the complexities of international responses to crimes against humanity. Simplification of the procedures and permission to other countries to act in such cases are the answers in order to prevent the loss or debasement of any more human lives. The argument is no more about state sovereignty and a country's right to intervene, but about our responsibility to protect. It is better to save lives than to stand idly by. The world and the United Nations have for too long stood by and watched atrocities unfold. Cambodia, Bosnia, Rwanda and Darfur are all horrible examples where genocide and other appalling violations of human rights were inflicted upon civilian populations while the UN failed to act. The world responded to the holocaust saying 'never again', yet similar ethnic cleansings have happened over and over again, and in defense of human rights the UN needs to adopt a no tolerance policy.

To conclude, direct intervention to human right abuses will create an effective deterrent to future violations. The UN should act now to prevent humanitarian disasters. It is an obligation of countries and governments to protect human rights and defend their citizens from harm, but as already explained this is not always the case. Countries who fail to fulfill these obligations, will encounter consequences, which will serve as an example for governments and leaders who are considering attacks on their own people, or who are wavering in their commitment to defend them from harm. Only once their ability to hide behind claims to absolute sovereignty has been removed will human rights have to be taken seriously by dictators and extremist regimes. Thus by adopting a strong UN position on the Responsibility to Protect, we can hope to make states take their own responsibilities more seriously and make the need for any actual intervention rare. Human rights will then be safe, as the actual violations and abuses will become less, which is the main goal of every civilized country.

Fear and shame have had their day.
It's time to become deaf to all the "noise" around us
and let our voice be heard. It's time for revolution!



- SPYROS KOUTROULIS -

Being different is a blessing

- BY EVITA KASAGIANNI -



From the day we are born, we tend to depend on others, primarily our parents, both physically and mentally. However, growing up is hard, so once again even as teens, or worse adults, we continue to depend on others, as we are always so vulnerable to what they think of us, of our actions and decisions. As a result, in order to avoid criticism, we usually go for the right thing, which is not only what our parents or society believe, but also what our friends accept. This is why, we subject ourselves to extreme pressure, so as to look right, or even be “in”. But, have you ever thought how silly we look when following orders and acting the way others want us to? We are simply living their lives, surely not ours! What a mistake to chase other people's dreams, even if they are “for your own good”, as our parents normally say!

In our lives we cannot avoid criticism, especially the one that comes from society. But what we can do is to try to minimize its effect on us. Because, sometimes saying “I don't care” is the best solution! Besides, society always tends to reject the “difference” and hence criticizes everything that deviates from the norm. Someone once told me that the criticism and the rumors that others spread so as to knock you down are just noise, and the more you listen to it, the louder and louder the noise becomes and that's when it becomes unbearable!

When it comes to peers, though, things get harder, since our need to belong to a group of people most of the time precludes the need to act as ourselves. We pay so much attention to what they think of us, of our clothes or the music we listen to, that we don't even bother to consider if what we do or what we wear are actually the results of our own tastes or wishes. No one can deny the fact that puberty is the period when a person cares more about his or her image and the impression that they make on others than anything else. Nonetheless, this doesn't mean that one should disguise oneself by looking like a different person, only to seem attractive. Besides, as Kurt Cobain once said:

“I'd rather be hated for who I am than loved for who I'm not. Wanting to be someone else is a waste of the person you are.”

This is why I believe that if all of us were able to get rid of the anxiety about our image, then we would be truly free, not only to express ourselves, but also to accept other people's differences.

Personally, I think that society is full of “normal” people. Doing the right thing simply worsens the situation. Being different is a blessing, so why suppress it? Fear and shame have had their day. It's time to become deaf to all the “noise” around us and let our voice be heard. It's time for revolution!

debate | SPACE EXPLORATION



- BY ANASTASIA FOKA -

While children in Africa are starving, scientists in America are using large amounts of money for space research and exploration. Since these projects started, people all over the world have been arguing that this is a waste of money, as we could use these funds in order to help our planet. Contrary to this argument, I believe that if we want our world to develop in scientific fields as well as in technology, we all have to agree that this money should continue being spent in this way.

First of all, being realistic, even if we do not use this amount of money for space research the funds will not be given to people who really need it anyway. We cannot really help all people, as there will always be the rich and the poor. By saving the funds, we will not help deprived people, we will just make the ones who have money richer.

Furthermore, there are a lot of things that we humans do not know about yet. Space projects will provide us with lots of information and probably solutions that will eventually develop fields such as medication or environmental protection which would actually help people on Earth in the future. Maybe in space we can find ways to provide energy for our planet or even solve the problem of pollution.

To sum up, we should not be negative towards these kinds of projects as they will help us improve life in the future. Space scientists' findings will change not only rich people's way of life but everybody's on the planet. We, finally, have to become more concerned about our planet's future and look at our world from a more realistic point of view.



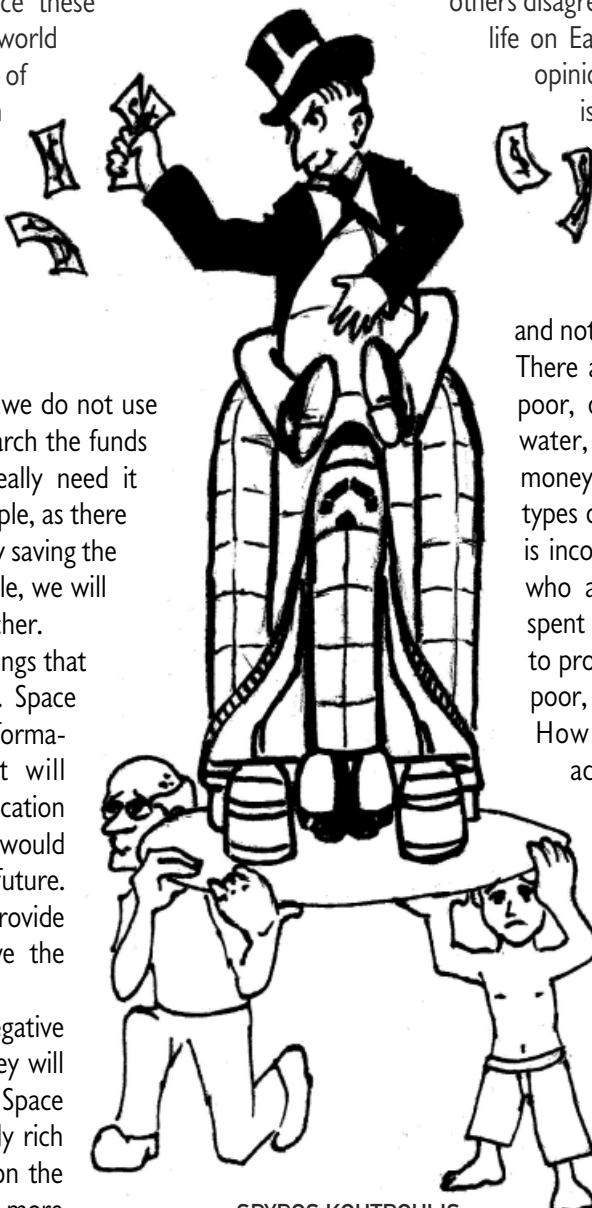
- BY IOANNA LIAKOU -

Nowadays, many people tend to believe that funds should be spent on space exploration and research, while others disagree by supporting that the quality of life on Earth should be improved first. My opinion is that the first thing to be done is to ensure that all people's needs on Earth are covered, before considering such plans.

