

aim HIGH

issue 3 (64) 21/22

WIĘCEJ NIŻ SZKOŁA



Contents:

page 1 - front cover / page 2 - How much do they earn? / page 4 - Clipperton
- An island time forgot / page 5 - Hamsters / page 6 - Living to the rhythm of
music / page 7 - How Far Are Birds From Dinosaurs / page 8 - Hiking / page
9 - Pyramids in Poland / page 11 - The boomerang of pop-punk / page 12 -
How to beat loneliness / page 13 - Giant pandas / page 14 - Mouse utopia /
page 15 - The Baltic Sea / page 16 - How does music affect our lives



HOW MUCH DO THEY EARN? YOUTUBERS

With a great dose of certainty I can say that every representative of our generation has asked himself/herself that or similar a question. With the Internet so popular nowadays, social media and other online services are so common that we don't pay much attention to the fact that they impact a great deal many of our daily life routines. Being famous on platforms, such as YouTube or Tik Tok, and creating content on them, while having been seen as something hobby-like some time ago, has become quite recently an outright job – an influencer. So the question we asked as small kids is right now even more sensible: how much money do YouTubers make? For some, it's the only a job, after all! So why don't we try to uncover the truth?

As with all other jobs, your position in the world matters here. With a lesser number of subscribers, you are most likely not going to live off solely making YouTube videos. The number of so called "subs" determines how many views your videos receive, thus how many ads are going to be played during them and how likely it is for the sponsors to give you an offer. Besides that there's the aspect of donations and selling your own merchandise. Those are the main sources of income for YouTubers.

Let's start with the most basic thing – the views. You gain money each time your video is played. Easy as that! But that gives you only 3-5\$ per 1000 views (0,5-2\$ in the least). With about 10 thousand views per day, you could be able to earn 18-31\$ a day (6-11 thousand annually) and with 150 thousand you would make 100-167 thousand a year. However, don't get too excited as only about 0,5% of YouTube channels surpass 100 thousand subscribers and only 0,005% of creators get to witness their channels reaching the 1 million milestone. So it's not that easy to gain bigger audience and earn more substantial sums of money.





Clipperton

An island time forgot



On the Pacific Ocean, around 1 080 kilometres from the coast of Mexico, there is a small atoll called Clipperton Island. With a surface area of 6 square kilometres, mostly taken up by lagoon, and average elevation of 2 meters it would barely be noticeable if it wasn't for a small volcanic outcrop of 29 meters called Clipperton Rock. It is isolated from any other land, with Socorro Island being closest at 945 kilometres.

It is believed to have been discovered on 15 November 1528 during Spanish expedition that was meant to find a route to Philippines from newly conquered Mexico, but it could have been discovered much earlier in 1521, by Magellan's mission to circumnavigate the globe. The island was rediscovered on 3 April, 1711 by the French. It was called Passion Island, because the day was the holiday of Great Friday. The modern name is in honour of John Clipperton, who was an English pirate believed by some to use the island as the raiding base. The island was claimed by three countries: France, United States and Mexico. Today it is internationally regarded as a part of French overseas territory, owing to international arbitration by King Victor Emmanuel III of Italy in 1931. But the most famous piece of history related to the island has no French involved, but Mexican military garrison. In 1906 British Pacific Island Company acquired the rights to the guano deposits on the island from the Mexican government. A mining settlement was built, as well as lighthouse, on Clipperton Rock. By the outbreak of World War I, around 100 people were living on the island. It was around this time that the ship resupplying inhabitants of the island stopped appearing, due to the events of Mexican Revolution. Captain Ramon Arnaud, who was responsible for the island, refused to leave the island at first, but in 1915, when scurvy broke out due to lack of supplies and many people died, he tried to establish contact with a ship passing by, but failed and were drowned by the wave. This meant that the only adult male left on the island was the lighthouse keeper, Victoriano Alvarez. He seized all weapons on Clipperton and began his rule of terror. He claimed that no woman was to leave the island alive and demanded their sexual services, killing them if they refused. But things changed on 18th of July of 1917. Not only did the Alvarez die, killed by Tirza Rendon, his favourite victim, but also the remaining victims were rescued by American ship named Yorktown, which sailed there in search of enemy Germans. Later, the island was occupied briefly by US during World War II. Some pieces of equipment, such as old jeeps and stacks of munition, are still on Clipperton to this day. No permanent settlement has been established ever since.

