

March Edition

vol. 3

Britannica Bulletin



Orbital MUN Conference - The Final Report

Britannica's Model United Nations club has completed their conference in Tirana, Albania (I've been waiting to say that sentence for a year now)! Hosted and held by the World Academy of Tirana (WAT) - another Orbital partner - and joined by the International British School of Ljubljana, this conference, though organised by Orbital and many diligent staff members, was planned by our students at Britannica as members of the Secretariat team into the success which it was.

For those that don't know, Model United Nations (MUN) is an internationally practised extracurricular activity, which replicates the diplomatic debates between global countries, as seen in the real United Nations. It is essentially the United Nations for students. During conferences, each partaking student will be



assigned a country, which they will represent in their respective committees, and within these discuss a topic (usually a global concern) given to them before the conference. Therefore, before the event they are expected to conduct thorough research on the topic and how their country aligns with it and compile the information into a professional document known as the Position Paper, which will be reviewed and even given an award, if seen as excellent by the Chairs of each committee. A Chair is a name given to the official (many times a student) who leads the debate but does not interfere with its content, only maintains its diplomatic behaviour. The aim of each committee during the conference is to produce and pass a resolution - a document outlining all the solutions and measures that the delegates are willing and capable of making as their countries. I am happy to state that one such resolution was passed in each of our committees.

Our MUN team has spent the past half year in preparation for this, single conference. Six months of work packed into two days of the conference; safe to say as a long-time participant, I've never seen this much effort put into just one debate and yet do not regret that it was done so, for it was a major success. You see, this conference was unique to all of us, not only because to many it was their first MUN experience, but also because it was the first time that Britannica students were the ones acting as Chairs and Secretaries. This has meant that some of the more experienced delegates were now able to view a debate from the other side of the room as conductors, not participants. Both them and the newbie delegates I would like to congratulate for their efforts, involvement, and achievements in a position that is completely new to them. You've all reached above and beyond the expectations of anyone from WAT and I believe I say this in the name of all staff members who've witnessed the progression of our club: you've been brilliant.



For a minimal outline of the hundred minds who worked day and night on this project, let me bore you with a couple of statistics: attended by 55 delegates from all three schools and 9 members of the Secretariat - including myself - the conference was also

directly supported by at least 20 staff members and even more student officers from WAT. During the Opening and Closing Ceremonies, we also had the pleasure of hearing from actual political spokespeople such as the Mayor of Tirana and the Spanish Ambassador in Albania. Our delegates entered debate into three separate committees based on the UN SDGs (Sustainable Development Goals), which we've selected as our motif for the conference.



These were:

- **Good Health and Wellbeing**, discussing the topic of Drug Abuse amongst Teenagers, led by Chairs Janhavi and Ivor;
- **Climate Action**, on the topic of Preventing Droughts and chaired by Zhian (Morris) and Alessandra;
- **Quality Education**, debating the topic of Increasing the Supply of Qualified Teachers conducted by Chairs Yara and Rian.

All three committees engaged in formal, so-called fruitful debate as a result of the preparation of delegates in terms of the contents of their topics as well as the orderliness and comprehensiveness of the Chairs. However, whilst sticking strictly to the Rules of Procedure of OMUN, the Chairs' lightheartedness and relatability towards the members of their committee allowed both work and fun to mingle during sessions. Walking from room to room, I found that their proximity in age and similarity in schools lead the Chairs to see their delegates not as subjects to the conference but as peers to their learning... or maybe I'm just reading a bit too much into it.



As Secretary-General - student head of the OMUN conference - I have had the pleasure of grasping the extent of just how many people have put their time and effort not only into letting this conference take place but for making it a success in terms of motivating the participants to pursue this style of diplomatic, political life in their future.

I am glad to see that the theme we elected for this conference - For the Future - was well explored by all delegates through their constant input into resolutions, rebuttals, and the debate as a whole and I do hope that many of them - even if they do not become the next Hungarian Prime Minister - will go on to use these talented skills in their future.



I've said so before but I will keep saying it: MUN is not necessarily a place to find your place in life or to discover your dedicated career, this experience may guide you to fully abandon the trait of politics for you now know it does not suit you. However, MUN is certainly a place, a hobby, a society to enjoy yourself in: enjoy the ability to debate - to take on the persona of an entire mass of people -

enjoy your ability to travel and meet foreign cultures in foreign people you may never see again, enjoy your privilege finally have a say in what goes around us, and not be deemed too young to have an opinion. This message doesn't have to be specific to MUN; regarding your hobbies (whether that be sports, art, literature, or anything more), know that you may not maintain it for decades to come, but so long as you enjoy the freedom of partaking in it whilst you are young, no regret should come from giving it a try.

I know I've found my place in the path of political debate but who knows how many more intersections will cross this route before I find my place in life? Who knows how many will cross yours? No one. It is only for you to find out.

Written by Csilla

OMUN 2024

13.02.2024

Tirana, Albania

The Best Delegates' Article - Climate Action

Cooperation in Climate Change

Written by Laura and Mia

The global concern about taking climate action to strengthen resilience and adaptive capacity against droughts, is highly relevant in various countries around the world. A drought is defined as a prolonged period of abnormally low rainfall, leading to a shortage of water. Whether they are developing or economically stable, this prevalent issue has undoubtedly affected individuals directly. As a result, the importance of this issue was recognised by the Orbital Model United Nations. International students coming from 3 different schools would delegate

as representatives of a wide range of countries with contrasting views on this problem to assist in coming up with sustainable solutions. Each country is open to collaboration by sharing resources and acknowledging the urgent need for joint actions to reduce the impact of climate change, specifically on droughts. Mongolia for example, as a developing country, obtains many agricultural assets. Therefore, their representative delegate is seeking assistance from more financially secure countries such as the USA, which can likewise benefit by fulfilling their livestock needs. A great solution could be the establishment of a common united nations trust fund, where these developed countries can acquire capital necessities in order to address the issue about the lack of drought prevention.





As previously stated the agricultural resources of a nation can be used in the effort of developing countries to solve this ongoing issue. Different efficient practices such as drip irrigation, as suggested by the delegate of the Central African Republic, can be utilized to avoid the waste of water or reduce overall moisture. This is when a series of underground tubes are implemented in order to supply plants with the essential amount of water.

Furthermore, a universal solution for countries with any economic state is the importance of public awareness and education. By providing more information on this issue governments and individuals would be able to better comprehend the impact of this urgent issue, not only on their surroundings, but also their quality of life. Through education, increased awareness about the long-term developments and benefits will ensure these solutions will stay in place and improve over sustained periods of time.

Lastly, an increase in technical support would also be vital for improving infrastructures such as dams and reservoirs. Emphasis on early warning systems and planned measures to reduce vulnerability to droughts is suggested by monitoring and consequently developing a reliable climate adaptation plan.

