



MAGAZINE FROM YOUNG PEOPLE TO YOUNG PEOPLE

# YOUTH VOICE

*As long as there's unity, there's future*

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# Things to know when traveling to another country.

Going abroad? Spending time in another country, learning about their culture, visiting nearby towns - doesn't that sound great? But before you decide to go abroad, it is worth getting ready for it and checking what you should know before such a trip.

In this article, you will learn what you should know before leaving and read interesting tips that may come in handy during your trip. A short checklist has also been drawn up so that you can follow it while preparing for your trip. So what, are you ready to start preparations? Let's start!

When you travel abroad, there are a lot of things you'll need to remember.:

## **-Make sure your passport and visa are up-to-date**

Depending on the country you are traveling to, you will need either only an ID or a passport. It is important that you make sure that your documents are valid, if not, go to the office to get new documents.

## **-Buy travel insurance**

It's likely that your health insurance won't cover you while you're traveling abroad. Depending on where you're going, consider buying medical evacuation and emergency medical insurance. In banks and insurance companies, there are various offers tailored to your needs.

-If you plan to rent a car or drive at your destination, find out whether an international driver's license is required or if your U.S. license will suffice.

## **-Know Eating Mannerisms**

This is one thing that you are going to be doing, definitely. Make sure you know the way to do it respectfully. For instance, did you know in Egypt (and several other countries) that finishing all the food on your plate signifies that the host did not provide you with enough to eat? To finish it all can seem insulting. In Japan, it is the exact opposite, don't finish and they may believe you did not appreciate the meal. Make sure if you have a host, they feel appreciated.

## **-Know what is considered Respectful Clothing**

Is the country that you are visiting of a religious majority? Check into the conservatism they enact with clothing and jewelry that the people observe.

## **-Know Who to Contact in Case of Emergency**

Know the contact information of your native country's embassy where you are visiting. They are not always helpful in every situation, but it may come in handy. Program the authorities, the local emergency line, and a taxi service into your phone right away, and never worry about it if something happens

## **-Money**

There are a number of different ways you can take money with you abroad, and it's normally worth combining several of these methods.

Look up the monetary conversion before you go. If you prefer to use cash, go to the exchange office and exchange the appropriate amount of money.

Or if u prefer card, Make sure your credit card will work in the country you're visiting

### **-Adapter**

Bring a charger adapter. Countries have different size plugs and voltage. So if you want to use your iPod, make sure you can charge it.

### **-Weather**

It is important to know what the weather is like where you are going. All you need to do is check the weather and you will immediately know which clothes will be suitable for packing. Remember to consider the time of the year.

### **- Medicines**

It is worth remembering about medications, because buying special drugs abroad can be problematic. If you are ill, for example you have diabetes and have an insulin pump - you need all travel and medical certificates and a letter regarding the pump that cannot be x-rayed. Such documents and information are very important at the airport.

### **- Language**

Do you want to communicate with the residents? It would be nice if you check what languages they speak. Of course, you can communicate in English in most places on earth, but it is fun to know the basic words of the language of the country you are going to. Know at least a few words in the language. You should at least know how to say yes, no and thank you in the language. One of the most important to know: Thank You

### **- Eating**

In some countries (Argentina & Spain, for example), dinner doesn't start until at least 9pm. If you show up before that, you might be the only person in the restaurant. If you want to eat as early as 6 or 7pm, you might need to find a cafe instead of a restaurant.

Try to make reservations for 9:30 or 10 pm if you want some atmosphere while you dine.

### **-Baggage**

Know the airline's baggage policy and buy the right size luggage. Some U.S. carry-on bags are too big in Europe and Asia. Low cost airlines always have stricter limits. Know before you go. Believe me, you don't want to get caught on a European trip with a bag that's too big. You'll pay for the extra baggage on every leg of the journey.

### **- Passport**

Don't walk around with your passport. Keep a copy of the first page with you, and store your passport in the hotel safe

With these handy tips, you can make sure your next trip abroad is a safe and enjoyable one!



# **My country is the best because...**

## ***Europe without Greece***

Greece can be considered as one of the most important countries until today, due to its great influence, both in the past and today. Greeks have contributed to culture, arts, philosophy, politics, architecture, literature, explorations, mathematics, science, music, technology, trade, cooking and sports. It is also the birthplace of democracy. More specifically:

## ***Greek islands***

The islands are the main morphological feature of the Greek area and the most known part of the culture and tradition of the country. There are about 6,000 islands and islets in the Greek territory but only 170 are inhabited, a unique phenomenon to the European continent.