Waters around Clipperton island are rich in various marine species. Dolphins, manta rays and hammerheads can be found on the reef around the atoll. There is also a dense population of moray eels, who sometimes even venture onto land. There are a few land species on Clipperton, with most noteworthy being Clipperton crab, whose population is counted in millions. It is omnivorous - eating everything it can, from algae of lagoon, through small saplings to carrion, including dead members of its own kind. This means that the only flora on the island are coconut trees and some shrubs on the north-west Lagoon itself are quite interesting as well. There is hardly any life in it with exception of some isopods, as it is covered mostly by decaying plant matter. There is so much of it that water at the bottom of ancient volcano, seen as a black dot on the map, is strongly acidic. Clipperton is also known for its enormous bird population, something noted even back in 16th century by the Spanish. It is a nesting ground for sooty and white terns, various boobies, and great frigates, with scientists noting 110 000 individual birds. [M. Lewczuk]

Hamsters



At first glance all the hamsters seem to be the same. People think that they all are cute mice without tails... and that's all. But its completely false! Each hamster seems to have a unique personaility. Today I am going to tell you about 4 most popular types of hamsters you can have as pets in homes. Let's find out everything you need to know about them.

The first, and the most popular type of hamster, is the Syrian hamster (pic. 1). The Syrian hamsters live 1,5 to 2 years but sometimes even 5. They are mostly cream, white-cream or white-cream-brown, although they can have unique hair, like gold and black. Their tail is really short. Their hair can be short or long. Sometimes you can see a red eyed hamster. Don't be scared, they are definitely not more angry then the black eyed hamsters! The history of Syrian hamsters starts far far way back. They were discovered in 1930. No one thought that this animal would soon be one of the most popular pets you can have at home.



Another species of hamster is the Djungarian hamster (pic. 2). They are mostly grey haired and this a little smaller than the Syrian hamster. An interesting fact: they can change their hair in winter to white. They are faster than the Syrians but also much easier to tame. They live only up to 2 years. Because of their very small size they can escape more easily. Also they are harder to hold in your hands. Remember! This type of hamster CANNOT be kept at home in pairs because they are very much likely starts biting each other. It's very dangerous to keep them in groups even if they look very adorable.



Another cute type of hamster is the Roborowski hamster (pic. 3) They are the tiniest and the most unpettable ones. This hamster don't like being on human hand and don't like being touched too much. It is the fastest hamster and can escape very easily so you have to keep an eye on him. Also because this animal is so tiny they have to be kept in special terrarium so that they can't escape, otherwise they will run away from very easily. You will have no rest! But you can at least keep them together.

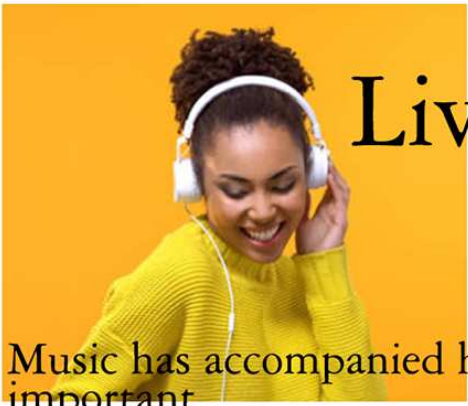


The last type of hamster is the Chinese hamster (pic. 4). This hamster is the longest of them all. He is also the most inaudable. They don't like being on human hand and also being touched. Mostly brown-white haired, they also have a long black stripe along their back. You can very easily catch them on the roads of China. This type of hamster lives up to 2 years.



Bartosz Bochnia

Living to the rhythm of music



Music has accompanied humans for millennia and it has always taken an important

part in our lives. People have created many various instruments to compose new sounds with it, and then after a long while they have also come up with ways to record and save sounds. Music and inventions concerning it have been evolving for a long period of time, and these days we listen to it literally everywhere.

As music is with us everyday now, many people are used to listening to it while

completing the simplest everyday tasks such as cooking, cleaning or commuting. Thanks to music, a potentially boring journey can be found easier to make when hearing some familiar and cheering sounds.

We may also find music helpful while dealing with different sorts of emotions. It is often considered to be odd and pointless to listen to sad and melancholic tracks when being sad but it actually turns out that it makes more sense than we could suppose.

