

# A VIEW FROM ABROAD

THE ESC VOLUNTEERS MAGAZINE



**FAST FASHION:  
HUMAN RIGHTS  
VIOLATIONS AND  
ENVIRONMENTAL  
IMPACTS**



**LIVING IN  
GREECE:  
WHAT I HAVE  
NOTICED**



## Fast fashion: Human Rights Violations and Environmental Impacts

Did you know...

The fashion industry is the second most polluting industry in the world, after the oil industry. Millions of tonnes of textile waste end up in landfills each year. The fashion industry contributes around 10% of all global greenhouse gas emissions. Over 90% of brands aren't paying their factory workers a living wage. Horrifying right? The purpose of this article is to bring to light the impact of fashion on people and the planet. As well as giving tips as to how the reader can shop sustainably.

**Definition of Fast Fashion:** a marketing method focused on rapidly producing large amounts of clothing at the lowest cost, to meet consumer demands. It feeds on the consumers desire to remain trendy and relevant, by frequently buying new 'in-style' clothing. It forms a key part of the toxic system of overproduction and consumption that has made fashion one of the largest polluters in the world.



### **Human rights violations**

In order to produce clothing as cheaply as possible, large companies set up factories in developing countries, with cheaper labour. Countries such as Bangladesh, Cambodia, India and Indonesia. This allows the companies to produce high volumes of clothing at a very low cost. There is a lot of price competition in the fashion industry, every company is trying to sell their goods at a lower price than their competitors. They do this by making deals with factory owners, what some might call threats, saying that if they don't reduce the cost of labour, they will simply relocate to a different factory that is willing. It is important to understand that most large companies don't own the factories in which their goods are produced, they have contracts, easily broken contracts. This results in an impossible situation for the countries that host these factories, because the jobs that are provided to the people are essential to the economy and therefore worker's rights are overlooked.



This is reality:

- 80% of clothes workers are women aged 18-35 with **no access to maternity leave.**
- Workers are often **forced to work 14-16 hours 7 days per week.**
- Their wages are not high enough to live on.
- Factory conditions are **unsafe for the workers**: bad infrastructure, harmful chemicals, cramped spaces etc. These CAN and HAVE lead to factories collapsing, factory fires, long term illnesses and many accidents.
- Workers who attempt to create workers unions are subjected to **verbal and physical abuse.**
- Frequent use of Child labour.
- Reports of forced labour



These companies are exploiting the misery, and taking advantage, of poor populations who have no choice but to work for any salary, in any working conditions. Companies that make billions in profit every year, but don't even pay their factory workers enough money to live off.



I hope this makes you think, makes you angry and makes you want to make a difference. We know that if working conditions improve in one country, companies will just move to another. I believe that we cannot expect much from the corporate world or from governments if consumers do not push for a change. This is your time to make your actions matter my dear reader. So next time you're shopping and read 'made in Bangladesh' on a label, I urge you to think of this article and refrain from buying it. **There are so many ways to shop sustainably and without exploiting other human beings**, which I will list at the end of this article. So bear with me, while I explain the environmental impacts of the fashion industry.

### **Environmental impacts**

Fast fashion has a huge impact on the environment. Firstly, the fashion industry wastes water at immense levels: it requires 2650 liters of water to produce one cotton shirt and almost 7600 liters to produce a pair of jeans. As well as water waste, there is water pollution caused by textile dyes, as the water left over from the dyeing process is often dumped into ditches, streams or rivers. Washing clothing also pollutes water, as hundreds of microplastics (tiny pieces of non-biodegradable plastic) are released. An estimated 35% of all microplastics in the ocean come from the laundering of synthetic textiles. Water contamination is very serious, especially to vulnerable humans living close to contaminated freshwater bodies, which are often their only source of water.



As mentioned, millions of tonnes of textile waste end up in landfills each year, 80% of all clothing. Most clothes that are donated cannot be resold and developing countries are being overflowed with donated clothing, therefore most of it is doomed to end up in landfills. Most clothing is made of synthetic fibres such as polyester, nylon and acrylic which aren't biodegradable, and therefore take hundreds of years to decompose. Whilst in the landfills, the clothes emit harmful greenhouse gases more polluting than carbon. As well as this, they leach toxic chemicals and dyes into the groundwater and our soil.



