

High

February



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love busters

There it is. That first glance that makes the world spin, the larva in your stomach turns to butterflies and your knees go weak. The surroundings come to a halt as your head is filled with just this one word: LOVE.

If you are a human you will know what I am talking about: love at first sight. It is everywhere - but is it true? First let's look at what we know. At this point you have seen the outfit the person is wearing and their facial features. That is about as much as we have to go on. According to a scientific study conducted on this very subject we tend to take the value of the person's external appearance and project it on their internal characteristics. Which means that, well, the more beautiful the face the better the heart, which, as many of you probably know, a lot of the times is very misleading. However that does not mean love cannot go any further. The scientists (Arthur Aron from the Interpersonal Relationships Lab at Stony Brook University in New York among them) have actually devised a list of 36 questions. Having answered them you are supposed to look into the eyes of the soon-to-be significant other for a couple of minutes. All of this aims to make you vulnerable, which fosters closeness. Worth a try don't you think? Let's say... Confirmed.

Some of you may have also stumbled across the so called Ladder theory. Contrary to the name it is not actually very scientific. What it states is basically that the guys have one ladder for the

opposite sex - only the one pertaining to sexual encounters and how proud the individual will be after having one. It further states that women have 2 of those. One is a mirror of the guys' ladder. However, there is another one, so feared by most men. THE FRIEND LADDER. And below them? THE ABYSS. While getting out of the Friendzone might be rough, most of you are probably thinking to yourselves - this is complete nonsense. Turning emotions into a one-dimensional ladder is just too crude. BUSTED.

The last thing are the infamous pickup lines. They can sometimes work as good icebreakers, that's true. But most of the time they are something the girl will have heard multiple times on numerous occasions, making them a hard feat. If you aren't creative enough, you will just put the other person off, so be really careful. Not to leave you empty-handed though, here are 3 of my favourite pickup lines, which may prove useful to some of you (note: they are taken from a Japanese channel so, um, they might sound a bit weird):

1. You relax me more effectively than a dolphin.
 2. I lost my phone number, can I have yours?
 3. I have no one to eat my ice cream with.
puppy eyes
- So, confirmed or busted? I will let you decide on this one on your own...

Kuba Orliński



S I N G L E

FRIES BEFORE GUYS

Life of a single girl is easy. As a single I can freely tell you about things we do when we do not have a boyfriend. We basically have more time for ourselves and friends, especially on Valentines!



Sleepovers! Let's be honest here, this is something we all did at least once. Am I right, ladies? Spending nights together, chatting, exchanging hot gossips, talking about handsome guys and watching horror movies is an amazing thing. It makes you get on well with your friends, even more than you used to, and is a good way of spending your night when you do not feel like sleeping. You will not regret staying up all night and sleeping for half of the day, when the rest of your friends are also lacking sleep as much as you do. Also, girls understand each other perfectly. If you freak out because of Christ Hemsworth or Evan Peters, they won't stare at you with weird expressions, but freak out as well.



Next thing of course is shopping. It's way better to go with your crew rather than parents. About boyfriend, I do not know a guy who likes to spend hours trying on clothes or just simply watching his girlfriend ramble all over the shopping mall. Your girl's crew, on the other hand, will go with you with pleasure and help you in picking up the best things, buying something for themselves as well. They won't complain about hours passing by. A short break for coffee and back to the task!

During the Christmas break I went with my crew to Quest Hunt. We chose "Alice in Wonderland" motive and had to solve a mystery of a white rabbit. We got locked in a room and had to get out of it within 60 minutes. I do not want to spoil what is inside, but I can tell that it was really amazing and you should try it. There are many motives like James Bond or Odyssey, so it is up to you, which one you will do!



Generally, being single means that you are free to do a lot of things you sometimes cannot when you are in a relationship. Also, there's no one to get jealous when you talk to guys... But still, no matter what, neither friends nor Leonardo di Caprio will fill the space in your heart that will be taken one day only by the love of your life.