People being depressed, and trapped in a bad mood are often subconsciously seeking for something that could help them understand their own emotions and get comfortable with them. That's the part where the "sad music" comes in. With the whole variety of tracks available worldwide today, everyone can find something that contains lyrics describing their emotions. While not being really open to talk about what we go through psychically, we might like to listen to someone who describes a similar state, and relate with it. It gives us a shade of hope and sense in this huge world.

So more, apart from feelings and our everyday habits, listening to music might also

help us in learning foreign languages. It may sound silly, but actually when we put at least a little bit of our effort in it, it's possible. An exemplary mechanism: we discover a new song, it's stuck in our head, and it has lyrics that we can't understand. At that moment, we are really likely to check the lyrics out just to get to know their real meaning. Due to this action, there's a big chance that we would remember their translations for a long period of time. Listening to the foreign music itself might make us get more and more used to the sound of the language, which provides a bigger chance of faster understanding it and getting the ability to communicate by it.

Music is a factor that has a really huge influence on our lives. It transfers to our

everyday schedule, to our behaviour and our skills processing. Gladly, the music industry still develops, and is available for everyone. There are lots of truly talented people, who can create brand new melodies, so sometimes, instead of reaching for our "comfort playlist" for the 50th time, we might look deeper into our favourite genres, to explore some new, starting bands and maybe get in love with their vibes. It's amazing how wide the range is in this case, and we can only imagine how big progress we will make in it in the upcoming years.

{Milena Cygal}

How Far Are Birds From Dinosaurs

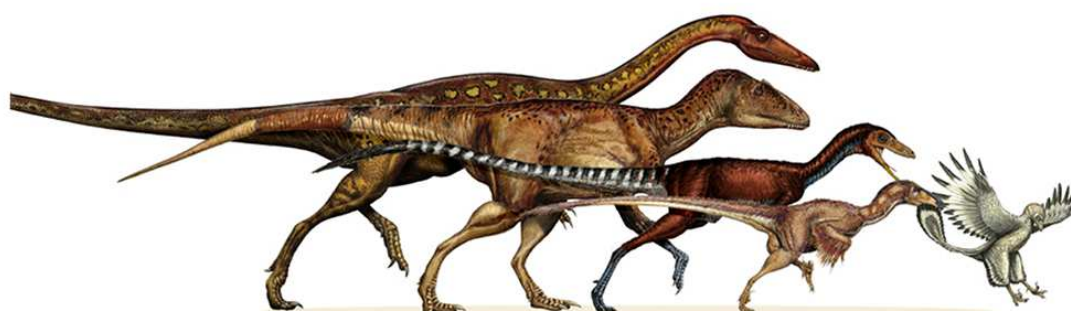


Dinosaurs no longer inhabit the planet – unless you count birds. Recent discoveries have revealed many dinosaurs once had feathers, and birds are actually dinosaurs that have evolved over time. But we don't really know how feathers evolved. A recent study led by an University in California involving alligator and chicken genes may offer new insight.

Feathers and scales are made of keratin, and both are part of skin growth, so scientists believe they might have a shared history regarding evolution. But the nature of that history is still a mystery. A dinosaur unburrowed in 2014 in Siberia appeared to possess feather-like filaments, some growing out of scales, leading researchers to think feather-like structures might have evolved from modified scales. The led team of the university took genes they think might be important in the development of feathers and had them expressed in chicken and alligator embryos while feathers and scales, respectively, developed. They also identified new genes that regulate the development genes and altered the amount of their activity.

The researchers produced new types of modified scales, revealing relatively simple changes to some genes can cause alligator early scale development to produce things like the ancestral feathers of non-bird dinosaurs. The Guardian said it's not a large step from the feather-like structures to something similar to a true early feather. Add the idea that early proto-feathers that gave advantages to their owners would have developed more under natural selection, and it's not a massive leap to suggest feathers could have formed rather easily.

Modifying genes in chickens led to an array of feather forms, including the ones seen in dinosaurs, narrowing the gap between feather and scale from a creature with feathers. We still have a long way to go in our understanding, but this recent work could offer some clues. More gene tweaks could potentially reveal the pathway from scale to feather. [Karol Wójcik]





HIKING

From my newest observations, when someone my age tells me about how they are going to spend their free time they rarely mention hiking in the first place. It is usually a new Netflix movie or a show, a party, hangout with friends, some PC games and so on. I also would mainly pick some of these options. Although, I think that hiking is very underrated.

