



DARE TO



DREAM



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DREAM LIKE ANNE FRANK

MICHAELA ALEWIJNSE

Most of you know Anne Frank, the German girl that was born in Germany but needed to flee to the Netherlands; but one thing as well that makes her story important is that even though there was war she still had hope and dreamed to become a famous writer. Let's start from the beginning. Anne was born in Germany, but when she was four she and her family fled to the Netherlands because Hitler and the Nazis had all the power in Germany - and Jews weren't welcome. When she arrived in the Netherlands, she needed to learn the language; but that went quick for her and soon she had a large group of friends. In 1940 the Nazis came to the Netherlands as well. It was a hard time for Jews; they weren't allowed to have their own business, go to the swimming pool or sit on a bench

in the park... Anne was forced to change from a public school to a Jewish school. On her 13th birthday she got a diary that later on would be very important for her and the whole world. She called her diary "Kitty". In July 1942, one month after her birthday, she went into hiding behind her father's business. She called it the "Annex". While she was in the Annex she wrote in her diary almost every day about her feelings over a boy that she was as well hiding with, her self-criticism and how she dreamed about becoming a famous writer after the war. She was discovered on 4th of August 1944 and was sent to the concentration camp "Bergen-Belsen". She died of typhus there, one month before the liberation.

So, even though you are going through hard times, don't lose hope, keep dreaming! Dare to dream! Dream like Anne Frank dreamed...



Hello, Hello!

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Who would have thought that the school year is already over? Do you also feel as if it was as fast as the blink of an eye? It's as if yesterday we were still celebrating New Year's and now summer holidays have almost started. And the really cold weather lately has not helped it making me realize that it is June already. Anyhow, we are where we are and this is the last edition of this school year. In this issue, we build on the spirit of this year's Spring Fest – so we continue to Dare to Dream.

Have you ever wondered what your nightly dreams mean? Well, already in ancient Egypt they were thinking about just that. Go to p.4 and you will see what they came up with. If you want to read more about remembering nightly dreams, I suggest you take a peek at the article on page 7. I am impressed how some people manage to use dreams as a source of hope. Anne

Frank who was murdered during the Holocaust was one of them. Read about her dreams in the article on p. 2

When you flip a few pages (well, or scroll) you can also read about topics other than dreaming. Interested in environmental issues? Then the article on p. 6 polar bears on the North Pole or the one about water scarcity on p. 13 might be of interest to you. More into entertainment topics? Then the articles on k pop idols p. 15 or on the history of science fiction p.10 are for you.

Unfortunately, this is my last editorial as editor in chief. It has been lots of fun and really an honor to work with so many talented and dedicated writers and editors – an entire bee-hive to get the BEE3 ready. Next year someone else will take over (selections are ongoing) as I will not be attending our school due to an exchange.

I hope you will enjoy reading this issue and I wish you a wonderful summer!

Deciphering Dreams; Ancient Egyptian Oneiromancy and Symbolism

CHRYSOULA PIPERI

1. Oneiromancy and Dream Therapy in Ancient Egyptian Culture

Dreams, according to the ancient Egyptians, were oracles, with which priests who specialized in reading dreams and communicating information from the gods, brought messages to the dreamer. For the ancient Egyptians two terms exist; oneiromancy, that is the interpretation of dreams which provided hidden messages about a person's future, and dream therapy which was used to assist in healing numerous afflictions. A nightmare, for example, was believed to foreshadow that something bad was to happen soon. The main gods of dreams were Bes and Tutu, who guarded the sleeping person from danger or bad dreams.

2. Ancient Egyptian Dream Books: Unveiling the Mysteries of the Chester Beatty Papyrus and the Hieratic Dream Book

The first written record of dream interpretation was around 1350 B.C. This record was the Chester Beatty Papyrus, the oldest dream book in existence. The book portrayed images of what the

dreams meant, but we haven't found all of its pieces. Second in the list is The Hieratic Dream Book (1279-1213 BC) which provides some insight into how the ancient Egyptians understood dreams. Although being written on the papyrus recto side, several portions of the book have been lost. The letter to the vizier of Egypt is reproduced on the verso, the side with the horizontal fibres on top, and it depicts a war. The start and the end of the papyrus are damaged, as is so common with this material. The list of dreams and their explanations is all that is left.

The Dream Book is arranged in an orderly way, from right to left, and was written in hieratic, a cursive variant of hieroglyphs. Each horizontal line begins with a dream description and ends with the dream's interpretation. Each interpretation starts stating whether it is good or bad and then provides an explanation. The Dream Book contains approximately 108 ancient dreams, within which it describes about 78 activities and emotions. These include carving, pounding, brewing, weaving, sightseeing, stirring, and plastering, among many others. The majority of these activities and emotions deals with some form of sight or seeing. The second largest category deals with

eating and drinking, and the fewest entries relate to other everyday activities.

Who the papyrus was meant for is a mystery. One theory is that since the average person could not read, the priests' duties included dream interpretation. This would be in line with biblical tales in which only a few selected people had the capacity to interpret dreams. Anybody seeking divine direction would often spend the night at the temple, where the priests would then interpret their dreams for a charge.

3. The Role of Puns and Symbols in Ancient Egyptian Dream Interpretation

The Ancient Egyptians loved puns, so dream interpretations were frequently based on word meanings. If someone had a dream about eating donkey, for example, this symbolized good luck. This meaning derived from the fact that the words for "donkey" and "great" had the same spelling and pronunciation despite their very different meanings. While this particular interpretation might sound silly, dreams were an extremely important aspect of Ancient Egyptian society. The messages were so important to Ancient Egyptians that various gods had dream

temples devoted to their individual dream interpretation. The Ancient Egyptian focus on dream interpretation represents a unique aspect of their culture. Although their interpretation was closely tied to their religion, the concept of symbols within dreams have been studied and interpreted in fields such as psychology and neuroscience.

The significance of dreams in ancient times is clear from the regularity with which they are referenced in the first two books of the Old Testament. The most known prophecy comes from The Old Testament tale of Joseph and his brothers which reveals prehistoric attitudes on dream prophecy. Because of visions predicting he would reign over his siblings, Joseph was sold into slavery. While imprisoned in Egypt, Joseph accurately deduced that the cupbearer would be released and the baker executed, based on their dreams. Later, Joseph was freed from jail to explain the pharaoh's dreams, which the royal magicians had been unable to understand. The pharaoh had witnessed seven fat cows being eaten by seven skinny cows.

At temples such as Dendera, patients experienced therapeutic dreaming that magically facilitated an encounter with the gods. The hoped-for outcome was divine intervention to relieve the patient from a medical affliction.

4. Categories and Predictions in Ancient Egyptian Dream Interpretation

Of the predictions covered in the Dream Book, over one-third deal with the dreamer's gains or losses: gains such as receiving an inheritance, or a new wife; losses include being robbed or taxed. One quarter of the dreams, listed in the book, predict physical events that will happen to the dreamer, including overeating, starving or being cured of an illness. Fifteen percent of the dreams predict the dreamer will be in a situation in which the gods make ethical judgements about him,

either forgiving his sins or doling out retribution. Another fifteen percent center around feelings such as pleasure, anger, deceit, or stopping gossip about the dreamer, and ten percent foretell a change in the dreamer's position in his village, from becoming an important official to having his fellow villagers recognize the importance of the dreamer's words.