## ***Ancient Greek mythology and the Olympian Gods***

Ancient Greek mythology is known around the world. Greek myths are allegorical stories and are a global cultural phenomenon associated with religion, society, politics, literature,

philosophy and art. The twelve Olympian Gods feature in all aspects of Ancient Greek Mythology and they could either show great kindness or dish out terrible punishments.

## ***Greek philosophers***

The ancient Greeks, through philosophy, tried to approach various issues, concerning life, the world, politics, ethics, etc. Ancient Greek philosophy influenced Western culture and perception and played an important role in the development of the European Renaissance and Enlightenment. Several Ancient Greek philosophers, such as Socrates, Aristotle and Plato are still relevant today and they even influenced many later philosophers.



## ***The birthplace of Democracy***

Greece is known as the birthplace of democracy, which effectively means “people power”. The ancient Athenian Republic is the basis of the Republic of modern societies. In ancient Greece, for the first time in human history a state was created with laws, for which the citizens participate in their formation. In a democracy, all adult citizens have the right to vote, and laws are for the common good, not just the few. So, this was the first attempt for the people to be able to actively participate in the city’s issues.

## ***Greek language***

Greek is one of the oldest written languages on Earth and thousands of words in English come from Greek.

## ***The Olympic Games***

The first recorded Olympic Games took place in Olympia, while the first modern Olympic Games took place in Athens. They were held to honour the King of gods, Zeus. Nowadays, the Olympic Games are a global sports organization, which through the ideals of sports, praises the equality and peace of all states and people.

## ***Greek food***

Greek food is really popular and also one of the reasons that many visitors come to Greece. Greek cuisine is rich and diverse. Some examples are souvlaki, mousaka, feta cheese and of course olive oil, appearing in most traditional recipes.

## ***Theater***

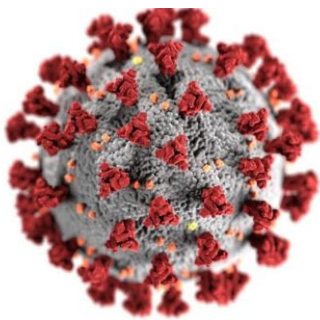
In Ancient Greece, every city had at least one theater as it had a great value to the ancient Greeks. Everyone was allowed to enter even the prisoners, as they considered it also a school and often had a sociopolitical character.

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Undoubtedly Europe would not be the same without Greece, but for sure it would not have this name. Even its name originates from Greek mythology. Without Greece there wouldn't be the ideals of democracy, the right to vote and the message of peace and friendship between people.

# How the pandemic has affected EU and Human Rights

*In all the world we can find some situations where Human Rights are breaking. But there was never so common situation for majority of countries. Has it changed since pandemic started? What happened in countries in EU during this time? Let's see how it affected to our rights and lifes.*



## **Education**

One of our rights is right to education. Education should be available for all people. Is it still true when some countries are closing schools? And we're not talking about closing schools and have a vacation. Schools are closed but lessons are still maken but at home with... Computer and connection to the Internet. I was working as a customer service of one of the biggest telecommunication network in Poland. Every day

thousands of people where calling because they Internet wasn't working or they needed more Internet but they couldn't afford it. And why did they need it? Because their children had an exam in the next day, because they couldn't connect to lesson. There were also a lot of people who just doesn't have device which they can use. And at the end some children couldn't "go to school". Where was our right to access to education then?

## **Meetings and strikes**

In some countries pandemic was political tool which was using against opposition or people who don't agree with governments. The best example here is Poland were womens were protesting against taking from them right to decide about their bodies. Government and Constitutional Court which is supporting for government decided that abortion is legal only when women can died because of pregnancy. How did they use pandemic? They limited the right to assemble and protest under the pretext to avoid spreading of Covid. There were also some limits on the number of people what was making harder to make togheter anything.

## ***Sitting at home***

**S**ome countries have gone a step further – like in Italy or Greece. There was a time during pandemic when you couldn't go outside and there was only few possibilities to do that. You could go to work, but a special certificate was needed. Also grocery shopping was possible. But you could have forgotten about family shopping. Do you have a dog? Then you are lucky. After all, they won't ban you from walking your dog. But your dog probably wasn't so happy.... Finally, how many times in a day can you go out for a walk with your neighbors?

## ***Shopping***

**I**n some countries there was a problem to go shopping normally. Governments decided to make some special hours for seniors. How was it working? For example senior hours was from 10-12 in all the country. That's mean that only specific group of people could go shopping then, for example people 65+. As a result of this young people couldn't use the store this time. And what if someone was at work during the rest of the day and it was the only time he could go shopping? That was his problem.

