

Global Awareness Movement  
**GAM**  
TIMES

# GAM

# TIMES

You ask yourself.  
Why? I am also a human!  
- speaking with  
a teenage refugee

JUNE  
2021



one small percentage of profit, together with  
the cost of handling added to the actual cost



# GAM

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## TIMES



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Nawrocki

Hello! We are GAM Times. A part of Global Awareness Movement, a community that brings together teenagers from all around the world. You can say we are a youth that is trying to make an impact since day one. We are online newspaper created by teenagers in Poland, but we work globally. With people all around the world we create a community. Thanks to that we can write articles targeting global issues with certainty that we deliver truth and truth only. And that makes us unique, we have a global point of view. We write and talk about human rights, women rights, politics, climate change, stereotypes everything that matters. We are focusing on spreading awareness on issues that are important to us and we hope, they would become important to you as well. Our goal is to spread awareness mainly among youth, but I encourage everyone to read!

~ Helena Drzazga, editor in chief



# GAM FEMINIST



Maria Kuderska

The world is made for men, this is what Caroline Criado Perez proves in her book called “Invisible women”. Years of neglecting “the second sex” created unequal reality in which we are living. Although some issues are easy to point out, many are still ignored such as invisible labor or under-researched women’s health problems, not to mention discrimination of women of color and members of LGBT+ community. That is why we raise up our voices here, so that those without one can be heard. This is an intersectional feminist section. Because feminism is for everybody.

~ Maria Kuderska



## WHAT IT IS LIKE TO BE A FEMALE PRISONER IN BRAZIL?

When we take a look at the mass media, life in prison is being pictured like a good material for a movie. Not without a reason there have been made series about prison's routine - many of them are kept in a comedy tone, such as *Orange is the new black* or Spanish *Vis a vis*. But incarceration of women, and more importantly, why it is a completely different experience than being a male prisoner, is a far more complex topic.

Brazil has the third largest prison population in the world, after USA and China. With over 750 thousand prisoners, it is not a surprise that the system is struggling with overcrowded cells, unsanitary conditions and violence amongst the detainees. The scale of incarceration might be caused by the lack of alternative solutions and constant tightening up criminal liability. Brazil treats very seriously drug crimes, which are one of the most common reasons of being sentenced, next to the robbery. What is important, Brazil has relatively high percentage of incarcerated women, which was 6.9% in 2018. Between 2000 and 2014 the number of female prisoners has increased by 567%!

The situation of women in prison, specific at so many levels, is the subject of Drauzio Varella's book called *Prisioneiras*. The author, who voluntarily provides medical care for inmates in Brazil, describes daily struggles of women serving their time in Sao Paulo. As I said before, the situation of Brazilian penitentiary system leaves much to be desired. Prison in Sao Paulo is no different. There was a time when inmates were denied access to running hot water for two years (between 2015-2017). But poor

conditions of life are not the most worrying thing about female incarceration - in fact, the majority of prisons struggle with underfunding. It is the cultural background and gender bias that are essential to be aware of.

One of the first things that Varella said when he set foot in Sao Paulo prison was that he must forget everything that male prison experience has taught him. During his medical service he took the opportunity to speak with inmates about their lives, giving them safe space and nonjudgmental approach. Varella quickly found out about sad reality that women had to face. In Brazil, when a man is sentenced, whole family must cooperate. It means frequent visitations, providing food and money. Usually, the role goes to the woman. She is expected to stay loyal and devoted; any kind of betrayal is not tolerated and might lead to social ostracism or even death penalty (in unwritten code of community). Therefore, incarcerated partners often ask for favors behind the bars. Varella shows bright examples of women, whose husbands asked them to smuggle drugs to the prison under the threat of being killed by other inmates. The emotional blackmail and cultural expectations put women in a no-win situation. And if she gets caught, she gets a sentence. The husband stays out of trouble.

It would not be so shocking if the situation was the same the other way round. But it is not. Men are allowed to form new relationships and abandon former partners. So, when a woman goes to prison, everybody forgets about her. It probably has its core in cultural determinants in Brazil. Incarcerated woman brings shame to the family, because it means she does not meet the expectations of a housewife. Community would also see her as promiscuous since romantic relationships in female prison are common

regardless of the sexual identity. And lastly, it would mean she abandons her children, which is another extremely important issue. In Brazil, average age of having a child is low and teenage pregnancies are very common. Over 76% of girls drop out of school before they turn 17 years old because of multiple child births. Poverty, violence and dependence on a man make it hard to provide without bending the law.