The first-timmer committee

Model United Nations Conference Proposes Solutions to Boost Teacher Supply in Developing Countries

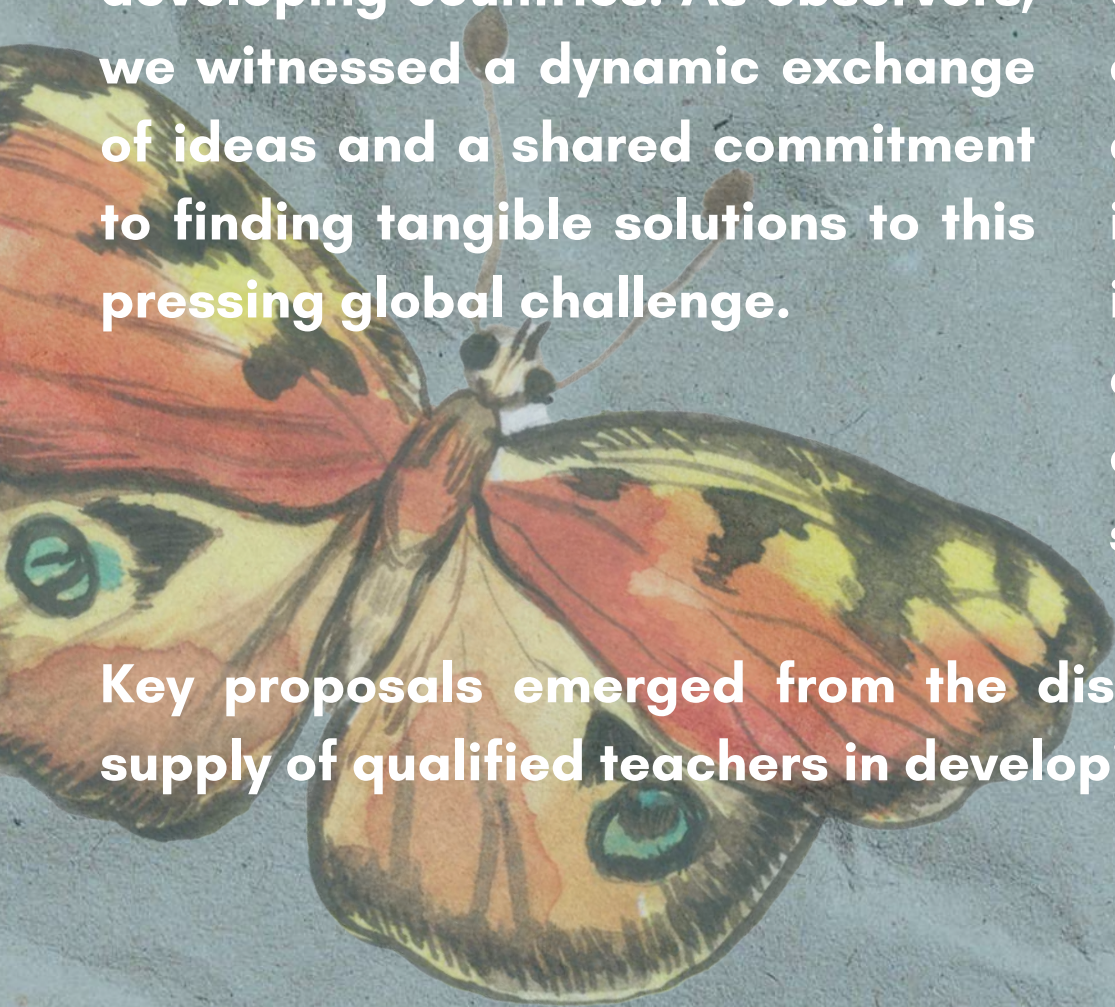
Written by Lola and Fuad



Delegates from across the globe gathered at the Orbital Model United Nations (OMUN) conference in Tirana, focusing their efforts on devising strategies to address the critical issue of increasing the supply of qualified teachers in developing countries. As observers, we witnessed a dynamic exchange of ideas and a shared commitment to finding tangible solutions to this pressing global challenge.

Throughout the conference, delegates engaged in interesting debates, emphasising the urgent need to bridge the gap in educational resources and opportunities between developed and developing nations. They underscored the pivotal role of education in fostering sustainable development and reducing inequalities, highlighting the importance of ensuring access to quality teaching professionals for all children, regardless of their socio-economic background.

Key proposals emerged from the discussions, aimed at bolstering the supply of qualified teachers in developing countries:



1. Teacher exchange programmes: Many delegates suggested the use of teacher exchange or “swap” programmes in order to train teachers from less economically developed countries in countries such as the United States, or even vice versa, where developed countries would send their teachers to underprivileged countries in order to raise the qualification level of their teachers. Singapore and Brazil are 2 such countries evaluation the option of a teacher swap between the two nations as it could be mutually beneficial to both of them.

2. Teacher Training Programs: Delegates advocated for the establishment of comprehensive teacher training programs, tailored to the specific needs and challenges of developing countries. These programs would focus on equipping educators with the necessary skills and knowledge to deliver quality education in diverse cultural and socio-economic contexts. The delegation of Kenya is also considering leveraging the high unemployment rate within Kenya to possibly develop a consistent supply of teachers for the future.

3. Incentives for Teacher Recruitment and Retention: Recognizing the importance of incentivizing individuals to pursue teaching careers in underserved regions, delegates proposed measures such as scholarships, loan forgiveness programs, and competitive salaries to attract and retain qualified teachers.



The unique part about this committee was that it was the first conference not only for every single one of the delegates but also the first time that the chairs took on that role. The chairs both mentioned that the start was not easy, stating the difficulty they had in explaining to the delegates how the structure of everything worked, but as the committee went on, the delegates abilities had improved greatly, however the chairs mentioned that they would have preferred if the delegates had requested more points of information throughout their discussions.

Good Health and Well Being

An account of the UN's discussion on drug abuse

Written by Aleksander and Ma



The problem of drug abuse has been becoming an increasing problem, especially in teenagers. Today at the discussion, we interviewed several countries' delegates and their stance on this global issue. Some countries have similar ideas about potential solutions and whether the legalization of certain drugs due to the country's ideology, human rights, and religious beliefs are also being considered.

Due to religious beliefs, the delegate of Singapore claimed that they are concerned about drug abuse. They are planning on educating the children in schools about the harms of the drugs and focusing on making drugs inaccessible. They are also strongly against the legalization of drugs. They questioned Western countries such as USA and Canada that supported the legalization of drugs such as cannabis.

The delegates of Australia had the idea of that they would like to prevent the issue before it starts. They will focus heavily on campaigns and education in schools about drugs. They support the legalization of drugs but with regulations.

The delegate from Canada Proposed to remove clause 5 of the resolution which encourages countries to enforce stricter laws on drugs. They want to legalize lighter drugs but never specify which. They do not support the banning of drugs such as cannabis because they claim legalization of cannabis is a form of human rights.

Delegates from UK said that they would like to want to implement a new curriculum for all high schools. They plan on bringing ex-addicts to present to the students what are the consequences of drug abuse. They would replace one-afternoon registration once a year where they would bring these ex- addicts. The UK is also spreading their ideas to other countries like the USA. UAE's delegates said that they disagree with UK's proposal as they believe that sending police officers to scare children is more efficient than sending ex-addicts. They seem reluctant to alter the formed resolution.

The delegates from Turkey are focusing their efforts on the legalization of drugs. Furthermore, they stated that legalization without education is not effective.

In conclusion, all countries are focusing on the development of education on the danger of drugs for young people. Some countries will increase their spending on rehabilitation facilities, and countries such as the USA and Canada supported the legalization of drugs such as cannabis, followed by Australia. Countries like Singapore strongly disagree with the legalization of drugs due to religious beliefs.

