

YGGDRASIL

FJÖLBRAUTASKÓLINN Í GARÐABÆ

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EDITORIAL

THIS MAGAZINE WAS CREATED BY STUDENTS IN ENSK3FA05 IN FJÖLBRAUTASKÓLINN Í GARÐABÆ. THE MAGAZINE IS THUS WRITTEN, EDITED, AND DESIGNED BY THEM.

ALL THE ARTICLES FOCUS ON SUBJECTS, SUCH AS SCHOOL COURSES, THE CLASS TRIP TO ÖSSUR, RACE, ERASMUS, LBTGQ+, RELIGION, DIVERSITY, TECHNOLOGY, STUDYING IN ICELAND, STUDYING ABROAD AND WHAT DEFINES A GOOD STUDENT AND A GOOD SCHOOL.

THE STUDENTS HAD VARIOUS JOBS WITHIN THE MAGAZINE SUCH AS EDITORS, ART DIRECTORS, PROOFREADERS, AND A MARKETING TEAM. THE WHOLE CLASS OF STUDENTS PITCHED IN AND WROTE ARTICLES. EVERY STUDENT WROTE AT LEAST ONE ARTICLE, EITHER ALONE OR IN COLLABORATION WITH ANOTHER STUDENT.

THE CREATION OF THE MAGAZINE WAS A FUN, INTERESTING, AND INFORMATIONAL EXPERIENCE AND A GOOD GROUP PROJECT FOR THE WHOLE CLASS.

BIRKIR VALUR ANDRASON & ÞÓRUNN HANNA GUNNARSDÓTTIR

CONTENTS

ENGLISH WHILE STUDYING ABROAD	5
APPLE INC. DEVELOPMENT & HISTORY	6
HOW STUDENTS CAN SUCCEED IN ENSK3FAO5	7
WHY DIVERSITY IS IMPORTANT	8
WHAT ARE JEHOVA WITNESSES	9
THE IMPACT OF ART	10
ROBOTS	12
STUDYING ABROAD	13
LGBTQ	15
FUTURE US	18
CLASS TRIP TO ÖSSUR & HISTORY OF THE COMPANY	20
THE IMPORTANCE OF CLOTHES	20
RACISM	21
TIPS AND PROS FOR FUTURE STUDENTS ON HOW TO SUCCEED IN FG	23
THE IMPORTANCE OF SLEEP DURING SCHOOL YEARS	24

SOCIAL PSYCHOLOGY	26
INTERNET	26
RACISM IN THE UNITED STATES	27
ÖSSUR	29
TRAVELING THE WORLD AS A CAREER	30
WHAT MAKES A GOOD SCHOOL	31
ERASMUS	33
CHATGPT	34
THE PROS AND CONS OF STUDYING ABROAD	35
BUBBI MORTHENS	36

ENGLISH WHILE STUDYING ABROAD

Written by Diljá Lind Bjarnadóttir

Choosing to study abroad has risen in popularity in recent years. Teenagers and young adults move away from their homeland and dive head first into adulthood and independence. When moving to a new country, there is a good chance you will be surrounded by a new language. Of course, it is best to try and learn said language, but in the meantime an international language is crucial. That is where a deep knowledge of English will significantly benefit you and the people around you. English is the global language, and most children are taught it as a second language in school. However, developing and maintaining your English skills in adulthood is essential as well. If the global language would not be taught and maintained, it would be impossible to study abroad, which limits your options for education and future jobs. It is highly likely, almost certain, that all of your study material and lessons in an international school will be in English. Because of that, it is a good idea to review English for a few months before you move and start your studies.

Many colleges and universities also require their potential students to take an English exam before admission. This will show them that you are able to attend to your education and return satisfying results. With English, you will also be able to communicate with your new teachers, fellow students and friends. While the studying aspect of knowing English is extremely important, the social side of attending a new school would be fairly difficult if you do not know or understand the language. If you are confident in the language, you can focus on your social skills and be more friendly towards people in your class or on campus.



When learning a new language, you can also develop your communication skills, which are important when entering a new environment like school or a new place of employment. While it is good to know as much English as possible before studying abroad, your time there could also improve your speaking and listening skills, so you will be able to further your understanding in your stay. After graduation, when searching for a job, your options will be wider since you will be more confident in your English. Careers in law, business, medicine, teaching, travel and much more, often rely on English. Global work environments and international employees are becoming more common, which improves the workplace. If you are not confident in speaking English or have a hard time understanding it, there are many resources that can help you. You could listen to music, watch TV shows or movies, practice pronunciation out loud and take online courses to further your knowledge and do better in an international school.

APPLE INC. DEVELOPMENT & HISTORY



When you think about the largest and most powerful companies in the world, more often than not, the tech giant Apple comes first to mind. Apple designs and develops electronics and is considered as one of the most successful companies of all time. The company was founded in the 1970's by Steve Wozniak and of course, the infamous Steve Jobs. Jobs and Wozniak began by creating and selling personal computers to a local retailer and gained some success in the personal computer market early on. However, in the 1980's, Apple really made it's breakthrough with the development and release of the Macintosh, which revolutionized the industry and established Apple as one of the biggest names in the tech industry.

With the development of Microsoft, Apple struggled to maintain its position in the market in the 1990's but managed to come back strong later on in the decade with the introduction of the iMac, a all-in-one computer which became very popular. Apple continued to revolutionize in the 2000's with iPod and iTunes, which made a huge impact on the music industry. But shortly after the release of the iPod, Apple would release the iPhone in 2007, which quickly became the most popular smartphone in the world and is still going with the iPhone 15 releasing later on this year. Today, Apple has a variety of incredibly successful products, such as headphones, smart watches, tablets, and as previously mentioned computers and smartphones.

Even though Apple have done well in maintaining their clean image, their have been some reports and accusations of possible child labor and poor working conditions. This has mainly been coming from the Congo, where Apple, and several other tech companies get their cobalt from, which goes in every single battery for a device. These cobalt mines are very dangerous and reports have shown that children may be working in these mines. Apple has denied all accusations on child labor and other misuse of labor but released in a statement that they are working on improving conditions for workers. Even though these accusations are very serious and scary if true, there has not really been any consequences for the tech giant as sales and popularity has only increased. But despite off Apple's criticism, there is no denying that the company has, and will continue to plate a huge role in the tech industry as one off the biggest companies in the world.

HOW STUDENTS CAN SUCCEED IN ENSK3fa05

ENSK3fa05 is a course that prepares students for the future. During the course students learn more advanced English and they try to expand their vocabulary. ENSK3fa05 also focuses on learning vocabulary related to their fields of study. For example people that are learning social studies read and write about things related to that in the English language and people that are studying business learn about that, of course in English. This way students learn vocabulary related to what they might want to study or work with in the future.

The work in the course is usually varied, the projects are interesting and different from other english courses. Examples of projects in this course are creating a podcast, writing a review of articles and writing articles. When the focus is on the subjects the students are studying and have interest in, it becomes easier for them to succeed in the course. If the students find the work interesting they are obviously going to do better than if they would not have any interest in the matter.



There is no one recipe for success in the course but being productive, focused and positive is a great start. It is also very good to keep in mind to be relaxed and not overly stressed over the course. It happens very often when students are super stressed about projects and feel like they are never going to finish it. They tend to push it away because it's better to do nothing and failing than trying and failing. Of course that is not true but sometimes students can feel these things.

These things apply to all courses and all ages in school but it's good to keep these simple things in mind. Studying can be challenging, people are going through all sorts of things in their personal lives that makes it even more challenging so it is important for teachers and students to be understanding and respectful to each other, everyone is just trying to do their best.



WHY IS DIVERSITY IMPORTANT?

Written by Diljá Lind Bjarnadóttir

Diversity means in simple terms, having a wide range of people with various cultural, ethnic or racial backgrounds. Having different people, with different experiences than yourself, enhances creativity, respect and drive.

Working with a diverse group of people, brings in a variety of perspectives and ideas which leads to a more creative and innovative project. In the process you might get to know the people you are working with. With that you expand your knowledge on different cultures and backgrounds which results in personal growth and a deeper understanding. When all cultures, gender, ages and races work together, it can decrease social injustice and increase equity. All individuals get the same opportunities and are not held back by their backgrounds. Promoting diversity can also show younger aspiring people of different cultures that people like them succeeded in the field and give them the drive they need in a society where they may be told otherwise.