Other sources of dream interpretation in ancient Egypt divided dreams into three categories: pious, revelatory, and informational. In a pious dream, a god appeared to demand or request the performance of an act of devotion. A "Dream Stele" near the Giza Sphinx records this type of dream experienced by Tuthmosis IV. According to the record, Tuthmosis IV fell asleep at the base of the Sphinx and dreamed that the god

Hamarkis told him that if he cleared away the accumulated sand from the Sphinx and re-established the god's temple, Tuthmosis would become pharaoh. He followed these instructions and indeed became pharaoh. The foretelling of future events came through revelatory dreams. These dreams also revealed locations of hidden things as well as new medicines. Many times, Egyptian physicians instructed their patients to seek cures for their ailments in their dreams. Much as the name implies, informational dreams gave general information.

According to the book: If a man sees himself in a dream



GOOD OMEN	BAD OMEN
dead = long life	with his face in a mirror = a new life
eating crocodile flesh = he will become a village official	uncovering his own backside = he will become an orphan
bringing in cattle = dreamer will evangelize the spirit of the community	putting <u>one's</u> face to the ground = the dead want something
plunging into cold waters = absolution of all illnesses	making love to his wife in daylight = his god will discover his misdeeds

SLEEP & DREAM THERAPY IN ANCIENT EGYPT



SOFIA AZIZ

Why did the ancient Egyptians turn to dream therapy to solve life's dilemmas, predict future events and cure various maladies? And what did they do to protect themselves against nocturnal demons wanting to infiltrate their dreams?



The Polar bears on the North Pole

TÍMEA MEVIUS / ILLUSTRATION
MATHILDA D’CUNHA

Polar bears at the North Pole are in great danger, and if we don’t act now, this population of marine mammals may shrink by 30% by 2050.

Many people say we don’t need polar bears, and think they’re “useless” animals, but the truth is we need them more than you might imagine.

Now, our main question is: why are polar bears so important? Well, polar bears are at the top of the food chain in the North Pole and have an important role in the overall health of the marine environment. Without polar bears, for example, the number of seals would increase subsequently, as they would no longer be threatened by such a powerful predator.

Polar bears’ strong sense of smell attracts them to human waste, stored food, and animal carcasses, bringing them into a greater conflict with the Arctic people. As powerful predators, polar bears pose a major risk to human life and property. In other words, polar bears are threatening and getting close to one is risky and could have major consequences. Many incidents have occurred where photographers or tourists, wanting a closer look, got too close to the bears. A large number of people are scared of polar bears and some may even have “polikiarkoudaphobia”, the fear of polar bears. This is why many people living in close proximity to polar bears resort to self defence when in dangerous situations, which often leads to the killing of the bear. With the dangers of bears near residential areas in mind, would there really be a problem were polar bears to go extinct?

If polar bears didn’t exist...

Yes, the extinction of polar bears would cause a large disruption in their natural habitat. For example, with polar bears no longer controlling the population of seals, the number of seals would drastically increase. This would then threaten the population of

crustaceans (shrimp, lobsters, crabs, etc.) and fish in the region, as the newly increased population of seals would kill more prey to sustain itself. These animals are an important food source not only for seals, but also for other Arctic wildlife, for example Arctic foxes and birds, as well as for local human populations. All in all, the extinction of polar bears would have an impactful “butterfly effect” on its habitat, negatively affecting numerous other species it presently cohabits with.

How many left, and why?

Why are all these polar bears in such grave danger? 5 reasons for which polar bears are endangered are because of climate change, diseases & parasites, tourism, shipping, pollution and humans. Polar bears are not naturally aggressive towards humans. They are an apex predator, but their main prey are seal. Due to climate change affecting their sea ice

habitat, polar bears may be closer contact with humans while searching for food. Hunger can make them more likely to see humans as prey. Polar bears were listed as a threatened species in the US in 2008 and since then it hasn’t been any better, they’re even with a lot less since 2008, about 14,400. About 26,000 of these animals are still alive.

How is WWF helping polar bears?

The WWF (World Wide Fund) also works to protect critical polar bear habitats, including important movement corridors and denning areas, and to minimize additional stressors from industrial activity such as oil and gas development and Arctic shipping. WWF supports community involvement in conservation and management.



Se souvenir de ses rêves possible ou pas?

SASHA HENDRICKS

Beaucoup de personnes se sont déjà demandées « pourquoi on ne se souvient pas de ce dont on a rêvé ? », et c’est exactement ce que je vais tenter de vous expliquer dans cet article.

Nous, les humains, on passe 1/3 de notre vie à dormir et à rêver, mais nous ne savons pas toujours ce dont on rêve dans ce monde étrange et magique.

Pour essayer de répondre à cette question, il faut aller voir tout ce qui se passe dans notre cerveau. Notre cerveau divise notre sommeil en cycles de 90-100 minutes, et ces cycles-là se divisent en différentes étapes. Les rêves surviennent majoritairement dans la phase REM (sommeil paradoxal) ; pendant cette phase, le cerveau décide si le rêve est important ou pas et l’envoie à la mémoire court/long terme (en fonction de s’il l’est ou pas).

Il faut également savoir que certaines zones du cerveau sont moins, voire pas actives durant la phase de sommeil paradoxale (par exemple le cortex préfrontal, qui joue un rôle dans la fabrication et l’accès aux souvenirs) ; cela peut

aussi compliquer la mémorisation des rêves.

La façon de se réveiller a aussi un impact sur les souvenirs qu’on a de nos rêves ; un réveil brusque ou un réveil dans la précipitation peut entraîner des difficultés à se les remémorer, alors qu’un réveil doux avec une transition progressive dans l’état d’éveil facilitera le souvenir des rêves.

Les facteurs psychologiques peuvent également avoir des effets sur la capacité à se souvenir des rêves. Le stress, la fatigue et des substances illicites, comme la drogue ou l’alcool, peuvent influencer les capacités à se souvenir des rêves. Les troubles du sommeil, comme les insomnies, ou des cycles de sommeil non-stables peuvent également créer des difficultés à se souvenir des rêves.



Guerrière

SALOMÉ BÉRESSE

C'est sur la côte de l'actuelle Angola que naît Nzinga Mbandi en 1582, au sein de la famille royale de Ndongo. Le fleuve Kwanza fait de ce territoire un véritable nid à colons, puisque ces terres abritent pierres précieuses et mines d'or. Dans les années 1570, le grand-père de Nzinga pratique divers échanges commerciaux avec les Portugais, faisant d'eux des "alliés" mais, cela n'éteignit pas la vénalité de ses collègues Européens qui, en 1590, malgré une forte résistance, réussirent à s'emparer d'une large partie côtière du Ndongo. La ville de Luanda y est construite, et y expose l'un des plus grands ports d'esclaves de l'époque qui, durant les trois siècles d'occupation portugaise qui suivirent, livra entre 3,5 et 4 millions d'esclaves africains au Brésil, dans les colonies du Nouveau Monde.