Good Health and Well Being

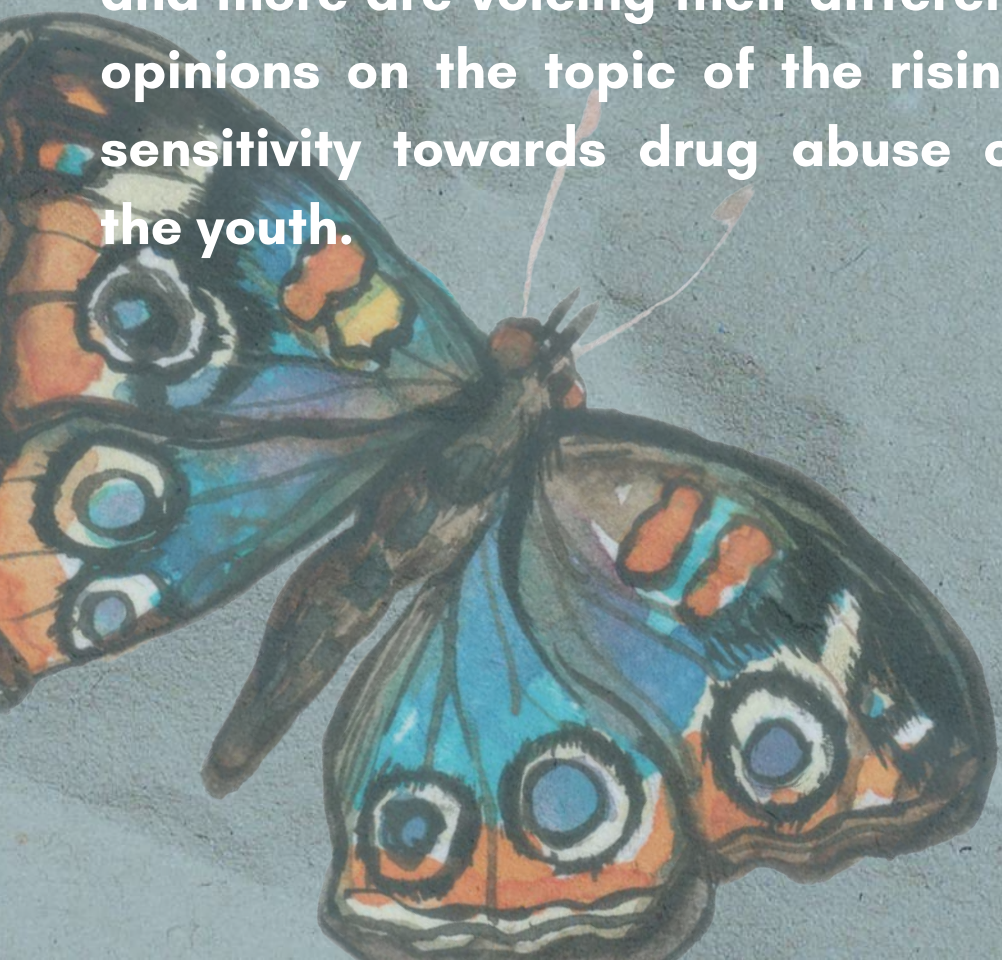
The Case For Banning Drugs

Written by Sara and Charlotte



Good health and well-being are essential in this world right now as Young People are shifting towards drugs. This happens because so many companies are pushing forward more vibrant products that the youth find more appealing. However, countries like Mexico, Canada, South Korea, Australia, and more are voicing their different opinions on the topic of the rising sensitivity towards drug abuse of the youth.

Generally speaking, all delegates show a thorough knowledge of the main theme of "Good health and well-being." Observing and assisting this committee helped us understand which countries agree upon a resolution and which countries stand against some of their causes or the resolution as a whole. The highlight of our observation sessions was the Turkey resolution, where each delegate was made to comment on their stance, either for or against that resolution. Turkey's resolution included a rather controversial clause, which was the banning of the use of drugs.



Mexico did agree with some of Turkey's clauses that revolved around supporting aid for recovering addicts. Consistently, they agree that strengthening prison consequences due to psychology is one of the main reasons that back this information up. Having tougher consequences upon such issues will reinforce the view that encourages well-being and good health and that drugs will ruin someone's life if drug abuse starts happening.

Canada also agrees with Turkey's resolution, but it does not agree with banning drugs; it believes that restricting drugs won't solve the issue; rather, investing more in rehabilitation will grant a more long-term solution for this issue. Columbia pointed out how Turkey's resolution did not focus as much on rehabilitation rather than decriminalization. This conflict was not long-lasting because the question was soon clarified by Canada and its true intentions of not agreeing with banning drugs because they would rather focus on rehabilitation if it happened.

Conclusively, observing and analyzing the different attitudes towards such a complex theme that deals with people's well-being and health, we can see that different countries had different approaches to them. The most controversial clause of Turkey's resolution was the one that stood for the legalization of drugs. Countries such as Australia and Mexico agree with this clause, whilst countries such as the UAE, South Korea, and Canada do not agree with it. Overall, this resolution sparked a lot of mixed feelings on the matter of good health and well-being, but other resolutions had interesting highlights, too. Banning drugs could potentially lead to many outcomes, some negative and some positive; however, the countries made their decisions based on their personal judgment as well as each of the countries' beliefs.



Dry Times Ahead

Understanding and addressing the impact of droughts

Written by Sara and Charlotte



When addressing the global problem of droughts, a variety of resourceful features are taken into account. The problem with this global theme is the massive uncontrollable variables considered when finding a solution for droughts. Droughts have various origins, stemming from both natural and human-induced factors. Human activities such as climate change, deforestation, and increased water consumption contribute to drought occurrence. Meanwhile, natural factors like shifts in ocean temperatures and alterations in the jet stream also play a role.

Russia offers a variety of suggestions in order to bring about a change in the existence of droughts and reduce the dangers of it. The methods they are going to integrate are through enhancing early warning systems and preparedness measures to reduce vulnerability to droughts, calling upon member states to prioritize sustainable water management strategies, such as water conservation and efficient agricultural practices, calls for increased financial and technical support from wealthier countries to build resilience towards droughts, Requests the establishment of a United Nations Trust Fund on Drought Adaptation and Resilience, as well as overall implementation of research, data collection. This resolution was agreed upon by many major countries which can provide good financial aid to fund these possible solutions. Having major nations contribute to the fulfillment of this resolution offers a grand success rate of the implementation of this plan.

Apart from analyzing Russia's strategies to correct issues involving droughts, the USA has provided a variety of solutions for the extreme weather conditions over the world. Furthermore, drought is the main problem as it brings to loss of trees which automatically contributes to the increase of CO2 levels. There is an impending climate crisis on the horizon, and our level of preparedness for its potential consequences is inadequate. As a result, the United Nations has set a goal to address the urgency of this issue and reverse the current trend of environmental degradation worldwide by the year 2030.

Personally interviewing the USA provided us with a new perspective of the ways they decide to deal with this worldwide issue. Apart from the fact that the USA does in fact have political conflicts with certain countries, they tried to include many countries for collaborating on finding a solution. They proposed genetically modified crops to resist droughts and possible change in infrastructure in the Central African Republic of Congo. If this plan succeeded, they are thinking of including Brazil as part of infrastructure changes too. At the same time, improving monetary equipment, genetically modified crops will be resistant to droughts so produce wouldn't suffer. The US is planning to invest 10 billion dollars for this plan, including the financial aid from other countries, that were chosen based on variety and like-mindedness as well as them being financially-stable. There are also going to be lots of global efforts from farmers of each country to prevent droughts and make sure that nations are able to deal with it. Furthermore USA looks at the integrity of each country that will be contributing to this plan as well as deal with an issue that will be a solution for decades.