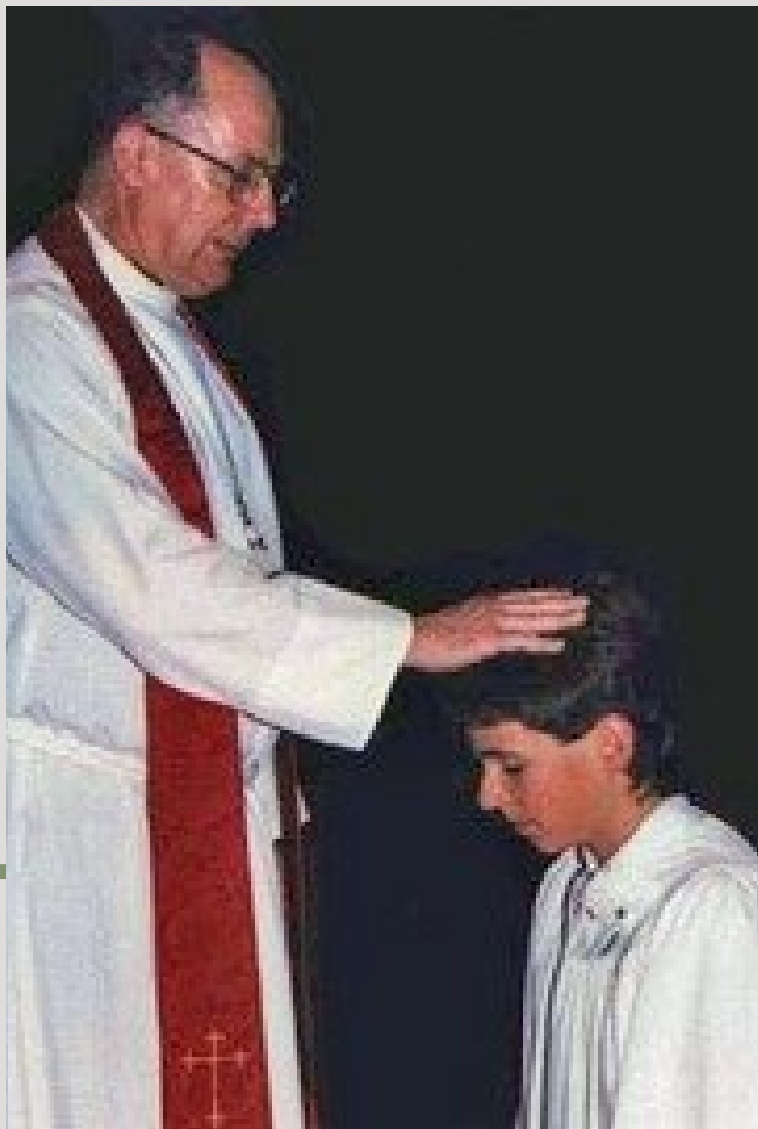


WHO ARE JEHOVAH'S WITNESSES?

Religion is a complex human phenomenon that involves believing in a higher power and trying to define the ultimate meaning of life. This phenomenon plays a big part in our modern society, one of which being Jehova Witnesses. You may know Jehovah witnesses from their door-to-door evangelism. But what are Jehovah Witnesses?

Jehovah's Witnesses is a religious group that originated in Pennsylvania (1879) and has spread world wide reaching millions of people since then. It is one of the strictest variations of Christianity where they have their own translation of the Bible, believing it's the word of God called the New World Translation of the Holy Scriptures.

The religion has been criticized a lot in modern society for their beliefs and rules. Jehovah Witnesses believe that there is an imminent end to the world where only those who are true believers will survive. They also believe that politics are under the influence of Satan and that Jesus is the son of god but not part of the trinity (believe that the father, son and holy spirit are a unity of three persons in one Godhead). They do not accept blood transactions under any circumstances, they do not attend birthdays or celebrate their own and they do not celebrate christmas because they believe that it has pagan origins.



The Jehovah's Witnesses also have strict moral standards, and members who fail to meet these standards may be excommunicated or disfellowshipped, which the religion has been criticized a lot for from the society. But all in all, the Jehovah's Witnesses are a deeply committed religious group with unique beliefs and practices. They continue to attract new members and make an impact on the world despite their controversial approach to evangelism and political neutrality.

Written by Emilíana Eik Sigursteinsdóttir

THE IMPACT OF ART



Many artists hide inside the walls of Fjölbrautaskóli Garðabæjar. The school is very well known for its education in art studies and many students attend to receive an opportunity to shine through their artistic abilities and talents. Art is an essential element of our society. Through art we are able to express our creativity, imagination, and emotions.

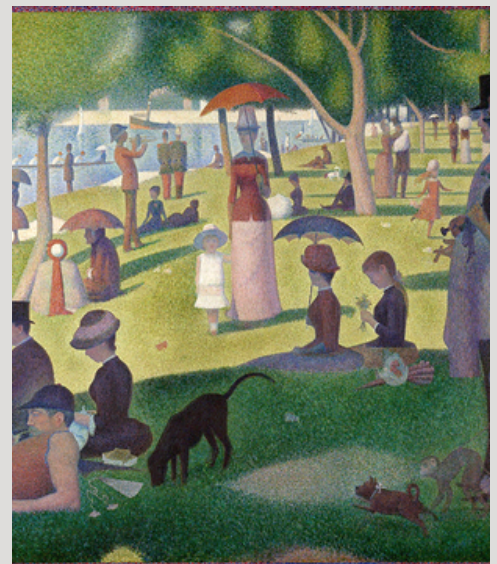
Art has the power to evoke feelings and reactions in people as well as connect people and cultures together. From painting and sculpture to music and literature, art takes many different forms, and it has been a fundamental part of human culture for thousands of years.

Art can be used to communicate social and political messages, to challenge societal norms, and to bring attention to important issues. Art has also been used to celebrate cultural heritage and to promote a sense of unity and belonging. In addition to its cultural and social significance, art has been shown to have a positive impact on individuals' mental and physical health. Engaging with art can reduce stress, ease anxiety and depression, and improve overall well-being.

Art therapy is an established form of mental health treatment that uses creative expression to help individuals cope with emotional and psychological issues. Art has also been shown to have a positive impact on cognitive development, especially in children. Studies have found that exposure to art can enhance creativity, critical thinking, and problem-solving skills, and can improve academic performance.



Given the importance of art to society and to individuals, it is essential that we provide opportunities for people to learn about and engage with art. Art education in schools is an important way to accomplish this. Art students in schools learn a range of skills and techniques, from drawing, painting, and sculpture. Students learn about art history, including the works of famous artists and movements in art. Students also learn about the key elements of design, such as color, form, and composition, and they learn how to use these elements to create their own works of art. Beyond the technical skills and knowledge, they acquire, art students in schools also learn important life skills. They learn how to communicate, how to take risks and experiment, and how to work with others. They learn how to think creatively and solve problems that are skills that are valuable in many different fields and industries. Art education can also help students develop more self-confidence and self-expression, which can have a positive impact on their overall well-being.



Sindri Freyr Írisarson

Graduating art student

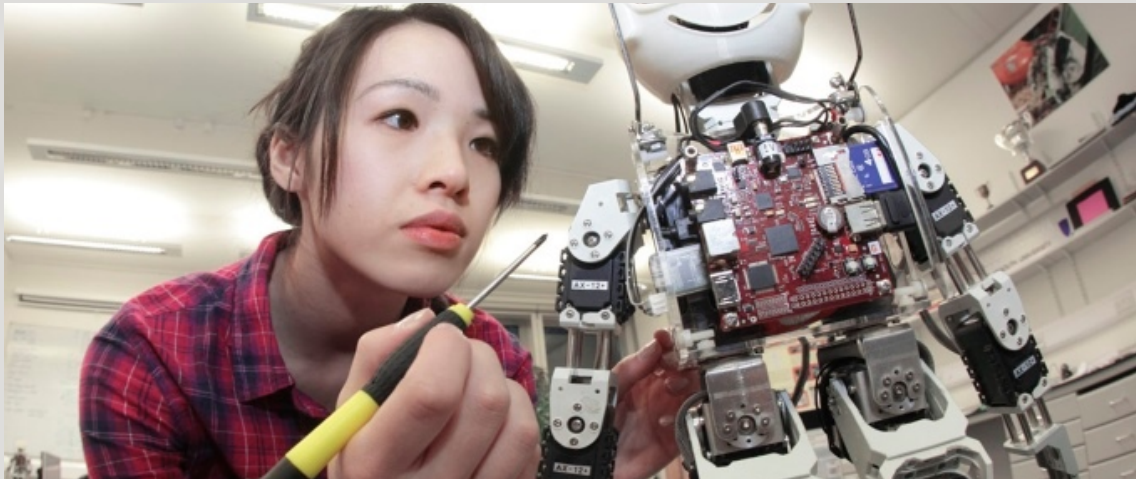


Sindri Freyr Írisarson is one of the many excellent students that study art in Fjölbrautaskóli Garðabæjar. Sindri is currently working on his final project along with other art students who will be graduating this spring. His passion lies in photography and his final project is a series of photographs and its called Sindrandi. In a short interview with Sindri he explains that the purpose of the piece is to show the enthusiasm that lives within the heart of a person. The piece is heavily inspired by surrealism as it is a human being creating light and sparks that are meant to represent the passion within us.