Turning plastic fibres into textiles is an energy-intensive process that requires large amounts of petroleum and releases particle pollution and acids like hydrogen chloride, which is very harmful to the environment. Additionally, cotton, which is in a large amount of fast fashion products, is also not environmentally friendly to manufacture. Pesticides considered necessary for the growth of cotton, cause diseases and premature deaths among cotton farmers, along with freshwater and ocean water pollution and soil degradation.

Believe it or not, 70 millions trees are cut down every year to make clothing. Every year, thousands of hectares of endangered and ancient forests are cut down and replaced by plantations of trees used to make wood-based fabrics such as rayon, viscose, and modal.



### Ways you can buy clothes sustainably:

- Buy second hand clothing: cheap, unique and sustainable.
- Buy fair trade clothing: producers in developing countries are paid a fair price for their work, by companies in developed countries. Look for these labels:



- 
- Buy organic clothing: made without harmful fertilizers and pesticides.
- Know which fabrics to avoid (does not apply for second-hand clothing): Avoid polyester, acrylic, synthetic fibres, viscose, rayon, modal and non-organic cotton.

- Instead buy clothing made from less harmful fabrics such as: Tencel, silk, hemp, linen, wool, alpaca, bamboo, lyocell and pinatex.
- Buy clothes made from recycled material.

If u are unsure of which brands are sustainable or not, download 'Good On You-Ethical Fashion': it gives you the power to easily check the impact of your favourite fashion brands on the issues you care about.



In conclusion, the way fashion works today HAS to change, we cannot live in a world where the production of our clothes destroys our planet, while simultaneously violating human rights. We can all agree on this. It is obviously a very difficult issue to tackle, but every single one of us has to take responsibility for the way we choose to shop.



## Lockdown Viewing: Six Mood-Lifting movies

Although we can already see a little light at the end of the tunnel we still haven't left the lockdown. Everybody has probably tried all of the coping mechanisms to keep their mood up. If you have tried all of it, there is only one thing to do: start from the beginning. For me, movies are always a great way to escape reality. Here we have a small list of movies that will help you boost your mood and find inspiration in these difficult times.



### Little Miss Sunshine (2006)

Little Miss Sunshine might be the first movie where we see Steve Carrell (famous from The Office) in a more serious role. This road movie tells the story of a young girl named Olive, who is deeply interested in beauty pageants. She decides to compete in the Little Miss Sunshine pageant that takes place in California, which is across the country. The whole family – her father, mum, uncle, brother, and grandpa pile into a Volkswagen bus and attempt to make it happen for her.



### Silver Linings Playbook (2012)

After a long stay in a mental institution, former teacher Pat Solitano moves back in with his parents and tries to reconcile with his ex-wife. Things get more challenging when Pat meets Tiffany, a mysterious girl with problems of her own. The movie stars Bradley Cooper and Jennifer Lawrence, the latter one won an Oscar for her performance at the 85th Academy Awards in 2012.



### Hidden Figures (2016)

The untold true story of Katherine G. Johnson, Dorothy Vaughan and Mary Jackson: three brilliant African-American mathematicians working at NASA in the 1960s and serving as the big brains behind one of the greatest space operations in history – the launch of astronaut John Glenn into orbit. The visionary trio crossed all gender and race lines to inspire generations to dream big.



## Good Will Hunting (1997)

Will Hunting is a genius who's living a rough life in Boston. While employed at a prestigious college, he's discovered by Fields Medal winning Professor who eventually tries to get Will to turn his life around with the help of Sean Maguire (Robin Williams), as Will begins to realize that there's more to himself than he thinks there is. Robin Williams won an Oscar for his performance at the 70th Academy Awards in 1998. This movie once again proves that in a room full of 1000 people, you only need one person who believes in you to succeed.



## Amélie (2001)

Amélie is a shy waitress in a Montmartre café. After returning a long-lost childhood treasure to a former occupant of her apartment, and seeing the effect it has on him, she decides to set out on a mission to make others happy and in the meantime pursues a quirky guy who collects discarded photo booth pictures. Amélie is one of the biggest international successes for a French film till today.