STAGE

BROS BEFORE... you know

For boys a single status might be a nightmare or the total opposite of it. Being single is great and, even though I have never heard of "single guys Valentine's Day"... Why not?

Most guys play computer games like "League of Legends" or "Grand Theft Auto". I saw my friends playing, gathering as a team, each one of them in front of their computers at home. They were somehow connected so that they could be in different parts of Warsaw and still play together. My friend didn't even notice my presence for at least 10 minutes when I entered his room to pick up my math book. He seemed to be in a different world. I guess it is a way of replacing a girlfriend with games and friends.

Watching live broadcasts of sport matches equals girls watching movies and TV series. Game time is the time that is sacred to most guys. Nothing can interrupt the time they have their eyes locked on the ball or shout commands like a real coach. Better than this is only entering the stadium with other fans. This experience makes the adrenaline buzz in blood and makes guys super excited. It is an easy (but sometimes expensive) way of spending time on an entertainment. But hey, it is supposed to be a special day, right?

Just like girls, boys like to hang out with friends. Meetings in places like bars, restaurants or parks is a common thing. They sometimes have no reasons to go, it is just a matter of spending time with friends. Every time I go for a walk, I can see groups of boys sitting on benches or near the pond and just talking. We all know that time flies way faster when you are with friends than when you are alone! I recommend you visiting Uki Uki restaurant on Krucza street. It is a Japanese noodle restaurant that serves the best udon I have ever eaten in my life. There's a nice and chilly atmosphere so it is a great place for meetings with friends. Uki Uki's udon will make you feel full until the end of the day or even longer.

More game-playing time, no need to clean up the room, money saving (as there is no need for paying for a girlfriend)... Enjoy it while you have it!

Karolina Kacprzyk





RELATION

Being in a relationship actually means that each day should be a „day of love“. So why is it so crucial to make the 14th of February unforgettable? There is more to it than just tradition. It is a day during which you can feel the love at every corner of the street and when you can show your true feelings towards your other half. A simple gift can be the reason of a big smile on your love's face. A romantic escapade can be a beautiful memory for the rest of her/his life. I believe that when we love somebody, all we want is their happiness!

What kind of gifts fits this occasion? Surely, personal gifts – ones showing how well you know your second half. The DIY – Do It Yourself – gifts are not expensive nor time consuming and difficult. There is a variety of ideas on the web. Personally, my favourite ones are:

Name: sweets&treats

Level of difficulty: medium

Time: depending on a recipe

Grocery list:

- ♥ things mentioned in a recipe
- ♥ a basket/cookie container (15-20zł)

What is it? This one is an idea for all the baking lovers. If you know that your second half is basically a Cookie Monster, then make them really happy with a basket full of sweets and treats baked yourself! Go to page 12 to check out 2 V-day recipes!

Name: the DIY mug

Level of difficulty: low

Time: around 20 min + 48 hours before first use

Grocery list:

- ♥ one plain, white mug (5-20zł)
- ♥ one Sharpie or other permanent marker for porcelain (9-15zł)

What is it? Basically, it is a plain mug, on which you can write and draw whatever you want. I recommend writing something personal, which only your boyfriend/girlfriend will understand. Remember to leave the mug dry for about 2 days and avoid washing it in a dishwasher.

Name: Love Coupons

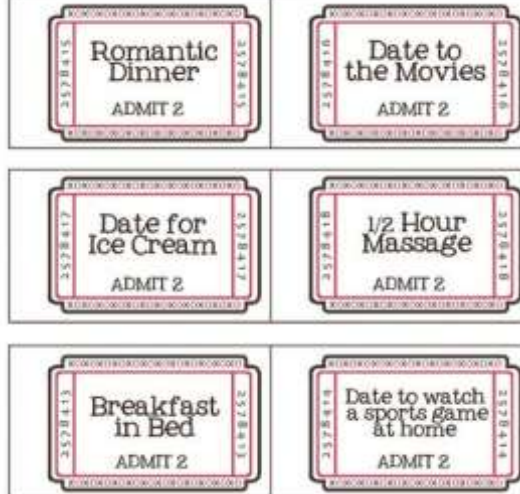
Level of difficulty: very low

Time: from 2 minutes to an hour

Grocery list: (if you want to do it by yourself)

- ♥ Coloured paper

What is it? You can find ready love coupons all over the web and just print them. It can be a coupon for a date, for food or for a foot massage. If you have your own ideas, take out your scissors and get coloured paper - you can put on it whatever comes to your mind. For more, visit the website [Pinterest.com](https://www.pinterest.com).