To begin with, I believe that not everyone has access to the basic necessities of life and not everyone leads a comfortable life. There are thousands of people who are poor, or people who don't have food, water, clothes, or a home. Spending money on expensive satellites or other types of machines used to explore space is inconceivable in light of those people who are dying. These funds could be spent in many more useful ways such as to provide food and medical care to the poor, to build hospitals and schools. How can we think about science advancement, when basic human needs are not covered?

People should come first and science should take a back seat.

Moreover, we should start caring about the environment and start taking decisive steps towards its protection. Trying to save some endangered species, planting trees or investing in environmental organizations would be much better way to use our resources than exploring space. People have



- SPYROS KOUTROULIS -

to understand that before starting research on other planets, we should take better care of our own.

To sum up, I strongly believe that the safeguarding of human rights and the protection of the environment are two important issues that need to be given priority.

Our planet and its people come first. That is what we should spend our money on.

Saving and improving life on our planet.

debate | GRADES



- BY ANASTASIA FOKA -

Education is nowadays one of the most important factors of a country's development. Therefore many suggestions have been made so as to improve its efficiency. When it comes to assessing students' performance, the majority of educational institutions have chosen to use grades in order to evaluate a child's performance and intelligence. However, how encouraging can this be especially for young students who experience a grading system from the sensitive age of 5. Some people support this method as they feel it is a way to motivate students others are against it supporting that it only forces knowledge upon students and prevents them from actually learning. Even though one would expect that being a student myself I would be appalled by the practice of grades I am in fact agreeable to the ones who defend their presence in the educational system, for a number of sound reasons.

First of all, humans are inherently competitive in all walks of life and this is one of the greatest points for getting grades at school. This procedure helps teenagers get used to vying for success and teaches them how to handle failure in the, not so uncommon, case of bad grades. On the other hand an A or A+ boosts students' self-confidence in addition to motivating them to try harder and aim higher.

But there is a great benefit for under achievers too. The necessity of good preparation and the importance of being studious become really apparent every time their report card is teeming with Bs- and Cs. Bad grades can act as alarms for the disaster that may follow when university entrance exams approach whereas good grades are the key to a successful career beginning with college or university admission.

Grades are the most efficient way of measuring a student's ability but also of measuring the teacher's aptitude to teach students. A class with an overall low performance should always ring a bell for the teacher who really cares about his students' work.

All in all, grades can encourage students to work harder and become indicators of how successfully the requirements for academic success are met. They have to be considered as such and students, parents and teachers should not blow things out of proportion turning grades into their only pursuit.



- BY ALEX O'DONNELL -

School grades have become a major focus of children's education. Some believe that this is actually beneficial for the students. In my opinion it is certainly not. I will support my case mainly through one basic argument: grades have distorted the proper purpose of school.

First of all, the main objective of a school should be to prepare all its pupils for what they will experience when they finally graduate and enter society, the "real world". Education should aim to better facilitate progression from childhood to adulthood. Such an ambition will certainly not be achieved by too much concentration on grades. Helping pupils build responsibility and independence must be the basic intention of education. This is essential as it is immensely important that youngsters evolve into responsible citizens.

The purpose of schooling should be to help pupils learn and accumulate information. In no case should grades be the objective, which unfortunately is the petty case in today's schools. Grades should be an instrument of learning not the goal.

A very simple example to show how the purpose of education has been undermined is the following. At parents' night, what parents usually ask is: "Why did my child get a sixteen in geography?" As opposed to: "What knowledge of geography is my child lacking?" We discern that even parents have been overly influenced by grades. Although grades can be beneficial to some extent, it is a fact that they can only have a positive effect overall when used correctly, and today they certainly are not.

Cases in which negative discrimination has been observed in schools due to grades abound. Further analyzing this point, what I wish to emphasise is that pupils that obtain low grades are often teased or even rejected by others. These students begin to feel unwanted. Unfortunately, these pupils grow up to be unsure of themselves and consequently lack confidence, as they have been indoctrinated by their former classmates to believe that they are inferior.

Last but not least, students often neglect some subjects, ceasing to study for them, due to their receipt of low grades. From my personal experience, I have perceived that students who obtain low grades in maths, for example, in their first year, give up studying in the following years as they have been discouraged. As a consequence, some pupils concentrate on specific subjects resulting in the lack of a general education, which is what must be provided in school.

To conclude, in order to preserve the purpose of education, to achieve equality in the school environment and to provide students with a complete education, it is essential that we abolish grades. If we are concerned about the welfare of our society, then surely this is the right measure to be taken because the negative effects of grades greatly outweigh the positive ones.

- BY MARIA TIRTA -

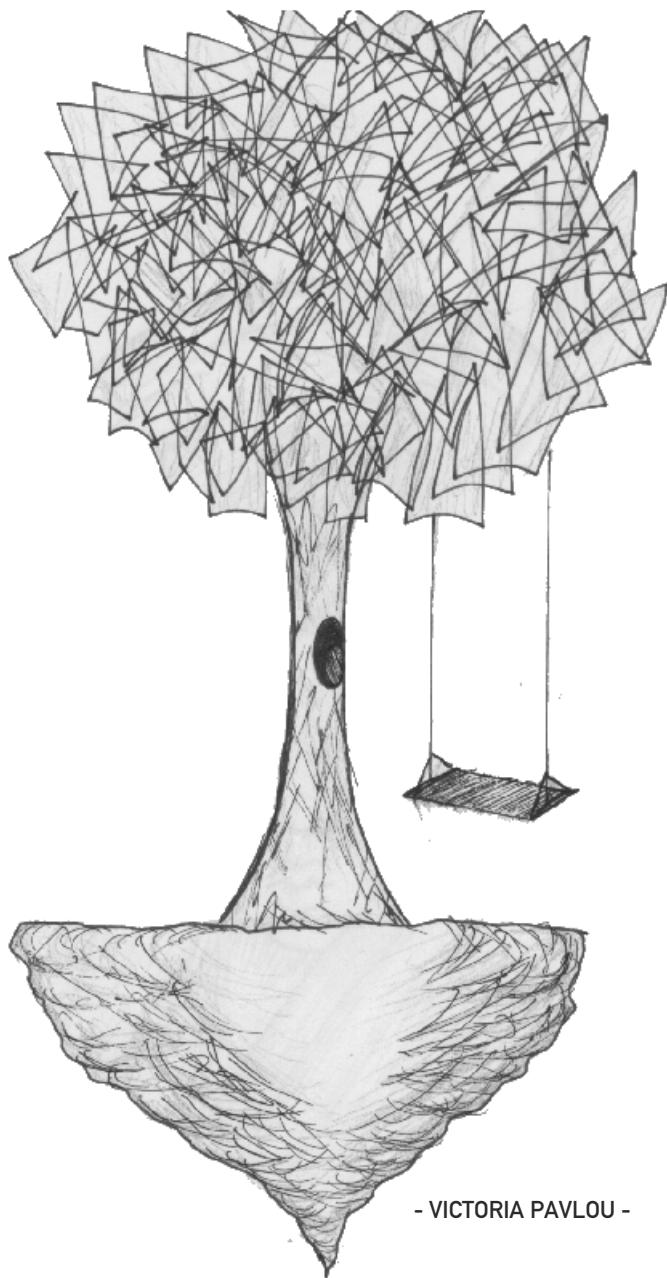
Everything started the day I watched a video on Jason Silva's New Web Series 'Shots Of Awe' by the title "Existential Bummer".