## The Breakfast Club (1985)

They were five students with nothing in common, faced with spending a Saturday detention together in their high school library. At 7 a.m., they had nothing to say, but by 4 p.m., they had shared their deepest secrets to each other and become close friends. To the outside world they were simply a Brain, an Athlete, a Basket Case, a Princess, and a Criminal, but to each other, they would always be the Breakfast Club. The Breakfast Club has become one of the classical films of the 1980s and coming of age genre.



# 10 Eco-friendly household items to limit our negative environmental impact

This article will provide you with 10 eco-friendly household items, which you should consider investing in. Without necessarily realising it, we use environmentally harmful products and goods in our households in everyday life. It might seem overwhelming to start having to consider every product and good you use, but that's what I'm here for. Let's work together to help save the planet. All these products are easily purchased online, just look up the names and in some cases I have mentioned some good brands.



This might surprise you, but eco-friendly household items are usually very cost effective and much cheaper in the long run. They are durable, long-lasting, affordable and let's admit it, it feels good to know you're doing your best to make a difference.

## 1. ECO WASH BALL: [aprx.10€](#)

You might not know this, but laundry detergents are very harmful to the environment, because they contaminate water with chemicals. The chemicals they contain are also harmful to our health. So here is a great solution: the eco wash ball.



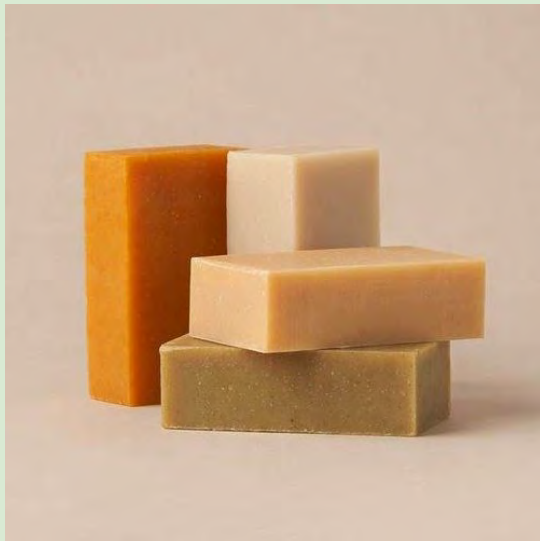
It contains small ceramic stones containing 80 natural minerals, which raise the pH level of the water. Thereby softening it and allowing the water to remove dirt naturally.

**They last for up to 1000 washes.**

Benefits: removes chlorine from water, softens clothes, no hazardous chemicals, clothes last longer, cost-effective, ideal for sensitive skin, don't cause allergies and finally friendly to the environment

## 2. BAR SHAMPOO, BODY WASH AND CONDITIONER: [aprx. 10€](#)

Equal to detergents, shampoos, body wash and conditioners are also harmful to the environment, as they contaminate water. As well as harmful to people with sensitive skin and allergies. Shampoos can also strip your hair of the natural oils that it needs to remain healthy. As you might have heard, many shampoo companies test their products on animals, which can be extremely harmful to them. And finally, about 610 million bottles of shampoo are produced each year, contributing to plastic pollution. So here's a great environmentally and non health-hazardous solution: Bar shampoo, body wash and conditioner.



Recommended companies:

- Ethique
- Friendly Soap
- Zora Lou Organics
- Alepia
- Likely sold in your local pharmacy or health and beauty shops: just make sure you check if they're certified as organic and or/eco-friendly.

These are also cost-effective as they last longer and you won't be taxed for plastic.

Alternative: organic bath products

## 3. REUSABLE Q-TIPS: [aprx 4€](#)

Most single-use products containing plastic are obviously harmful to the environment, as plastic takes centuries to decompose. Approximate 25.5 billion q-tips are produced each year, which is utterly ridiculous. The majority of q-tips used worldwide end up in the ocean, which we obviously don't want. So here is a great solution: reusable q-tips



Instead of cotton on the end of the stick, it is equipped with flexible rubber. After use, clean with warm water and it's ready for next use. So simple, so effective.

