EU SUPER POWERS

Important checklist before traveling

Traveling is a time to be spontaneous, live on the edge, and explore the person you can't be when you're at home. However, it is best to get your stuff together beforehand, so you can make the vacation all it can be

1. Check The Validity Of Your Passport

Before traveling to any country, first, check whether your Passport is valid.

Most countries will state that your passport should at least have 6 months before its expiry date.

Some others will require you to at least have 2 free visa pages in your passport for you to be granted entrance into their country.

To make sure your passport is valid according to the country you're traveling to, check the consular website to see all the requirements about the passport.

2. Check The Visa Requirements

Among the things to do before traveling abroad is to check the visa requirements.

For some countries, you might need to apply for a visa and to others, you might not if the country you're traveling to not requiures visa for the passport you hold.

It might be an e-visa or a visa on arrival. The only way to find the exact visa you need is to check with the nearest embassy of the country you're going to or check on their website for more details.

3. Check The Vaccinations Requirements
Even though this might not be a requirement for all countries, vaccinations are certainly required in some countries before you can be allowed to enter.

4. Research The Cell And Data Plans Of The Country You're Traveling To
We all know roaming can be extremely expensive, so the option of roaming should be thrown out of the roof right now.
The cheapest and advisable thing to do is to buy a local sim card with a prepaid data plan.

5. Check If You Need An International Driving Permit.
If you plan to drive in a foreign country, it's better to out find if you need an international driving permit commonly known as the IDP.

6. Get Travel Insurance
Travel insurance is one of the essential things to bring when traveling abroad.
In some cases, credit cards come with insurance, but if not, then buy one which covers health, theft, canceled flights, and any other aspect that you deem necessary.

7. Check The Local Currency And How It Trades With Your Home Currency

This is perhaps one of the most important aspects that should be on your checklist for traveling internationally!

It is important to know how the currency of the country you're traveling to trades with your home currency.

This helps you plan for the activities and how much you'll need to be able to have a fulfilling trip.

8. Make An Itinerary

Before you travel out of the country, find out the activities you'll be doing and come up with an itinerary.

Even though sometimes plans change a bit as you travel, an itinerary helps you stay organized and keep you on track as you travel.

This doesn't mean you should forget about being spontaneous if something fun comes up – just go for it, why not?

9. Research Public Transportation

The means of Public transportation differs from country to country, so find out how good/ bad public transportation is in the country you're traveling to.

This will help you decide on how best you can navigate through the country.

10. Check The Weather Conditions

It is always a good practice to know what the weather is before you go.

This will help you decide which activities to do and the clothes to pack for that specific weather.

It would be such a shame if you carried summer clothes only to find out that it is pretty cold.

11. Research Common Tourist Scams In The Country

Most scams that happen in any country always target tourists.

So not to fall a victim, do research about the common
tourists' traps and how to avoid them.

12. Print Out Your Travel Documents

This is a safety measure that should be put in place in case you were to lose your original documents.

I mean try to protect your travel documents with your life but in instances where you lose them, at least you have where to start from with the photocopies.

13. 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. Even if you do practice or believe the religion or social norms they do, it is a sign of respect to the culture and people.

14. Learn these Key Phrases in the Local Language
Even if you aren't traveling to practice your language skills, it can be completely necessary to know common phrases in the local language in case of emergency or not even in emergency, it may just come in very handy.

15. 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.

Nota

Every vote counts.

As young members of the European Union, we have the right to vote in local and European elections. It is something that many people take for granted and do not realise how important voting is for their future.

Marysia who is 22 and lives in Poland expressed her concerns about people who do not vote.
"If you want something to change, you need to vote. Many people believe that their vote doesn't count and if many people think like that, things are not going to change.
In Poland, human rights violations happen and a lot of people still do not vote. Everybody should because this is how democracy works."