Pictures, ideas, perspectives and feelings that I had never thought about until I heard him talk. Just within a 3-minute talk Jason Silva brought all these to my heart. I will try to express them in my own words but if you don't hear him explaining and presenting then you can't understand how this man can make you fall in love with life. They are just words... but words that were perfectly put together and in the correct order.

There is a great essay written by Sigmund Freud called "On Transience" and in it besides a conversation that he had with the poet, Rilke while they were walking in his beautiful garden, and about a point Rilke was about to cry and Freud asked " What's wrong? It is a beautiful day, beautiful plants surrounds us, this is magnificent." And Rilke said" Well, I can't get over the fact that one day all of this is going to die, all these trees, all these plants, all this life is going to decay." Everything dissolves into a meaningless nothing when you think about the fact that impermanence is a really real thing. Perhaps the greatest existential bummer of all is entropy.

And I was really struck by this because maybe that is why when we are in love we are also kind of sad. There is a certain sadness to ecstasy. Beautiful things can sometimes make us a little bit sad because what they are hinting at is that there is always an exception, a vision of something more, a vision of a hidden door. And I think this is atomically the tragedy, that love simultaneously fills us with melancholy. That's why sometimes we feel nostalgic over something we haven't lost yet. Because we see its transience.

But how should one respond to this? Do we love harder, do we squish together more tightly or do we just pretend that we don't care that everyone and everything we know is going to be taken away from us? I don't know if I can accept that. I think that we defy entropy with our films and poems. I think we hold on to each other a little harder and say- I WILL NOT LET GO- I don't accept the ephemeral nature of this moment. I'm going to extend this forever. Or at least I am going to try...



- VICTORIA PAVLOU -

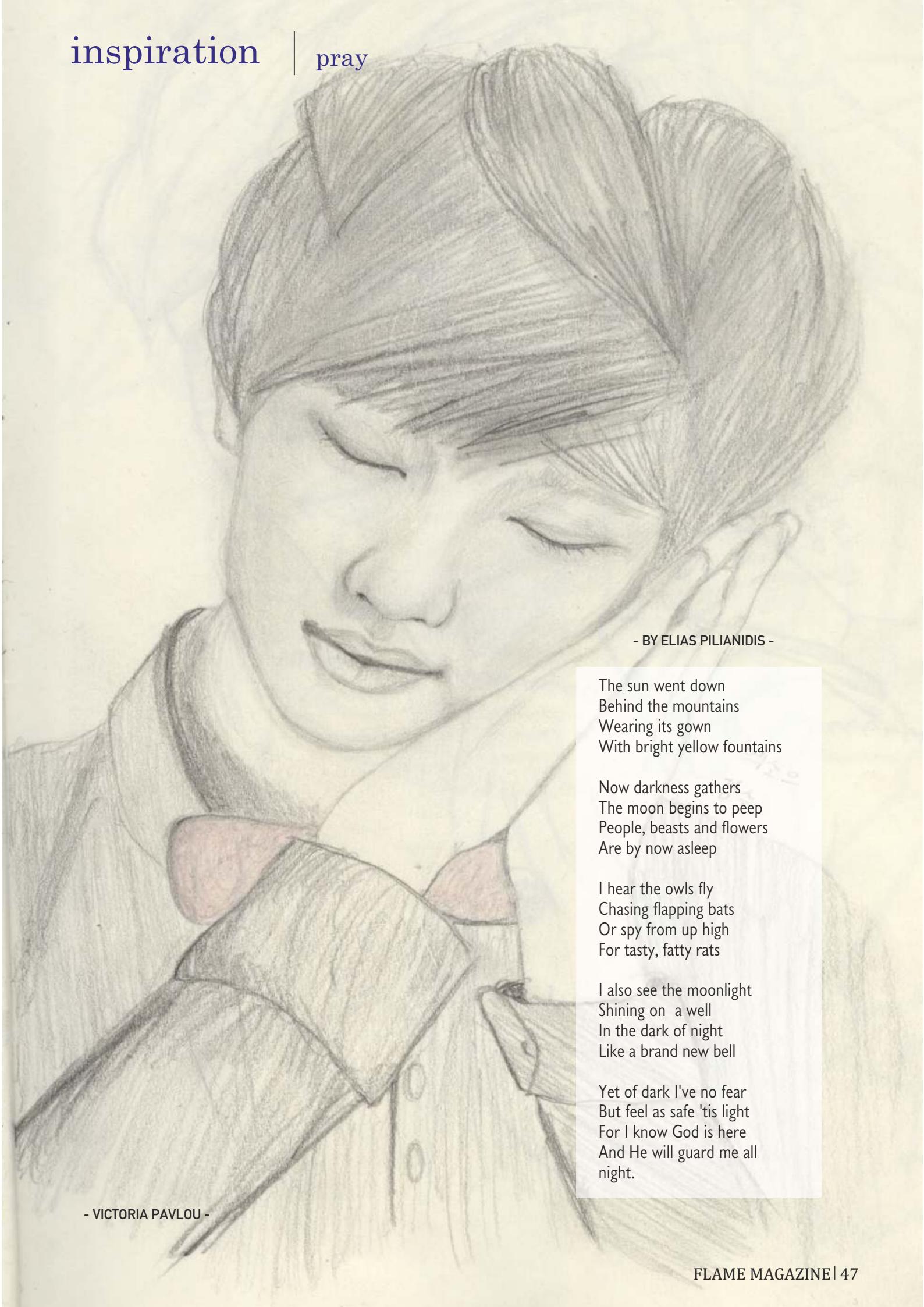


Jason Silva delivers invigorating espresso shots of philosophy through his new YouTube series, 'Shots of Awe.' The performance philosopher uses his weekly videos to examine the human experience with energy and an uplifting sense of optimism.
(HUFF POST GOOD NEWS)

I invite you to watch more on : <http://testtube.com/shotsofawe/episodes>

inspiration

pray



- BY ELIAS PILIANIDIS -

The sun went down
Behind the mountains
Wearing its gown
With bright yellow fountains

Now darkness gathers
The moon begins to peep
People, beasts and flowers
Are by now asleep

I hear the owls fly
Chasing flapping bats
Or spy from up high
For tasty, fatty rats

I also see the moonlight
Shining on a well
In the dark of night
Like a brand new bell

Yet of dark I've no fear
But feel as safe 'tis light
For I know God is here
And He will guard me all night.

- VICTORIA PAVLOU -

- BY MARIA TIRTA -

Once upon a time, as my mother used to say,
there was a girl with her unique way
she couldn't walk, couldn't talk, only hear
but there was one thing she could do, my dear
whenever she was close to a window that was muddy,
she used her little finger to write down one word
that gave a meaning to the whole world
HOPE

Every time she wrote it her smile became brighter
and every time someone tried to erase it she stood up
stronger.

One day she was standing by a window
in a crowded train
nobody was smiling except for her
and an old man asked her
"Where do you get the power to smile,
never to give up,
don't you know what's outside?"

With a sparkle of happiness in her eyes
She put her finger on the window and started shaping lines
Writing that one word she well knew
I know I am strong enough
to take any chance,
face any problem with this window in mind
with more hope in hand and heart.

Here I am now watching the world
through the word **HOPE**
my finger tracing on the window
knowing that dreams come true
only when you believe they do
through passion, strength, heart,
and willingness to work hard.

- BY MARIA KARASAKALIDOU -

ÉTÉ EN GRÈCE

- BY DESPOINA GIANNOULIDOU -
1st PRIZE, FRENCH LANGUAGE COMPETITION "LA GRÈCE VOUS INVITE"



*En Grèce,
La mer est notre mère,
Le soleil est notre père,
L'hospitalité est notre sœur.