Ngola Mbandi Kiluanji, père de Nzinga, est forcé de s'adapter à la colonisation voisine qui ne fait

que remonter le fleuve. Si ces quelques années furent stables pour les restes du royaume, Nzinga s'enrichit intellectuellement et physiquement, en étudiant auprès de son père l'art et les tactiques de guerre, tout en apprenant à maîtriser le Portugais à l'oral tout comme à l'écrit. Elle est présente lors des batailles, et dirige une armée de femmes guerrières. À la mort de son père, c'est son frère Ngola Mbandi qui devient roi. Angoissé de perdre son poste, il fait stériliser sa sœur et tuer son neveu. Toutefois, se passer de Nzinga, c'est se passer d'une négociatrice hors normes. Ne maîtrisant pas cet art, c'est elle qu'il envoie négocier la paix aux Portugais et leurs alliés d'Afrique.

Cet entretien deviendra un symbole anticolonialiste de l'Histoire. En effet, le gouverneur Dom João Correia de Sousa avec qui l'entretien doit se faire, l'attend assis sur une chaise, lui offrant un simple tapis au sol pour siège. Peu impressionnée par cette tentative

d'intimidation, elle appelle une de ses servantes et s'assit majestueusement sur celle-ci à quatre pattes. Ainsi, c'est d'égal à égal que la discussion a lieu. Nzinga parvient à négocier le retrait des Portugais de points stratégiques et la libération de prisonniers. Son frère meurt en 1624, après avoir enchaîné les défaites. Nzinga fait assassiner son neveu, accédant enfin au pouvoir à l'âge de 43 ans.

Stratège, elle tente de repositionner son royaume comme un intermédiaire de la traite d'esclaves plutôt que de zone d'approvisionnement. Elle accepte d'être baptisée chrétienne et de prendre le nom d'Ana de Sousa pour faciliter les négociations peu avant 1626, année où le Portugal décide d'envahir le Ndongo, forçant la fuite vers l'Ouest.

Cette fuite n'est pas une défaite mais, l'opportunité de s'emparer du royaume de

Matamba, où en 1641 elle s'allie avec les Pays-Bas, ennemis commerciaux du Portugal, qui se trouvaient au Congo en cette période. Elle parvient ainsi à se réemparer de la ville de Luanda. Elle déplace sa capitale vers Kavanga, située au nord des anciens domaines du Ndongo. La soixantaine passée, elle continue de se battre sur le champ de bataille. A 66 ans, elle mène son armée à la victoire contre 20 000 Portugais, lors de la Bataille de Senga.

Les Portugais ne cèdent pas à l'adversité, et Nzinga est forcée de retourner au Matamba. Pendant une vingtaine d'années, elle se concentre sur cet Etat, véritable accès à l'Afrique centrale et signe un nouveau traité de paix.

Nzinga rend l'âme en 1663, un âge où le Matamba est si influent qu'il échange de façon égalitaire avec les puissances européennes. Le Matamba sera devenu sous elle une puissance africaine, cependant, malgré d'autres tentatives de rébellion par ses héritiers, le ndongo est entièrement colonisé par les Portugais, et devient l'Angola, dont le nom tient du mot "ngola", titre attribué aux rois du Ndongo. Le commerce esclavagiste n'y sera aboli qu'en 1836, après l'indépendance du Brésil en 1822. L'Angola, quant à elle, l'obtient bien après en 1975, après une guerre d'indépendance de 14 ans, où Nzinga est l'étendard de la résistance, mais subira ensuite une guerre civile pendant 27 ans.

Nzinga est un symbole de révolte et justice face à l'oppression coloniale occidentale. Les textes du biographe Cavazzi au XVIIe siècle décrivent l'image d'une reine cannibale au « pouvoir démoniaque », démontrant bien par ces propos racistes et misogynes la peur qu'elle procurait aux Occidentaux par sa puissance. En 2014, la Banque nationale de réserve d'Angola émet une pièce de 20 Kwanzas en hommage à Nzinga « en reconnaissance de son rôle dans la défense de l'autodétermination et de l'identité culturelle de son peuple ».



The History of Science Fiction – Part II: Origins

ALEXANDROS MEIMARIDIS

In the previous article of this originally “two-part” series, we dove into the history of the fantasy genre, and although the article was rather short, it conveyed a brief overview nice and concisely. With this next series of articles, I want to explore the evolution of the science fiction genre throughout the past century, from its origins, into the Golden Age and, finally, modernity. So, without further ado, let us turn the pages of history and explore the depths of science fiction and its massive impact on our modern world.

Oxford Languages defines science fiction thus:

“fiction based on imagined future scientific or technological advances and major social or environmental changes”

This definition could not be more precise. For decades and even centuries, writers have used the genre of sci-fi to explore fantastic concepts and criticize the society of their day and dare to wonder: what if...?

The true origins of science fiction are rooted in mystery and largely left to personal preference, as there is no way to pinpoint one specific work of fiction and label it as the “first piece of science fiction.” However, many agree that Lucian’s “A True Story”, written in the 2nd century AD, is quite possibly the first instance of many concepts intrinsically connected to the genre. Lucian of Samosata (in Greek: Λουκιανός ο Σαμοσατεύς) was a Syrian satirist beloved by the people of his time. He wrote his “True Story” to make fun of two of the most popular genres of the time: travelogues (written accounts of long voyages) and debates (records of philosophical and political arguments between prominent figures).



He believed that these genres had lost their integrity; travelogues had become little more than fantastically absurd stories about strange creatures that held little credibility, and debates had regressed into long and arduous bickering about unimportant matters.

In order to satirize the degradation of the two genres, Lucian incorporated not only the fantastical, but also the outright absurd (for his time) into his work. During their travels, the protagonists of “A True Story” experience space travel, meet extraterrestrials, fight in an interplanetary war, and encounter immortal god-like beings. These concepts were insane for the time, but Lucian’s story was revolutionary in many

ways; he even ended it on a cliffhanger, and never wrote a sequel!

Over the centuries, many works of fiction have incorporated other such elements of science fiction. But the true progenitor of modern science fiction is none other than Mary Shelley, with her wildly popular “*Frankenstein ; or, the Modern Prometheus*”. Shelley penned the book after she, Percy Shelley, John Polidori, and Lord Byron challenged each other to see who could write the best horror story. She wrote the first draft in 1816 when she was just 18 years old, and in 1818 it was published anonymously, with a mixed reception.

What cements this work as the first true science

fiction novel is not the inclusion of products of science; instead, it is the notion that Frankenstein’s monster is possible, or even remotely plausible as an idea. This is the most crucial concept for the development of the sci-fi genre, where the possible is used as a, for lack of a better word, “filter” through which to view our own world and explore human nature.

The titular Victor Frankenstein is the character who gave us the “frustrated genius, rejected by society” archetype. He believes he can conquer death through his science but is mocked by his fellow scientists, leading him to believe himself superior. He is an allegory for humans getting lost in their scientific hubris and not thinking about the possible ramifications of their actions. When Victor sees his creation alive for the first time, he doesn’t marvel at his work; rather, he is terrified of the monster and flees like a coward.