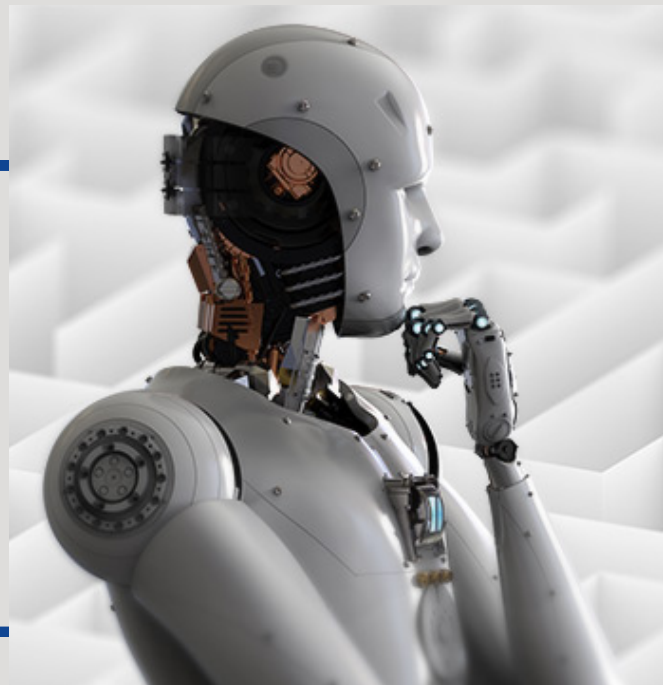
Sindri mentions that Salvador Dali is his favorite artist who is one of the most prominent artists of the surrealist movement. Sindri is also working on another series of photographs named Fjölkyngi and means magic. Fjölkyngi shows people in a different light, a magical light. Sindri says that during his education at Fjölbrautaskóli Garðabæjar he learned how to think for himself and how to be free. He learned about art history and artists which he feels is important. Understanding where art came from is important, especially now in a digital age where AI art is becoming increasingly

ROBOTS



Written by Róbert Bragi Ásgeirsson

Technology has been around for the past 70 years but has been evolving quite rapidly in the past couple of decades. One of the most revolutionary technologies that has evolved rapidly in the space are robots. Robots have come a long way in the past century and are able to do a lot of things such as riveting packaging cooking or just mass production of industrial and consumer goods in general which are very beneficial since those tend to be jobs that people don't want to do and using robots instead of people will largely decrease cost and increase accuracy of the production meaning it will be available to more people.



Although people have been against robots since they came out since they have been taking away jobs all over the world all over the world making finding a job more difficult these concerns can be justified just not always as robots are mainly introduced where it could either benefit the company to use robots that where you could be sceptical due to where there aren't workers to do the job where they might need to look for robot options to keep production going although the argument about them taking their jobs although not that big now it could be a way bigger issue in the near future when they start to implement robots/ai into office jobs or other jobs that a large amount of people work as and where a lack of workers isn't an issue and the main purpose is just to increase revenue and decrease costs which is certainly scary since that's one of the only things they're really trying to do.

STUDYING ABROAD

Written by Andrea Arnþórsdóttir

Studying abroad refers to the opportunity to continue your college education overseas. Students often go through a studying-abroad program at their own institution or a foreign university. They attend lectures or conduct research there, or some people even go to learn a new language or to improve their ability to work with other cultures. Students who study abroad get the chance to experience life in a distant country while learning about its culture and allure.

There are 4.3 million people now studying outside their home country. The most common countries to study abroad are Australia, Switzerland, the United Kingdom, and Austria, and most international students come from India but mostly Asia or 53% of them are from there. Most of them choose to study abroad for one semester or a whole year, but others decide to complete their entire degree in a different nation. The students often live in a dorm, apartment, or with a local family at a homestay.



Studying abroad is one of the most beneficial experiences for people or college students, and there are a few experiences that come close to that one. You can experience a new culture and new places, make lifelong friends around the world, and gain a global perspective - even while earning your degree and other skills. The experience will help you gain highly sought-after abilities like better communication, foreign languages, adaptability, and problem-solving. Studying abroad is also really good for your resume. It highlights personal achievements and puts you apart from the competition, and it doesn't matter what your career path or major is.

Studying abroad has many types of programs you can attend in many different formats. It is recommended to choose the one you have the most interest in and suits your goals. Programs aren't always the same, but it depends on what school you are in and decide to go through when you go on an exchange program, and also what you are learning or want to learn. Your program choice should also depend on length and cost.

The most popular courses to study abroad are engineering, Business Administration, Medicine, and Law. The school University Oregon offers 8 programs you can choose from. The most popular are Faculty-Led which is usually 2-6 weeks long and GEO Centers which are often over the summer or just over the school year. One of the best study abroad programs from 2017 in the world tends to be in Barcelona. It is called "American Institute for Foreign Study", it is rated 9.5 and stays during the summer time. A former student from there says that it was the best experience he has been a part of, it was not the most affordable one but worth it.

Another good program is called "College Year in Athens" where you go exchange to Greece and is rated 9.3. It is also the top-rated program from 2017. You get to see so much, learn new things, and make friends and the best part is getting a whole summer in Greece which is sure to be memorable.

This shows that studying abroad is a quintessential experience, whether you go to college or university. It will help you stand out and follow your dreams while doing something fun and getting a life-changing experience.



LGBTQ

Written by Ragnheiður Ísídóra Bjarnadóttir & Regína Saga Ólafsdóttir



The LGBTQ community is a group of individuals who identify as lesbian, gay, bisexual, transgender, or queer. Members of this group have faced prejudice and discrimination because of their sexual orientation or gender identity and were not treated equally as others.

However, society has started to accept the LGBTQ community more recently, in part because of their own advocacy and lobbying efforts. LGBTQ is a term used for different sexual orientations and the first five letters stand for Lesbian, gay, bisexual, transgender, and questioning. The early LGBTQ rights initiatives primarily targeted men so because of that the word "lesbian" is usually placed first to bring attention to problems for LGBT women in society. The term "gay" is used to refer to a wide range of persons who are attracted to or in relationships with other people of the same gender.

However, it's crucial to understand that there are various LGBT communities and that the term "gay" does not apply to everyone. For instance, some bisexuals and transsexuals do not believe they are gay. Additionally, guys who have relationships with other men do not always self-identify as gay.

GAY

A person that is attracted to the same sex and has physical, romantic, and/or emotional

attractions. Sometimes women prefer being called a lesbian.

LESBIAN

A woman that is attracted to other women. Sometimes women that are attracted to other women prefer to be called gay or as a gay woman.

BISEXUAL

A person who is attracted to two or more genders. A bisexual person does not need to have any sexual encounters at all, let alone specific sexual experiences.

TRANSGENDER

Transgender is a term used to describe people whose gender identity and/or gender expression do not match the sex they were born as. People who identify as transgender may refer to themselves in many ways, including as transgender or nonbinary. Some transgender patients' doctors give hormones to help their bodies match their gender identification. Some people also get surgery to help them feel more like the sex they identify as. However, not all transgender people are capable or willing to make this kind of decision, and a transgender identity is not based on the appearance on the outside or medical interventions but it is based on

QUEER

Queer is a term that is used by some people whose sexual orientation is not exclusively heterosexual. Individuals that identify as nonbinary, gender-fluid, or gender-nonconforming fall under this general phrase.

QUESTIONING

When the LGBT acronym ends with a Q, it can sometimes mean questioning. This phrase refers to someone unsure of their gender identity or sexual orientation.

INTERSEX

The adjective Intersex is used to describe someone with one or more reproductive organs, or genitalia, that defines conventional ideas of what it is to be male or female. Do not confuse an intersex individual trait with a transgender identity. Intersex people are given sex at birth, either male or female, and it's possible that this choice does not correspond to the child's gender identification. Not every intersex person considers themselves to be a member of the LGBTQ+ community.

ASEXUAL

An asexual is someone who lacks sexual attraction or isn't attracted to anyone. Some asexual people have sexual urges but are not interested in satisfying them with other people. Other asexuals have little or no sexual urges.

NONBINARY

Nonbinary is a term that people use that

+ PLUS

The "plus" includes all gender identities and sexual orientations.

Many laws apply to lesbian, gay, bisexual, and transgender people but it often depends on the country or region and can go from the acceptance of same-sex marriage to a death sentence for homosexuality. By March 2023, 34 countries will accept same-sex unions. Iran and Afghanistan and some other countries apply the death penalty for consensual same-sex sexual activity. The death penalty is not often applied in Mauritania, Saudi Arabia, Somalia, or the United Arab Emirates, even though it is technically allowed in those countries. In Sudan, the death sentence for anal sex crimes has been lifted in 2020. Only Iran and Nigeria's legal authorities implement the punishment for homosexual acts, even though it would be considered cheating.

The country Iceland has some of the best LGBTQ rights in the world. Since 2006 same-sex couples have had equal access to adoption and IVF. IVF is one of many ways for people that have fertility problems to have a baby. Jóhanna Sigurðardóttir, the first openly gay head of government in modern history, led a minority government that came into power in February 2009. In a unanimous vote on June 11, 2010, the Icelandic parliament changed the country's marriage law to make marriage as occurring between two people legalizing same-sex unions. On June 27, 2010, the law became operative.

Iceland opened up gender-affirming medical therapy through informed consent in 2019. The LGBTQ community has a month of the year dedicated to them and their community. This month is called Pride Month, the month is often in June in Iceland and it was made to honor and celebrate the pride of lesbians, gays, bisexuals, transgenders, and others (LGBT). Pride Month was founded in the wake of the Stonewall riots, a series of gay liberation demonstrations in 1969, and has since been adopted around the world. Today's Pride Month takes the fight for LGBT rights very seriously, and they also showcase LGBT culture in a very entertaining way.

In conclusion, the LGBTQ community should be treated with respect and decency because they are a vital part of society. There is still a lot of work to be done and will likely remain that way for some time. marriage law to make marriage as occurring between two people legalizing same-sex unions. On June 27, 2010, the law became operative.