Again, this product is very cost effective as it saves you from frequently buying more q-tips.

Alternative: bamboo q-tips



#### 4. TUPPERWARE BOXES AND OTHER LUNCH BOXES: aprx. 20€ for set of 4

Frequent use of disposable plastic containers is harmful to the planet, especially if not recycled after use. So, invest in some durable food containers, these'll last for decades. Become accustomed to packing your lunch in them, storing your leftovers in them and I would even recommend you bring them with you when you order take-away food.



They are extremely practical because they are microwaveable, freezable and very durable. They are a great household investment.

I highly recommend buying from Tupperware, as they have never let me down with the quality of their products.

#### 5. RECYCLED ALUMINIUM FOIL: aprx 4€

Aluminium foil is used very frequently in the kitchen, as it is admittedly very practical. However, the process of production is harmful to the environment because of the use of fossil fuels, water pollution, human health impacts, and greenhouse gas emissions. To compare, producing one ton of plastic wrap uses 83% less energy and 88% less greenhouse gas emissions than the same amount of aluminum foil. Honestly, I would encourage you to stop using aluminium foil in general, but if you must, recycled aluminium foil is the best alternative.



- Made with 100% recycled aluminum. While traditional foil manufacturing is a power-intensive process, this uses 95% less energy to produce. Because there is no need to mine, the production creates less waste, while reusing a precious resource.
- The foil can be washed and reused and eventually recycled again and again
- Packaging box should be recycled.

Alternatives: baking sheet, metal lid, parchment paper, silicone lid, or a silicone mat. Which are all more environmentally friendly than aluminium foil.

## 6. REUSABLE SHOPPING BAGS: [aprx. 1-5€](#)

Here's the one you've all been waiting for. My dear readers, we HAVE to stop buying/accepting disposable plastic bags while shopping. We've all seen the heart-breaking images of turtles and seals trapped in plastic bags. So it's time we seriously pull ourselves together and make it a habit to bring reusable bags with us when we shop.



Hang them on your front door, keep them in your car, write a reminder on your arm. **WHATEVER** it takes to remember.

## 7. METAL STRAWS: [aprx. 10€ for a set](#)

Another seemingly obvious one, but no one seems to learn. **PLASTIC STRAWS CANNOT BE RECYCLED!!** They will end up in the ocean, on beaches, in the ground and cause damage to our planet. So my dear readers, please invest in metal straws, bring them with you if you see straws as a necessity.



As you can see on this image, all metal straw purchases come with a cleaner for them.

Drinking from metal straws is also better for your own health. When drinking from plastic straws we consume microplastics, which are harmful to our bodies.

If you forget to bring your metal straw with you while out, please for the sake of the poor sea animals, refuse a plastic straw when offered.

**Alternatives:** bamboo straws, pasta straws or paper straws



#### 8. REUSABLE MASKS: [price ranges from 5-20€](#)

Yes, this is not exactly a household product, however it is something that is currently very relevant. Like most other disposable goods, disposable or so-called surgery masks (the blue ones), will end up in a landfill or in the ocean. You might not know this, but disposable masks contain plastic and are not biodegradable. So I strongly suggest you buy a couple of reusable masks, make sure they have at least two layers. Wash them frequently at 40 degrees, hopefully with your newly purchased eco wash ball:)



They are obviously not quite as effective as surgical masks, but I see this as a small sacrifice compared to harming the environment. Seeing as they still serve as basic protection and are highly effective if you wash them often.

You can also buy reusable masks with carbon and bacterial filters built into them, which can be removed and renewed. So if you are unsure about the safety of reusable masks, please look into this.

#### 9. BAMBOO TOOTHBRUSH: [aprx. 3-5€ or 10€ for a set of 4](#)

Plastic toothbrushes are also a huge environmental hazard, as 20 billion toothbrushes are thrown away every year. Like all other disposable products, the majority of toothbrushes end up in the ocean and as they aren't biodegradable, they pose a threat to the environment. Therefore, you should start buying bamboo toothbrushes instead, because bamboo is biodegradable.