Sofia who is 22 and lives in Greece had a message for young people who think that voting is not something crucial.
"There are a lot of things that happen in our world today and we need to act fast: Climate change, violation of minorities rights, economic crisis. We sometimes blame the older people for previous decisions that led to these problems, but it is our turn to take things into our own hands. Be a responsible European citizen and vote! "

Virginija, 26 from Lithuania said that "'As a woman, it is important to vote because we were stripped off this right for centuries"
 It is time to act now and act fast! If people don't use this human right, the problems that exist today, will worsen tomorrow. Voter turnout is higher amongst older people. Young people should follow their example and increase this percentage. Vote responsibly and take into acount that politicians have the ability to change your lifestyle for the best, or the worst. In this pandemic we have learned a lot, especially about the fact that politicians have the strength to change our life with regulations. Isn't it scary to think about a non responsible politician that will abuse its power? Decide who do you want take to decisions for you and the future generation! Take carefully into consideration the problems that exist in your country and in the European Union.

Vasiliki
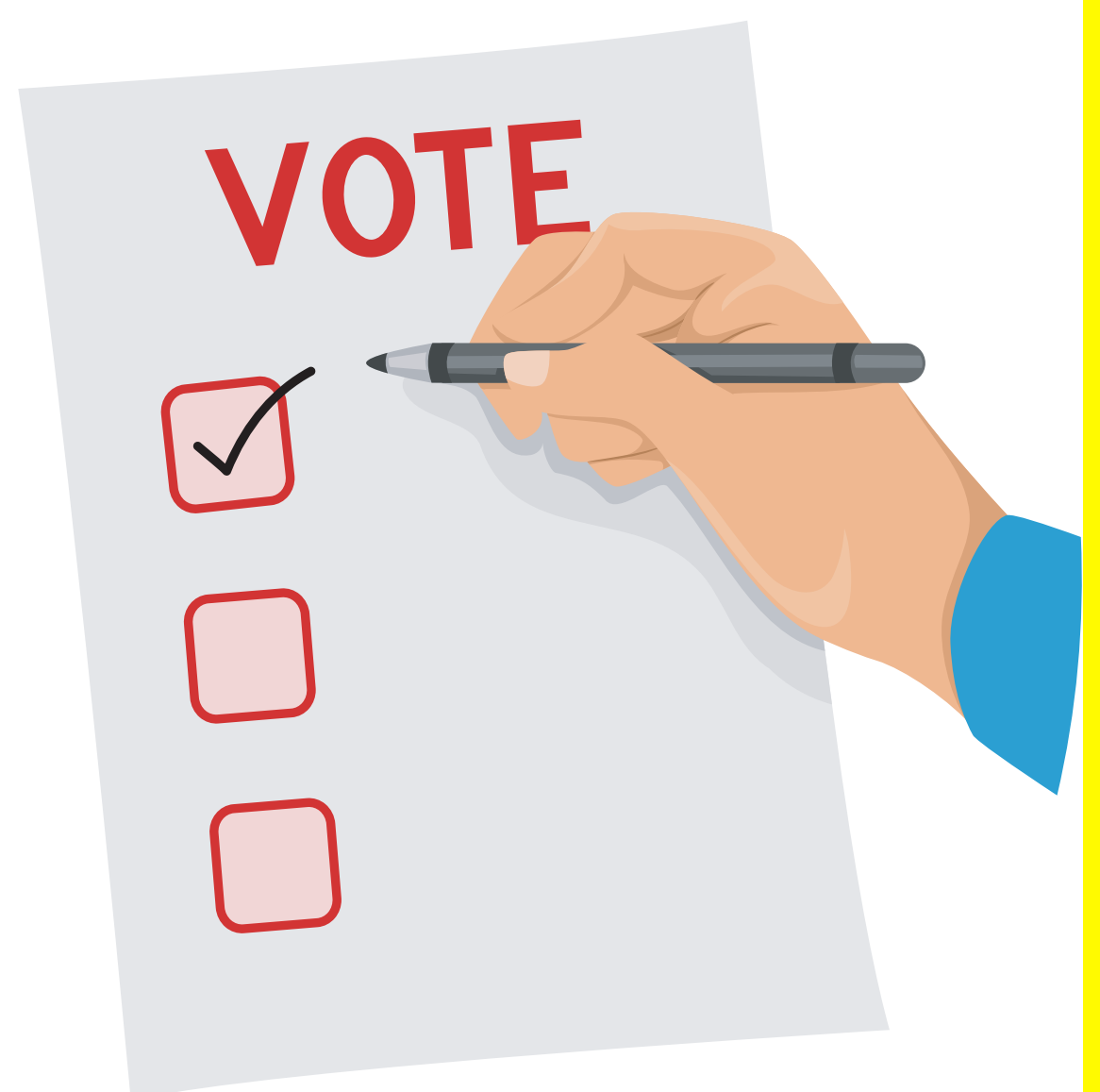
My country rules!