Society has made considerable progress towards equality and protection under the law, but there are still many countries far behind when it comes to this, Iceland has come a long way but countries like Uganda were bringing back laws that could arrest people for being part of the LGBTQ community. It is important for everyone and the entire community to continue to fight for the rights of LGBTQ people and try to ensure that everyone has access to the same opportunities and protections. Some of the laws that apply to LGBTQ people in the world are just very unfair and need to be changed.

In conclusion, the LGBTQ community should be treated with respect and decency because they are a vital part of society. There is still a lot of work to be done and will likely remain that way for some time. marriage law to make marriage as occurring between two people legalizing same-sex unions. On June 27, 2010, the law became operative.



FUTURE US

Written by Bergþóra Margot Gunnlaugsdóttir & Freyja Dögg Skjaldberg

At some point, we will all graduate from Fjölbrautaskólinn í Garðabæ. Where do we go from there? We are all so different but we all have the same goal of having a good life, right? After graduation we will all go our separate ways, some of us will go to college, others will be traveling around the world and others might just start working. This is all a part of adulthood, which some of us might find a little scary. The changes we know are going to happen can sometimes make us feel weird, knowing that one day we will be the old people at the family dinner party.

One of the things that we don't think about is that our friend group will change. We might lose some friends and make new ones, and that is okay. On our journey to adulthood, many things can happen, maybe you will start a new relationship, or go through a breakup where you decide to cut all your hair off and color it red. Whatever you do or don't do, it's okay since it's a part of your story.



Talking about becoming adults, being brave, having a positive mindset, and going your way in life can be hard. Our generation doesn't seem to think this way, that is why this is an important topic. Most young people might even not read this far into this article, probably because many of you find this is very cheesy and unrealistic.

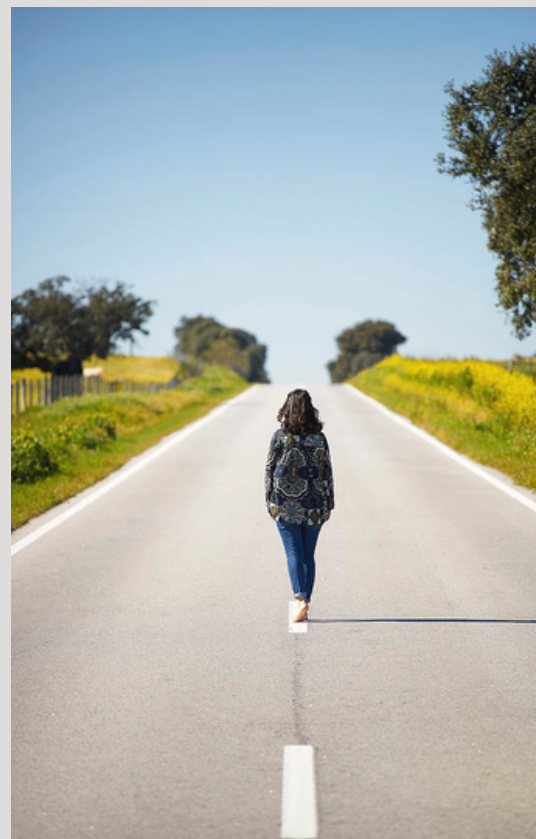
You might have a plan for the future, but when you think about it you cannot prepare for something you haven't visualized. You can't predict the future, you can just imagine what the future will be like. People, especially young people, have a logical fallacy that we expect the future to be an extension of the present.

The important thing is that you always do your best and keep a positive mindset. A positive mindset is important, though it doesn't mean that you need to ignore the bad things that can happen. Find the good things in the bad and approach every situation with an open mind, that way you think of the good things that can happen and not the worst. For those of you that are scared for the future and have a negative mindset towards it, just know that research has shown that it can help you in life.

People that keep a positive mindset live longer than others, are less likely to get depression, and have lower levels of distress and pain. It does not only give you mental strength, but also physical strength. Positive thinking helps with cardiovascular health where people are less likely to die from cardiovascular disease and strokes. On top of that, there is a reduced risk of death from cancer and many other diseases.

If you are having a hard time with this, just know that by doing your best you are doing enough. A good piece of advice to start with is that you should not just wake up every morning, eat, work, and sleep without realizing your true potential. You are the future, so whatever you do, just do it in your best way and keep in mind other people might look up to you.

To wrap it up, just remember that everything happens for a reason and will be fine in the end. So please take the risk you're thinking about, live life, face your fears and try new things to become the best version of you that you can be in the future.



CLASS TRIP TO ÖSSUR AND THE HISTORY OF THE COMPANY

Written by Kári Steinn Guðmundsson



On Friday, the 21st of April, my English class went on a trip to Össur, which is a global health tech company that has its headquarters here in Iceland.

Össur designs and manufactures prosthetics, braces and support products with the aim of improving people's mobility. The company was founded in 1971 by Össur Kristinsson and mainly focused on designing and producing prosthetic limb for people who had been amputated, Össur achieved this by using highly advanced materials and new technology which gave amputees the opportunity to wear durable prosthetics that didn't cause any discomfort. But over the years, Össur has expanded their products by not only creating amazing prosthetics, but also designing and producing braces and support devices for people with any sort of problems, such as ankle braces or knee braces.

In the 1990's, Össur made a huge advancement in the market with the introduction of the Flex-Foot. The Flex-Foot is made out of carbon fiber and can mimic the motion of a real human foot, and enables amputees to engage in a variety of activities and exercise way more comfortably.

Now Össur employs over 4.000 people all over the world and operates in 25 countries, leading the prosthetic industry for over 50 years.

THE IMPORTANCE OF CLOTHES

Written by Emilíana Eik Sigursteinsdóttir

Compared to how new clothes really are in human history, it has made a fairly big impact on our modern society. It does not only tell us about a person's class division but also impacts the way we think and perceive others. That is to say that the clothes we wear can trick our brains. Like when an actor is rehearsing for a play, can the simplest pieces of clothing like a shoe or a bandana or a hat give them that edge or swagger that they need, to get into character. The same applies to the daily day where the clothes we wear impact our thinking, performance and personality. So if you want to think more sharp you can wear clean and sharp clothes. And if you want to be more approachable you can wear more casual clothes. And if you want to feel a bit more confident you can wear a pair of sexy underwear.

The little details matter too where every little detail of your choice of clothing communicates something. Like a tie can make you look more reliable and rooted in tradition, meaning that the tie can be a crucial piece to your outfit if e.g. you own a company and you want your client to know that you are serious about stewarding their money. So you could say that there's a more literal meaning behind the saying "dress to impress". When we dress in the wrong clothes can we be looked at as weird or outcasts. Clothes have so much more to say about us than just whether we are into fashion or not. Clothes can express our feelings and how we define ourselves. Clothes play a much bigger role in society than we really know and we are affected by them more than we would like to be.

RACISM

Written by Atli Freyr Þorleifsson

Societies and cultures have been changed by the difficult and different questions of race. Although race is often spoken of as a term, it has actually been used as a social trait to group people into many and different groups based on physical traits like skin colour, facial features, and hair texture. Discrimination, rejection, and violence are only a few of the many injustices that have been caused by this breakdown.

Race connects with other categories like gender, class, and country is one of the most important aspects of race. Black women in the United States, for instance, confront a specific set of difficulties and experiences that are different from those that white women or white males have to encounter. This global approach to race allows us to better understand how many forms of oppression interact to generate difficult and various systems of injustice.

At the same time, it's crucial to understand that race is not a basic character that never changes, race can be many things. Instead, it is a flexible and good idea that shifts over time and in many settings. This shows how race is experienced and viewed from different angles and can have a big influence on how we see things and how we discuss it.



Racism has a long history that dates back to the colonial era and the slave trade. It was used as a tool to justify the exploitation and oppression of people of colour, and to maintain a system of power and privilege for white people. This legacy of racism has persisted over time and continues to be a major social problem in many countries.

The discussion of racism is one of the most crucial ones taking place now in the world of race. The term racism describes how racial prejudice is put in society and systems, leading to significant injustice in fields including healthcare, employment, and education. A rising number of activists and organisations like BLM are trying to overthrow these oppressive systems and build a more just and equitable society as a result of the big issue that is happening in the world.

The struggle against racism does however show some difficulties. There are some who question racism or who think that bringing up the subject simply increases racial tensions. These viewpoints can be especially damaging because they downplay the experiences of those who deal with discrimination and prejudice on a daily basis. Race is a complicated and complex subject that calls for constant participation and debate. We can build a more equal world for everyone if we acknowledge the flexibility and the connection of race and seek to destroy oppressive and injustice systems.

There are many campaigns that fight against racism, but Black Lives Matter is the largest one. It started in 2013 when George Zimmerman was found not guilty of killing Trayvon Martin, a seventeen year-old kid. George wrote then on Facebook, "Our lives matter" after that people started using the hashtag #blacklivesmatter. In late May 2020 George Floyd was killed by the police, people were finally able to speak up and protest without being afraid to do so. More than 100 million tweets and retweets have been about #blacklivesmatter are made each month. Numerous athletes have come out and shown their support for BLM. It demonstrates that racial distinctions are meaningless because the whole world can come and unite to overcome racism, in that moment to try and change people's prejudice.