The bamboo plant is fast-growing and can be harvested within 3–5 years of planting. It needs very little water and does not need pesticides. It also grows in a variety of different environments. As a material, it is much more environmentally friendly to produce than plastic toothbrushes.

And don't worry, the bristles (cleaning part) is just as good at cleaning your teeth as the ones on plastic toothbrushes.

#### 10. REUSABLE SILICONE FOOD STORAGE BAGS: [aprx. 15-20€ for a set](#)

Using disposable plastic bags to store food is, you guessed it, harmful to the environment. Luckily reusable silicone food storage bags have been invented.



These exist in a variety of shapes and sizes. They are a great investment, because they are extremely durable and can be washed by hand or in a dishwasher. They're great for holding cold foods, but they can handle hot temperatures as well. Yes, they are also microwave safe:)

I hope this article has enlightened you and motivated you to invest in these eco-friendly household items, for the benefit of our planet. Don't forget, every individual person's actions make a difference. The damage we do together can only be solved by a collective effort to reduce it. It is a simple fact that one person's actions are never without value.



## **Deprivation syndrome of team sports activities**

We are more than 3 months in the quarantine and social isolation situation. I take the liberty to speak on behalf of all the athletes that used to do team sports before the mandatory lockdown. I think all the athletes feel like they lost a part of their character and soul. Let's try to approach some feelings and ideas that are in everyone's mind regarding the team activities.

- **“We miss our training routine”**

By routine we do not mean only the training activities and exercises, but also the pre/after social interactions in the locker rooms. Having a good level of communication with your teammates is an important step of maintaining the group dynamics and you can see the results during the game with the “chemistry” between players on the court/in the field.

- **“I am afraid that I am going to lose my skills”**

It doesn't matter if you exercise in your home and keep in good physical shape. Team sports require the individual to use his personal skill and talent with the rest of the team in order to achieve victory. Sometimes it is common to overhear players saying I lost the “touch” with the ball and fear that I will not recover to my previous level.



- **“My body became weak”**

Some of us used to exercise only during the team's training. It was a form of habit that over the years grew and now it doesn't feel natural to exercise alone. As a result, after the cease of the team activities, lots of athletes stopped training completely and after 3 months they start to feel less energetic due to the fact that they don't get the endorphins that they used to get when they trained.

- **“I miss the game”**

To be honest most of us started a team sport because we liked the game and its rules. It is with a heavy heart that we cannot interact with our favourite sport anymore. It is a common phenomenon for athletes to go through their old photos reminiscing the old days, when there wasn't any kind of restriction and taking a small dosage of the “(re)member drug substitute”



In conclusion, we can say that every person that used to play a team sport feels nostalgia and a burning desire to go back to the days of open courts/fields etc. My advice is to keep our sanity and follow all the safety measures to fight the pandemic, in order to get back to our favourite sports as soon as possible. Hope to see you again at the open stadiums!

Article by:

Somebody that misses his favourite sport

# Addictions: not just substances (trigger warning)

Throughout our little lives we face a lot of very complex personal problems mixed with the local, regional and world wide problems. They leave us (to put it very nicely) in discomfort, and we are human; do not possess infinite experience, skill or knowledge in what is the best approach to fixing those problems. So here is a little explanation of what I (a nobody) think addiction is, the problem of categorizing addictions, why it happens and why it continues. I believe everyone is on the addiction scale somewhere.

Definition by Wikipedia:



*"Addiction is a biopsychosocial disorder characterized by repeated use of drugs, or repetitive engagement in a behavior such as gambling, despite harm to self and others. According to the "brain disease model of addiction," while a number of psychosocial factors contribute to the development and maintenance of addiction, a biological process that is induced by repeated exposure to an addictive stimulus is the core pathology that drives the development and maintenance of an addiction."*

This explanation of addiction (in my opinion) is very narrow, limited and incomplete. I understand that this explanation is required like it is in the scientific literature, but the same literature is being taught to society, which leaves the people half-informed and inevitably leads to confusion and misunderstanding of their own (addictive) behaviours and addictive behaviours of others.