Russia's approach emphasizes early warning systems, sustainable water management, and international collaboration through different initiatives. The widespread support for Russia's resolution among major nations signals a promising step towards effective implementation and financial support. Meanwhile, the USA's proposals focus on innovative solutions such as genetically modified crops and infrastructure improvements, with plans to invest significant financial resources into these efforts. By involving a diverse range of countries and leveraging technological advancements, the USA aims to address the root causes of droughts and enhance global preparedness for extreme weather conditions. However, while these initiatives show promise, the scale of the challenge ahead demands a coordinated and sustained effort from all stakeholders.

Good Health and Well Being

International approach to substance abuse among teens

Written by Laura and Mia



Drug abuse is a highly debated topic and it becomes increasingly sensitive when discussing it in regards to its use by minors. It's difficult to draw concrete conclusions when it comes to drug use. In today's world the potency of certain drugs (such as marijuana) is changing drastically, and whether they are laced or mixed with other harmful substances, this makes it a very subjective topic specific to every individual. Everyone's body reacts differently to drugs depending on their age, history of drug use, weight etc. This was emphasized by the heavy debates in the Model United Nations Good Health and Well-being committee aiming to reduce the drug abuse in the teenage population.

After interviewing multiple delegates, representing countries with differing opinions, possible solutions that could be implemented were addressed. The U.K, represented by delegate Vanja, proposed that an establishment of a committee regarding drug use by minors, compromised by former addicts would be more efficient and effective in educating and addressing substance abuse among teens, rather than instilling fear to manipulate students' perception of the dangers of drug use by bringing authoritative figures such as doctors or policemen.

Rather than scaring teenagers by emphasizing the purely physical effects that certain drugs can cause those severely addicted, they can inform them of the reasons as to why this issue can have lifelong impacts on not only them, but also their relatives and loved ones. These establishments can also educate parents because whose conservative mindsets can be a direct cause of addiction. In reality, most drug users are fully aware of the effects drugs can cause to their bodies, even knowing that it could lead to fatality. In the majority of cases the abuse of drugs has a casual relationship with deeper rooted issues of an individual, especially among teenagers, relating to mental health. To most teenagers, drugs become an escape to the user's daily problems.

Collaboration between nations was a recurring idea in the committee discussions where more developed countries can provide more educated experts whether in schools or online where they have the opportunity to anonymously seek help without the possibility of facing severe consequences. This is crucial as teenagers are a highly vulnerable demographic, generally being targeted due to their lack of experience and understanding. As a result, especially in less economically developed countries, drug abuse from minors has increased at alarming rates.

On the other hand, there were also more conservative countries, such as the United Arab Emirates, that, contrary to mutual opinion of legalizing the use of marijuana, were entirely in favor of the banning of all drugs as well as severe repercussions to teenage users. They also strongly urged the implementation of a stricter police force as well as border control which could solve this issue for even developing countries.

It is important to note that throughout the debate, there was a recurring opinion of the delegates that the conference was being overpowered by misinterpretation of the countries' beliefs. Many delegates projected their personal agendas, rather than putting effort in portraying and accurately depicting the reality of their nations viewpoints. As a result this can cause frustration among the representatives and potential bias, preventing a fully implementable resolution for all nations to be achieved.

VALENTINE'S DAY: WORTH IT OR NOT?

With winter ending and spring approaching, a thing some people look forward to, aside from the grandiose spring cleaning, is Valentine's Day. For those who may not be aware, Valentine's Day is an annual celebration on February 14th. People express their love for their significant other by sending flowers, going on dates, and other gestures. But is that lovely, joyful day worth all the hype and celebration it gets, or should it just never happen?

Much ado about love

Naturally, those with little to no romantic relationships are the ones making the most noise. It may be depressing to witness couples enjoying a romantic dinner or sharing gifts as the person has no one with whom to share the day. Some might argue that a couple should express love daily rather than just on Valentine's Day. Therefore, to find out if various people had different opinions about the event, we conducted interviews with six people, half of whom were in relationships.

What is your opinion on celebrating Valentine's Day?

The individuals who are not in a relationship had mixed feelings about Valentine's Day, with the majority of them being against the festivity.

- "I think it's a day where you can just be 'cringe' in front of your friends etc., and just be all "lovey-dovey", especially since I see many people celebrating with flowers and going on dates. I think it's cute."
- "Another day, another year when people get their hearts broken for no reason because they have tried their best. When they will grow up, they will learn that [Valentine's Day] is a scam. Whoever wants to [celebrate Valentine's Day] may do so, but I feel it's a scam when men are expected to waste a ton of money with no guarantee of success."
- "[I think it should not be celebrated] because it promotes the idea of capitalism and materialism, that your relationship is only valued based on what you get. An example of that is when your friend receives something very expensive from their partner, and you get a mere Twix bar, causing you to view your partner as someone who doesn't value you. Why cannot people celebrate their love in various ways? Because society says so?"

However, the people interviewed who are currently in a relationship, tend to have a more compassionate and sympathetic look toward the festivity.

- "I think Valentine's Day is a cool idea but only for those who are in a relationship. For others, it's just a reminder that another year has passed of them being single and lonely. Of course, every day can be like Valentine's Day in a relationship but on that specific day, couples might just want to do something extra special for their lover."
- "In my opinion, Valentine's Day should be celebrated. It's a fun holiday that promotes spending time with your beloved and [Valentine's Day] reminds us to spend the holiday with our other half."
- "It's a chance to express your love and appreciation. Valentine's Day can be a special occasion for couples to express their love for each other through gifts, cards, or romantic gestures. But remember love and connection can be celebrated every day not just on February 14th. So, whether you embrace the traditions, forge your path, or simply ignore the hype, let this day be a reminder to nurture the love that matters most to you, in whatever form it takes."

As one can see, individuals in a relationship perceive the celebration as something beneficial because it is a special day when they may express their love and excuse themselves to spend quiet and quality time with their beloved. For single people, this is not true. $\frac{2}{3}$ were primarily against the event. The biggest problem for single people about Valentine's Day is the mention of scams and marketing, which we will discuss in the following paragraph.

Large-scale corporate marketing

These days, Valentine's Day and related celebrations have become occasions for businesses to capitalise on love and transform their emotions into revenue. Businesses and their brands use Valentine's Day as a chance to reach out to consumers and make extra dollars. Due to people's desire to express their love, businesses that sell chocolate, jewellery, and other items earn the most on this day. It could convey to some people that you need to purchase your partner something wonderful or expensive to express your gratitude, which takes away from the genuineness of the relationship.



In a similar vein, on November 11th, there is a day known as “Pepero Day” observed in nations like South Korea. Just as on Valentine’s Day, couples purchase Pepero snacks to give to their friends and loved ones. However, the day has

drawn criticism for being a corporate marketing ploy for the corporation while encouraging unhealthy eating habits. While chocolate plays a key role in Valentine’s Day and related celebrations, some people may be unfairly critical of others who wish to enjoy a sweet delicacy with their significant other and opt to bring up the topic of the event’s potential health risks. It’s acceptable to enjoy a sweet treat now and then, especially on days celebrating love. Not every day has to be filled with veggies, almonds, and other healthful foods.


To summarise, love is in the air, and there is no need to cease celebrating Valentine’s Day. Roses may be red, and violets may be blue, but even if some see the event as a marketing ploy, Valentine’s Day is simply an innocent festival in which couples, close friends, and others spend time together, share a meal, and celebrate each other and their relationship.