Being a core of the family traumatize incarcerated women, who can only watch passively as their family is being torn apart. And after their release there is often nobody left to turn to, not to mention their job perspectives or financial situation. That is why most of them go back to old behavior, and eventually end up in prison again. This is a vicious circle, which proves that the incarceration system in Brazil does not rehabilitate. Moreover, many women actually have better life conditions in lockdown than on the outside. The prison provides basic medical care, four meals per day and, for many the most importantly, detox from crack which is a nightmare of Brazilian streets and which does not get into the prison.

Loneliness and abandonment by the family make incarcerated women find solidarity the most important value that keeps them alive. As Varella says, when you are incarcerated freedom is not the first thing in your mind - it is survival. Therefore, female prisoners find stability in each other, they form hierarchy and obey unwritten rules. Obviously, there are conflicts, but what Varella observes is - women in Sao Paulo prison are able to resolve stressful situations and understand each other emotions. All in all, their position gives them enough pain and in many cases sense of injustice.



It is important to have in mind that not all female criminals deserve their fate - often it is not their choice which way to choose, considering their life situation. That is why we should acknowledge our privilege and remain aware - of a silent existence of women who are forgotten.



# GAM CULTURE & ART



Maja Pszczoła  
Helena Drzazga

GAM Culture & art is the highlight of world events, festivals and holidays. Each month we focus on the biggest celebrations from around the world to bring you closer to the traditions from the people around you, ones you may not be aware of yet. In addition to that, we dive into the cultural differences that, at first glance tear us apart, but at the end of the day can bring us all together.

~ Maja Pszczoła



## LGBT+ IN HISTORY

June is famously known as Pride Month, and even though much can be said about the different aspects of the community as well as the opinions of today, I decided to take a closer look at what history has to say for itself on this subject.



<https://www.jpost.com/international/white-house-website-adds-gender-neutral-pronouns-as-biden-meets-lgbt-demands-656266>

LGBT+ history isn't focused on much in schools therefore, let us take a look back at our past. Despite what it may seem, LGBT+ culture and the existence of third gender, have been present in almost all cultures around the world in different forms. Here are some examples...

In Africa, around Lesotho, it has been reported that women often engaged in long term relationships. Furthermore, it has been recorded that male Azande warriors, in the northern Congo area, would take on boy-wives, aged between 12 and 20, who would help with housework and chores as well as have intercourse with their older husbands.

In Egypt, multiple surviving ostraca's (pot shells) have been found depicting homosexual sex. It is also believed that Pharaoh Pepi II was gay and that his life served as a basis for the story of *King Neferkare and General Sasenet*, a

story about a king's affair with his general. In the Siwa Oasis, the marriage of a boy was greatly celebrated. In ancient times, unmarried man and boys in that region would work together, away from access to women. The money paid for boys would sometimes be 15 times that of a woman. In the 1940's British novelist Robin Maugham wrote that the Siwan men "will kill each other for boy. Never for a woman".

In pre-colonial North America, many tribes and nations had respected homosexual, bisexual, and gender-nonconforming individuals, some even having special spiritual roles that have been preserved and can be still observed today.

Ancient Assyria has the earliest known law condemning male to male intercourse as the 1075 BC Middle Assyrian Law Codes state "If a man has intercourse with his brother-in-arms, they shall turn him into a eunuch". However, this law was intended for the military, and outside of it, homosexuality could have been practiced freely as long as it was done so between consenting adults.



In Ancient China, it is believed that almost every emperor of the Han Dynasty had one or more male partners. Same sex partners have also been popular during the Song, Ming and Qing dynasties. Homosexuality itself has been present in multiple famous pieces of Chinese Literature.

Some of the best known examples of same sex relationships come from Ancient Greece, where an older man would take on a younger man as lover before or during marriage. These relationships once again would be favored more of those with women. One of the most known relationships is that of Alexander the Great and his general Hephæstion.



[https://en.wikipedia.org/wiki/LGBT\\_history#/media/File:Kiss\\_Briseis\\_Painter\\_Louvre\\_G278\\_full.jpg](https://en.wikipedia.org/wiki/LGBT_history#/media/File:Kiss_Briseis_Painter_Louvre_G278_full.jpg)

In Ancient Israel the Law of Moses in the Torah forbids men from laying with men in Leviticus 18 and later in In Deuteronomy 22:5, cross-dressing is condemned as "abominable".