**Wikipedia also provides a list of addictions to explain addictive behaviours:**

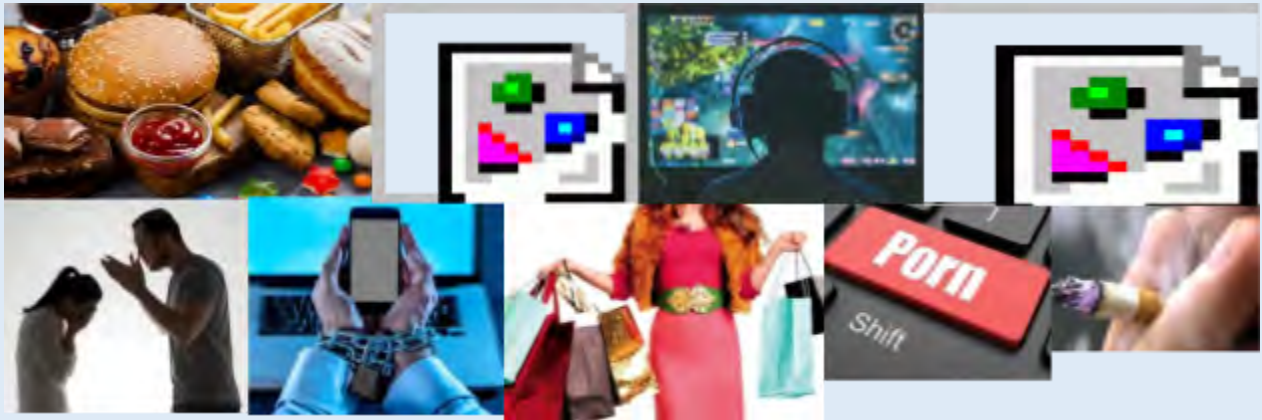
*"Examples of drug and behavioral addictions include: alcoholism, marijuana addiction, amphetamine addiction, cocaine addiction, nicotine addiction, opioid addiction, food addiction, chocolate addiction, video game addiction, gambling addiction, and sexual addiction."*

The examples are mostly connected to a substance, not focusing on the behavioral addictions (sexual addiction, gambling; given only 2) which for me is unsettling because they fall in the same cyclic pattern that ANY addiction has...



## ADDICTIONS:

You can become addicted to: water, juices, coffee, alcohol, cigarettes, money, gambling, marijuana, amphetamines, cocaine, painkillers, opioids, psychedelics, heroin, work, sleep, sports, exercise, masturbation, pornography, sex, games, video games, sugar, food, cleaning, shopping, plastic surgery, social media, abusive lovers or bosses (sometimes both), violence, conflict, lying, manipulation, dodgy friends, attention, self-pity, self-harm, isolation to self-deprecation.



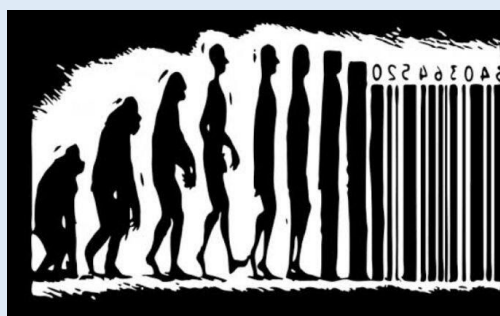
You might see yourself in one (hopefully) but most likely more of them, but I don't blame you. It's quite normal, very human, very societal as well.

(for me) Addiction is a when a natural imperative, being it food, sex, self-harm, relationships or status, is prioritized to the point beyond harm or even destructiveness (on whatever scale), or more simply: "A repeating compulsory behaviour that is detrimental to your own well-being and you can hardly stop."

But here is an interesting way of looking at it:

The reason addictive behaviours develop is a natural component of life called: Pain; and is the instinct that drives the addictive compulsion. I find the object of addiction is irrelevant, whereas addictive behaviours are symptoms of a much bigger issue. Because the problem is ultimately being human, in an environment which is ill-equipped to deal with these challenges. We are all somewhere on the addiction scale. Which can only be dealt with through communication, understanding, empathy and compassion!