When I was younger I used to spend a lot of my free time with family in the mountains, I remember how exhausting the climbing part was and how amazing view used to be. Every single time I used to have a breakdown during climbing, that the path is too hard and that I was not going to make it to the top, although every time I managed to get to the top, and the views were always the best reward. When I grew up a little bit I slowly started quitting those trips, due to the rising amount of tasks I was supposed to do. So after some time I quit completely and forgot how great the hikes were.

Lately, I have been sort of forced to go hiking, which brought back some of my earlier mentioned, very pleasant memories. At first I did not want to change my usual way of relaxing, and spending free time, but after some time I started slowly enjoying it back again. The mountain that we were chosen as a target was not very high, although that doesn't mean I did not get tired. The last part was the most demanding but the annoyance quickly turned into admiration of the view that I saw.

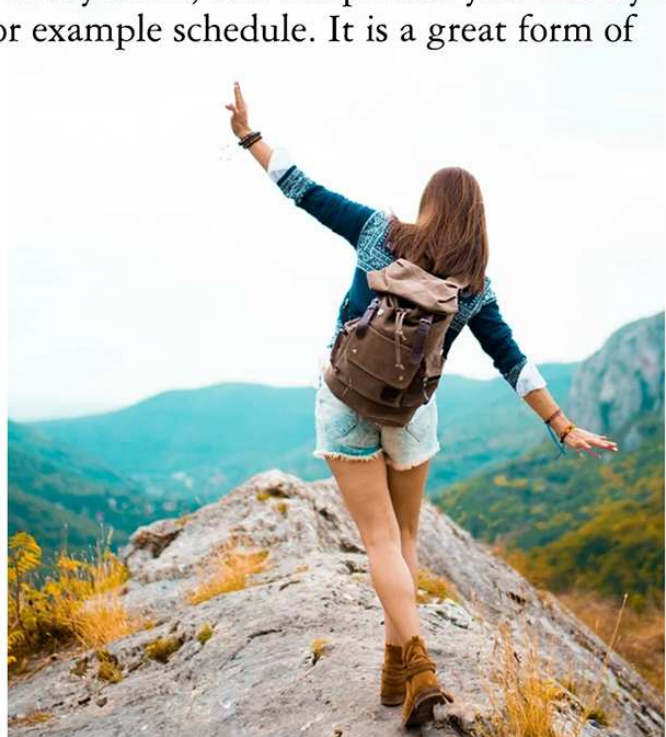
Here it is how it usually goes: the beginning is usually quite nice, if you have a good mood and a positive approach, but after some time you get more and more tired and there can be moments when you think about quitting, but when you're almost at the top you get all this energy back and get really excited to finally get to the top. When you reach the peak you forget about how exhausting it was and just admired the view. And for me that is the beauty of it, overcoming your weaknesses and getting a beautiful view as a reward.

All in all, I would say that hiking is a great way to spend your free time. I'm glad that I discovered it once again. It is always worth it, and the hardest part I would say is getting your mind to do so. I recommend it with all my heart, and I hope that you will try it out sometime or even fit it in your monthly for example schedule. It is a great form of clearing your mind, spending your free time and getting some rest. I know that I will do that for sure.

After all you will have a lot of time to watch all of the movies when you get old, but you won't get the opportunity to see such beautiful places given that condition.

Every experience can be valuable (depends on a person's attitude towards it), and online classes are one of them.

{Julia Cwynar}





PYRAMIDS IN POLAND

Many people believe that the pyramids are only in Egypt and were made by the ancient representatives of that civilization. However, this is not true - there are also pyramids in Poland. They are not as powerful as the Egyptian ones, but some of them are much older. We can spend holidays with the pyramids without leaving Poland.

Kuyavian pyramids

They were built on the plan of an elongated triangle made of stone boulders of various sizes. Their tops reach up to 5 meters, and their length often exceeds 100 meters. Human remains, sometimes of more than one person, are buried there. They were built around 3000 - 2200 years BC, i.e. in the late stages of the Younger Stone Age. There are also sources which date back to 5000 years BC. Five tombs have been preserved in Wietrzychowice, and as many as nine in Sarnów. They occupy a large area, so if you want to visit all of them, you should reserve a lot of time. There is a plaque with information about each of the tombs.