Et si en France il y a du « brouillard »
Venez en Grèce sans retard !

Les plages sont belles,
Le temps est beau,
Pas de soucis ,
Pas de boulot !

Venez en Grèce,
N' hésitez pas,
La vie est belle,
N'attendez pas !!!*

The “tasty”

- BY ALEXIS DIMITRIOU -



CHEWING GUM

The number one enemy of teachers

Chewing gum has had many predecessors throughout history. The first chewing was developed 5000 years ago and was made from the tar from bark. Scientists found tooth imprints on the samples they found in Kierikki, Finland. First point so far is that if you want chewing gum, go bite a tree...

To continue with our course in history, the next people to have a form of chewing gum were the Aztecs. They had a sticky substance from the Chicle tree and it was used for sticking things together! But it didn't work so well and women starting using it as a mouth refreshment. Modern

chewing gum was first developed in the 1860s when chicle was brought from Mexico by the former President, General Antonio Lopez de Santa Anna, to New York, where he gave it to Thomas Adams to use as a rubber substitute. Chicle did not succeed as a replacement for rubber, but as a gum was good enough!



The next thing I am going to refer to is something even more desirable than chewing gum. Especially on hot summer days... you've all guessed correctly:

ICE CREAM

In the Persian Empire, people would pour grape-juice concentrate over snow, in a bowl, and eat this as a treat. This was done primarily when the weather was hot, using snow saved in the cool-keeping underground chambers known as "yakhchal", or taken from snowfall that remained

truth

at the top of mountains by the summer capital Ecbatana. In 400 BC, the Persians went further and invented a special chilled food, made of rose water and vermicelli, which was served to royalty during summers. The ice was mixed with saffron, fruit, and various other flavors. The Roman Emperor Nero (37–68) had ice brought from the mountains and combined it with fruit toppings. These were some early chilled delicacies.

I hope the next product will have a more exciting story.

Why are **LOLLIPOPS** called lollipops and where did they get their name?

The idea of an edible candy on a stick is very simple, and it is probable that the lollipop has been invented and reinvented numerous times. The history of the first lollipops in America appears to have been distorted over time. There is some speculation that lollipops were invented during the American Civil War (1861–1865). Others believe some version of the lollipop has been around since the early 1800s. George Smith claimed to be the first to invent the modern style lollipop in 1908 and trademarked the lollipop name in 1931. He used the idea of putting candy on a stick to make it easier to eat and reportedly named the treats after a popular racing horse, Lolly Pop.



Raising Global Citizens

Mandoulides Schools have always aspired to graduate students who are capable of coping with challenges both within Greece and in an ever changing world.

Global education has always been a key feature of our School. From participating in European Youth Parliaments, Model UNs and International Literary Conferences to joining Olympiads of Mathematics, Astronomy, Biology or Informatics our students engage in events that demand determination and skills. We seek to present them with opportunities to act as citizens and leaders in diverse roles both nationally and internationally. Numerous awards and poignant accolades are the fruits of their relentless efforts and we are all proud of them.



YALE MODEL GOVERNMENT EUROPE
BUDAPEST / 27.11-2.12.2013



Honorable Mention for outstanding performance
Nikoleta Bakola & George Papanikolaou



Honorable Mention
for outstanding performance
Filippa Valavani



NORTH AMERICAN INVITATIONAL MODEL UNITED NATIONS
WASHINGTON / 9-17.2.2014



THE HAGUE INTERNATIONAL MODEL UNITED NATIONS
THE HAGUE / 26.1-1.2.2014



JUNIOR MODEL UNITED NATIONS
ISTANBUL / 13-18.11.2013





I20 YEARS ZOGRAFIO LYKEIO
EVANTHIA REBOUTSIKA
MANDOULIDES SCHOOLS ORCHESTRA & CHOIR
ISTANBUL / 14.12.2013



DAYS OF ART-SPRING 2014
STIS LISMONIAS TA MERI
The play was set under the auspices of UNHCR



INTERNATIONAL SCHOOL COMPETITION
F1 IN SCHOOLS - ATHENS / 2-3.5.2014



CERN
SWITZERLAND / 15-18.1.2014



HIS ALL HOLINESS
THE ECUMENICAL PATRIARCH
VARTHOLOMAIOS
AT MANDOULIDES SCHOOLS



STUDENTS, PARENTS, FRIENDS AND COLLEAGUES
OF MANDOULIDES SCHOOLS HAD THE PLEASURE
TO RECEIVE THE BLESSING OF HIS ALL HOLINESS

35
YEARS
MANDOULIDES
EDUCATORS
1978



«G. SEFERIS FROM SMYRNI TO ISTANBUL»
STUDENT CONFERENCE AT ZOGRAFIO LYKEIO OF ISTANBUL
UNDER THE AUSPICES OF THE ECUMENICAL PATRIARCHATE



→ POST- SECONDARY PLACEMENTS

→ MANDOULIDES STUDENTS
AT TOP UNIVERSITIES ABROAD

→ HONORS

→ INTERNATIONAL

→ NATIONAL

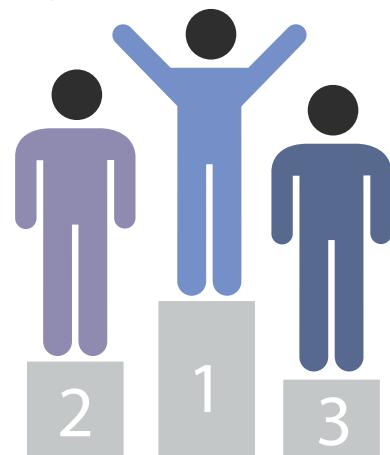
→ SPORTS

POST- SECONDARY PLACEMENTS

Since 1994 each graduating class had an annual 100% success rate entering the Greek University of their choice. Many students distinguished themselves by entering first in their selected departments of the universities in Greece.

1ST PLACE

SCHOOL OF MILITARY MEDICINE, THE ARISTOTLE UNIVERSITY OF THESSALONIKI
2002 - IOANNIS KIRIAKIDIS
MEDICAL SCHOOL, THE ARISTOTLE UNIVERSITY OF THESSALONIKI
2012 - VASILIKI FESATIDOU, 1998 - ALEXANDROS KARENTZOS
LAW SCHOOL, THE ARISTOTLE UNIVERSITY OF THESSALONIKI
1998 - VASSILIKI KAPSALI
SCHOOL OF ARCHITECTURE, THE ARISTOTLE UNIVERSITY OF THESSALONIKI
2010 - ZOI TZIKA
CIVIL ENGINEERING DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI
1998 - HARILAOS KARASSIOTS
SCHOOL OF ARCHITECTURE, THE UNIVERSITY OF THRACE
2005 - EKATERINI BAKALIOU
DEPARTMENT OF SPATIAL PLANNING AND DEVELOPMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI
2012 - ANASTASIOS TSIROPOULOS, 2009 - EKATERINI FOUTAKI
MATHS DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI
2002 - IRIS PAPADOPOLOU
BIOLOGY DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI
2002 - GERASIMOS KAVADIAS
BUSINESS ADMINISTRATION DEPARTMENT, THE UNIVERSITY OF MACEDONIA
2012 - NIKOLAOS GEORGAKIS
POLITICAL STUDIES DEPARTMENT, THE UNIVERSITY OF MACEDONIA
2001 - ELEFTHERIOS ARVANITIS
AGRICULTURE DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI
2000 - GERASIMOS KAVADIAS
SCHOOL OF MUSIC STUDIES, THE ARISTOTLE UNIVERSITY OF THESSALONIKI
2013 - GEORGIA POLYMENERI