Written by Kate




VALENTINE'S DAY – ANOTHER PERSPECTIVE

Valentine's Day, though not directly tied to a sacred or divine event, has Christian roots. Interestingly enough, there were not just one, but around 12 to 14 individuals named Valentine, including a Spanish hermit and a woman named Valentina. This was actually not very unusual because, during late antiquity, Valentine was a pretty common name.



Amidst the spread of Christianity during the 3rd century, a time marked by Christian martyrs, Emperor Claudius II, who focused on military pursuits, loathed the faith. With soldiers leaving the military to reunite with their families and wives, Claudius enforced a law forbidding marriage. However, Valentine, a Christian priest in Rome, believed marriage was good as dictated by the Bible and should not be forbidden, so he secretly conducted marriages for young couples. Additionally, he provided shelter and food for persecuted Christians. After being imprisoned for concealing persecuted Christians, Valentine faced extreme torture and was eventually executed for refusing to renounce his faith. Legend suggests that Valentine, while imprisoned, fell in love with the daughter of his jailer, and on February 14th, the day of his execution, he sent her a note signed "Love from your Valentine," potentially marking the first Valentine's Day card.

However, it wasn't until the Middle Ages that Valentine's Day became associated with romantic love. In medieval Europe, February 14th was believed to be the beginning of birds' mating season, which added to the idea of love being in the air. Over time, Valentine's Day became more associated with love and romance, and exchanging tokens of affection such as handwritten notes and flowers became common customs.



Written by Abigail and Scarlett

ARE YOU A PROCRASTINATOR? THE PSYCHOLOGY BEHIND IT

When was the last time you said to yourself, "I'll complete it another time", to finish a task, only to leave it to the day before it was due? This is an example of procrastination. It is common to delay things occasionally, but persistent avoiders of unpleasant tasks may purposely seek distractions. There are many leading causes and consequences that result from constant procrastination; therefore, it is important to become aware of when and why you are in order to put an end to the stress that results from this.

Why do we procrastinate?

If you are guilty of being a procrastinator, try not to worry, you are not alone, many people admit to it. In fact, according to a study (Ferrari, J.R, O'Callaghan, *Journal of Psychology*, 7, 1-6)) "an estimated 20 percent of adults (and above 50 percent of students) regularly procrastinate." It is defined as voluntarily and needlessly delaying a task, which is so common that researchers have discovered signs of the same behaviour in pigeons! (Ling, Thomas. "How to Finally Break Your Procrastination Habit, explained by a Psychologist.", [sciencefocus.com](https://www.sciencefocus.com), May 2023)

So, you might ask, why do people put things off? What triggers it? And perhaps most crucially, how can you quit delaying?

In order to understand more about why we do things we need to look at procrastination from a biological standpoint. According to the neurosurgery division at the University of Pittsburgh Medical Centre, procrastination is a physiological phenomenon caused by constant conflict between two specific areas of the brain, the limbic system, and the prefrontal cortex.

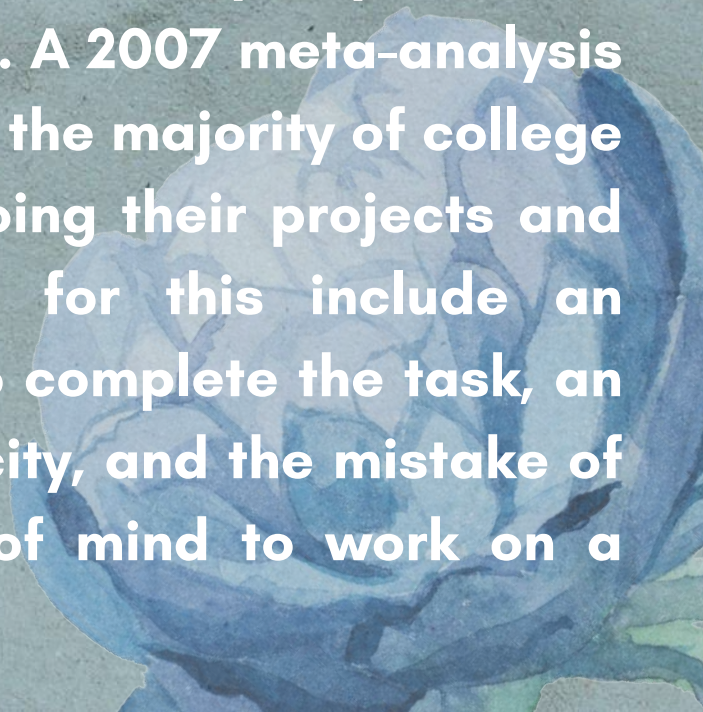
The most dominant and mature region of the brain is referred to as the limbic system. This area includes the regulation of emotions- particularly those that emerge early. It comprises motivational and rewarding emotions, memory, and learning processes. Whereas your prefrontal cortex is connected to complex cognitive behaviour, personality, decisions, and social behaviour. This is the area where judgement, planning, and justification of the limbic system's impulsive stimulus-based behaviour are concentrated. Rational thought is frequently beaten out by an instinctive response since the prefrontal cortex is a younger, less developed area of the brain (O'Sullivan, "There's a Reason Why You Procrastinate, July 2022).

All of this contributes to the psychology behind procrastination, which holds what makes us feel good right now- like putting off or avoiding tasks- having a significant hold over ourselves rather than what will make us feel good later. The New York Times quoted Dr. Pychyl as saying: "Procrastination is an emotion regulation problem, not a time management problem." Procrastination often involves the inability to activate the prefrontal cortex region effectively, leading to difficulties in initiating and sustaining goal-directed behaviour as it can be overridden by other brain regions and impulses. In the short run, delaying a task helps you feel good since it relieves many generally negative emotions, such as stress, fear, worry, and self-doubt. The benefits of getting sidetracked or immersed in something unrelated to the important assignment that results in making you feel anxious outweigh the long-term consequences in most cases. Nevertheless, many procrastinators can vouch that this comfort is fleeting and that the cycle eventually resumes.

Causes:

1. Lack of motivation and academics

It's natural to ignore a task when it may seem uninteresting, unappealing, or possibly difficult. Thus, people tend to postpone it in favour of more enjoyable or stimulating activities. A 2007 meta-analysis published in the Psychological Bulletin found that the majority of college students, from 80% to 95%, frequently put off doing their projects and studies. Researchers found that the reasons for this include an overestimation of the amount of time they had to complete the task, an overestimation of their future motivational capacity, and the mistake of believing they must be in the correct "frame of mind to work on a project".



2. Fear of failure or perfectionism

Another factor is the worry that one will fall short of standards or make errors. Individuals might be able to avoid the chance of failure or unfavourable feedback by delaying the activity. The amygdala, an almond-shaped structure in the brain that functions in the processing of emotions and detecting threats, can perceive tasks as aversive or threatening, triggering feelings of anxiety, which can result in the desire to avoid or delay tasks. On the other hand, some people delay starting a task because they feel the need to do it perfectly. They may set high standards for themselves, which can lead to a fear of not meeting those standards and can therefore result in procrastination.

3. Abstract goals

Another interesting factor is the idea that when people's goals are hazy or abstract, as opposed to specific, they are more prone to put things off. For instance, goals such as "begin exercising" or "get fit" are examples of very ambiguous objectives that could result in procrastination, leading to a cycle of repetition. More specific goals such as laying out a plan on what days to go to the gym, and what exercises to do for a specific amount of time are tangible, and therefore much more likely to inspire you to be motivated to do so (Maverick, "Why People Procrastinate: The Psychology and Cases of Procrastination, Medium, 39 March 2022).