So what happened? Most of the Ancient World saw nothing wrong with homosexuality. Well, we would have to go back to the Law of Moses. Parts of the Torah, specifically the first five books of Moses are part of the Old Testament. With the spread of Christianity, old customs were changed and stricter laws applied to same sex relationships. Even today, parts of the world which began with the highest tolerance may now punish homosexual acts with a death sentence or imprisonment.

It is important to spread awareness of our history to create a more tolerant and loving world community where no one will have to hide and be afraid to be who they are.



# GAM WORLD



Helena Drzazga  
Hanna Okurowska

Sexism, human rights, refugees, those are only a few of the topics we want to raise in this section. Our goal is to publicize different social issues that people tend to forget about. We are going to interview and talk to many interesting people, both valuable experts in their fields, as well as people who have been wronged by the system and are as passionate as us about making a change. With this column we wanted to provide a space for our interviewees to be heard and for our readers to educate themselves as much as possible on those crucial problems

~Hanna Okurowska





## INTERVIEW WITH A TEENAGE REFUGEE

QUESTION: Hello, could you please tell me your story?

ANSWER: I was a student in Pakistan at the same time, I was working as a helper teacher. Most of my time in Pakistan I spend on studies and education and helping minorities and stuff like that. I always tried to make everyone happy. In Pakistan I always wanted to spend time with my familie. I told them about it, but they didn't believe me, they framed me in many things and beat me a lot. The beat me, and every time they like took my mobile so I could not call or send a proof or my cry full voice. But one time the beaten me and forgot to take my phone, and then I send my father a proof „this is what they are doing with me”. Then my father said that we need to find a solution, we need to solve the problem. I had this friend, he went to Greece illegally and I decided that for protection I would go there.

So I decided I would leave Pakistan. And on the 21st of May 2019 I left Pakistan and went to Iran. From there my journey starts towards Greece. Because Italy was not my destination at that



Tent in a refugee camp in Bosnia

Source: <https://www.opendemocracy.net/en/can-europe-make-it/closing-the-vučjak-camp-doesnt-resolve-the-humanitarian-crisis-for-migrants-in->

time. I faced many difficulties,

saw many new things. How I told you, most of my time in Pakistan I spend on education so I was not aware of the world. How it is, how it is really like. What is respect, what is everything I am seeing? It was turning point in my life. Like who I was in Pakistan, an aware of the world a teenager and after so many difficulties, so many days of hunger I saw the real world. I reached Istanbul, Turkey. After three tries I reached Greece, Thessaloniki. Near this region we, me and my friends were found by the police. They didn't deport us back, they took us to prison. I was 16 years old at the time. I was told not to speak English. I didn't know why? They told my that I might be framed into being a guide and stuff like that. So i said okay, and now one know I could speak English. When we were caught, there was a guy from Afghanistan, I think. He known a language and he was translating for everyone. I told him I was 16 years old but he wrote I was 18 years old. He did that because Greece deports everyone that is younger than a minor. To get an education, to start a life there I needed to be older.

Later I went to Athens, I had a friend there and I lived there with him. I am not sure for how long. Then my journey started towards Italy, from Greece to Macedonia, then to Serbia it wasn't so difficult. Pakistan to Iran, Istanbul to Greece were so difficult. Macedonia to Serbia



Bira camp

Source: <https://www.bbc.com/news/world-europe-50700345>

was not so bad, Serbia is a great country. From Serbia I reached Bosnia and Herzegovina, on the third try. Then I stayed in Sarajevo camp. After that I went to Bira camp, which is near the border of Croatia. There I tried one time, I wanted to deport myself, but they didn't let me. I didn't want to go back to that Bira camp, I wanted to go back to the capital of Bosnia, Sarajevo. But I didn't want to be deported back to Pakistan. It would be so difficult to cross the border again, there are big, big mountains it is very difficult. I was so scared to go through that all over again. There was with my a guy, he said to me: come to a camp with me I would give you money and a phone, then you can go. Later I spoke with my mom and she convinced me to try one more time. And i tried, but I was deported again. I decided to try one more time, the third time, I was deported again. I was finished, I was done. I called my whole family, but they, except my parents, didn't know what I was going through. My familie were convincing me to come back, they were saying „let him come back, let him come back”. On the next try I was caught near Slovenia and Bosnian police deported us back. I was deported to Sarajevo, but there was a guy who tried to harass me, so I changed camp. On 19th of may 2020 I met a woman, and we started talking and on the 21st I fell in love with her. I called my parents and told them that no matter what now, I am going to Europe. My mum asked if I met someone, and I said no, but later I told her the truth. I was determined to go to Europe, to my Jan (it means life in my language). I was fully motivated to go. To never give up, no matter what. No matter what the police would do. After that, I fully believed in myself that I would go to my Jan. I even got a chance to go toHolland, but I was scared they would deport me back to Slovenia because Holland is a very

strict country. And i can't even marry her there. There is still coronavirus, and I am wanting when could I meet her.