2ND PLACE

MEDICAL SCHOOL, THE ARISTOTLE UNIVERSITY OF THESSALONIKI
2012, CHRYSOULA GOUTA
LAW SCHOOL, THE ARISTOTLE UNIVERSITY OF THESSALONIKI
2004, AFRODITI GIOVANOPOLOU
SCHOOL OF ARCHITECTURE, THE ARISTOTLE UNIVERSITY OF THESSALONIKI
2012 - ANASTASIA PRINTZIOU
CIVIL ENGINEERING DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI
1999, XENIA SAMARA
CHEMICAL ENGINEERING DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI
2009, LYDIA THEODOROU
SCHOOL OF CHEMISTRY, THE ARISTOTLE UNIVERSITY OF THESSALONIKI
2010, EKATERINI KARAMOUZI 2009, MARIA AKRITIDOU 2002, LUCY KASEMIAN
SCHOOL OF INFORMATICS, THE ARISTOTLE UNIVERSITY OF THESSALONIKI
2012, ATHANASIOS CHARISTOS
DEPARTMENT OF ENGLISH LANGUAGE & LITERATURE, THE ARISTOTLE UNIVERSITY OF THESSALONIKI
2012, ELENI AKANTHOPOLOU
BUSINESS ADMINISTRATION DEPARTMENT, THE UNIVERSITY OF MACEDONIA
2010, KYRIAKI-IOYLIA KOUDOUNI 1999, PANAGIOTA ASLANIDOU 1994, DIMITRIOS MANTOULIDIS
POLITICAL STUDIES DEPARTMENT, THE UNIVERSITY OF MACEDONIA
2007, SPIRIDON GOULIELMOS
AGRICULTURE DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI
2005, ATHANASIOS TSALIKIDIS
SCHOOL OF GEOLOGY, THE ARISTOTLE UNIVERSITY OF THESSALONIKI
2005, MARIA KAZILI
MARKETING AND BUSINESS ADMINISTRATION DEPARTMENT, THE UNIVERSITY OF MACEDONIA
2004, ANTONIOS SEFERLIS





USA

SINCE 1994 MEMBERS OF GRADUATING CLASSES HAVE BEEN ACCEPTED BY UNIVERSITIES AND COLLEGES IN NORTH AMERICA & EUROPE.

UNIVERSITIES

Harvard University

V. Katsarou	'07
C. Mantoulidis	'07
T. Gogakos	'06
I. Konstantinidis	'05
D. Batzilis	'04
D. Lagias	'03
M. Moutselos	'03
E. Tsoukalidou	'98

Stanford University

C. Mantoulidis	'07
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Princeton University

E. Taratoris	'10
P. Toskas	'10
C. Mantoulidis	'07
T. Gogakos	'06
I. Konstantinidis	'05

Yale University

K. Mavrommatti	'14
P. Toskas	'10
I. Legbelos	'08
V. Katsarou	'07
T. Gogakos	'06
I. Konstantinidis	'05
A. Charokopos	'05
S. Magkiriadou	'03

Columbia University

I. Coward-Ambrosiadis	'13
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California Institute of Technology

E. Taratoris	'10
C. Mantoulidis	'07

M.I.T.

E. Ioannidis	'10
E. Taratoris	'10
I. Tsoukalidis	'01

Duke University

P. Toskas	'10
T. Gogakos	'06
I. Grammatikopoulou	'01
E. Grammatikopoulou	'00

Dartmouth College

D. Lazaridis-Giannopoulos	'08
D. Sideri	'07
T. Gogakos	'06
I. Konstantinidis	'05
D. Batzilis	'04
S. Magkiriadou	'03
I. Grammatikopoulou	'01

Johns Hopkins University

P. Pachidis	'11
A. Gaitanidis	'10
P. Toskas	'10
S. Tseranidis	'09
T. Gogakos	'06
E. Grammatikopoulou	'00

Cornell University

E. Tsaprazi	'14
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A. Gaitanidis	'10
C. Mantoulidis	'07
Z. Chatzidimitriadiou	'07