The dissatisfaction in life plus the bombardment of the modern era, which understands addiction in a razor-sharp and cold manner, exploits this addictive mechanic in such a precise way that it successfully sells Mars bars, Popcorn Poppers, Slave-laboured clothes and french cars. It is in my belief that we live in an age of addiction where addiction itself has become totally immersive, hardly escapable.



The people who have clean-cut and blatant addictions like alcoholism or drug addiction are in many ways the lucky ones because their patterns of craving and fulfillment are easier to observe and therefore, with help, easier resolved. If your personal pattern is the equivalent of a long-term, high complexity heist plan, as opposed to a “short grift” it can take ages to find out just what your problem is. Some addictions are very difficult to recognize and can take a lifetime just to spot them, and apparently, a lifetime is all we have.

## THE WHIRLPOOL (aka. Addiction Circle):

The pattern is cyclical: The pain comes from your inner dissatisfaction and frustration or the outside world. You can't deal with the emotions of boredom, depression, stress, sexual abuse, neglect, trauma, abusive families, rejection, heartbreak, etc. which is called an “emotional trigger”, pain and discomfort pushes you to means of simple escape, mostly expedient ones.

Then the “Craving” is the restlessness where everything seems meaningless, unfulfilling and annoying. It's the stage where addicts experience a rise in anxiety, irritability, fatigue, loss of appetite and poorer judgement.

“Ritual” is what comes next, it's the phase where you're trying to acquire the “object” of addiction, sometimes people go through hell to acquire it, which makes the “fix” amplified and appreciated for its, sadly, short escape...

The “Using” phase; pretty self-explanatory.

Now comes the interesting part: “Guilt”. This is where the addict is (half) conscious of the process of addiction. An (almost) inevitable loop in which one is trapped, which plunges the addict into a deep state of hopelessness, pain, despair and disgust; the pain becomes too great to be dealt with in the “proper way” which ultimately leads to an easier approach to the problem, something that is already known, easily repeated, requires less determination and less responsibility: another Emotional Trigger...



A great little schema of the „addictive loop“  
(Please, observe with empathy)

## CONQUERING THE ADDICTION:

To approach ANY given problem we need to:

1<sup>st</sup> Deeply understand the roots of the problem.

2<sup>nd</sup> Address that it's REAL and that it's devastating to the victim and its surrounding loved ones.

3<sup>rd</sup> Observe the patterns of behaviour.

4<sup>th</sup> Come up with a plan to reduce the risk of the addiction to take over and strategize overcoming the addiction.

5<sup>th</sup> Eliminate the (social) taboo that these things are uncommon and are best kept private.

6<sup>th</sup> Understand that addiction is in our nature, means that seeking help from others is also very much in our nature.

And to be honest, the process of overcoming an addiction is long, painful and hard, but absolutely worth every effort put in! It inspires others and many people, with the help of great people, managed to climb their way out of the slums! Leading by example is the most noble thing a person can do! It's very important to be honest and humble with these complex and deep problems, for, as mentioned, *a lifetime is all we have*, give it a try!

I understand that everyone's experience with addiction is different and I'm not trying to make any assumptions. This is my perspective of addiction and if you have anything to add or correct, please feel free contact me.

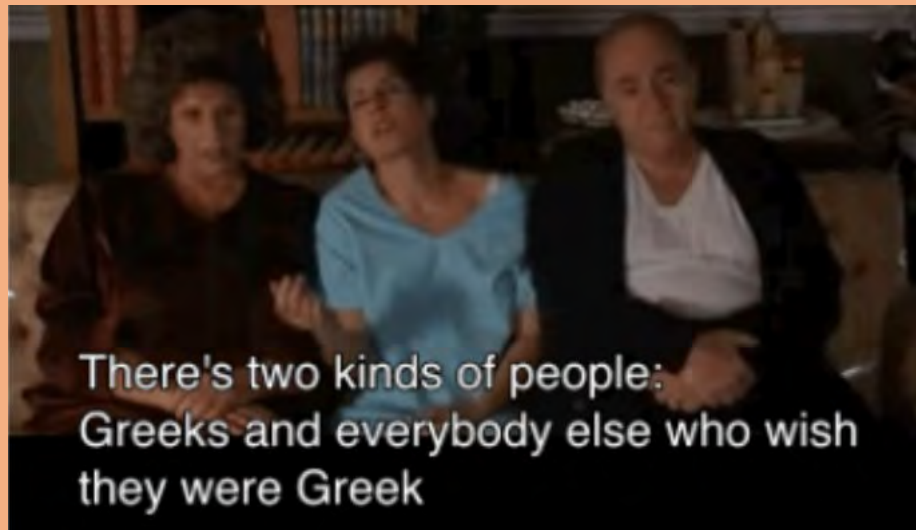
This article is dedicated to a friend.