## ***Health***

During pandemic a lot of health problems wasn't solve correctly because everything revolved around

the coronavirus. Some health clinics have refused to accept patients in favor of so-called telephone advice. Was it always enough to get to know what's wrong with us? Of course not! Especially with children. We are not all doctors, and we are not able to assess our symptoms adequately to communicate them to a doctor in order to receive a diagnosis. Yes, telephone advice is great for consulting test results or minor health problems. But in many cases, it limits our right to decent health care.



*Do you want to learn more about the impact of coronavirus on human rights and our lives? In the next issue, you'll read about the most shocking restrictions in European countries and how young people are responding to restrictions!*

# Everyone should vote because...

Voting gives people the power to influence their future and to decide how their country is run. Voting gives people the power to speak up, communicate their opinions, and use their voices to make a difference. Voting is the greatest opportunity to have a say.

Yet, as young people, we have not fully taken advantage of this right. We have the power to elect representatives that align with our beliefs and we can get involved with voting in many ways.

As young voters, we can play a huge role in the elections, so we must use our voices.

## ***Every vote counts***

We might have the notion that our voices do not matter. We feel as though politicians consistently ignore us and the issues we care about. Climate change is one of many examples where we feel that we have been silenced. However, every single vote counts. There are numerous examples from previous elections throughout history when the parties or candidates won by

a few votes. The power of youth voters was evident in the past when young people were a major deciding factor in the win of the elections.

## ***To make a change***

Although making decisions about the future of the country's young generation, mostly elderly people go to elections. More skeptical and stick to their ways, they are less likely to vote for reforms, progressive changes, and innovations young people seek. If we want to feel like our views are represented in a parliament, it's the right time to use the right to vote in the next elections.

## ***The power of the voice***

In today's society, young people are engaged in politics more than ever. We discuss the current issues with our friends, we get information from social media, online platforms, and podcasts. It's easier than ever to be informed and have the knowledge to choose the right representatives. We are

opinionated and outspoken because of social media.

However, there is a large group of potential young voters skeptical about the influence they may have. They don't see voting as an effective way to alter the society we live in. Some are apathetic or too busy. Others don't like their choices, they don't think their vote matters, they think the system is corrupt, or they don't have faith in our political system. As young voters, we have the power to sway elections and shake the whole country. We are passionate. We are energetic. We can create a change.

## ***Decide the future***

In the current climate, there is no denying young people feel let down by politics. Nevertheless, by voting and getting involved, we, the coming generation, can have a great influence and take action against the current political climate. If we have an opinion or want something done a certain way, voting is the way to ensure that it's carried out. Voting is a fundamental right we have. Without this right, we wouldn't have any control over the direction our society is heading in. Let's make our voices loud and our opinions heard.



# Life without EU

The European Union is a political and economic union of 27 member states that are located primarily in Europe.



Imagine, the world loses European Union. It would be horrible. I will provide you guys some reasons, why EU is important, and how the world would be without it.

Firstly, travelling. You sure have already heard or about the Erasmus+ programme. This EU programme helps young people to spend a period of time abroad. It is a great opportunity for all young people, and without EU I don't think it would be possible.

Secondly, travelling would be harder, because it would probably be necessary to obtain a visa which is a time-consuming process. Talking about health care, I'd have to get a medical

insurance, because without European Health Insurance Card, I would not have access to such a basic right as health care under the same conditions as nationals of the country of destination. Perhaps Europeans do not really appreciate enough that they all enjoy the same rights as EU citizens: without the EU, Europeans would be treated differently depending on their nationality.

Of course without European Union there would be no "euro" currency, which is very good, because we can use it in a lot of countries, and because of that we are saving a lot of time.

European Union has goals and values like:

1. *There would be peace in Europe*
2. *People would live well, everyone would be treated fairly and no one would be left behind disadvantaged*
3. *the languages of all people are respected and culture*
4. *The European economy would be strong, and countries would have the same money to make it easy for the parties to trade with each other.*

In my opinion, without EU there would be a mess in Europe, maybe even a war, who knows?



# FIND THE WORDS

Z	C	A	A	E	J	X	H	C	S	T	M	P	U	M	G	B	A
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C	E	A	T	X	Y	F	H	Z	M	H	Z	O	A	C	O	R	C

1. PASSPORT
2. VOTING
3. VACCINATION
4. BORDERS
5. TOURISTS
6. PANDEMIC
7. BAGGAGE
8. YOUTH
9. PARTICIPATION
10. COLLABORATION