Georgetown University

M. Moutselos	'03
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University of California-Berkeley

P. Toskas	'10
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Carnegie Mellon University

C. Mantoulidis	'07
S. Magkiriadou	'03
I. Grammatikopoulou	'01

New York University

T. Feldman	'01
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Brandeis University

E. Mainou	'13
Z. Hiliada	'12
T. Athanasakis	'05
Z. Kiriakou	'01
M. Papadopoulou	'97
A. Gogakos	'96

University of Rochester

D. Nikolaou	'13
-------------	-----

University of Washington

N. Tsakiris	'98
-------------	-----

Boston University

P. Lianos	'04
T. Feldman	'01
I. Grammatikopoulou	'01

Syracuse University

I. Bozariaris	'07
G. Chalvatzoglou	'07

Purdue University

P. Kiriakidis	'05
G. Adam	'98
N. Tsakiris	'98
K. Tzaros	'97
H. Saatsoglou	'94

Drexel University

KMavrommatti	'14
V. Haidas	'13
P. Prezas	'12
A. Willis	'10

Stevens Institute of Technology

K. Mavrommatti	'14
A. Tagtalenidis	'12
S. Tseranidis	'09

Clark University

M. Tirta	'14
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Quinnipiac University

K. Mavromati	'14
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St Edwards University

S. Syropoulos	'14
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John Carroll University

S. Syropoulos	'14
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USA

LIBERAL ARTS GOLLEGES

Williams College

I. Konstantinidis '05

Amherst College

Z. Chatzidimitriadou '07

I. Konstantinidis '05

S. Magkiriadou '03

K. Ktenidis '03

Swarthmore College

D. Aretakis '09

D. Lazaridis-Giannopoulos '08

T. Gogakos '06

T. Feldman '01

Wellesley College

V. Katsarou '07

M. Katsarou '05

Z. Kiriakou '01

Vassar College

A. Chatzidimitriadis '13

E. Kanonidis '12

Z. Chatzidimitriadou '07

M. Katsarou '05

T. Feldman '01

Smith College

K. Mavromati '14

E. Mainou '13

Z. Hiliada '12

E. Vlahou '08

N. Bitzeli '06

M. Katsarou '05

A. Giovanopoulou '04

E. Tsoukalidou '98

M. Papadopoulou '97

Grinnell College

E. Mainou '13

Z. Hiliada '12

D. Pezati '06

T. Athanasakis '05

A. Gogakos '96

T. Avrambeki '95

Macalester College

E. Mainou '13

A. Xakis '12

E. Tezapsidis '06

E. Tsoukalidou '98

Bryn Mawr College

Z. Hiliada '12

Mount Holyoke College

Z. Hiliada '12

E. Faraza '11

E. Vlahou '08

V. Katsarou '07

D. Pezati '06

M. Katsarou '05

A. Giovanopoulou '04

Z. Kiriakou '01

E. Grammatikopoulou '00

E. Chovarda '96

Bard College

K. Mavromati '14

M. Tirta '14

A. Chatzidimitriadis '13

K. Kyriakidis '13

A. Lappas '13

D. Nikolaou '13

P. Zaimi '13

A. Xakis '12

E. Kanonidis '12

Z. Hiliada '12

E. Faraza '11

G. Douganiotis '09

D. Lazaridis-Giannopoulos '08

S. Mentesidis '08

E. Vlahou '08

A. Fragkopoulos '07

S. Velissaris '07

E. Tezapsidis '06

M. Katsarou '05

Skidmore College

E. Chantzi '13

Franklin & Marshall College

S. Syropoulos '14

D. Batzilis '04

A. Tsakiris '00

A. Frida '01

H. Tsatalas '97

A. Karentzos '96

Reed College

E. Kanonidis '12

Hope College

S. Syropoulos '14

Hiram College

S. Syropoulos '14



CANADA

University of Toronto

A. Tagtalenidis

'12



GREAT BRITAIN

Cambridge University

I. Coward-Ambrosiadis

'13

C. Mantoulidis

'07

Oxford University

S. Tseranidis

'09

E. Mandaltsi

'07

University of St Andrews

K. Dolgeras

'14

E. Tsaprazi

'14

A. Hristakopoulos

'10

G. Douganiotis

'09

Imperial College London

M. Tirta

'14

I. Coward-Ambrosiadis

'13

E. Mainou

'13

K. Kyriakidis

'13

N. Pallas-Misailidis

'13

T. Zachariadis

'12

L. Kazakou

'12

C. Varsamis

'11

G. Ioannidis-Kopanos

'11

G. Gavriiloglou

'10

A. Gaitanidis

'10

E. Ioannidis

'10

E. Taratoris

'10

P. Toskas

'10

S. Tseranidis

'09

O. Antoniou

'09

E. Mandaltsi

'07

Durham University

V. Siomos

'13

G. Ioannidis-Kopanos

'11

E. Mastoris

'11

A. Hristakopoulos

'10

E. Meleziadou

'09

G. Douganiotis

'09

M. Gaitanidou

'09

E. Vlahou

'08

University College London

I. Coward-Ambrosiadis

'13

University of Warwick

I. Coward-Ambrosiadis

'13

University of York

P. Zaimi

'13

V. Tsartsalis

'13

A. Xakis

'12

A. Hristakopoulos

'10

Lancaster University

G. Efstathiou

'14

S. Katsiotis

'14

M. Tirta

'14

E. Tsaprazi

'14

F. Tsougianni

'14

P. Boumi

'13

I. Revach

'13

A. Xakis

'12

Z. Hiliada

'12

E. Faraza

'11

G. Ioannidis-Kopanos

'11

A. Andrikos

'09

D. Andrikos

'09

B. Vasmatzis

'09

E. Vlahou

'08

University of Surrey

H. Athanasiadou

'14

S. Katsiotis

'14

K. Mavrommatis

'14

V. J. Meacher

'14

C. Papadopoulos

'14

F. Tsougianni

'14

D. Nikolaou

'13

V. Prasini

'13

V. Tsartsalis

'13

V. Chaidas

'13

T. Zachariadis

'12

V. Georgiou

'11

O. Antoniou

'09

S. Tseranidis

'09

University of Bristol			
S. Thomaidou	'14	N. Pallas-Misailidis	'13
S. N. Markianos Wright	'14	Th. Stamboultsis	'13
M. Tirta	'14	V. Siomos	'13
N. Tselepidis	'12	M. Fesatidou	'13
A. Tagtalenidis	'12	V. Chaidas	'13
T. Zachariadis	'12	K. Efstathiou	'12
E. Mastoris	'11	T. Zachariadis	'12
D. Aretakis	'09	L. Kazakou	'12
E. Mandaltsi	'07	E. Kanonidis	'12
University of Birmingham		E. Friligiou	'12
S.N. Markianos Wright	'14	S. Hytirogloou	'12
Newcastle University		G. Ioannidis-Kopanos	'11
Th. Tyflioris	'13	P. Pachidis	'11
P. Prezas	'12	A. Gaitanidis	'10
C. Tsolakidis	'12	E. Ioannidis	'10
M. Karsanidou	'10	O. Antoniou	'09
M. Kostaki	'10	D. Aretakis	'09
University of Sheffield		E. Meleziadou	'09
V. J. Meacher	'14	E. Mandaltsi	'07
P. Zaimi	'13	University of Glasgow	
X. Boumi	'13	G. Efstathiou	'14
V. Chaidas	'13	E. Kanonidou	'14
M. Aretaki	'13	M. Tirta	'14
P. Karakosta	'13	E. Tsaprazi	'14
K. Kyriakidis	'13	K. Mavromati	'14
Th. Stamboultsis	'13	M. E. Dimou	'13
M. Fesatidou	'13	K. Kyriakidis	'13
A. Xakis	'12	E. Mainou	'13
K. Efstathiou	'12	G. Papazoglou	'13
E. Friligiou	'12	V. Chaidas	'13
L. Kazakou	'12	K. Efstathiou	'12
E. Faraza	'11	E. Mastoris	'11
G. Gavriiloglou	'10	E. Faraza	'11
E. Meleziadou	'09	E. Ioannidis	'10
E. Vlahou	'08	University of Leicester	
M. Hytirogloou	'08	A. Ignatidou	'08
University of Southampton		University of Manchester	
S.N. Markianos Wright	'14	E. Tsaprazi	'14
F. Katsios	'11	V. Siomos	'13
University of Nottingham		Th. Tyflioris	'13
K. Efstathiou	'12	A. Tagtalenidis	'12
Loughborough University		C. Varsamis	'11
P. Zaimi	'13	G. Ioannidis-Kopanos	'11
N. Tselepidis	'12	A. Gaitanidis	'10
E. Ioannidis	'10	King's College, London	
M. Kostaki	'10	K. Dolgeras	'14
A. Andrikos	'09	I. Coward-Amvrosiadis	'13
D. Andrikos	'09	R. Margaritidou	'13
B. Vasmatzis	'09	E. Chantzi	'13
University of Edinburgh		E. Friligiou	'12
K. Mavromati	'14	E. Kanonidis	'12
E. Tsaprazi	'14	L. Kazakou	'12
M. Aretaki	'13	G. Gavriiloglou	'10
P. Karakosta	'13	E. Taratoris	'10
E. Mainou	'13	M. Gaitanidou	'09
		Royal Holloway, University of London	
		D. Gioltzidi	'13

S. Hytiroglou	'12	University of Buckingham	
University of Sussex		C. Papadopoulos	'14
C. Athanasiadou	'14	University of Strathclyde	
A. Vasiliou	'14	D. Nikolaou	'13
S. Thomaidou	'14	Brunel University	
S.N. Markianos Wright	'14	C. Athanasiasou	'14
K. Mavromati	'14	V. Likogiannis	'14
K. Dolgeras	'14	C. Papadopoulos	'14
C. Papadopoulos	'14	E. Th. Mavroudakis-MacCallum	'13
F. Tsougianni	'14	Th. Tyfloris	'13
M. E. Dimou	'13	E. Chantzi	'13
V. Prasini	'13	G.Tsaousidis	'12
I. Revach	'13	D. Mavromatis	'10
V. Siomos	'13	University of Dundee	
V. Chaidas	'13	E. Kanonidou	'14
G.Tsaousidis	'12	University of Brighton	
P. Prezas	'12	V.J. Meacher	'14
Z. Hiliada	'12	F. Tsougianni	'14
V. Georgiou	'11	D. Gioltzidi	'13
A. Ignatidou	'08	R. Margaritidou	'13
M. Hytiroglou	'08	E. Th. Mavroudakis-MacCallum	'13
G. Karaoglou	'08	P. I Boumi	'13
The University of Kent		C. Varsamis	'11
C. Athanasiadou	'14	M. Karsanidou	'10
G. Papazoglou	'13	E. Konstantinidis	'05
I. Revach	'13	Salford University	
A. Alexiou	'11	V. Likogiannis	'14
The University of Reading		E. Th. Mavroudakis-MacCallum	'13
A. Vasiliou	'14	V. Fessatidou	'11
Z. Hiliada	'12	University of Westminster	
E. Faraza	'11	C. Papadopoulos	'14
University of Liverpool		V. Georgiou	'11
S.N. Markianos Wright	'14	O. Papantoni	'11
M. E. Dimou	'13	R. Tseranidou	'10
P. Karakosta	'13	E. Konstantinidis	'05
K. Kyriakidis	'13	Kingston University	
Heriot-Watt University, Edinburgh		C. Athanasiadou	'14
C. Varsamis	'11	E. Karpozilos	'13
Queen Mary University		R. Margaritidou	'13
Z. Hiliada	'12	D. Lambrinos	'09
V. Georgiou	'11	M. Hytiroglou	'08
University of Essex		LCA Business School London	
V. Tsartsalis	'13	C. Katsiotis	'14
G.Tsaousidis	'12		