The pyramid in Rapa (Warmian-Masurian Voivodeship)

It was built around 1811 in the village of Rapa in Masuria. It serves as the tomb of the family of the Prussian barons von Fahrenheid. It is almost 16 meters high, and the shape resembles the Egyptian pyramids. Its origin and history are shrouded in legends. One of them tells that the baron returning from the trip found seven members of his family dead and ordered to build a pyramid-shaped tomb for them. Their death was supposed to take place during a dinner during which the revelers poisoned themselves with mushrooms. A more modern legend tells why the bodies buried in the tomb are headless. At a time when no one looked after the tomb, the plague killed all the cattle in the area. People suspected that the cause of the misfortune lay in the pyramid. They believed that the corpse laid there was a bad dream, and it was they who brought misfortune to the area. Willing to fight the evil powers, the inhabitants took the heads off the body.



THE BOOMERANG OF POP-PUNK



Pop – punk is a rock music genre which combines a lot of punk-rock and pop elements together, creating a more pop-like version of punk. It has its emphasis on adolescent themes and lyrics are usually very simple. In opposition to emo music, in which many lyrics happen to be dark and tackling mental health issues, pop-punk can be assigned to emo music, even if it's less depressing.

Pop-punk originated in the US, it absorbed elements of various music such as skate punk, new wave, college rock. In the 1970s the genre emerged with bands such as Ramones, Bad Religion, however it was still forming its original and iconic sound which blew up in the mid 90's with bands like Green Day and The Offspring, Blink-182, those bands are one of the most recognizable founders of pop-punk. With the beginning of the 00's and with icons such as Avril Lavigne, Good Charlotte, New Found Glory, the genre was almost mainstream, their songs were a part of various movie soundtracks from that time and bands were selling out venues bigger than they could have ever dreamt about. Beginning of the 2000s was also a time in which a lot of new bands were starting from scratch, as some teenage band, of people who weren't really liked at school. Paramore, Fall Out Boy, All Time Low started and just after few years were (at that time) peaking in popularity.

In the 2010s pop-punk and emo music stopped and its popularity waned, the most popular, even in the alternative music section were bands more indie than emo, the most recognition got typical pop and mainstream radio music.

Those times came to an end around the 2020s thanks to TikTok and evolution of so-called e-girls which are the 2020s version of original emo and scene kids, who were just using sounds made by pop-punk and emo bands. All Time Low got its peak of popularity after almost 20 years of making music, with a song that got them on number one billboard chart as the first pop-punk group. However, what really made pop-punk big again was the charisma of new people coming into this music, such as Machine Gun Kelly or Yungblud, their appearance and how they present themselves is really catching and makes a lot of people interested in what they are presenting to the audience. Another big factor that made punk-pop so huge again are collaborations of new artists with punk-pop legends. Travis Barker – an amazing drummer and a member of Blink-182 decided to make a lot of them with artists who wanted to switch or just start making pop-punk music throughout 2 years he collaborated with Machine Gun Kelly whose album *Tickets To My Downfall* won various awards, POORSTACY, Willow Smith. As a legend of this genre, he really helped to show new people to new fans, who may have been only stuck to the classics.

I feel like this comeback is really huge and now is just beginning because of how many people are now changing their style of music and how much alternative subcultures and music are being blown out. What is also worth mentioning is what people are now making pop-punk, they are not only new but also huge artists to begin with.

[Julia Kłapkowska]





HOW TO BEAT LONELINESS?

Loneliness is a common condition. It damages your brain, immune system, and can lead to depression and suicide. If you feel lonely, you tend to stress more in situations that others cope better in, and even though you might get sufficient sleep, you don't feel rested during the day. Loneliness has also increased over the past few decades. So many people feel lonely these days. But loneliness is a tricky condition, because it doesn't necessarily refer to the number of people you talk to or the number of acquaintances you have. You can have many people around you and still feel lonely.

Loneliness refers to the discrepancy between the number and the quality of the relationships that you desire and those you actually have. You can have only two friends, but if you get along really well with them and feel that they meet your needs, you're not lonely. Or you can be in a crowd and feel completely alone. But loneliness is not just about how you feel. Being in this state can make you behave differently too, because you have less control over yourself – for example, you're more likely to eat that chocolate cake for lunch instead of a meal and you will also feel less motivated to exercise, which is important for mental and physical health. You're also more likely to act aggressively towards others.