The monster himself is curious and full of wonder for the world around him, yet he is rejected by humans because of his unsettling appearance. Despite his best efforts to endear himself to them, repeated rejection leaves the monster to eventually grow bitter and angry, and he turns on humanity.

Frankenstein is a cautionary tale, about the dangers of going too far and trying to play God. But it is also a celebration of science and human ingenuity. It is these two elements that will define the genre for decades to come.

After Shelley came the first Great Titan of science fiction, the author of what we know today as “*Les Voyages Fantastiques*,” Jules Gabriel Verne. Jules Verne is known as the first sci-fi author; that is, an author who devoted his writing almost exclusively to the science fiction genre. Verne was the first author to look at the scientific advancements of his time and say, “okay, but what if...?” His insight and knowledge allowed him to predict a great deal of our modern world’s technology.



His novel *“From the Earth to the Moon: A Direct Route in 97 Hours, 20 Minutes”* is a shockingly accurate portrayal of how space travel would eventually be approached in the 1960s. Verne’s Columbiad spacecraft was essentially a giant cannon that would launch a projectile to the moon. He calculated the amount of explosive material that would be needed to send the projectile into space, the best place to launch said projectile, and even how the passengers would survive! Of course, his calculations were more than a little off; the capsule could never break free of the Earth’s gravity, the passengers would die a gruesome death just from the concussive force of the explosion, and even if the capsule did miraculously reach space, it would crash into the moon anyway. But what is important is that Verne attempted to use science to explain his concept. In a lot of Verne’s stories, the plot doesn’t revolve around the characters (although there are some wonderful exceptions), but rather it focuses on the idea that the author is trying to present.

In *“Twenty Thousand Leagues Under the Sea,”* we explore the vastness of the ocean in a submarine powered by electricity: the Nautilus. Here, Verne presented us with a harsh critique of the socio-economic and political state of his time. In *“Paris in the Twentieth Century”* we are presented with a dystopian future, a warning for the possible horrors science might bring, and also a shockingly accurate vision of our modern cities. *“Around the World in Eighty Days”* is an examination of how, thanks to technology, the world has become much more traversable and has, for all intents and purposes, shrunk.

The next great author of sci-fi is none other than Herbert George Wells, writer of *“The Time Machine.”* Unlike Verne, who was considered a failure in the literary world of his time, H. G. Wells was a celebrated author and nominee for the Nobel Prize in Literature... several times. Not only did Wells attempt to explain the scientific method behind his stories, but his works contained social critique like you’ve never seen it before!

His most famous work, *“The Time*

Machine,” was Wells’ way of imagining what might become of humanity if we just keep going? What if society never changed, but remained just the way it was? Wells saw a future where the upper and lower classes became so separated that they reached an evolutionary fork and became split into two races: the Eloi, short, jovial and elf-like, with the intellectual capacities of a 4-year-old; and the Morlocks, pathetic creatures of darkness forced to serve the Eloi because of years of evolutionary conditioning.

In another significant work of his, *“The Invisible Man,”* a sociopathic scientist with a terrible temper manages to make himself invisible. In his quest to find a way to reverse the effects so he can switch between visibility and invisibility, he eschews morality and basic human decency for his own personal gain. He is all-powerful! Why should he follow the rules of society if he can do whatever he likes? It is this worldview that Wells criticizes: rejecting society for personal gain can only lead to suffering.

For Wells, unlike Verne, the details of the scientific elements of the story are not important. Instead, it is there to help the reader immerse themselves in the story, allowing the author to focus on exploring the theme.

Wells understands the “Big Idea” of sci-fi. The idea that science fiction is more than just fiction with scientific elements, but a genre based on the discovery of greater things. Science fiction strives to make the magical believable, to explore the unexplorable, to explain the inexplicable, all while conveying a deeper message.

With the foundations of science fiction finally taking root, we leave the primeval era to suddenly find ourselves in the Golden Era of Science Fiction: the era of pulp.

Stay tuned for the continuation: **The Golden Era**



Splashy times – or not?

CHARLOTTE WIEMANN / ILLUSTRATION REAGAN VERSHELDE

Water is everywhere. Look around you – so much water is probably surrounding you right now.

A glass of water on the table or a water bottle in your bag. Maybe in a close by sink, a shower or a toilet. Think about all the pipes over and underneath you. Dirty water, fresh water. Realise how much water is necessary to make so many of the things around you, like the fabric of your clothes. Maybe you can also hear rain from outside, and if you are reading this during the holidays maybe the splashes of a river or the crashing of waves. So much water right? It’s not like we could ever run out, could we?

Water, covers over 70% of our planet. Yet, somehow, we are facing an escalating crisis of water scarcity. This issue is not just about the environment; it’s a challenge that threatens human survival, economic development, and global stability. As the world’s population grows

and the climate changes, understanding and addressing water scarcity becomes crucial.

Water scarcity can be understood in two major forms: physical and economic scarcity. Physical scarcity happens when there is not enough water to meet all demands, including the environment’s needs. Economic scarcity, on the other hand, occurs when there’s a lack of investment in water infrastructure or poor management, causing the available water to be unevenly distributed or poorly used.

According to the United Nations, around 1.2 billion people live in areas of physical water scarcity, while 1.6 billion people face economic water shortage. This means that nearly half of the global population struggles to access clean and safe water. But how come? What are the causes of Water scarcity?

A major cause is population growth. The global population is projected to reach 9.7 billion by 2050. More people mean more water is needed for drinking, agriculture, and industry. The increasing demand strains already limited resources.

Climate Change is another important cause. Shifting weather patterns, prolonged droughts, and the melting of glaciers and ice caps disrupt the natural water cycle. Regions that once had ample water are now experiencing shortages.

And not to forget Pollution: Industrial waste, agricultural runoff, and improper waste disposal contaminate freshwater sources, making them unsafe for consumption and further limiting the supply of clean water.

Overuse of Water Resources is also a cause for water scarcity as unsustainable agricultural practices and excessive use of groundwater deplete aquifers faster than they can be replenished. In some areas, rivers no longer reach the sea due to over-extraction.

Inefficient Infrastructure is unsurprisingly another major cause. Many regions suffer from old and poorly maintained water infrastructure. Leaky pipes and outdated systems result in significant water loss before it even reaches homes and businesses.

Water scarcity affects every aspect of our life, like for example in agriculture. Water is essential for growing food. With less water available, crop yields decrease, leading to food shortages and higher prices. Farmers struggle to maintain their livelihoods, and communities face hunger and malnutrition.

Factories and businesses also need water for production processes. Water scarcity can lead to increased costs and even force shutdowns, resulting in economic losses and job cuts.



Not to forget that clean water is crucial for health and hygiene. Without it, people are exposed to diseases such as cholera, dysentery, and other waterborne illnesses. Poor sanitation further exacerbates health issues, especially in developing countries.

Water scarcity also impacts the environment: Rivers, lakes, and wetlands depend on a consistent supply of water. Water scarcity can lead to the loss of these vital ecosystems, affecting wildlife and biodiversity. It also impacts recreational activities and the beauty of natural landscapes.