Bocconi University, School of Economics

ITALY

F. Tsougianni '14
A. Kyriazis '13



University of Maastricht
The Hague University of Applied Sciences

HOLLAND

C. Papadopoulos '14
C. Papadopoulos '14



HONORS



INTERNATIONAL



International Olympiad in Informatics

2nd place:	CHRISTOS MANTOULIDIS IOANNIS TSOUKALIDIS	MEXICO FINLAND CROATIA CHINA PORTUGAL	2006 2001 2007 2000 1998
3rd place:	CHRISTOS MANTOULIDIS IOANNIS TSOUKALIDIS		

Balkan Olympiad in Informatics

2nd place:	CHRISTOS MANTOULIDIS IOANNIS TSOUKALIDIS	MOLDOVA FYROM GREECE	2007 2000 1999
3rd place:	GEORGE VENIZELOS CHRISTOS MANTOULIDIS	BULGARIA CYPRUS GREECE	2013 2006 2005



International Olympiad in Mathematics

2nd place:	EVANGELOS TARATORIS	KAZAKSTAN	2010
Honorable mention:	EVANGELOS TARATORIS	GERMANY	2009

Balkan Olympiad in Mathematics

2nd place:	EVANGELOS TARATORIS	MOLDOVA	2010
3rd place:	GEORGE VENIZELOS & NIKOLAOS KALOSIDIS EVANGELOS TARATORIS	TURKEY SERBIA	2013 2009

Mediterranean Mathematics Olympiad

3rd place:	EVANGELOS TARATORIS, ELEFTERIOS MASTORIS, ELENI FRILINGOU	GREECE GREECE	2010, 2009 2010

American Mathematics Competition (AMC10 & AMC12)

GEORGE VENIZELOS (qualified for AIMEI among 1% internationally)	GREECE	2014
SPYROS KOUTROULIS (qualified for AIMEI among 5% internationally)		

International Mathematical Multiathlon (Kolmogorov)

3rd place:	IOANNIS GIROUSIS, ANDREW PANAGIOTOPoulos	RUSSIA	2013

International Mathematics Contest "PITAGORA"

1st place:	ORFEAS ANTONIOU (individual round) EVANGELOS TARATORIS (collective round) ORFEAS ANTONIOU (collective round)	2008 2008 2008
3rd place:	CHRISTOS MANTOULIDIS	2004
	EVANGELOS TARATORIS (individual round)	2008



International Physics Olympiad

Honorable mention:	GEORGIOS SKOLIANOS	SPAIN	2005



International Biology Olympiad

3rd place:	KONSTANTINOS SAMARAS TSAKIRIS	SINGAPORE	2012
Honorable mention:	EIRINI KONSTANTINIDOU	SWITZERLAND	2013



International Chemistry Competition

1st place:	PANAGIOTIS KALMOUKOS	HOLLAND	2012



International Astronomy & Astrophysics Olympiad

Honorable mention ACHILLEAS PALASKOS

GREECE

2013



International European Youth Parliament-members of the Greek delegation

ERATO FESSATIDOU	2014
ATHINA FIRTINIDOU	2013
NIKOLAOS PALLAS-MISAILIDIS, ELENI TSAPRAZI, ZAFEIRO HILIADA	2012
PANAGIOTIS SIOZOS-DROSOS, ANTHI KARAKOSTA, MYRSINI ARETAKI	2011
HARA TZELI, EVGENIA FARAZA, BRUCE WILLIS	2010
PAVLOS PACHIDIS, PASHALIS TOSKAS	2009
MARIA GAITANIDOU, IOANNIS LEGBELOS	2008

Yale Model Government Europe

HONORABLE MENTION: NIKOLETA BAKOLA & GEORGE PAPANIKOLAOU	2014
BEST SPEAKER AWARD: ATHINA FIRTINIDOU	2012

North American Invitational Model United Nations

HONORABLE MENTION: FILIPPA VALAVANI	2014
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Harvard Model Congress Europe

BEST SPEAKER AWARD	
MARIA GAITANIDOU, IOANNIS LEGBELOS	2007
EKATERINI MANDALTSI, IFIGENIA KRANIA	2006
DIMITRIOS LAGIAS	2002
KONSTANTINOS KTENIDIS	2000

Model United Nations Development Program

BEST SPEAKER AWARD: PANAGIOTIS SIOZOS-DROSOS	2011
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International Debate Competition

GEORGIOS DOUGANIOTIS (member of the official Greek team)	2008
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International Drawing Competition: "Byzantine Art"

1st place: ARSENIOS ZACHARIADIS	2006
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International Drawing Competition:

"Development Youth Prize 2006-Focus on Africa"	
1st place: ARSENIOS ZACHARIADIS	2006
"Development Youth Prize 2008"	
1st place: IOANNIS LEGBELOS	2008

Biennale 2008-4th International Competition of Children's Art (portrait)

1st place: VASILIS HAIDAS	
2nd place: DESPOINA ZACHARIADOU, ELENI KARIOFILI, IOANNIS DELLIOS	
3rd place: LEANDROS PASHALIDIS	



International Music Competition 2008- YOUNG PRAGUE

2nd place: MANDOULIDES ORCHESTRA AND CHOIR	
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International Music Festival 2009 - NEERPELT, BELGIUM

2nd place: MANDOULIDES ORCHESTRA AND CHOIR	
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International Competition in Fairy Tale Writing

2nd place: DESPOINA ZACHARIADOU	2008
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European Classics Competition in Ancient Greek Language & Civilization

HONORABLE MENTION: MICHAEL TSERTSIDIS	2009
3rd place: DESPOINA SIDERI	2006

HONORS

NATIONAL



National Olympiad in Informatics

(organized by the Greek Society of Computer Scientists)

1st place:	RAPHAEL KETSETSIDIS	2013
	CHRISTOS MANTOULIDIS	2007, 2006, 2005
	THEOHARIS ATHANASAKIS	2004, 2003, 2002
	IOANNIS TSOUKALIDIS	1996
2nd place :	KYRIAKOS STEFANIDIS	2014
3rd place :	RAFAEL KETSETSIDIS	2012
	APOSTOLOS GAITANIDIS	2009
	ELEFHERIOS KATSIVELOS	2004
4th place :	GEORGE VENIZELOS	2014

(ALL STUDENTS QUALIFIED FOR BALKAN AND INTERNATIONAL OLYMPIADS)



National Mathematics Olympiad

(organized by the Hellenic Mathematics Society)