Written by Petar N.



## **Living In Greece: Things I have Noticed**

To be honest, before arriving here I wasn't really sure what to expect, but I kept my mind open. I knew about the history of Ancient Greece, some of the landmarks of the country and had seen beautiful pictures about the islands and resorts by the sea. For some reason I didn't know anything about the modern times here, maybe I had only heard a few Greek songs that were competing in Eurovision but that's all. In this article I'm going to give a few examples of how Greece has surprised me in an interesting way.



### **The Food**

I don't know why, but for some reason before coming here I had this image that people here only eat really healthy food. I had heard about the Mediterranean Diet and I was expecting to eat lots of salads, vegetables, fruits and fish. Of course all of this isn't wrong but when I arrived in Thessaloniki and saw all of the local street food places, I was a bit surprised that you can get really good (even healthy) dishes for really low prices. Also, I was really surprised that there are so many bakeries here and lots of traditional dishes are made out of pastry. Bakeries are rather cheap as well. If you want to get a pie or a cake in Estonia you just visit the supermarket where they have a wide selection of products with quite good quality. In my home country buying a whole cake from a bakery is expensive and considered a luxury.

### **Friendly elderly people**

Since our apartment is on the first floor you are almost on the same level as the street. I sit on the balcony quite often while enjoying a nice cup of tea. Especially in the mornings lots of

elderly people walk by and they want to have a chat all the time. They start with saying “Kali mera” which is good morning in Greek and then just keep on talking while I don’t understand anything. When I have mentioned a couple of times that I can’t speak the language they just start to talk a bit slower because then they think I will understand them. It’s really funny because they are so engaged in the conversation while I’m just nodding and smiling.

### **Small selection of names**

Back in my home country of Estonia we have a really big variety of names both male and female. Double names are also quite popular. I have noticed that men have a really small variety of names in Greece. Most of the names have a religious origin. For me, every man is named Thanos, Panos, Alexandros, Giorgis, Dimitris, Fotis, Kristos or Vasilis. When male names are quite easy to remember, but I find the female names really hard to remember and to pronounce as well.

### **Small supermarkets**

It really surprised me that the supermarkets here are so small but I really like it. The small space gives the store a cozy, warm and welcoming atmosphere. Also, It’s quite interesting that lot’s of supermarkets have two floors but I understand the space issue since most of them are built into apartment buildings and it is important to use every square meter in the most reasonable way.

### **The never-ending compliments**

Since I’m easy to recognise on the street because of blonde hair and blue eyes I have received quite a lot of compliments from strangers and store owners. I’m 1,8 meters, back at home I’m considered average height but here I have heard so much about how tall I am. It’s also funny how people at cafes call you ”my friend” while taking the order but it’s also a good way to make you buy more stuff cause you feel really welcomed. I have a photo of myself on my bank card and a couple of times the cashiers have taken a longer look at the photo and say that I look good. When I’m going back home I have a much higher self-esteem thanks to you guys.

# 4 MARVELLOUS & EDUCATIONAL YouTube CHANNELS



## 1. VSAUCE

Vsauce is the perfect man, Nietzeshes Ubermensch incarnated. The way this man presents his knowledge is both captivating and hilarious. My favourite channel by far!

## 2. TED ED

Big people, big ideas, big heart, big things that must be heard! Share this beloved channel for a better future.



3. In A Nutshell / Kurzgesagt  
Science, Socio-economics struggles, Philosophy and smooth animations!

## 4. Ex1uba

A fun loving, deep thinking brit, philosophy and science are his bread and butter.



Regardless of the quarantine, we really suggest you to watch them