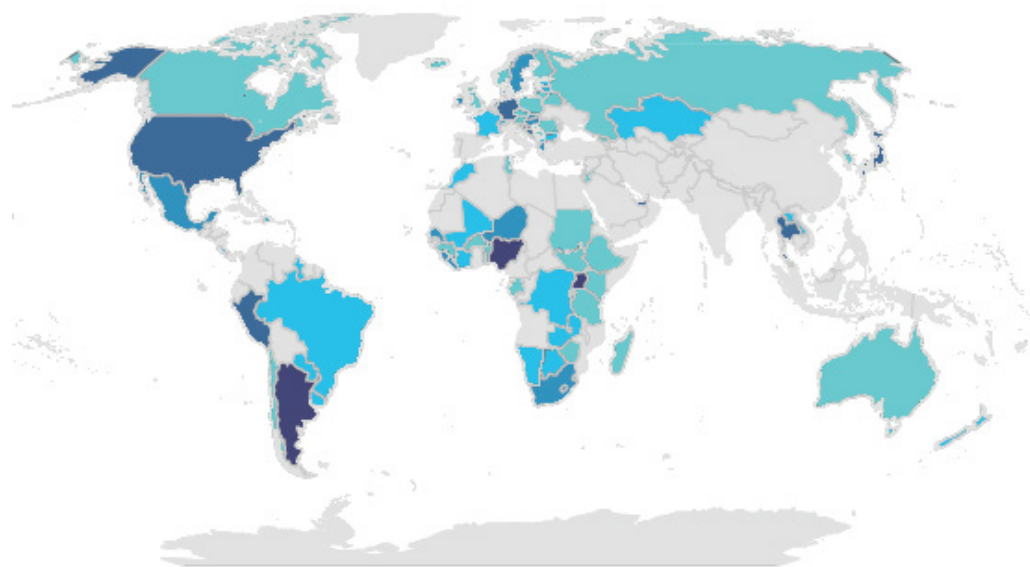
Not enough clean water can lead to tensions and conflicts over access to water resources. Communities, regions, and even countries may compete for limited supplies, leading to disputes and instability.

However, there are innovative solutions and initiatives providing hope. Technological Advances such as desalination convert seawater into freshwater. Advances are making desalination more energy-efficient and cost-effective. Treating and reusing wastewater for non-drinking purposes can significantly reduce demand on freshwater sources as well. And using technology to optimize water use in agriculture, such as drip irrigation, helps conserve water while maintaining crop yields.

Sustainable Practices in different fields of use have started becoming more and more popular to help conserve water. Techniques like rainwater harvesting and soil moisture management can reduce water use in farming. Incorporating green infrastructure, such as green roofs and permeable pavements, helps manage stormwater and reduce runoff in urban areas.

Several regions around the world have already successfully tackled water scarcity through innovative methods and strong community engagement.

Israel has become a world leader in water management despite being in one of the driest parts of the world. Through the use of advanced desalination technology, efficient irrigation systems, and water recycling, Israel has transformed its water scarcity into a surplus. Approximately 85% of its wastewater is recycled for agricultural use, the highest rate



● 0-20 ● 21-40 ● 41-60 ● 61-80 ● 81-100 ● Data not available

Proportion of bodies of water with good ambient water quality %, 2017-2020

in the world.

Singapore, lacking natural freshwater sources, has developed a robust water management strategy known as the "Four National Taps." This strategy includes importing water, local catchment water, desalinated water, and NEWater (recycled water). Singapore's comprehensive approach ensures a reliable water supply, even in times of drought.

Facing severe droughts, Australia has implemented water trading, a market-based approach that allows for the efficient allocation of water resources. This system incentivizes conservation and ensures that water is directed to where it is most needed. Additionally, Australia has invested heavily in urban water recycling and desalination projects.

The future of water management lies in continued innovation, collaboration, and education. Governments, businesses, and individuals must work together to develop and implement sustainable water practices. Investing in technology, improving infrastructure, and promoting water-efficient habits are essential steps.

Education plays a crucial role in this effort. Raising awareness about the importance of water conservation and teaching communities how to manage their resources can lead to significant changes. Schools, media, and community organizations can all contribute to spreading this vital message.

Moreover, international cooperation is critical. Water scarcity does not recognize borders, and many water sources, such as rivers and aquifers, are shared by multiple countries. Diplomatic efforts and treaties that promote shared management and fair distribution of water resources can prevent conflicts and ensure that all regions have access to the water they need.

Water scarcity is a complex and urgent challenge that requires a collective effort to tackle. By understanding the causes and impacts, embracing innovative solutions, and fostering cooperation, we can ensure that water remains a renewable resource for generations to come. The time to act is now, to preserve the lifeblood of our planet. Together, we can turn the tide and secure a sustainable water future for all.

“I’m gonna be a star!” The Dream of Debuting

(aka “The K-Pop Hunger Games”)

EMA KONJEVOD

“I’m gonna be a star!” - Truly one of the most known K-pop lyrics to date, making up most of Twice’s hit-track, titled the same: “I’m gonna be a star”. I’m sure they all wanted to be stars. They dreamed of their debut and fame. See, that’s the thing with dreams: for some, they become reality, for some, a nightmare, and for some, they are nothing but a dream. You can sort all trainees into these categories. There are those who make it. Those who regret making it. And those who don’t.

But how does one become a trainee? And how does one make it?

Well, not easily, that’s for sure. See, to attend the Met Gala in custom Tommy Hilfiger, or be a Coachella headliner, one must do much more than sing well. One must become a trainee. And to do that, you need to audition. Pretty straightforward, no? Well, try making it through even the first round of auditions, and you’ll be quick to realize the competition. These first rounds tend to be online, allowing contestants to send in a three-to-four-minute video, showing off their skills. It’s mostly up to them what exactly they want to do, as long as it’s skills an idol needs to be good at in order to debut. Most people will therefore dance, rap or sing, but if you can do something else that would make you more unique, like play an instrument while singing, you should. That is exactly the difficulty of online auditions: the judges watch thousands of videos, which all inevitably are similar, dare I say pretty much the same. So, to get in you must find the balance between being extravagant enough yet staying conservative enough for the Korean society. That’s hard! But, say you’re special enough to pass the first round of auditions. You are far from being done. Now you’ve got to go to Korea and pass another round of live auditions, which are then followed by even more techniques of filtering through the remaining contestants until about 50 to 100 remain.

Now, the number of remaining trainees varies based on company size, and smaller companies will typically only take the number of trainees needed to form the group, because of a lack of funds, while medium companies will account for several trainees dropping out, but still only take just a bit more than they’ll need. Now the big three (YG, SM and JYP Entertainment), plus HYBE (which is now also huge) will take way more trainees than they’ll need for one group, simply because they can afford it and it’s proven itself to be quite useful. Even if some trainees don’t end up debuting in one group, they might be a perfect fit for another group in the future. Hence it isn’t that uncommon for trainees showing potential to continue training even after the debut of the group they auditioned for. A fitting example of this is NMIXX’s Lily, who could have made it into ITZY, but didn’t and maybe it was for the best.