SHIP STAGE

However, DIY presents are not for everyone. If you're one of those people who do not like artistic work, I recommend you to purchase a funny gift. You can find plenty of ideas in shops like Yego or crazyshop.pl. If your girlfriend/boyfriend has a good sense of humor, you can opt for these kinds of gifts.

Of course, spending money on useless objects can be quite frustrating. So why not try to buy something your love speaks about all the time? Open your ears and listen – he or she will certainly mention the need for a new phone case, earphones or a book! These presents will definitely be a safe choice, but I am sure they will make your other half happy.

The other thing is that a great gift doesn't have to be something from a store. What matters is to spend time together, especially if you usually do not go out much. Buying tickets to, for example, Klub Komedyczny can be something special and memorable. It is a place where you can watch improvised plays and assist to all sorts of performances and concerts. Surprise your partner with a ticket for a spectacle – I'm sure he/she will appreciate something new and have a great time.

Ticket prices: 20/30 zł

Valentine's Day is a special occasion, on which you can do new and exciting things. Monotony in a relationship should be avoided. Hence, plan something different for this day and try to surprise your partner. I guarantee you will have a lot of fun if you decide to go ice skating! Let us enjoy winter and do something related to it. Do not be afraid to slip, it happens to everyone and can be a source of a gale of laughter. As for more lazy ones, a thematic movie night is the best way to spend an amazing evening without going outside when it is freezing. Do not forget the popcorn! An alternative way of spending Valentine's Day is going to the theatre – the choice of plays is tremendous!

Have fun during this magnificent day and may the Cupid be with you!

Gosia Duluk

SINGLE STAGE

alone edition

Let me start off by saying: I love Valentine's Day with all my heart. I always couldn't care less if I was single, I HAD TO buy at least one heart-shaped lollipop and give my best friends some cute, handmade cards. I've spent Valentine's with or without my friends, but I've always felt the kind of magic in the air, you know? It surely wasn't THE love, since I was single at the time, but it was definitely something. My tips for perfect single Valentine's Day? Well, it's easy: make yourself happy!

First step: SPREAD THE LOVE

Even if you don't necessarily have a partner at that time, I'm sure there are a lot of people you feel very strongly about. Your mom or dad may need some love on this day? Or your friends? Simply saying random compliments during the day, or giving your friends kitschy tumblr Valentine's cards will make you and them smile!

Second step: PAMPER YOURSELF

Looking at all those heart-shaped balloons, giant teddy bears, beautiful red roses, cuteness lurking from every corner of the mall... and you're there, alone and nobody will get you anything. You know what? Go to a mall, have some wild shopping time, buy everything you normally wouldn't – make this day special for yourself!

Third step: RELAX, TAKE YOUR TIME

This day is yours completely. Tell yourself that it's okay to "waste time" today. I don't like to do it, unless I have a really well deserved reason for that. And since you don't have a date, it's a good replacement, okay? Take a long, long bath you feel like you've wanted for forever. Buy some snacks, watch a movie, read a book, take a nap – do whatever! Waste time on the things you really enjoy doing, but usually don't have time to do.

Fourth step: TAKE YOURSELF ON A DATE

There's this new club you wanted to go to, but you never really had the time? There's your favourite café, just around the corner? Go out, do whatever you feel like that day! Going to a club and dancing your heart out or simply stuffing your mouth with popcorn, while watching a movie in a cinema? It's your date, your choice!