1st place :	PARMENION KOUTSOGEORGOS, RAPHAEL TSIAMIS	2014
	RAPHAEL KETSETSIDIS, GEORGIOS VENIZELOS	2013
	NIKOLAOS KALOSIDIS, PARMENION KOUTSOGEORGOS	2013
	EVANGELOS TARATORIS	2010
2nd place :	IOANNIS AMBROSIADIS - COWARD, GEORGIOS BATZOLIS	2013
	PANAYIOTIS KALMOUKOS, IOANNIS AMBROSIADIS - COWARD	2012
	ELEFHERIOS MASTORIS	2010
	EVANGELOS TARATORIS, K. SAMARAS TSAKIRIS	2009
	ARIS FOTIADIS, DIMITRIOS VALSAMIS, GEORGIOS STAVERINOS	2008
	CHRISTOS MANTOULIDIS	2007
	GEORGIOS SKOLIANOS	2005
	ZINOVIA HATZIDIMITRIADOU	2004
	IOANNIS KONSTANTINIDIS, KONSTANTINOS KTENIDIS	2002
	JULIA GRAMMATIKOPOULOU	1997
3rd place :	THEMISTOKLIS CHARIS, APOSTOLOS PANAGIOTOPoulos	2014
	NIKOLAOS KALOSIDIS	2014
	CHRISTOS KARATHODOROS	2013
	GEORGIOS KOTZAMPASIS, KYVELI MAVROMATI	2011
	ELENI FRILINGOU	2011, 2010
	ELEFHERIOS MASTORIS	2011
	VASILIOS PARASCHOU	2007
	DAMIANOS LAZARIDIS	2007, 2006, 2005
	CHRISTOS MANTOULIDIS	2006, 2004
	DANAEE GRAMMATIKOPOULOU	2005, 2002
	GEORGIOS SKOLIANOS	2004
	NIKOLINA BITZELI	2003
	ATHANASIOS DIMARATOS	1997



Probabilities Competition "LEFKOPOULIOS"

(organized by the Athens University, Department of Statistics)

1st place :	CHRISTOS MANTOULIDIS	2007
2nd place :	CHRISTOS MANTOULIDIS	2006



National Physics Competition

(organized by the Hellenic Physics Society)

1st place :	SOPHIA MAKGIRIADOU	2003
2nd place :	SOFOKLIS THOMAREIS	2012
3rd place :	GEORGIOS SKOLIANOS	2005



National Biology Competition

(organized by the Hellenic Biology Society)

1st place: KONSTANTINOS SAMARAS TSAKIRIS

2012

3rd place: EIRINI KONSTANTINIDOU

2013, 2012

KORNILIA VELIANI, RAFAEL KETSETSIDIS

2014



Astronomy and Space Competition

2nd place: ELENI TSAPRAZI

2014

CHRISTOS TSERTSENES

2013

3rd place: ACHILLEAS PALASKOS

2014



National Chemistry Competition

(organized by the Hellenic Chemistry Society)

1st place: PANAGIOTIS KALMOUKOS

2013

3rd place: DANAE GRAMMATIKOPOULOU

2005



National Competition in Greek Language and Spelling

1st place: IOANNIS KOTSAMPASIS

2011

3rd place: VASIKILI PRASINI

2010

National Classics Competition in Ancient Greek

1st place: VASILIKI KAPSALI 1998

2nd place: MICHAEL MOUTSELOS 2003



National Literary Competition in Novel Writing

(organized by the HELLENIC AUTHORS SOCIETY)

3rd place: NIKOLETA BAKOLA

2013

National French Language Student Competition "La Grece vous invite"

1st place: DESPOINA GIANNOULIDOU

2014



National Theatre Competition

2nd place NATIONALLY :

2002, 2001

3rd place NATIONALLY :

2005



National Music Competition

ORCHESTRA

2nd place NATIONALLY:

2004, 2001, 1998

3rd place NATIONALLY:

2003, 1996



Traditional Dancing Competition

2nd place REGIONALLY:

2004, 2003, 2001



National Drawing Competition

(organized by the Ministry of Education)

1st place NATIONALLY : LAURA LUCAS

2008

CH. ZOMPA-KALOGLOU

2010

National Drawing Competition

(organized by the USA Consulate)

HONORABLE MENTION: VASILIOS HAIDAS

2008

National Drawing Competition

(organized by CYPRUS BANK and the MUSEUM OF CHILDREN'S ART)

2nd place: TANIA DAVID

2013

ERATO FESSATIDOU

2012



Debate/Public Speaking & Dramatic Presentation of Literature In English

Forensics

1st place:	2007, 2004, 2003, 2001, 1996
2nd place:	2002
3rd place:	2005
4th place:	2014, 2013, 2011, 2010, 2009

2013-2014 FINALISTS

DRAMATIC DUET ACTING	ATHINA SOTIROGLOU, CHRISTINA TSAOUSIDOU
ORAL INTERPRETATION OF LITERATURE-COMIC	ALEX DELIPALLAS O'DONNELL
ORIGINAL ORATORY	NINA MARIA FANAROPOULOU
IMPROMPTU SPEAKING	NIKOLETA BAKOLA
HONORABLE MENTION	
DRAMATIC DUET ACTING	ELPIDA GROUIOU, M. SOTIROGLOU
ORAL INTERPRETATION OF LITERATURE-COMIC	ANNA CHYTIROGLOU
ORAL INTERPRETATION OF LITERATURE-DRAMATIC	SOFRONIS ZAFEIRIADIS



Greek Youth Parliament

NIKOLETA BAKOLA	2014
DESPONA GIANNOU	2013
ELEFTERIOS MASTORIS	2010
IOANNIS GEORGULAS-PASCHALIS TOSKAS	2009



Debate and Public Speaking Scholastic Competition

DEBATE

1st place:	2013, 2008, 2007, 2006, 2005, 2004, 2003
2nd place:	2012, 2010, 2009, 2007, 2006, 2005, 2004, 2003
3rd place:	2014

BEST SPEAKERS IN DEBATE

1st place:	2010, 2007, 2006, 2005, 2004
2nd place:	2008, 2007, 2006, 2005, 2004, 2003
3rd place:	2007, 2005, 2003

ORATORY

1st place:	2010, 2009, 2007, 2005
2nd place:	2010, 2009, 2007, 2006, 2004

IMPROPTU

1st place:	2014, 2013, 2012, 2010, 2006, 2005, 2004, 2003
2nd place:	2014, 2013, 2008, 2007, 2006, 2005, 2004
3rd place:	2010, 2006

National Debate and Public Speaking Competition

(co-ordinated by the Ministry of Education)

2009-2010

2nd place AMONG 64 LYCEUM STUDENT TEAMS

2008-2009

2nd place AMONG 97 LYCEUM STUDENT TEAMS

BEST SPEAKER

3rd place: PASCHALIS TOSKAS

2006-2007

BEST SPEAKER

1st place: VASILIKI KATSAROU

2005-2006

1st place AMONG 90 LYCEUM STUDENT TEAMS

BEST SPEAKER

1st place: TASOS GOGAKOS

3rd place: VASILIKI KATSAROU

2003-2004

2nd place AMONG 97 LYCEUM STUDENT TEAMS

2002-2003

4th place AMONG 55 LYCEUM STUDENT TEAMS



WORLD CHAMPIONS

1st place

1999

ISRAEL

2nd place

2005

POLAND

3rd place

2009

TURKEY

NATIONALLY

1st place

2013 / 2010 / 2009 / 2006 / 2005 / 2000 / 1999

2nd place

2008 / 2001 / 1996

3rd place

2014 / 2012



Acknowledgments

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who helped us create and complete Flame 2014.
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Thank you very much



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