The article below provides the reasons for perceiving listed countries as the best place to live. Our reporter – Kinga – interviewed the citizens of those countries to share their advantages and also explain the contribution and additional values to other EU members. Let's see!

Poland

This country is located in the central Europe within a neighborhood of Germany, Czech Republic, Slovakia, Ukraine, Belarus and Russia. Moreover, Poland has access to Baltic Sea and mountains. That is the reason why Poland is a wonderful place to trade. Also, Poland offers vast amount of well-educated workforce as the society is offered completely free education. Last but not least, fabulous tourists attractions! Not only Poland is famous from above but also because of the amber called gold of the Baltic Sea.

Greece

Olives, feta cheese, beautiful seaside... Who would refuse holidays in this so called paradise? Moreover, many may not realise that Greece is the cradle of the whole European culture.

Thanks to inventions and discoveries of famous scientists in maths, physics etc. The societies in the past centuries were able to make our lives easier and, no doubts, more comfortable. Not only Greeks were leaders in science, but also they take care of sports and architecture as well. What is more, this country invited the worldfamous Olympic Games that boost the need of some trainings and encourage people to compete in a healthy way.

Slovakia
At first glimpse of eye, you may think that Slovakia is really poor country after splitting up with Czech Republic in 90s. In spite of this, this country offers cheap labour and environmental areas. The main attractions are: "Slovakian Heaven" as a complex of mountains' trails, caves, lakes and forests. Also, Slovakia is well connected with Praga, Vienna or Krakw.

Bulgaria
All of life's essentials are cheap and at the same time good value by European standards. Moreover, as from investors's perspective, in Bulgaria you may find low maintenance and and building costs with strong demand for rental accomodation.

Bulgaria represents goregous hiking possibilities, slow pace of life in rural areas but on the other hand – long sandy beaches along the coast. Mild climate is also convenient to run everyday life. Don't forget about citizens' hospitality!

Warm welcome and great surroundings away from hustle and bustle is guaranteed. Aside from the above, this country provides wonderful nightlife with dozens of quite cheap clubs and pubs where you can meet people from the whole world.

Lithuania
The dead centre of Europe – those words describe Lithuania in the most appropriate way, not explored by dozens of tourists yet. Anyways, Lithuania offers you the best home-made cepelinai. Moreover, Vilnius ranks as one of the cheapest city breaks in UE (pint is around 2.50 euro). Unbelievable, but Lithuania owns the most fibre-optic broadband capacity in Europe

Kinga

Racial discrimination around the world

Around the world racism takes many forms and happens in many places every week or even every day. There is no excuse for racism. It includes hatred, discrimination, bad behavior and even prejudice directed at someone because of how they look, what colour is their skin, what is their ethnicity or religion. Racism is associated with harassment and violent behavior but actually we need to consider those "insignificant" situations where people are not wanted somewhere or are excluded from somewhere because of their origin. Take, for example, racial name-calling and jokes.

Racism is revealed through people's action and thoughts. It is more than just believes, actions and words. It includes all these barriers that prevent people from enjoying equality and dignity because of their race.

So it is not just mine or your choice, it is everyone choice to stand up against racial prejudice and all of the intolerant attitudes. Here I want to share an example that became really popular on the internet because it proved that people are prejudiced about a certain person because of how he looks. The situation I am talking about is more like an experiment with two small girls. The first one was black, maybe from Africa and she was dressed with some dirty clothes, her hair looked greasy and she was like a homeless little girl that enters a restaurant and just goes from table to table to search for some food or some help. So in this case everyone was rejecting her and there were people who pretended she was not even there. After that the next day the other girl did the same. But this time the people from every table looked sorry for her, some of them ordered some food for her and asked her if she was lost or needed something else.

So my point is that many people declare that they are not racists or they are even against racism but the facts speak differently. There was a convention during the 60s that was committed to eliminate all kind of racial discrimination and now, half a century later the problem with racism is even bigger.