Sometimes people think that the only way out of the loneliness is to simply talk to a few more people. But while that can help, loneliness is less about the number of contacts that you make and more about how you see the world. When you become lonely, you start to act and see the world differently. You begin noticing the threats in your environment more readily, you expect to be rejected more often, and become more judgemental of the people you interact with. People that you talk to see this kind of behaviour, and as a result, start moving away from you, which perpetuates your loneliness cycle.

Loneliness more often results in death for men than for women. Lonely men are also less resilient and tend to be more depressed than lonely women. This is because men are typically discouraged from expressing their emotions in society and if they do they are judged harshly for it. As such, they might not even admit it to themselves that they're feeling lonely and tend to wait a long time before seeking help. This can have serious consequences for their mental health.

So how to avoid it? To overcome loneliness and improve our mental health, there are certain things we can do, for example increase the number of people you talk to, improve your social skills or learn how to compliment others.

It's realising that sometimes people aren't able to meet up with you, not because there is something inherently wrong with you, but because of other things going on in their lives. Maybe the person that you wanted to have dinner with wasn't able to accept your invitation because it was too short a notice for them and they had already promised someone else they would meet up. People who aren't lonely, don't focus on themselves and the refusals and, as a consequence, don't get down or start beating themselves up when someone says no to their invitations. When you don't attribute "failures" to yourself, but rather to circumstances, you become much more resilient in life and can keep going.

Getting rid of loneliness is also about letting go of cynicism and mistrust of others. So next time you meet someone new, try to lose that protective shield and really allow them in, even though you don't know what the outcome will be.

[Dominik Szarecki]

Giant Panda

Endangered species?



The Giant Panda, called bamboo bear, is a species of predatory mammal from the bear family. Pandas are one of the most loved and popular animals. Their presence in zoos guarantees a huge number of visitors but their natural habitat is in the bamboo forests in China. I saw them in zoo in Toronto and I have been in love with them since then.

Pandas are known for their love of cuddling, eating and sleeping. Most bears usually eat plants, meat and fish but pandas only eat bamboo. They spend more than half a day eating, and they consume as much as 14 kg a day. They have round faces because chewing bamboo gives them big cheek muscles. As bamboo doesn't give them lot of energy and they weigh about 150 kg so they are very sleepy and rest a lot. For young pandas to survive, they need to learn tree climbing early to defend themselves from threats, as their parents don't play with them being too focused on eating and resting. Most pandas spend a lot of time alone. In the wild, pandas live for 15-20 years.

According to the International Union for Conservation of Nature, the giant panda is one of the animals most vulnerable to extinction, due to the gradual reduction of the areas available to it, but also due to low fertility.

One of the main causes of giant panda extinction is human activity. Since ancient times, people have considered its fur very valuable, due to the relatively small number of pandas. Nowadays, people destroy the natural environment of pandas by cutting down forests for farmland, which disrupts the movement and reproduction of animals. Poaching was also a big problem, the scale of which has decreased significantly due to legal protection.

Another reason for the disappearance of giant pandas is the massive death of bamboos over vast spaces. Bamboos, because their flowering is preceded by the death of the shoots. This situation occurs every 15–100 years. Such regular dieback of bamboo shoots has been a problem only since panda habitats were limited to the higher parts of the mountains and fragmented. In the past, it was enough for animals to move to another valley to find another species of bamboo, or one that has died out in the previous habitat and grows at a younger stage in the new one.

From the mid-twentieth century, Panda was a symbol of endangered species. In 1970 there were only 1,000 pandas left in the wild. Thanks to the joint work of the Chinese government, WWF and local communities, it was possible to stop the extinction of these beautiful animals. In 40 years, the population of pandas has increased by 80% to 1,860 individuals. Thanks to this, the International Union for Conservation of Nature changed the degree of extinction threat for the giant panda. Red List of Threatened Species status has been lowered from the category of "endangered" to vulnerable to extinction".

[Oliwia Zielińska]





MOUSE UTOPIA

An interesting experiment was carried out several times by ethologist John Calhoun in the 70s and 80s. The experiment aimed at creating an ideal environment for mice and observe how that would impact their lives.

Before the experiment, eight mice and the area with unlimited access to water, food and materials, was prepared. They were given medical care in order to save them from infections. The only limit was space - the cage, which could include 3, 840 individuals. The experiment lasted 1588 days. Its running was divided into four stages.