The best way to raise public racism's negative impact is confronting discrimination and show more education awareness about the harmful effects of racism and behaviours whenever they are encountered, and promoting diversity and inclusion in all areas of society. It is also important to address the systemic and institution forms of racism that exist in areas such as in education, employment, at home, and healthcare.



TIPS AND PROS FOR FUTURE STUDENTS ON HOW TO SUCCEED IN FG

Written by Andrea Arnþórsdóttir

There are two study and career counselors working in Fjölbrautaskólinn in Garðabær. Students can stop by and also make an appointment. They protect the well-being of students and are their advocates and confidants and are bound by a duty of confidentiality. However, they have to break confidentiality if a student's well-being is at risk. It is good to let them help with your school schedule or you are welcome to them wherever the mission is.

FG has a good library which is an information center for students and employees of the school. Its main function is to provide easy access to information and sources for studying and teaching and to provide students with facilities to pursue their studies. It is very good to take advantage of it as there are various facilities inside the library. There is a Makerspace, various tables, and a quiet reading room.

Most FG courses do not have final exams which many students like. Instead, there is often a final project which has great value. The courses also don't include a lot of exams but instead, there are lots of small projects. Every student in FG has to take a chosen field of study. A chosen field is a 15-unit choice with the aim that the student deepens his knowledge. Of these 15 units, at least 5 units must be at the third level. An exception to the rule about courses at the third level is if courses are taken in a third/fourth language, in arts and crafts, business subjects, or sports and health subjects.

would say that FG has so much to offer that not any school has. There have been successful students in FG who liked the system offered by the school. The school system changed only a few years ago and it looks like it is working well and doing successfully.

Fjölbrautaskólinn in Garðabær is a school with great diversity. Many paths give many possibilities for life in the future and career possibilities. FG offers 9 study programs and specializes in each one. You can choose from everything from business to social sciences to Arts. FG offers many things that help with your study and to succeed, many students use the following things to help them succeed.

All students in FG are offered workshop classes in most subjects which is nice and recommended use to get more help with specific things. In the workshop, students have the opportunity to get additional help with their studies in smaller groups. A professional teacher is present and guides each and every student with the aspects they need help with. In a workshop, students can, among other things, do homework, projects, and/or other things that are unclear in each phase individually under the guidance of the teacher.

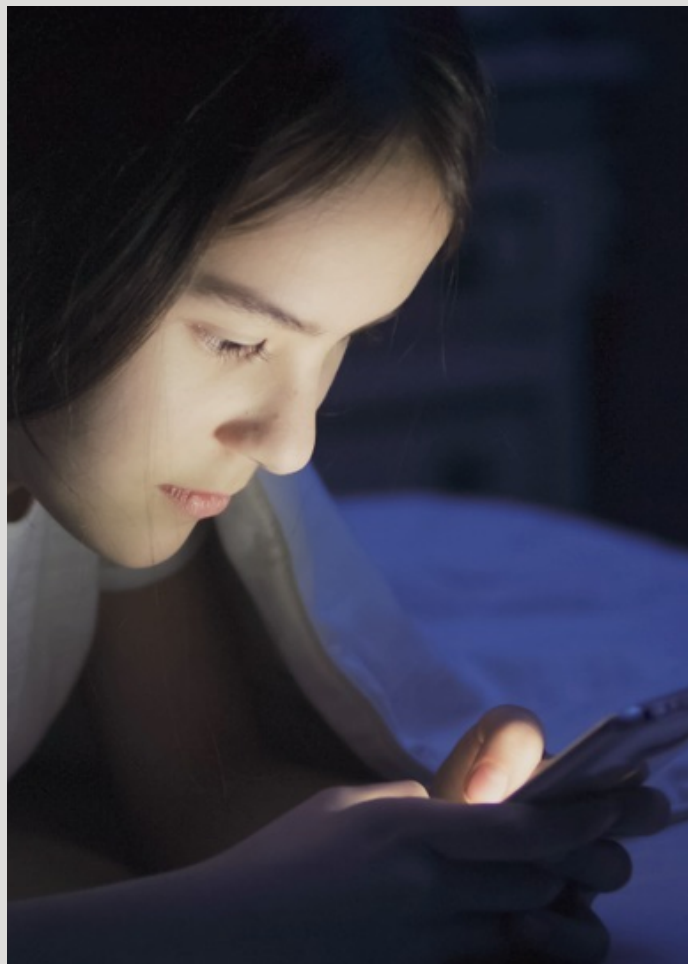
THE IMPORTANCE OF SLEEP DURING SCHOOL YEARS

Written by Freyja Dögg Skjaldberg & Bergþóra Margot Gunnlaugsdóttir

As a college student, I know firsthand how busy and demanding college life can be. There always seems to be an endless list of projects to do and social events to attend. Many individuals believe that sacrificing sleep is the ultimate solution to accomplish everything on their to-do lists. Nevertheless, the reality is that obtaining sufficient sleep is essential for one's physical well-being, mental well-being, and academic success. In the case of college students, a restful night's sleep is more than a mere indulgence, it's a must-have.

The benefits of sleep cannot be emphasized enough since it impacts numerous cognitive functions such as memory retention, concentration, and analytical abilities. While sleeping, the brain performs its wonders by organizing and retaining the knowledge acquired during the day. As a result, it becomes easier to recall and retain that knowledge. Rest assured, a good night's sleep is a key ingredient for academic success. During our sleep, our brains undergo a process of organizing and integrating the information we have gathered throughout the day, which in turn makes it easier for us to recall and preserve it.

It is imperative to comprehend that sleep isn't just crucial for our cognitive abilities, but it also plays a vital role in maintaining our physical well-being. Numerous studies have demonstrated that sleep deprivation can lead to various chronic diseases such as cardiovascular disease, obesity, and diabetes. It is not uncommon for college students to compromise their physical health due to their busy schedules. Nevertheless, getting an adequate amount of sleep can prove to be an effortless and efficient way to enhance physical health and diminish the possibility of long-term health issues. Understanding our sleep patterns as college students is essential to preserving our health and achieving academic achievement. Rapid Eye Movement (REM) and Non-Rapid Eye Movement (NREM) are the two main phases of our sleep cycle. Our bodies heal and regenerate during NREM sleep. Three phases make up this stage, the most restorative of which is the deepest. NREM sleep is crucial for maintaining physical health and fostering overall well-being. When we are in REM sleep, our brains digest information from the previous day while we dream. For cognitive function and memory consolidation, this phase is crucial. To focus and efficiently retain information, college students need to make sure they get adequate REM sleep. It's also crucial to keep in mind that as we get older, our sleep cycles alter, and our particular demands for sleep might shift depending on things like stress and the amount of exercise. We must prioritize our sleep as college students and create a reliable sleep regimen that suits us. Understanding our sleep cycle and making changes to our sleeping patterns can help us do better in school and generally feel better.



How can you improve your sleep?

01

Establish a Regular Sleep Schedule:

A regular sleep schedule that includes bedtime and wake-up times each day helps the body's internal clock function properly and enhances the quality of sleep.

02

Make Your Environment Sleep-Friendly and Calming:

Our bedrooms should be cold, quiet, and dark to encourage relaxation and better sleep. Additionally, since blue light from electronics might disrupt sleep, we should avoid using them right before bed.

03

Limit your intake of caffeine:

Even though we might like an energy drink or a cup of coffee to unwind after a hard day, you should keep your intake in check, especially in the evening. We should avoid consuming too much alcohol right before bed because it can interfere with sleep cycles.

04

Use relaxation techniques:

Before bed, deep breathing, meditation, or yoga can assist to relax and relieve stress, which will improve your sleep.

05

Manage Stress:

Stress can interfere with sleep, and college can be stressful. Through exercises, journaling, or conversations with friends, we should find techniques to control our stress.

According to Better Health, the average teenager needs between eight and ten hours of sleep each night. Lack of sleep can increase the likelihood of depression, lack of academic performance, and behavioral problems. However, certain factors can contribute to sleep problems that put schools at risk according to Weill Cornell Medicine - Qatar. Stress is a significant factor in college students' sleep issues. Stress can prevent the body from falling and staying asleep, and college can be a very stressful time. Many college students also experience anxiety or depression, which can affect the quantity and quality of their sleep. The ubiquity of technological devices is another aspect. Even late into the night, a lot of college students rely significantly on their phones, laptops, and tablets.

However, the blue light these gadgets emit has the potential to disrupt the body's normal sleep-wake cycle, making it more difficult to get to sleep and stay asleep. Overall, college students are more prone than the overall population to experience sleep issues due to several causes. However, we can enhance our sleep quality, guarantee academic achievement, and promote general well-being by emphasizing healthy sleep habits.