In conclusion no country can claim to be free of racism, racism is a global concern, and tackling it requires a universal effort. And we, people should take more actions that just saying racism is a problem and to try to fight it even in our heads in order to change our attitude and thus our behavior.

Monica

Impact of COVID in society and individuals

The Covid-19 pandemic affected very significantly the lives of people in Europe and has created a crises by combining a helath threat with economico problems. Across the globe the health threat of the virus has resulted in government intervention, often limiting basic social and political rights, for example with extensive lockdowns, the closure of borders and limits pur in the right of free assemply and protest. The crisis affected all the world, but the impact varies across states, social groups and all of social domains. This article illustrate the impact of the pandemic on various areas.Firstly we are going to analyze the effect of the pandemic on a societal level; while the second part Is focused on the psychological consequences of the pandemic. While the crisis has mobilized individuals, professional groups, and nations towards acts of mutual help and solidarity, it has also increased existing societal divides.In particular, the crisis emphasizes material differences, as well as national and ethnic tensions as borders are being closed, and migrants are being more discriminated.

Even intergenerational relations between the elderly and young people changed because young people often have bene accused of carelessly spreading the disease whereas the elderly are sometimes blamed as the cause for lockdowns.

Also educational inequalities have became more evident in this period: students had to quickly adapt to remote learning during extensive lockdowns and school closures. Many lacked proper equipment, skills and support.In many situations, schoolchildren reported that homework and remote learning was more tedious. In particular for children with migratory background, the isolation within their homes during the lockdown was more acutely perceived as a loss since it hampered the process of integration in their host country.

Covid has had serious consequences on the labor market, some of these of unprecedented severity, but at the same time it has opened the doors to a change in the lifestyles of workers and in the organization of companies that seems destined to enter the new normality. The most significative changes in the work market have been the suspension of all activies and less sales as a consequences, a drop of workers, the introduction of smart working and especially the gender gap.

While, on the one hand, crises tend to exacerbate negative conditions, inequalities, and competition between groups for scarce resources, they can also often inspire individuals and social groups to engage in remarkable acts of solidarity, mutual support and help, even in difficult conditions.Unsurprisingly, online communication technologies are a major conduit for people to counter their isolation during lockdowns. In this context, music has also served as a means to bring solidarity amongst isolated people through online livestreams.Solidarity could also be observed at the transnational level, where specifically the European Union has come under pressure in terms of its coping with the crisis.

2.The health emergency from COVID-19 has had an impact on the physical but also psychological health of the population, including children, adolescents, adults and the elderly, with even long-term effects.

This global pandemic has caused our daily habits to change suddenly and drastically, even those that seemed most obvious, thus experiencing an unpleasant experience that involves: the loss of individual freedom, separation from our dearest loved ones, a state of uncertainty about one's health and future, and a consequent sense of powerlessness in the face of the context that surrounds us.

Most of the common symptoms are fear, sense of abandonment and loneliness with a condition of fatigue, continuous psychological stress, in which there is a strong destabilization and a collapse of certainties.The most widespread risk is living the pandemic experience in a traumatic way, manifesting the so-called post-traumatic stress disorder, with chronic or persistent symptoms ranging from insomnia to nightmares and anxiety states: it could suffer from it up to a person out of three. In the general population, women are the category most at risk, because the lockdown have weighed on them more than ever, both as mothers and as workers, multiplying weights, increasing risks and isolation, impacting with unemployment. Furthermore levels of insomnia stress, anxiety and depression have increased during the pandemic, especially in women and students.

Vanessa

PANDEMIC

Let's play a game!

European Capital Cities

R	S	L	V	I	L	N	I	U	S	R	U	A	V
I	S	I	S	A	A	R	I	P	A	R	I	S	E
M	A	D	R	E	T	S	M	A	W	B	E	B	U
E	S	E	M	B	E	L	G	R	A	D	E	R	R
R	W	A	R	S	A	W	A	I	A	C	P	I	L
U	S	S	L	I	S	B	O	N	E	T	E	I	W
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BUCHAREST
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BERLIN
SOFIA
WARSAW
PARIS
PRAGUE
BRATISLAVA
VILNIUS
ATHENS
BELGRADE
ROME

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