But what if you do make it and are one of those trainees? Well, you’re going to spend quite some time being one as it seems. The average training time for idols is between two and four years. That being said, this varies from trainee to trainee, with some idols having only a couple of months

of training as opposed to others, like Stray Kids’ Bang Chan or Twice’s Jihyo, having even longer training periods, between six and even ten years. During this time, they study foreign languages, but most importantly, singing, rapping and dancing. They don’t get much free time during the day or the week. The Blackpink members reported only having one in fourteen days off and working from dawn to dusk. No wonder, given the harsh nature of critics and netizens, a trainee must perfect pretty much every skill there is to perfect, to be low risk for hate and criticism. One of these “skills” is looks. Therefore, they are often put on insane diets to fit toxic beauty standards. The most famous is Momo’s ice-cubes-only diet, involving (you guessed it) only eating ice cubes combined with lots of exercise. At that time fellow trainees were extremely worried about her health as the company wanted her to lose SEVEN kilograms in a week.

And this is the thing with being a trainee: both physically and mentally it’s draining. Imagine waiting ten years to debut - at a certain point you must feel so hopeless. And even if that isn’t a problem for you, the process of training is.



You must be perfect at all times, because of the monthly evaluation system. It's a reoccurrence in idol training as it is inevitably the most effective way of weeding out "bad" trainees and testing group dynamics. This is how it works: Trainees are put into groups and given a performance they need to prepare for the next monthly evaluation. They then freely practice as much as they want, in order to then be "graded" by a committee, mostly consisting of trainers and important managers or the company's CEO. This is an incredibly stressful way of evaluating, but also a remarkably effective one. By training together, the trainees build a bond with potential future members and this system motivates them. If you rank bad on a monthly evaluation, you're out. Done. There we have our dream category. For many of them, debut is now just a distant possibility, unless they manage to convince another company to take them based on their trainee experience. Small companies will sometimes do this as they're desperate to complete the lineup and debut the group, because someone dropped out for example.

But other trainees make it. They get through each of the monthly evaluations. Are they done? Do they debut now? No, of course they're not done yet. Now, final preparations are being made. The final number of members is set, the trainees that will debut are being decided, the debut date announced, more information made public, and the song or album is being prepared. Now, there are two ways for this to happen, either the whole group-creating project is being streamed online as a "Survival Show" or everything is kept secret. If it is a Survival Show, members might be chosen with the involvement of viewer voting. This tends to lead to discrimination against international trainees, who are purposefully given less screen time, to decrease their popularity, as Korean fans often dislike international idols, as opposed to Korean idols. But if the debut isn't on a Survival Show and less information is public, the group will commonly have a debut involving a quick introduction of the members and their positions. Positions are roles of members, with the most notable being Leader, Main Vocalist, Main Rapper, Main Dancer, Main Visual (aka the prettiest member, which, yes, is an entirely separate position), and lastly the Maknae, the youngest



member. They'll then perform a song or two and their group concept will be presented.

But it's not over. To do this, you must sign a typically seven-year contract, sometimes involving ridiculous conditions, like the company getting 95% of the group's earnings and idols having to repay for their dance or vocal lessons. And even if all that works out, your company can still forcefully kick you out after debut, if you don't play by their rules. And trust me, their rules are tough. Some idols have had their phones taken away for their entire training period and any idol dating will usually escalate into a huge scandal, so it's mostly prohibited or forcefully kept secret. Even if a rumor is made up about an idol, like them bullying someone, companies will tend to rather kick them out than investigate. The hate idols receive is massive, something that in itself is hard to deal with. Combine that with the fact that many idols debut underage, as kids nearly, like UNIS' Seowon (13), the hate is unbearable and sometimes too difficult to deal with. This is our nightmare category. Idols who maybe would have been better off not debuting, idols whose dreams destroyed them. This is visible by the number of idols diagnosed with anxiety disorders and that have thus taken a hiatus for their well-being, like ITZY's Lia, whom we all dearly miss, but have understanding for. It's horrible that there are so many idols that belong in this category, but due to the harsh nature of the industry and the many problems there are inside companies, it is far less of a surprise than it should be.

Then, as always, there are also idols, whose dreams came true. I'm sure there are people who are mentally strong enough to enjoy their idol career, who look past the bad things and focus on the thousands of fans cheering them on with light sticks and chants. Idols who are happy. And I'm sure there are moments where even they are not happy. But no one is always happy. Sometimes we're all feeling down, and that's ok. It's ok not to be ok. What matters is fans recognizing this inhuman behaviour from companies towards idols and speaking up about it. That is important. If fans speak up, things might eventually change.

Having learned all this, I shall ask you: would you go through this process, to become famous? Would you dare to dream of debuting?

Oh me! Oh life!

VERONICA JARA GOMEZ

In the immortal words of Professor Keating (Dead Poets Society, 1989) *“Medicine, law, business, engineering, these are noble pursuits, necessary to sustain life. But poetry, beauty, romance, love! These are what we stay alive for.”* As we carry on the mundane task we mistakenly call living, this should not be forgotten. Whether you are a student, teacher, or a criminal, the universe couldn't care less. We are but animated specks of dust in a seemingly infinite universe, bound to end as we began, nothing other than smoke, and bone.

If so, it is and so it will be, then why? Why live, if we are no different than those who came before us, and those who are bound to come after. Why live, if the shadow of death is one we cannot escape? Returning to Keating's words, we stay alive for beauty, poetry, romance, love. It is those and not others that bestow our insignificant lives with meaning. This, once again, we must not forget, as society's growing complexity continues to expand.

In today's world, humans seem preoccupied by hate. Hate for Palestine, Israel, for Russia, for our neighbors, because they think not the way we do. Whether it is



hatred for a person, or a piece of land, it is this emotion that blinds us time and time again. What if not the existence of hate is humanity's fatal flaw? I have never seen a monkey hate, but I have seen it grieve the dead, and love those who are still alive. Hate is a feeling unique to humans, and although we see ourselves as the most complex, hate is but the most foolish feeling of all, a waste of the precious little time we have been given on this earth. Hate is but an illusion. You cannot hate

all Jews, for I am certain you have not met 15.8 million people. Why hate your neighbor, if you have spoken to them but twice? You hate your classmate, and blissfully ignore the reason behind their actions. And so, it goes on, into the abyss, like a black hole would consume a star, hate can consume a life, no matter if it is unworthy of even a moment. Hate is nothing but a fog cast over our eyes. Blindly, it strips us of those things we stay alive for, the ones that feed our soul. We consume our time with the truly trivial, the fights and mean looks. We waste the time we are given, as short as it may be, and ignore our full potential.

It is society that has cast this fog. A death machine of our own making, one might say. We are all taught the same things, told to live the same life, have the same thoughts. If so, we do, everything stays the same. The problems that plague the present will remain to plague the future, and we will do nothing but watch, with blind consciousness, unable to act, paralyzed, terrified. If we do not question the very bones of our system, let ourselves wonder for hours about the beauty and tragedy of our very existence, not only will nothing change, but we will also be rid of those things that make us unique.