Five and final step: BE POSITIVE

People say Valentine's is overrated. True. But some people still love it. Don't ruin their mood by being grumpy all day, and most importantly: DON'T RUIN YOUR OWN MOOD. It's your choice: do you want to be negative and complain all day or do you want to have fun and some proper "you" time?

Aleksandra Szulowska



FLIRTING STAGE

If it were that easy... To be honest, I have no idea how to flirt and I don't think that there actually is a way to find out how to master this skill.

So for this article, I teamed up with my friend Tosia, who will be our guide through the maneuvers of flirting.

OK, so the first thing we decided to do as a team was, of course, some research - just try googling "how to flirt"; or maybe not... What you will become aware of is that you should talk (wow), smile, use body language and all those quite indispensable things.

Sometimes, the tips were more specific - from running your hand through your hair to grabbing your date's bottom while entering a restaurant (that's what a girl should do to a guy, if you were wondering)...

At that point, we were both pretty confused and started asking ourselves what we should do for that article. *Is that really what we should tell people to do to get a date for Valentine's Day?* - that was our major worry.

We eventually came to a decision - we just had to find Tosia a date. *But how will we find a date for tonight?* - Tosia asked me. That is when I told her to download an app called Tinder and the madness kicked off.

I can tell you - we were quite picky, but Tosia immediately started receiving "matches" with

some random guys. We were both shocked at the speed of the whole process. After a while, we managed to pick a guy who seemed nice, in a non-creepy way. Of course, he was hoping to meet her someday but then we got an even crazier idea - *let's challenge him*. It was supposed to be a "now or never" sort of thing. *Let's see if he's desperate enough to meet in 20 minutes*. Unfortunately for Tosia, he was.

It's fine, there's no need to worry... Nothing happened to her, she's safe and sound (she had a back-up plan though). The guy wasn't some evil, dangerous hooligan. Quite the contrary, he turned out to be a sad, little, sappy human being, who just couldn't believe that "such a wonderful creature" like Tosia agreed to see him.

Our plan was to test out some flirting tips and possibly seduce some hottie, but well, there was actually no need to.

So if you're desperate for a date in February 2016, just go online! There are so many sad, desperate cuties out there - go for it!

DISCLAIMER: Actually - don't do this at home. Just stop worrying, your true "match" will just pop up one day and you will not have to get in all that sweat :)

Wiktoria Buniowska, Tosia Ambroziak



3 most romantic places in the whole world

Lofoten Islands, Norway
68°41'15.4"N 15°18'27.2"E

The 'Northern Lights' - the unearthly colours all over the night sky above a wild and snowy Arctic land, will create the most magical and inimitable atmosphere, that you can dream of. You really don't need much more to spend remarkably romantic time with your valentine.

High Ropes Forest, Germany
53°18'53.2"N 8°03'59.7"E

I would not recommend it to anyone with acrophobia, nonetheless if you and your other half have an adventurous spirit, this might be the perfect choice! Spending the night above the ground would add a lot of excitement to any camping or climbing trip. Besides just imagine the stunning view you would wake up to!

Pamukkale Thermal Pools, Turkey
37°55'04.8"N 29°06'35.9"E

This one is especially for (history) lovers, who would love to relax together in the remains of idyllically located Greek-Roman spa city. You can explore the ancient ruins of Hierapolis and after sustaining your knowledge-hungry brains, enjoy yourself in the breathtaking white terraces filled with warm water. ROMANTicism guaranteed!



Treat yo self

Wistful sigh Valentine's Day - the most romantic day of the year, filled with wilting flowers, rushed dinner reservations, and sugary bribes. I do so love this day as it gives EVERYONE an excuse to dress up in red, stuff their faces with chocolate and watch sappy movies :)

Whether you're single and proud, or glued at the hip with your beau, you may be thinking about an amazing, taste bud exploding Vday treat. And that's where I step in. I myself am a novice in the backing game - some pies come out mouthwatering, most pancakes come out as charcoal (renewable energy anyone?). But the gist of it is, I am your only hope this year, let the food guide commence.