4. OCD or ADHD

In addition, procrastination is rather typical among those who suffer from OCD. An explanation of this includes maladaptive perfectionism, which can lead to anxieties about making mistakes, self-doubt, and anxiety about what other people think of you. Thus, people who suffer from OCD frequently postpone rather than make decisions due to their tendency toward indecision. As for people with ADHD, it may be challenging to start working on a task when you are constantly distracted by internal and external factors, particularly if the task is challenging or boring to you.

5. Additional factors

Of course, there may be other contributing factors that may lead people to procrastinate. However, these may be specific depending on the person. Some other key reasons as to why this may happen are; tending to put things off until the last minute, believing that pressure makes you more productive, not having the necessary skills for a task, and delaying one task in favour of working on another.

Consequences:

1. Elevated stress levels

Anxiety and stress are influenced by presumptions about the task's difficulty and beliefs that you cannot do it. There is a sense of uncertainty about whether you will finish by the deadline for submission, impacting your mental health due to procrastination. This can lead to making you feel depressed and incapable of doing any work.

2. Developing beliefs

By continuing to put off doing anything you develop and reinforce restricting assumptions about who you are and what is achievable in life. You gradually tend to delay more and more as a result of these beliefs becoming your personality. You might start to doubt yourself as you see yourself not achieving what you want to and this will just make you manifest more of what you don't want (O'Donovan, "11 Effects of Procrastination That Can Destroy Your Life", Lifehack, Jan 2023).

3. Losing valuable time

Every time you procrastinate with a task, you are losing valuable time that you can never get back. Being unable to turn back time makes this an awful sensation. It is an unsatisfactory sense when realizing how different things may have been if only you had done something in time, avoiding the self-disappointment that you would experience with yourself.

4. Other factors

Many other consequences can arise from procrastination. Some of these include making future poor decisions, sabotaging your goals, and missing important opportunities.

What to do?

You can't just stop and assume that to control your emotions, as you can't with anything. The need to put off tasks will return if you don't learn how to control your emotions in less harmful ways. It can be incredibly beneficial to understand that "procrastination is a technique for emotional regulation rather than a sign of laziness" according to Dr Pychyl from The New York Times. In a 2010 study, researchers discovered that students who forgave themselves for delaying studying for an exam were able to lessen their procrastination by a significant amount for upcoming exams.

Viewing procrastination in this light can also help with the need to put off doing something until you feel “ready” to do it. It is simpler to avoid letting how we are feeling determine whether we can begin a task if we are aware of how our emotions have influenced how we react to it.

Tips to help with procrastination:

- **Creating a list** - Making a list of things to do by including a due date next to the items can help you stay on track and help you with time management.
- **Taking it slow** - To make your work seem less immense, divide the tasks on your list into smaller steps, to make it seem simpler and look more achievable.
- **Determine the signals** - Pay close attention to any procrastination-related ideas you may have and try to fight the impulse. Strongly encourage yourself and refrain from any possible distractions for a few minutes if you start to consider putting something off.
- **Reduce distractions** - Notice the things that tempt you to stray off track and limit your access to these in order to achieve focus and an environment with no distractions, these can include, social media apps, notifications, sources of entertainment, or whether it's the surrounding level of sound that may be of disruption.

It is normal to put things off. Everyone has done it at some point. The most important thing to keep in mind is that if you are a frequent procrastinator, it cannot be stopped by self-punishment, regardless of how annoying or inconvenient it may be. You can gradually break this pattern by discovering techniques for forgiving yourself right then and there and being compassionate to yourself in the future. It is important to note that reasons for procrastination can vary among individuals and situations. Understanding the underlying causes can help individuals develop strategies to overcome procrastination and improve productivity. To succeed in every situation, you must be resilient and master the avoidance of procrastination in order to make successful changes that will benefit you and help you live a more efficient lifestyle.

Written by Lisa

TOOTHBRUSHING TECHNIQUES: ARE YOU BRUSHING YOUR TEETH CORRECTLY?

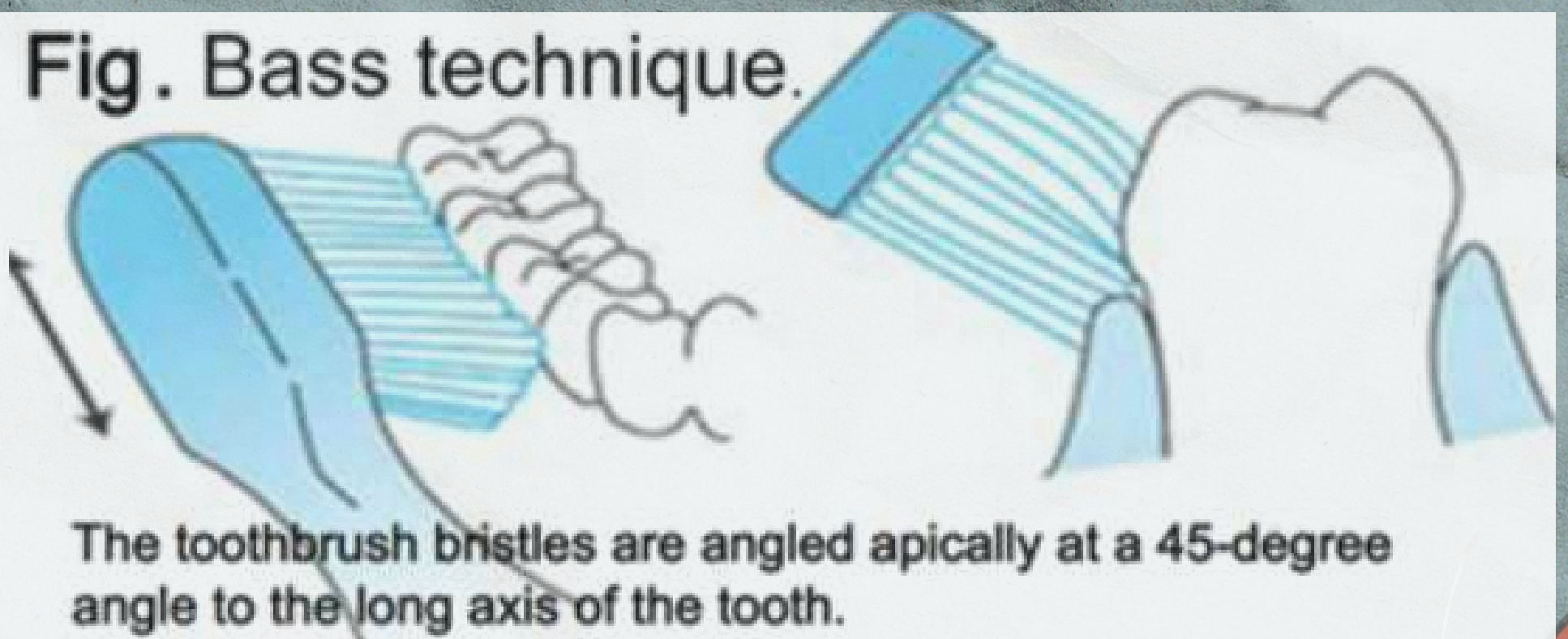


Good dental hygiene is essential for preventing periodontal disease and tooth decay. In this article, I will go through some of the methods for cleaning your teeth, as well as some information on the brushing techniques.

First, select a toothbrush. There is a lot of equipment available to assist in maintaining proper oral hygiene, the most important of which is effective brushing with a high-quality toothbrush. So, what constitutes an effective toothbrush? Firstly, it must have a small head (to fit into small locations), and secondly, it must have a soft, rounded nylon filament head to gently brush the gum.