It is far easier to manipulate those who are driven by conformity than those who are driven by passion. Imagine if today's doctors questioned their respective healthcare systems, if our teachers questioned the way they taught. Everything would change. Those who leverage the system, who earn money with it, would disappear, and this one would be a world of possibilities. If people questioned the governments, the very core of the system, to better it, who knows what could happen? If instead of picking fights on the internet, we read, thought, wondered, this would be a society of critical thinkers, a very dangerous thing.

To doubt the very principle of our way of life seems big, bigger than the world even, more massive than the universe, yet it is not. It is as easy as spending time on what you love. As easy as taking those trains into the unknown, knowing they may crash. Those dark paths are the ones truly take us places. Those are the ones that allow you to differ from the straight line, the one from earlier, paved with blind hate. If you take the unknown paths, you will never die, for to die is to not live, to fail to draw the essence out of life, squeeze out every drop, and climb every mountain, choose not to foster your thoughts and ideas, let your potential consume you like a flame that you cannot, and will not escape. Join the ranks of great thinkers, doers, those that came before you and questioned it all, comfort yourself with that thought. You would not be alone. Hidden in our history books are those who changed the world; Plato, Aristotle, Rosa Parks, Shakespeare, and so many more, too many forgotten, their souls urge you to act, from the grave.

Life is an opportunity to do more than just breathe and go about your day. Life is an opportunity to do it all, to follow the path your soul urges you to take and forget fear. You have, in all likelihood, never heard a person regret having done all the crazy things, you heard them regret not taking those trains to somewhere. Every single person alive has the po-

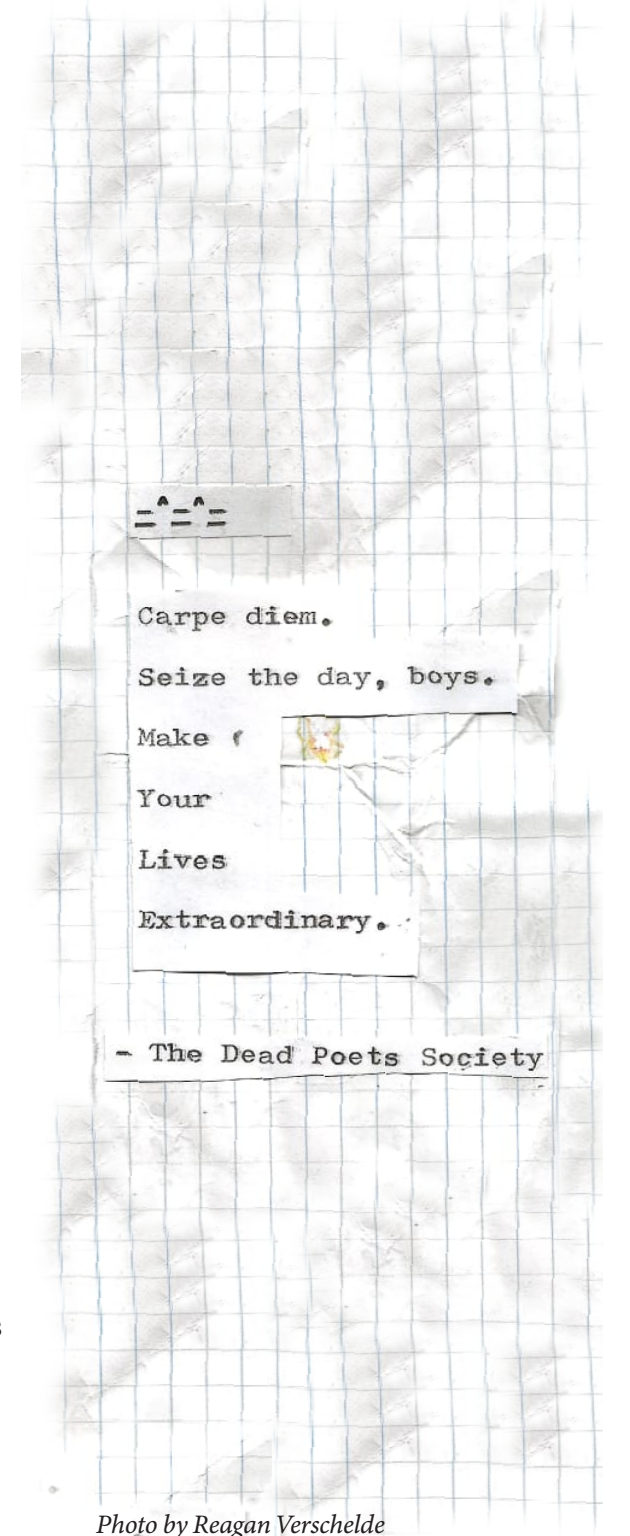


Photo by Reagan Verschelde

tential to do something great, whether it be by writing the next Lord of the Rings, or by finding the next cure for cancer. But it is challenging, fearsome, a leap into darkness, a need to forget fear, of anything and everything. To do it all.

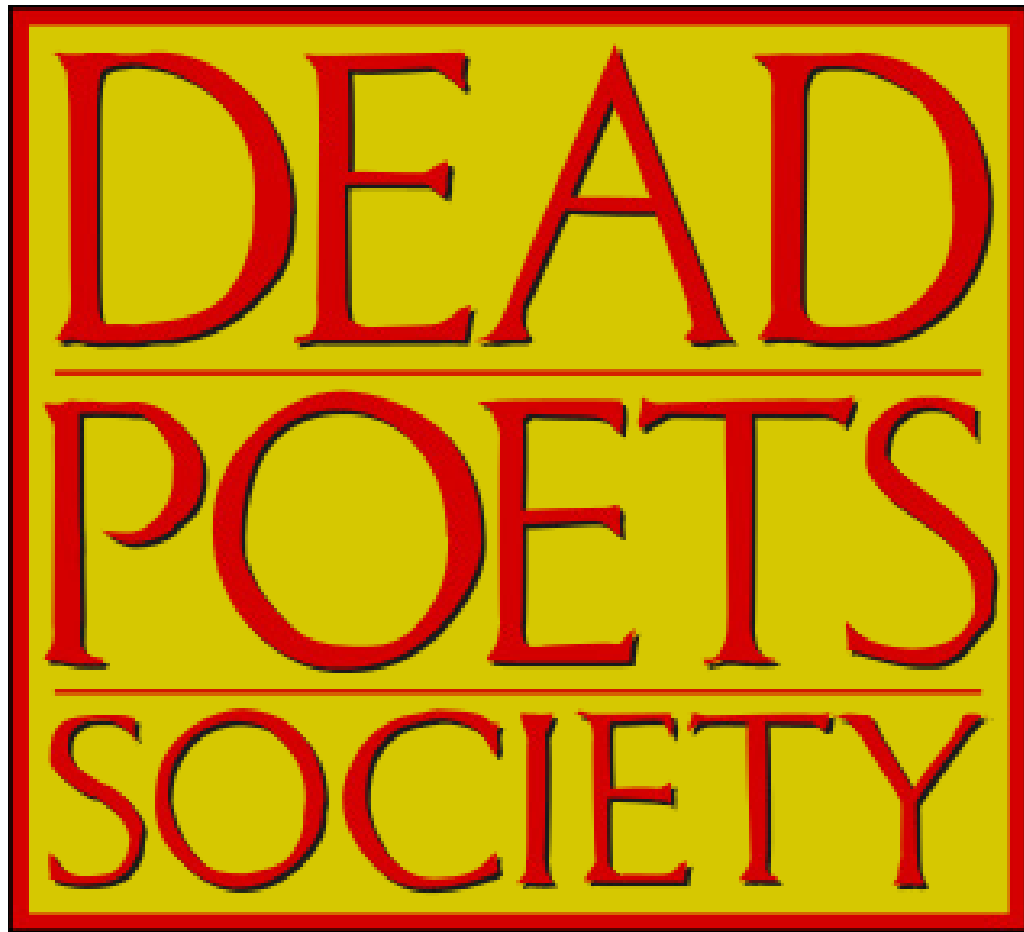
What if not this makes life worth it? To let oneself love, write and wonder without limits. We would not, in our last breaths, be gripped by the hands or regret, by what-ifs, possibilities never explored, all because you let yourself follow that straight line. Do not let yourself hate, think what they want you to think, eliminate every original impulse that washed over you even if it was just for a second. Live a life where you soared and crashed as much as possible. If you tried it all, let passion seep into your heart and possess you, feel and think free of the conventions put on us, then what a ride.