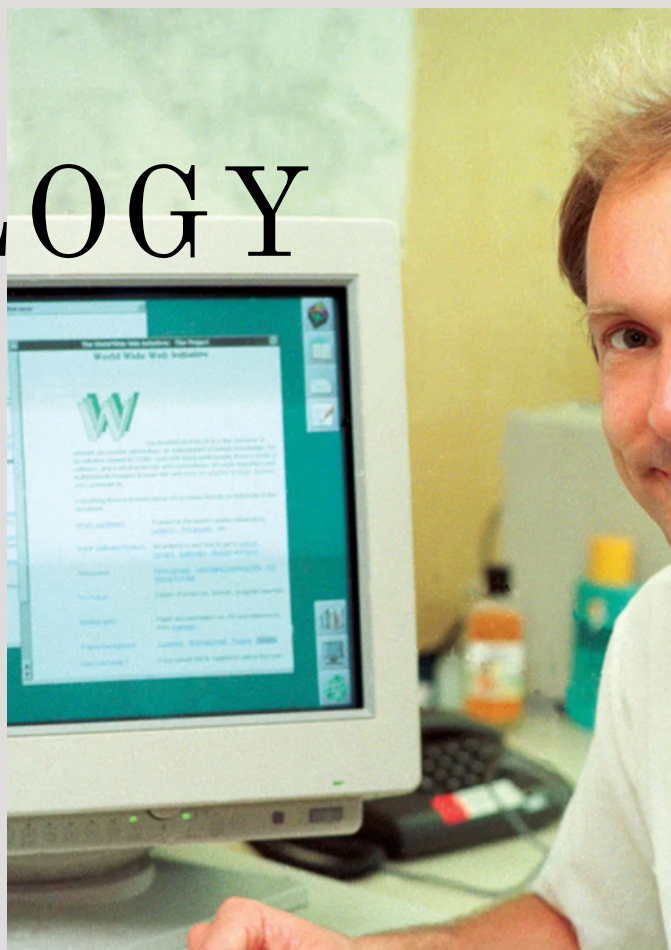
SOCIAL PSYCHOLOGY

Written by Þórunn Hanna Gunnarsdóttir

Félagssálfræði, or social psychology, is a class available to all students in Fjölbrautarskólinn í Garðabæ that have finished FÉLV1if05 and ÍSLE2mg05. The course discusses subjects that affect us all and because of that, it can help you navigate all kinds of social situations. It teaches things like how we perceive others, how we connect to people, the bystander effect, the effect that the presence of others has on you, how your mind works through new information/new people, stereotypes, prejudice, and other very interesting and helpful things.

In the first half of the semester, you take the social psychology part of the course but after mid-semester, the class is switched over to disability studies. Disability studies center around learning how disabled people feel and the different types of disabilities. Disability studies is a fairly new field of study and originated in the USA and Britain.

To succeed in this class it's essential to stay up to date with all the projects and assignments that are due, since being up to date on them both helps your overall grade, and it also helps you to keep up with the class materials. It's also important to stay up to date on reading in the book the course is based around, but the assignments do help with that since some of the assignments are based completely on the book. All in all this class is very interesting, it helps you understand so many things about human behavior and it's most definitely not only for the students who aim to study anything related to psychology, it's in fact teaching information we would all be better off knowing.



INTERNET

Written by Róbert Bragi Ásgeirsson

The internet is a huge thing and it connects all of us in a way that was never possible before it on the internet you can do watch or learn virtually anything you can also upload virtually anything you'd like and you can even make money of doing that or get exposure so people know who you are helping you get other gígs or helping you promote or find a business you wanna use or work at although this doesn't always works but when it does it can be very powerful.

And you get all of that for free unless you go to places that cost money on the internet but most of the time whatever you wanna do is free and the only thing you really need is a cellular or wifi connection and some sort of device that has the capability to connect to the internet all that being said it's an incredibly small price to pay for such a large amount of information but there is a downside to all of this with all of that information and paid websites in there you have a lot of false information disgusting videos and scammers trying to scam you out of all of your money which has been made easier with the internet and of course all sort of Legal trouble you can get in for doing some things on the internet as not everything you do on the internet is legal but overall the internet is a great thing and í don't see the world working anymore without it's presence as the world has gotten so intertwined with the internet but how did it all start?

It all started with J.C.R lickliger in the early 1960 having created the building blocks of the internet with his internet doing packet switching or transmitting electrical data but it wasn't until the 90s when the internet blew up being used in schools across the world for educational purposes and in the 30 years since it's developed dramatically into what it is today

RACISM IN THE UNITED STATES

Written by Sunna Rut Guðlaugardóttir



Racism is an issue that is often discussed. Racism is the belief that one race is superior to other races. In 1619 slavery started in the United States. People were brought from Africa to the United States and were slaves for white people. Enslaved people received horrible punishments from the masters for not being obedient, working too slow, defying authority and running away. The masters raped the women, imprisoned, tortured and mutilated them.

Slavery had many other effects. Slavery was abolished in the United States in 1865. Even though slavery was banned it did not stop racism. After slavery was banned racism has changed. For example have people called the police multiple times on black people for only being in public, white people feel threatened by black people because of their skin color.

Emmett Till was 14 years old in 1955. He was on vacation and visiting relatives in Mississippi. He was in a grocery store when he interacted with a white woman. He was abducted from his great-uncles house and was tortured before he was lynched.

Police officers were called to a store due to a possible counterfeit 20\$ bill in May 2020. George Floyd was suspected to have used a counterfeit 20\$ bill to buy cigarettes. Floyd was handcuffed and pinned down by the police. A police officer held his knee on Floyd's neck for 9 and half minutes. The police officer did not move even though Floyd cried out multiple times he could not breathe. The police officer did not listen to the bystanders shouting at him to listen to Floyd either. George Floyd was pronounced dead at the hospital. In a police statement a day later it said that Floyd had passed away from a medical incident. The statement also stated that Floyd resisted and appeared to be in medical distress. A bystander posted a video of the event which showed what really happened.

Four officers, including Chauvin who pressed his knee on Floyd's neck, were fired the day after Floyd's death. Chauvin was sentenced to 21 years in prison. After Floyd's death people started protesting. These protest were held around the world and known as a part of the Black Lives Matter movement. In 2014 Eric Garner was killed after arresting officers put him in a chokehold, he invoked he couldn't breathe 11 times.



Emmett Till



Memorial for George Till

In 2016 Colin Kaepernick took a knee during the national anthem before a NFL game, to take a knee has now become a symbol of resisting racial oppression.

Three white men killed Ahmaud Arbery while he was out jogging in 2020, they felt threatened by Arbery and shot him.

Ralph Yarl, a 16-year-old, was picking up his brothers from a friend's house on the 13th of April this year. Yarl went to the wrong house by accident. He was shot in the head, the perpetrator proceeded to shoot him again, now to the body. Thankfully Ralph Yarl survived. He was released from the hospital three days later. If the bullet had landed an inch from where it landed Ralph Yarl wouldn't be with us now. The perpetrator, Andrew Lester who is 84 years old, was arrested five days later after he turned himself in. These cases are only examples of the countless crimes against people of color in the United States.

In 2019 were 1,930 hate crime against black people reported in the United States. In 2020 they were up to 2,871. It has to be taken into account that these numbers are only reported crimes.

Racism has changed since slavery and even though slavery has been banned racism is still a large issue. There is a lot of work that needs to be done, it does take time but it is work that needs to be done for a better world.



Ralph Yarl



Össur

Össur is one of the biggest companies in the world that helps people with difficulties with their bodies. Össur specializes their work in the manufacture, and sale of non-invasive orthopedic devices, such as prosthetics, braces, and supports. The company wants to help users with difficulties and one of their slogans is Life without limitations, which sums up very well what they are trying to do.

The Company was founded in 1971 in Iceland. Now more than 4000 people work at Össur. The company has its headquarters in Iceland, but they also have both large and small offices or factories around the world. They are distributed all around the world, they are for example in Europe, America, Asia, and Africa. Össur has also bought many smaller companies to help themselves to get bigger and bigger and be the biggest company in this industry. They are also quite often changing the material in their products, so they are doing business with a lot of companies around the world. One thing that Össur emphasizes is calling people who come to them users, not clients. That is because Össur knows that these people are not sick, they are just missing some part of their body or need assistance because of their bodies. That is very nice for the users because then they don't look at themselves as sick people and Össur supports their users in through their struggles.



The Company's product range is very wide the prosthetic devices. For people who have lost a foot. They can go to Össur and get a new foot with their help, and they will design a foot that will adjust to each person. They have a lot of clients around the world. People with diabetes are the people who trade most with them because of the disease. People with diabetes often must get their legs removed and that is why they are their biggest customer. Össur also has a product for people who have lost their hands. The I-Limb prosthetic hand uses very advanced technology to provide patients to do things could before they lost their hand or help them to do things if they never had a hand. With this technology, people with no hands can now get new hands and can make the task from grasping and gripping to picking up small objects and typing on a keyboard.