Many different brushing procedures have been introduced over the years. The "BASS" is one of the most common. However, it may not be suitable for everyone considering this procedure demands good hand flexibility. Hold the toothbrush between your finger and thumb, with the bristles at a 45° angle to the teeth, pointing at the junction of the crown and the gums. In a healthy mouth, the bristles can penetrate 3 mm (about 0.12 in) below the gingiva. Once in the proper position, the brush head vibrates in a little circular motion.

Fig. Bass technique.



The toothbrush bristles are angled apically at a 45-degree angle to the long axis of the tooth.



One of the other common methods is the "Scrub". This method is usually used by children or adults who have not received any brushing advice. However, it should only be used by youngsters or those with low manual dexterity. The toothbrush is simply brushed around the front and rear of the teeth, covering all surfaces, including the biting area, in long strokes. The issue with this procedure is that it might create abrasive degradation if specific regions are overbrushed and a heavy hand is used.

In order to address this issue, modify the grasp method from a hand grip to a finger grip, and utilize small movements to cover one tooth at a time. This approach has the advantage of being simple to use.



Another technique that is advised for young children is the "CIRCULAR" method since it is simple to master. To avoid gum injury, always brush with a soft toothbrush. The teeth are drawn together, and the toothbrush is positioned at a 90-degree angle to the teeth, covering the back teeth of the upper and lower jaws in a tiny circular motion. For the anterior teeth, the incisors are placed edge to edge and the mouth is opened to clean the remaining surfaces. Scrubbing is then used to clean the occlusal surfaces.



Finally, we have the 'ROLL' method. The bristles are located apically at the junction of the crown of the tooth and the gingiva. The brush head is then rotated upwards on the lower teeth and downwards on the

higher teeth in the direction of the occlusal surface. The scrub technique is used to clean the occlusal surfaces. This approach has the advantage of allowing pressure to be applied to the gingiva without creating gingival recession; however, it does not clean on a subgingival level. This procedure is frequently demonstrated to patients suffering from recession.



Now that we know all the brushing methods available, let's talk about the best type of toothbrushes. There are numerous designs available, some of which vibrate while others rotate. According to recent studies, powered toothbrushes with a rotation-oscillation action remove more plaque than manual toothbrushes. They are ideal for children, the elderly, mentally and physically challenged people with limited manual dexterity, and those with poor brushing techniques. They are not used in the same way as a manual toothbrush but should be held against the tooth to allow the toothbrush to do its job. These brushes provide very minimal pressure to the tooth, making them ideal for individuals who tend to overbrush certain areas, resulting in abrasion cavities.

Hopefully, you have found this article interesting. How do you brush your teeth, and do you know of any other methods or equipment that can help us protect our teeth better?

Written by Chenxi

HOW PROTEINS ARE SYNTHESISED IN OUR BODY

Have you ever wondered how we are made? How do our hair and nails grow? The process of synthesising proteins is related to a special unit inside every cell which is called a ribosome. In order to get the ribosome, then the structure of the cell needs to be introduced.

To start with, the cell is surrounded by a cell membrane which you can imagine as your house. All the bricks and concrete are cell membranes. Then inside the cell, there is a nucleus, ribosomes, cytoplasm, etc. The largest unit inside your cell is the nucleus which you can imagine as the largest piece of furniture inside your house, such as a bed or a sofa. It is the most important unit inside your cell, as it controls the cell activity. The ribosome is a rather small part of your house, such as a pen, except there are 10 million ribosomes inside only one cell. This is a quite significant number, considering how many cells you have in your body. The floor can be imagined as cytoplasm inside the cell. The cytoplasm inside the cell is liquid and it prevents the cells from collapsing, as well as remaining turgid. It also helps in transporting information, and it is where the chemical reactions take place. (This is usually an IGCSE question!)

To further continue explaining the process of protein synthesis, there are more specific DNA elements to introduce. The DNA molecules are in the nucleus, which is the largest organism inside the cell. The nucleus is like a living room and inside the living room, you can find DNA molecules. However, protein synthesis does not occur inside the nucleus, therefore there is a type of messenger RNA (mRNA) to transport the information to the ribosome where this occurs. The mRNA will copy the information from DNA molecules and travel through the cytoplasm to get to the ribosome. So, what is an amino acid? The amino acids, in short, are molecules with different chemical formulae each coded for by three bases.



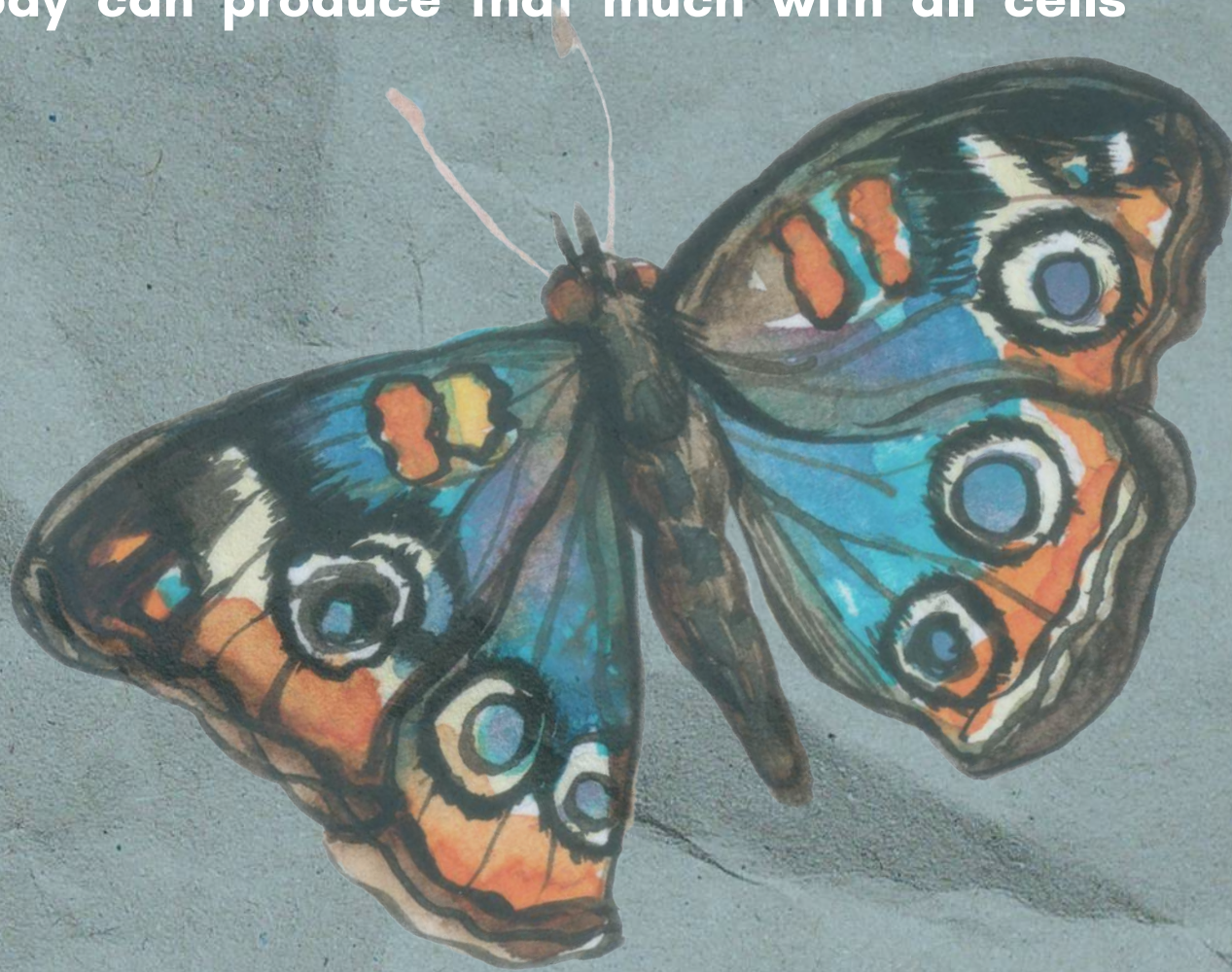
It can be imagined as Lego building blocks that are stacked up, which eventually will make up your final protein molecules. The messenger RNA is a carrier of the amino acids. It is transported to ribosomes and at ribosomes there is another transcription RNA (tRNA) which is like a translator that reads the information carried by mRNA. The amino acids are joined together ribosomes; there is a peptide bond formed between amino acids. The peptide bond is just the same as you pressing each building block together and the protein molecule is formed.