I'm a sucker for you...

This recipe is so simple, yet it's a great gift for friends, family, crushes... *wink, wink*

Ingredients:

All you need are 12 peppermint candy canes, some ovenproof lolly sticks, 200g of white chocolate and some sprinkles

Instructions:

- I.** Heat your oven to 180°C and arrange the candy canes in pairs (to make a heart) with a lolly stick in between - heat for 5 minutes
- II.** Once they're soft enough, pinch the candy cane ends together - work quickly so they don't set too early
- III.** Melt your chocolate in a microwave, then spoon it inside the heart shape, add sprinkles and leave your lollies to cool

All you knead is love

The ultimate red velvet chocolate chip cookies

Ingredients :

- 0.5 cup butter, softened
- 0.25 teaspoon salt
- 1 cup each powdered sugar
- 1 egg
- 1 teaspoon: vanilla
- 1.5 cup flour
- 1 tablespoon milk
- 2.5 tablespoons red food coloring
- 0.5 cup chocolate chips
- 0.25 cup cocoa powder
- 1 teaspoon baking soda
- 0.25 cups chocolate chips (cookie topping)

Instructions :

- I.** Just mix the butter and sugar to a creamy consistency
- II.** Beat the egg separately and add to the mixture
- III.** Add vanilla, milk; beat in the food coloring
- IV.** Throw in all the other stuff (w/o the 0.25 cup of chocolate chips)
- V.** As a responsible chef, lick the batter off the spoon
- VI.** Combine everything to a soft dough and dump in the chips, then refrigerate for 1h
- VII.** Preheat your oven to 180°C, place some parchment paper (or anything stickiness preventing and heat retardant, i.e. flour)
- VIII.** Dole out the dough (a little more than 1 tablespoon per cookie) and either use a heart shaped cookie form or just put those dexterous fingers to use
- IX.** Bake each set of cookies for 11 minutes.
- X.** Take cookies out of oven - decorate!

Natalia Legień

#RealTalk: Reflections on Valentine's Day

For some, this is the day in which young hearts are broken, shattered and torn down as you watch the love of your life (yet another one this month) laugh over the Valentine you have carefully crafted for him. The day you spend lying in your bed, wrapped in layers of fluffy, warm blankets (I don't need other humans to keep me warm, okay?!) trying to become a human burrito, while quietly shedding tears into your pillow. The day in which record amounts of huge ice cream buckets and chocolate are bought. For other people, it is a cheerful day spend with their significant others, the moment you remind yourself why you love the person you are with. And some people, well, they just don't seem to care.

Why do some people despise, or in other cases, adore Valentine's Day? What are the real and actual feelings about this celebration in our society? There is no better way to discover what people think than to ask them! I decided to run a little survey amongst my friends, colleagues and family members. Each interviewed person had to answer the same, simple question- do you like Valentine's Day? Here are the surprising results I'd love to share with you all.

First of all, let's get the numbers straight: **31%** of the interviewed people declared their reluctance toward the festivity. **37%** told me their feelings about the topic are quite neutral. Lastly, only **25%** of the respondents expressed positive emotions about the celebration!

Okay, now what surprised me mostly while conducting my little experiment was that nearly all the couples I asked the question had similar thoughts on the topic.

"The truth is, we both don't really like to celebrate Valentine's Day. It puts people under this really weird pressure to do something absolutely grand and impressive this day"- I was told by my friend, in a relationship for 2 years. Her boyfriend added: "Some people just get way too stressed about a day that should be cheerful and fun."