Össur also offers a range of braces and support products for those in need. These products are made for your knees, ankles, back, shoulder, and wrist. These products are made for people who have gotten injured or have weak joints or muscles. These products are made for trying to fix your pain or prevent coming pain or injuries. These products are made for everyone, and you don't must come and get a mold of your body to get one of these but maybe your size. There are a lot of people in the world who need products like these and Össur makes a huge impact on these people. Many of these people are old people who maybe have fallen or are just old and their body is starting to give away. There are also a lot of athletes who are using them after getting injured or that are retired and have a sore body after their sport carrier. If you want one of these, you can go to the Össur website to get more information about how to get your hands on one of these. It is fun to know that people in Iceland are making such an impact on the people in the world who are in struggles with their body

TRAVELING THE WORLD AS A CAREER

Written by Þorsteinn Karl Arnarson



There is also the possibility to get your Private Pilots Licence (PPL) while studying at FG because the Icelandic Flight Academy does have both evening and distance PPL courses. Doing both schoolwork and attending a PPL course is hard to do at the same time but can absolutely be done with some planning and dedication. Being a pilot is a demanding yet fun job that pays exceptionally well especially here in Iceland. Flying all around the world, visiting new and exciting places is all part of the job. Who doesn't want to have a job where you are basically being paid to travel? Not to mention the salary. The airline landscape here in Iceland is somewhat one of a kind.

Becoming a commercial pilot can be extremely fun and a fulfilling job but something which must be contemplated before going all out and starting the flight academy is: Is this something I want to do and is this something I am very interested in? The interest and the will to go through the flight academy must be 100%. Learning to become a pilot is very expensive. You could very easily be looking at spending 15.000.000 ISK for both the education and essential equipment pilots must own. At Iceland Aviation Academy there are two different options for commercial aviation training. Airline Transport Pilot (IATPL) programs are for those who plan on becoming commercial pilots flying passengers all over the world for airlines such as Icelandair. Before becoming a commercial pilot you must first become a private pilot and complete training and courses for a private pilot's license (PPL). As a student in FG one could prepare themselves to go on to learn flying at the Iceland Flight Academy. There are entry requirements for the Airline Transport Pilot program (IATPL) such as, that you have to be at least 17 years old. You have to have a minimum of three English courses, two math courses and one course in physics. You can take all these courses at FG so that when you graduate you are ready immediately to go learn flying!



Icelandair has a tight grip on Iceland's flight industry and many airlines have come and gone throughout the years for the fact that competing with Icelandair is nearly impossible. Icelandair's pilots are some of the best paid pilots in the world. The starting salary is just north of 800.000 ISK. So in conclusion: Becoming a pilot is something you have to have a desire for because it can be demanding and at times hard to be a pilot. Although it is a demanding job it can be very rewarding since you both get to travel the world for work and it pays really well.

Written by Victoría Karen Ottósdóttir

WHAT MAKES A GOOD SCHOOL?

People have many different interpretations of what a good school is. Here, I intend to summarize most things I've heard people say they believe to make a good school.

I'm sure we can all agree when it comes to teachers, they are a truly the most essential part of a school. They are the people that really do teach us what we need for future education. I believe that teachers should be understanding and helpful.

Many students have diagnosed or even undiagnosed difficulties that do hinder their learning and I think that teachers should be able to assist students if they do not understand the subject. That being said, the school should not exhaust their teachers either since this could lead to the teachers not having the energy or capability to teach the students well enough.



Another thing that does connect to equality is bullying. Students should not be afraid to come to school for any reason whatsoever. This goes for students and teachers alike. There have been instances of teachers bullying students and this should be removed completely. Students should be able to come to teachers if they need help or someone to talk to, but this is not possible if teachers do not provide a safe environment for students.

As much as this goes for teachers, students should not bully or feel the need to unnecessarily comment disrespectful things to other students. Even if its one student being bullied or a whole group of students being talked down to, it does do damage. This is a school for everyone, everyone should be allowed to feel safe and good in this school.

 Fjölbrautaskólinn í Garðabæ

Save your money with a food card

Buy food stamps and save 950 isk for 5 meals



Accessibility for disabled students, whether it be physical or learning disabilities is mandatory in all schools. This includes ramps or elevators for those who need it, help for visually- or auditory impaired people and assistance provided to students with learning disabilities such as dyslexia, autism or ADHD.

Schools should be able to assist students that need help with mental health. Many students are mentally ill, which in the long run makes their whole school run much more difficult. Declining mental health could lead to students no longer wanting to go to school and thinking it's a waste of time. This could not only isolate them, therefore increasing their already depressed or anxious mental state, but also this could impact their lives regarding their future education and potential jobs.

A good school should also admit and openly talk about any problems that the school or people within the school have, rather than hiding it they should see it as an opportunity to do better. This promotes growth and helps students within the school to feel more secure in their everyday life since school is very imbedded to their routine. Many schools across all countries have experienced some form of abuse or even sexual abuse done by students, to other students which needs to be addressed and taken care of everywhere.

To summarize, a good school should make sure that the students as well as the teachers feel safe and happy. Since school is such an important aspect to peoples lives, we should work hard to make sure no one feels anxious going to school or studying. A good and healthy school environment could potentially change a students life for the better.



ERASMUS

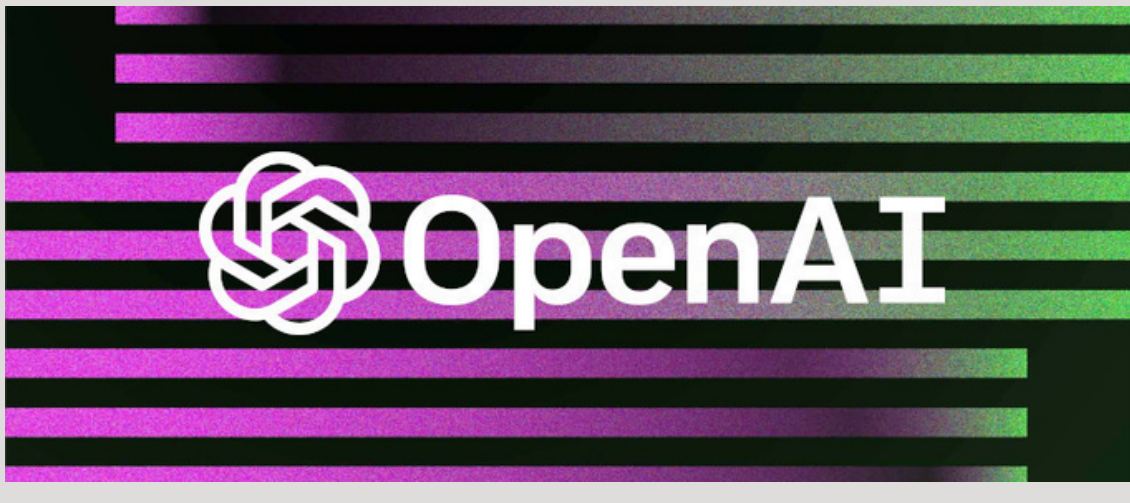
Written by Karen Ósk Kjartansdóttir



I have been on an Erasmus trip with FG and it has thought me so much. I went to Norway in the beginning of January of 2023 and they came to Iceland in April 2023. In the beginning I didn't know what I was signing up for and I didn't know what to expect but this program blew all of my expectations. I had never met the family I was going to stay with and the stress was getting to me. When we arrived at the airport in Oslo and I saw the family that I was going to stay with I could right away feel the warmth from them. The family that I stayed with was lovely and they welcomed me into their home with open arms. It is not easy to open your home to a total stranger and at the same time make them feel at home but that is exactly how they made my feel. I am forever grateful to the family I stayed with and the Norwegian students that took the time to show us how they live their day to day life's. It was so incredible to experience the difference between our habits and lifestyles.

The history is very similar and I learned that Norway has made a lot of our history and stories their own. We went to some museums to learnt about the history and their beautiful land. Then we also went skiing and spent some quality time with the Norwegian students. I learned a lot about "russe bus" which is a bus they paint as a group and party in for a month. They have their finals that month which means that almost every student that is graduating comes to school hung over because of alcohol or still drunk. They custom make clothes for everybody in the bus and get an artist which makes their "russe song".

I was wary surprised to see the big difference on organization and attendance. The Norwegians were always on time and did not like to be late or forget anything. I did not think that Icelandic people would be any different in that era but there was a big difference. I will definitely take some of the organizational trade with me into the future. Before the Norwegians came to Iceland we got to help the teachers to schedule the week. I was super excited to see the students again and show them Iceland. The weather while they were her was very good and the sun came out a few times. I would never have imagined that I could form a deeper bond with the students from Norway but we made an even stronger bond than we had. At the end of their stay in Iceland I foud that I was tired because of the hectic schedule every day for a week but at the same time I've probably never been as grateful for a week in my life and the people I spent it with. I didn't only learn about their land but also about my own country. It caught me by surprise because when I signed up for this project I would never have thought that I would learn so much about myself at the same time I was learning about other cultures and experiences. Erasmus is one of the best things I have ever been a part of and truly an unforgettable experience. I would really encourage everybody that get this opportunity to take it because they will not regret it. This project has opened a window for me and I can really indulge myself in learning Norwegian and maybe moving there temporarily. I have made friends for a lifetime and I will for sure go see them again.