What a peaceful death that of the doer, and what an uneasy one, that of the watcher.
It is your choice and yours only, what path you shall take.

To quote from Whitman,

“Oh me! Oh life! of the questions of these recurring,

Of the endless trains of the faithless, of cities fill'd with the foolish,



Of myself forever reproaching myself, (for who more foolish than I, and who more faithless?)

Of eyes that vainly crave the light, of the objects mean, of the struggle ever renew'd,

Of the poor results of all, of the plodding and sordid crowds I see around me,

Of the empty and useless years of the rest, with the rest me intertwined,

The question, O me! so sad, recurring—What good amid these, O me, O life?

Answer.

That you are here—that life exists and identity,

That the powerful play goes on, and you may contribute a verse.”

What will your verse be?

Punk, Politics and Public Enemy

The first punk song is agreed by many to be “Kick out the Jams” by MC5, released in 1969.

AIDAN HODSON BRAIN

11 years later, The Sugarhill Gang released Rapper’s Delight, which not only was a seminal hip hop record, but it also heavily popularised the genre, with the song reaching a peak of n.36 on the US Billboard Hot 100. These two songs helped pioneer their respective genres, punk, and hip hop, two genres that sound worlds apart, but both share a common thread of rebellion.

Punk culture emerged in the mid-1970s in both New York and London, and was deeply rooted in anti-establishment ideologies, with its music having lyrics that follows the culture’s dogma, lead with loud, distorted electric guitars. One of the most famous bands to come out of the London music scene were The Clash, formed in 1976, composed of lead vocalist and guitarist Joe Strummer, lead guitarist Mick Jones, drummer Nicky Headon and bassist Paul Simonon. They released six studio albums over the course of the nine years that they were active, and were hailed as pioneers of punk rock, especially in their socially conscious lyrics, which included, Career Opportunities, about the lack of jobs available to young people at the time, with the jobs that were available being dreary or menial. The Clash also helped reinforce the punk ideology, being so overtly political in their messaging.

At the same time in New York, Chuck D (Carlton Douglas Ridenhour) together with Flavor Flav (William Jonathan Drayton Jr.) formed the hip hop group Public Enemy, which released its first album, Yo! Bum Rush the Show in 1987 together with their production team, nicknamed ‘The Bomb Squad’. It was met with generally positive reviews, but Public Enemy’s real success came with 1988’s It Takes a Nation of Millions to Hold Us Back, which was not only a commercial



success, selling 500,000 copies in one month, but it was also a creative success, with it being named one of the best albums of all time, including being listed 17th on NME’s top 500 albums of all time. Musically, it incorporated a blend of the funk inspired sound from Yo! Bum Rush the Show, but was faster, more charged and a lot heavier. Public Enemy created a dense wall of sound using an arsenal of samples from other artists, which lent a hand to probably the album’s celebrated aspect: Its lyrics.

Black Steel in the Hour of Chaos might be the epitome of the political messages of It Takes a Nation of Millions to Hold Us Back, narrating the story of a person who refuses to join the U.S. military, and is sent to prison, where he then instigates a prison riot. The whole song is a complete lambasting of the U.S. judicial system, and the massive amounts of racial injustice in it, which is at the core of Public Enemy’s beliefs. Public Enemy were an icon in the development of conscious hip-hop, with that always

being held at the forefront of their image and music, much like The Clash with punk. Chuck D has always held The Clash in high regard, saying they were one of the main inspirations for Public Enemy, with Chuck D himself narrating an eight part podcast on the them. Public Enemy in turn almost became the punk of hip hop, with their effect on other genres of music being noticeable as well, such as when Pop/Alternative artist Sinéad O’Conner dyed her buzz cut with the Public Enemy logo in protest of the Grammys not broadcasting the rap category on television, or the rock band Rage Against the Machine performing Black Steel in the Hour of Chaos together with Chuck D in 1996. Public Enemy helped shape hip hop, and for their achievements they were inducted into the Rock & Roll Hall of Fame in 2013, and won a Grammy Lifetime Achievement Award in 2020.

Around 10 or so years later, in the late 1990s, a new era of hip hop was starting to emerge: bling hip hop. As the golden age of gangster rap started to

fade, a new, more commercial-friendly version of hip hop took roots. The new mantra of this genre was almost an antithesis of socially conscious hip hop; a flagrant display of wealth that was mutated from rational beliefs; if you grew up impoverished and managed to secure money to live a happy life, it seems natural that you'd want to be proud of it. That same mindset doesn't work when you have a net worth in the hundreds of millions and didn't grow up poor. As the years dragged by, it didn't seem to be getting any better.

Then, in the 2010s, Kendrick Lamar and J Cole released their first albums, J Cole's Cole World: The Sideline Story, and Kendrick Lamar's Good Kid, M.A.A.D City in 2012. More importantly than Cole World: The Sideline Story, J Cole released 2014 Forest Hills Drive in 2014, which was a step into conscious hip hop, contrasting his first two releases which were a more pop sound. Good Kid, M.A.A.D City, however, was conscious right of the bat, with it being structured like a movie, narrating Kendrick Lamar's experience living in Compton, Los Angeles, at 17 years old being surrounded by crime and violence. His 2015 release,

To Pimp a Butterfly, was more direct in its political messaging. Instead of being a recounting of his story, To Pimp a Butterfly was more confrontational and directly addressed themes such as police violence and racial stereotypes.

New conscious hip hop artists are a rare find though, as mainstream hip hop as been beaten blunt, losing almost all of its political edge that it had as a new genre. Part of this is the ideology of the music industry, as they could sell something catchier but without the heavy politics that might turn away people to the music. Punk rock faired better, with its political stances being so integral to its sound, that even if it had a brief renaissance of pop punk, punk with less edge, in the early 2000s

One hope I have is that the music industry changes, and socially charged music can once again penetrate the mainstream and help bring meaningful change to voices without a platform, instead of being diluted down into easily digestible backing tracks without a second thought paid to them.



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