There is quite a strong belief in our society that the only people that don't like Valentines are the sad, "forever alone" types that rush through the day with a permanent scowl on their faces, throwing daggers with their eyes at the happy, lovey-dovey couples. From what I have researched, this is not entirely the whole truth! 80% of the people in relationships I have talked with confessed that the celebration just stresses them out and puts them under the pressure to be a flawless boyfriend/girlfriend for the day, or do something impressive and unforgettable, like they do in all American rom-coms. One of my respondents shared with me: "One time I and my boyfriend decided to just stay at home and hang out with each other because, as it turned out, we both didn't really have the energy to go anywhere special. We ordered pizza, watched a movie and it was really fun. When I told my friends about it, they all looked at me as if I had just grown another head. "But...it's Valentine's



Day! Why didn't you guys do anything?" Some people just really need to chill..." my friend finished, rolling her eyes. We tend to set our expectations too high and forget that this is a day like any other. The world will really not fall apart if you do not serenade the love of your life accompanied by a guitar in the moonlight, shower them with rose petals and buy them a million dollars' worth gift. Seriously. What most people told me (and this is also my opinion) is that it's more important to show the person you love how much you care about them every single day, with little things like comforting them when they're afraid or nervous, being there for them in the important moments of their lives, listening to what they have to say - actually listening, not just nodding absent-mindedly and throwing a distracted "yeah, yeah" and "that's cool" here and there. It is quite a rare ability these days. My friend put it like this: "I want my boyfriend to show me his love every day, not just one day a year. I want us to go out spontaneously, not because we have to; because it is a tradition do to something on this particular day."

So far the responses weren't exactly overwhelmingly positive and enthusiastic, I know. Now, you must be curious what is going on in the heads of Valentine's Day lovers. Surprise! Yes, these people do exist and they aren't always in relationships. Actually, one of the things that surprised me mostly while researching the topic was that most of single people (I can hear all the audible gasps from the readers!) confessed to liking the festivity. Yes, this is actually possible.

"I actually like Valentines very much. Firstly, a lot of cute romantic comedies are being played in the cinemas. And I know loads of people say that they hate it, but I love all the

kitschy decorations - the glittery hearts splattered everywhere, the giant teddy bears sitting on shop windowsills. I think this is a great day for people to remind themselves why they have fallen in love with each other, a chance to renew their feelings.", said my best friend, who recently broke up with her boyfriend.

Some single people, like my older cousin, even look forward to this day- She and her best friend always take advantage of all of the massive discounts for couples and they spent half of the day running around the shops with a mad glint in their eye (been there, witnessed it).

I think Valentine's Day is overall a pretty nice festivity. Sure, it has its bad sides - like the overwhelming commercialism and kitsch surrounding it in the recent years. But underneath all of that hides a beautiful celebration of love, of being in love. I mean, there is children's day, grandfather's and grandmother's day, moms and dads also have their own festivities, so why can't couples have their own little celebration too? As my friend said, it doesn't have to be the day of lovers, but of the people you love. I spend Valentines with my group of closest friends, just hanging out together, having fun and eating unearthly amounts of food we wouldn't normally eat (another good side of Valentine's - nobody will judge you while you stuff yourself with pizza).

It all comes down to your attitude. You could spend the day in a gloomy mood scaring everybody away, buried underneath layers of blankets, or just go out and have fun with your buddies. The choice is yours, but I would suggest staying positive!



Perfect Match

Hello and welcome to our special, one and only, match-maker programme! You're single and looking for company on this Love Day? You are in the right place! Stay with us and within seconds you will find your Perfect Match! Let's meet our lovely candidates and find out who suits you best!

Warning: Your Valentine will need access to the Internet and computer or TV.

*You're about to get married, but you don't know who your dad is, so you've invited all of the possible "dads" to your wedding? If that's the case, then your perfect Valentine is **"Mamma Mia!"** Enjoy, and don't forget to sing along!*

*You have to get married or you'll be deported and lose your job, so you just talked your subordinate into proposing to you? Spend your Valentine's Day with **"The Proposal"**. But be very careful – you have to know EVERYTHING about your brand-new soul mate!*

*You were on your way to church to your wedding, but your future mother-in-law is a wicked witch (literally) and got rid of you by sending you to New York? Don't worry! Your true love's kiss awaits! **"Enchanted"** can't wait to meet you!*