Firstly, the period of adaptation was the shortest term and lasted 104 days. First generations of mice were born. They made divisions and started to build nests. After the adaptation, there was a period of time up to day 314, when a sudden sudden growth occurred. Every 55 days the population grew twice. The mice were staying more likely with strange "families". The third stage was stagnation, the growth was slower. The scientists observed that males started to lose their ability to protect their space. While females became more aggressive and their mother instinct disappeared. At this stage, the population reached its peak - 2200 mice. Finally, in the period of extinction mice lost all their social abilities and started to die. Their actions were reduced to natural needs.

The scientists demonstrated that because of the growth of population, the youngest mice could not find the space for them and the emigration was needed. That was impossible due to the fact of limited area, so the decline of social organization happened. Calhoun often named this experiment as 'Squared death' (pol. "śmierć do kwadratu"), which meant that physical death was leading to mental death.

[Julia Daszkiewicz]





THE BALTIC SEA

How did the Baltic Sea come into being? At first, the Baltic Sea was a lake that was formed 12,000 years ago because of melting ice from a continental ice sheet. The Baltic Sea was a lake for nearly 2,000 years. It was very cold, freezing periodically and not so full of organic substances, apart from limnobiotes (freshwater organisms). It was constantly expanding, and soon got connected to the North Sea, and then became one itself. Then, due to climate and tectonic changes, it became a lake, and then sea again. Some scientists say that in the future it will become a lake again.

It is estimated that there are 200,000 mines in the Baltic Sea. There are also torpedoes, bombs that missed the target and chemical weapons that were put in there after WWII because no one knew how to neutralize it. Does it affect marine life? Well, the substances are mutagenic and have carcinogenic properties. It can also lead to a significant decrease in the populations inhabiting the sea. That is another big issue, because it's very possible that the Baltic Sea will soon become empty and lifeless. There are pessimistic scenarios that anaerobic areas will expand (where the water at the seafloor has very low or completely zero concentrations of dissolved oxygen). Lack of oxygen affects fish that live deep in the sea and the roe, which simply suffocates. It is estimated that in over 115 years the area of Dead Zones has increased tenfold and constitutes 20% of the Baltic Sea. Dead zones occur because of a process called eutrophication, which happens when a body of water gets too many nutrients, such as phosphorus and nitrogen.

The growing awareness of politicians and people gives hope that the sea conditions will slowly improve over the years. [Rozalia Skoblińska]





HOW DOES MUSIC AFFECT OUR LIVES?

Nobody will deny that music changes our lives a lot. Music has become a commonplace for many of us. Each of us puts on earphones at least once a day. On the way to school, to the work, and even during school breaks we are often accompanied by music. It's helpful in stressful moments. Favourite songs just magically take away this stress. Many people also use music therapy as a cure for disease. But how is this even possible? How does this happen?

There are several kinds of music, some relax and calm us down, while others energize us. Music is basically responsible for the creation of endorphins in our body, which are called happiness hormones. Most often, they improve our mood, introduce us to a state of reflection and remembering past. Melody aims to calm the soul and body, achieve relaxation and balance emotion. It brings relief from sadness, it can make us dance, sing, scream... We can throw all our emotion out. It tells our story.

MUSIC THERAPY

Music therapy is a method of treatment known since the Middle Ages, i.e. from around 1000 (in Poland). It is based on the therapeutic effect of sound on humans in the mental, emotional and physical context. Treatment is not only about listening to music, patients also create it, sing and dance. Everything their heart desires. Music therapy relieves pain, stress and anxiety. It all reduces tension and improves sleep quality. It helps you to forget about pain and take a deep breath. Thanks to this, people can cut themselves off from the world for some time, be alone with themselves. Scientists have confirmed that this treatment method also helps reduce depression.

CONCENTRATION

Each of us has a different way of learning. However, it cannot be denied that a large community of people listens to music while studying. This helps to remember various things, focus your attention on the material that we often have to master in a fairly short time. The topic of stress returns again, which is clearly an integral part of humanity. While studying for a test, we often think that it will be difficult and there is too much material to learn. Our favourite music relieves the stress of learning so that we can focus more on understanding the content of the text.

SUMMARY

Overall, music helps us in many aspects of our lives. There are many times we would not be able to handle it if we did not have headphones in our pocket. As you may have learned from my article, music usually reduces our stress. But let's face it, stress is what bothers us the most. Thanks to music, we can calm down, focus on important things, focus on ourselves. [Weronika Wojnowska]