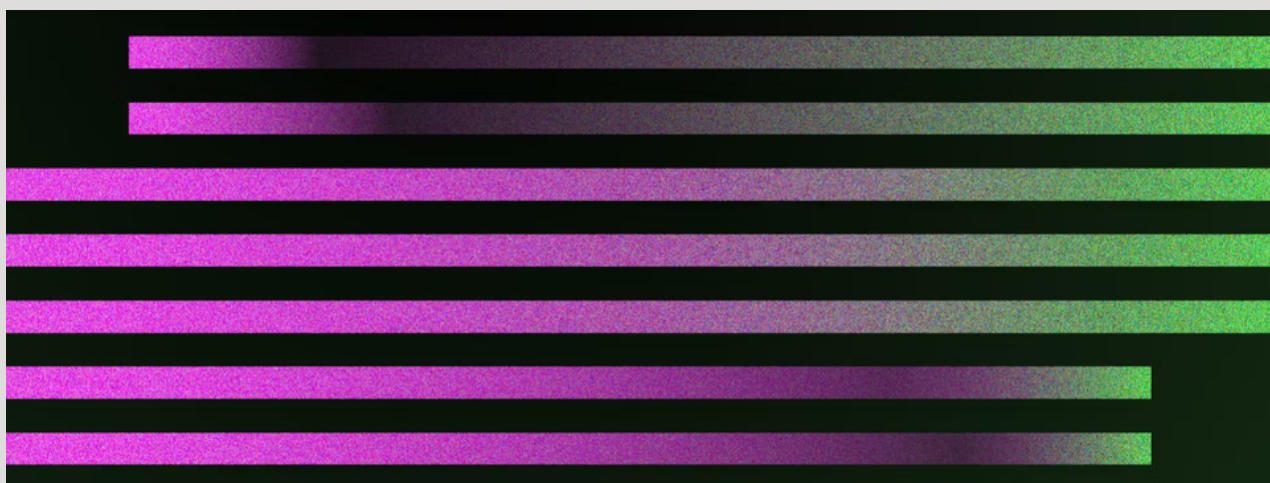


CHAT GPT

Chat GPT is an artificial intelligence tool that generates text out of the knowledge it gains from all different kinds of resources. The tool can tell you about pretty much everything and because of that, it's one of the most advanced artificial tools in the world. Chat GPT gains its knowledge from sources like books, websites, and articles. The tool can be used for so many different scenarios and not all bad, like a lot of people put it out to be. It can do things like write short stories, write poetry and songs, and have that poetry or song be based around a certain artist's style, it can even write a new episode for a tv show.

Even though chat GPT is quite capable of doing all kinds of things, it definitely has its limitations. For example, the tool is based on so much knowledge from so many different places that it has generated some offensive and inappropriate responses because it might base its information on inappropriate and offensive resources. Another aspect that could be taken into account is that the way chat GPT presents its text is in such a strict formula that it's very obvious a human was not the one who wrote it, which is the tool's purpose in the first place. The tool can be very helpful to help everyone get a simple and short explanation of the things the tool is asked about, but the tool can not be solely used to write entire essays or such, but rather as a helping tool to grasp better understandings of a subject.

Written by Þórunn Hanna Gunnarsdóttir



PROS & CONS OF STUDYING ABROAD

Written by Jökull Sverrisson

While traveling abroad sounds great for some people other people think it is a bad idea. But what are the pros and cons of studying and living abroad. To start off with cons there are a couple of cons to think about. First of all, it is the cost. You will have to pay for flights, living space, food, school, and transport and pay for it all. It can cost a lot, especially in places like the UK where schools can be way over budget for most people but there are some less costly places to study in. But when you add all your spending up from studying abroad I would not be surprised if it is way more than you were planning on.

The next problem with traveling abroad is the language barrier. When traveling abroad it can be much of a hassle to speak to people that barely know English. What can be good about that is that you may feel challenged to learn a new language and it will pressure you to learn a new language from start to finish. But if there is not much interest in learning a new language then that could be a very big con for people. The last con that will be talked about is homesickness.

When studying abroad you are obviously far away from your family and that can be really hard for some people. Being away from everyone they know and jumping right into a new place and having to meet the right people you want to become friends with can be hard. Though some people won't find a difference when studying abroad that doesn't mean that it will at some point.



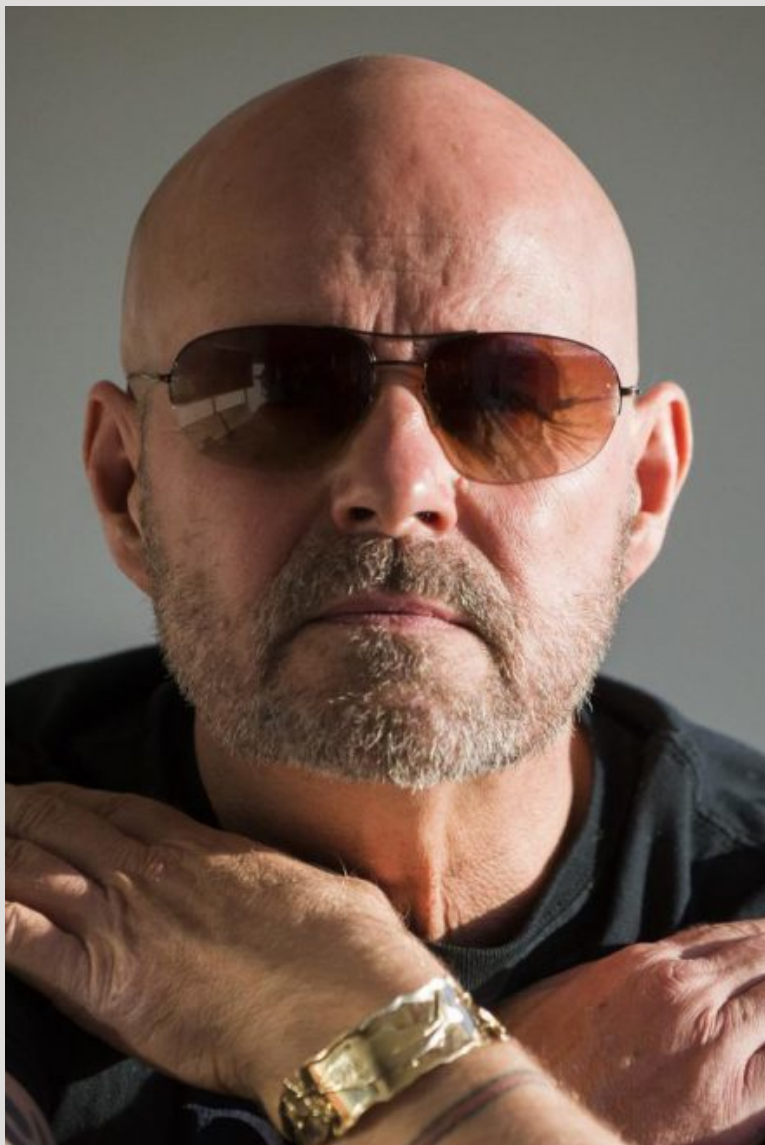
The pros can outweigh the cons though. So to start off with the pros it will be the friendships that you make along the way. If you are studying abroad you will meet so many new people from all around the world. Friends that you will keep forever. As was said before it may take time to meet the right people for you but when you do which is most likely early on in your studying program it will never be forgotten.

The next pro that will be talked about is studying in English. It may be hard to get the hang of it at first but when you get used to it, it will be so much better than before. Because if you study in your native language there are a limited amount of places you can work and that is in your home country. But studying abroad will force you to study in English and that will open a whole new world for a work environment. Everywhere in the world more and more companies that are starting to make their main language English. So by studying in English you will be much more able to find a job in the future.

The last pro to talk about is being out of your comfort zone. Although some people find it bad and uncomfortable to be out of your comfort zone it will help in the long run. It is said that the best experiences happen out of your comfort zone and that is true because when you are in your comfort zone there is a limited amount of things that you can do. But when you are out of your comfort zone there are endless possibilities for what can happen and with that comes endless possibilities to find the thing you find the most fun with. What are the pros and cons of studying abroad all depends on the person if they will find studying abroad excellent or bad there is no right answer to should

BUBBI MORTHENS

THE FIRST REAL ICELANDIC ROCK STAR



Most Icelandic people recognize the singer and songwriter Bubbi Morthens and his most popular songs that are frequently played on camping trips or summer festivals. Bubbi's real name is Ásbjörn Kristinsson Morthens and he was born the year 1956 in Reykjavík Iceland.

Bubbi has mostly had a solo career especially the last few years, he was however in two bands Egó and Utangarðsmenn. Unfortunately Bubbi struggled with drug addiction in his younger years and is thankfully sober now. What is really interesting is that some of his best songs were created when he was struggling with this sickness. He probably managed to go on a deeper level in his mind because of his struggles, Bubbi has also mentioned how some of his songs were inspired while he was in rehab, working on himself trying to quit.

On top of everything Bubbi was a victim of a sexual abuse when he was a kid so his life has definitely not been easy, he went through some hard things and therefore had a lot of heavy material to write about. Bubbi is also very religious, he has talked about how god has helped him through the addiction and in his lyrics god and faith is often mentioned.

Today Bubbi is still giving us amazing songs. As he got older he started going for more calm songs and has moved on from the rock but his lyrics are always very beautiful, deep and meaningful. Bubbi is a very talented songwriter and singer, he also often brings his guitar on stage and sometimes even his harmonica. Some of his most famous songs are Rómeó og Júlía, Stál og hnífur, Fjöllin hafa vakað and Afgan to name a few. In conclusion, Bubbi is a fantastic artist and very known in Iceland. He has struggled but is now in a better place in life.