*You work in a small shop selling travel books, live under one roof with a psychopath and just spilled juice over the love of your life (who happens to be a famous actress)? Invite her home then, so she get cleared up and let **"Notting Hill"** accompany you. A beautiful romance guaranteed!*

*You're a young, ambitious journalist, who promised your boss to make a guy fall in love with you and then get rid of you within 10 days, just to get promoted? **"How to Lose a Guy in 10 Days?"** will be thrilled to join you for a candle-lit dinner.*

*You've had a crush on your best friend since the day you two met and now he's getting married? **"My Best Friend's Wedding"** has volunteered to be your shoulder to cry on.*

*You've met the girl of your life, she became your girlfriend and soon dumped you but you still love her and can't don't want to get over her? Meet **"500 Days of Summer"**, willing to spend Valentine's Day and the next 499 days with you.*

*You've just moved to NYC and now you're trying to get a job in a club but your real dream is becoming a great song-writer? Don't be surprised to wake up with **"Coyote Ugly"** sleeping next to you!*

*Your wife has abandoned you but you still love her, so you've made a deal with some extravagant woman from your? Go crazy with **"Silver Linings Playbook"** and keep in mind that your happy ending will come eventually.*

*You have a crush on your boss, want to lose some weight, quit smoking and generally get your life together? Why not start changing yourself hand in hand with **"Bridget Jones' Diary"** by—~~eating~~ removing all the bad food from your fridge and jogging to the bed?*

*Your boyfriend has just left you and now you have to take care of your street dance crew all by yourself? **"Street Dance"** will be more than happy to share your passion and comfort you.*

That's all we have prepared for you today. Choose your date wisely, and don't forget that you can always meet up with someone else if you and your original choice don't click! Lots of love, and see you in the next episode of 'Perfect Match'!

Anna Ignaczak



*i was
enchanted
to meet you*



What's in **VOGUE**

Lob for everybody

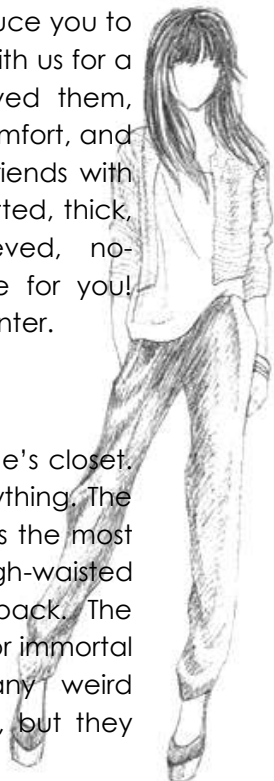
Lately many celebs have decided to try this new hairstyle called Lob, which is a basically a classic bob, but for long hair. This is the perfect option for those of us who are bored with our simple hairstyle and want a change, but not a dramatic one. The secret of Lob is that it's something in the middle – not enough to make you a doppelganger of Rapunzel, not short enough to pull off a K-pop star cosplay. It goes well with straight, wavy or curly hair.

Get the turtle look

Ladies, I have a pleasure to announce that THE WINTER IS FINALLY HERE! It's snowy, frosty and very windy outside. There is a comfy, soft and warm solution to that problem. Let me introduce you to turtlenecks! They have been with us for a long time. Our grandmas loved them, our mommas admired their comfort, and we should learn to become friends with them too. Cotton, woolen, knitted, thick, slim fit, oversized, long-sleeved, no-sleeved... There must be one for you! Turtleneck is a classy, instant winter.

Classy time

Jeans are the basis of everyone's closet. They go well with almost everything. The most basic of basics – slim fit is the most popular type right now. High-waisted jeans made a HUGE comeback. The safest colours are blue denim or immortal black. I wouldn't advise any weird colours. They MAY look good, but they may look tacky.



Coats for the fall and winter

We all know fashion is a spinning wheel, but some pieces of clothing stay in vogue every year, just like every men's MUST HAVE – coats. This winter there are a few coat trends for men to enjoy. My personal favourite – classic, double breasted, Cantona collar coats. They make every man look fashionable and even somehow businesslike. Add a navy scarf and you get the Sherlock look. If you prefer something more extreme, try the fur coat. But, let me warn you, there is a lot of swag needed to pull that one off. But of course, you can never go wrong with the good old unisex parka and Timberlands duo.