In the end, I can finally answer how hair is made. It is made from many chains of amino acids which can be further modified to give strengthening elastic characteristics. If you are interested, you can search more into it. The hair is made of a protein called keratin.

Fun fact: a person has about 100,000 to 150,000 strands of hair and it is just amazing how our body can produce that much with all cells functioning together.

Written by Zeyu



HOROSCOPE

ARIES

Mar. 21 - Apr. 19



Be cautious this month since the short-term joys you enjoy now may cost you later down the road. However, focus on important assignments this month because you will feel productive for a long period.

Even if you try to encourage others, some will not listen to your advice. Don't let this overwhelm you.

GEMINI

May 21 - Jun. 21



You'll have fascinating interactions and discover things you've always been interested in. Furthermore, your health will improve this month.

Unfortunately, you'll succumb to peer pressure this month, slowing your progress. Remember that even your closest pals should not have too much influence over you.

TAURUS

Apr. 20 - May 20



This month, you'll be preoccupied with both personal and professional duties. You will also be recognised for this.

Sometimes your thoughts and actions will not align, generating the impression that you are untrustworthy. However, make sure you have control over what you say. You will be able to control your emotions.

CANCER

Jun. 22 - Jul. 22



This month will fly swiftly for you, and you will be able to make substantial progress. You will become closer to someone you've known for a long time, and they will have room in their hearts for you.

You're likely to make the error of passing judgment quickly based on false assumptions. Make sure you don't do that and be mindful.

LEO

Jul. 23 - Aug. 22



In March, you will achieve exceptional results in your area of employment or education. Furthermore, you will be able to stay to the monthly pattern that you have set for yourself.

Your life will be terrible if you are reckless. Do not respond rashly; instead, allow people to make their own mistakes and discover their truths.

LIBRA

Sep. 23 - Oct. 22



This month, you will be more connected to your friends and family than ever before. You'll receive gifts and spend time with your buddies.

However, you will spend a lot of time this month fighting with insignificant people about little matters. Keep unpleasant comments to yourself so you don't cause further rifts in your social group.

VIRGO

Aug. 23 - Sep. 22



You'll feel the impulse to mend old relationships, which will provide you some peace. This month, your relationships will get stronger, and their enthusiasm will help you succeed.

You may find yourself spending time on minor tasks. Be mindful and concentrate on things that will be useful to you later.

SCORPIO

Oct. 23 - Nov. 21



You will discover a new, hidden source of strength within yourself. You'll realise that you don't need or want outside help to solve the problems you've been having, and you'll become more independent.

This month will be busy, with a lot going on at the same time, but don't worry; all will be fine in the end.

SAGITTARIUS

Nov. 22 - Dec. 21



You'll be exceedingly nice and outgoing this month, as well as seek guidance from smart people. Fortunately, all of your issues this month will be solved.

You will lack the ability to form the necessary solid partnerships. You are a very delicate and caring person, therefore do not take things lightly. You don't want to be harsh towards others.

AQUARIUS

Jan 20. - Feb. 18



This month, you will be able to realise your full potential and make the most of everything that comes your way. Your actions will benefit both your personal and financial situations. More changes will appear for you.

This month is going to be fantastic for you since you will make more connections!

CAPRICORN

Dec. 22 - Jan. 19



This month, you may receive a significant amount of money. Your life and situations will improve, and March is an excellent month to make personal or physical changes.

Your well-being will suffer this month, and you shouldn't mind what others will say about you because you may become pessimistic.

PISCES

Feb. 19 - Mar. 20



This month, you'll improve your problem-solving skills. A journey with your closest friends or family members will make this month more delightful. You will also feel more confident this month.

Your stress may emerge as irritation, influencing how you communicate with others. Don't overwork yourself and take occasional breaks to rest.

Written by Kate

Basketball Season: 24'

Welcome to Britannica Sports!

Let's give you an overview of the basketball season 24'

Britannica Basketball Teams:

- MS 🏀 Girls
- MS 🏀 Boys
- HS 🏀 Girls
- HS 🏀 Boys

First Fixtures of the Season:

- MS 🏀 Girls vs. BISB (34 - 4)
- HS 🏀 Girls vs. BISB (25 - 7)
- HS 🏀 Boys vs. BISB (56 - 54)



DVAC MS 🏀 Girls Festival Vienna: 20.01.2024

- BRIT vs. VIS: 22 - 12
- BRIT vs. AISB: 18 - 14
- BRIT vs. ICSV: 21 - 30



DVAC MS 🏀 Girls Tournament: 02.03.2024

- BRIT vs. RIV: 26 - 18
- BRIT vs. AISB: 20 - 21
- BRIT vs. ICSV: 14 - 15



DVAC HS 🏀 Girls Festival: 27.01.2024

- BRIT vs. BBIS: 25 - 13
- BRIT vs. ICSV: 16 - 15
- BRIT vs. SAL: 19 - 20



DVAC HS 🏀 Boys Festival Vienna: 27.01.2024

- BRIT vs. AISB: 17 - 15
- BRIT vs. ICSV: 23 - 28
- BRIT vs. SAL: 22 - 34



Budapest Cup JV 🏀 Boys: 02.03.2024

- BRIT vs. BBIS: 26 - 34
- BRIT vs. AISB: 20 - 29



ACKNOWLEDGMENTS

Journalists:

1. Csilla (Orbital MUN Conference – a Final Report)
2. Laura and Mia (Climate Action - Cooperation in Climate Change)
3. Lola and Fuad (Quality Education – The first-timer committee)
4. Ma and Aleksander (Good Health and Well-being – An account of the UN's discussion on Drug Abuse)
5. Sara and Charlotte (Good Health and Well-being – The case for banning drugs)
6. Sara and Charlotte (Climate Action – Dry times ahead)
7. Laura and Mia (Good Health and Well-being – International Approach to substance abuse among teens)
8. Kate (Valentine's Day: worth it or not?)
9. Abigail and Scarlett (Valentine's Day – another perspective)
10. Lisa (Are you a procrastinator? The psychology behind it)
11. Chenxi (Toothbrushing Techniques: Are you brushing your teeth correctly?)
12. Zeyu (How proteins are synthesised in our body)
13. Kate (Horoscope)
14. Rian and Janhavi (Sports Report)

Creative Directors:

- Vanja
- Szófia overseeing the OMUN Bulletin

Faculty Advisor:

- Mr. Luca Trovo