Spongebob Stylepants

As for the pants, there are no big trends, I guess, but remember these rules:
1) Sweatpants are for the gym – not school or work!
2) Choose neutral colours and don't try to play with patterns (I mean, experimenting is cool, but if you're not a fashion icon, there is a huge chance of a faux pas)
3) Wearing cargo pants is a deadly sin. There is no justification for that.

Stylish from head to TOE

This winter is really harsh, so the best way to look great and stay warm are "moc boots". The name comes from moccasins, but the winter version looks way better than its sisters. Another perfect style is the wingtip boot. Pure class, beautiful shape. They give you that literature professor kind of vibe, which in my opinion is timeless.

Karolina Płocka

Happy new me? update

Sunday, 10.01.2016 r.

3... 2... 1... Happy New Year! I wish you guys all the best this year. I also hope that my last article interested you enough to at least consider taking a part in '100 happy days' project. I'm going to describe to you how the first days of the project went for me and I'll try to make you familiar with the personalized sides of my participation in it. And remember - it's never too late to start doing it yourself! You don't need a new year to start changing for the better.

Today is the 10th day of my participation in the project. I have to tell you that I didn't really do my best for the first 5 days. I ate sweets; I just tried to make the amount of them smaller. I also didn't even try to get up when the alarm clock rang, as these were my days off and I wasn't obliged to go to school. However, I decluttered my CD's and I learnt many new words in Italian so I accomplished some of the tasks that the project requires. And I didn't say a single complaint during all these days, which I'm very proud of.

The real work started on the 6th day of 2016. School was about to begin, so I couldn't just continue doing nothing all the time. I did most of my homework before the holiday had started but I still had to study for a few tests. I managed to prepare for all of them and I read the few chapters of my bats book that I should've read by then. I prepared a plan of the daily amounts of water I should drink and I installed an app reminding me about it. I also didn't judge anyone I met that day but I guess it was only because I was simply too busy.

From the 6th day on I've been doing my best to get the goals of the project done. I can already see that I'm much happier since I've stopped thinking negatively. It really works if you tell yourself in the morning that the day will be beautiful instead of moaning about 'that horrible school.'

Nothing really exciting has happened so far but I keep my eyes open. Who knows what tomorrow will bring? Now, I'm going to let you in on the personalized parts of the project, dividing them into sections:

Home: During the next 90 days (as 10 have already passed) I'm going to declutter my: books, clothes, wardrobe, pencil case, Facebook 'friends' list and bathroom.

Happiness: I identified the little things that I enjoy doing and I'm trying to do at least one of them every day. I had to think of 20 of them, but I'll tell you only about my absolutely favourite of them: ice skating, reading, watching films, calling my best friends, listening to music, baking, cooking and writing.

Learning/personal development: I'm learning 3 words in Italian every day and I'm reading 'Bats of Europe' by Christian Dietz, Otto von Helversen and Dietmar Nill. The book choice may seem strange to you but you have to know that I'm a huge fan of bats.

Time management: I'm doing my homework the day I get it and I stopped scrolling Facebook newsfeed every half an hour. Now I only open the app when I get a message and I can honestly tell you that it saves up LOTS of time.

Health: I stopped eating sweets and I only drink water and natural juices.

Social: I write nice/funny texts to my friends every day in the morning in order to make them happier. I also try to be nice to everyone and understand what they are going through before I pass a judgment.

That's all I've got for you today. I still hope that you will decide to join me and take part in the project too, as it's really beneficial and helps you appreciate life more. Have a nice day and see you in the next 'HIGH' issue!

Anna Ignaczak

be kind.
work hard.
stay humble.
smile often.
stay loyal.
keep honest.
travel when possible.
never stop
learning.
be thankful

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