QUESTION: Why did you decided to stay in Italy?

ANSWER:I decided to stay in Italy because, first of all I have many friends here and second of all Italy is a really great country for me. I have this beautiful apartment, I don't think I would get it in Holland. Italy is not a strict country for refugees and stuff like that. I think it is the main reason why I stayed here.

QUESTION: Were you alone on that journey or did you have someone to rely on like someone who would help you? A type of a shoulder to cry on.

Shoulder to cry on, I am the first one of my familie to come on this journey. I was alone, okay I had a lot of people around from Pakistan, Afghanistan etc, but I was alone. I didn't have anyone to speak of my sorrows and to cry to. Until, of course may 2020.

QUESTION: What was the most terrifying moment you experienced?

ANSWER: The most difficult time was in Bosnia and Herzegovina. Fear of rape. As I told you, a guy came to harass me.

Fear of getting killed by the Bosnian police, fear of getting murdered by the refugees and stuff like that. This is what I fear the most.

QUESTION: How long did your journey take? How long did you travel from Pakistan to Italy?

ANSWER: I left Pakistan on 21 or 26 May 2019, and I reached Italy on 26 or 21 September 2020. One year and four months.

QUESTION: How did your typical day during this time look?

ANSWER: Wake up in the morning, then have breakfast after that, waiting outside then coming back. It was in Burichi camp, there was an Arabic woman I called Mama Juhsiena. There is this stereotype, that all refugees are bastards. But in Burichi camp it was true. People were fighting and hitting each other. Mama Juhsiena was an older woman and no one would touch her. So I went outside only with her. She was like my armor.

QUESTION: Do you go to school, or study or maybe work?

ANSWER: Right now I am learning Italian language. As a job I have with my Jan facebook page, where I write quotes and she makes some drawings for them. Later we sell those.

QUESTION: Why did you decide to leave Pakistan?

ANSWER: It is like I told you in the beginning. Because in Pakistan when you are 18 years old you have an ID card and passport. Or you can have a passport if you travel to another country with your parents. But I wasn't 18

years old so I didn't get an ID card, without it you can not do many things. I couldn't go anywhere else. I was in school in Pakistan, and I didn't know where I would go to school, being so far away. This is like confusing stuff.

QUESTION: As a person, who lived through all of it, do you have any idea how we can improve the living situation of refugees coming to Europe? How we can help to prevent all these terrible things from happening?

ANSWER: Well, imagine yourself. People around you can get everything they want, they can get jobs, they can get good food to eat and stuff like that, and you are looking at them and you can't get anything they got. You ask yourself, why? I am also a human. Why are you treating me like an animal, even though some animals are treated better than this. Even if a dog is barking, they give him water and food. But what do they do to us? They don't give us anything, and then they blame us for the refugees fighting and killing. This is just a cause. I gave an example of hunger, because hunger makes a person do a lot. Hunger makes people steal. As I said, imagine yourself in that position, there is a shop in front of you, everyone can get good food from there, except you. After many days with so much hunger, what would you do? You would try to steal or to beg. The real question is who should we blame, refugees or the people?

I don't know.

I asked Kashmiri (teenage refugee) and Aleksander (teenager from Warsaw, Poland) the same questions. Here are their answers:



**Aleksander**



**Kashmiri**

1. What is the most important thing for you in life?

Aleksander: Friends and happiness

Kashmiri: Love

2. What is your biggest fear?

A: loneliness, failure, not being good enough

K: I am fearless...

3. What is your biggest accomplishment?

A: Forming a band.

K: That people around me respect me.

4. What are you looking forward in life?

A: Being happy and successful. Having hobbies and interests. Being open for new things.

K: To marry my Jan, then open a hotel.

5. What makes you happy?

A: Music, amigos, seeking adventures.

K: My love makes me happy.

How you can see, some of their answers are similar, but some are radically different. They are both just teenagers, and both should face similar problems. Teenagers problems, not dilemmas such as, where would I get my food or am I safe sleeping here? Our role as a newspaper and society is to focus the attention of the world on this problem. The problem of robbing innocent people from their childhood.





## Ultimate mountain decision

Everyone has a different reason to climb mountains. Some would say that they love the views, others would admit that they enjoy the feeling of achieving the summit. Regardless of what the motivation is, there is one common factor that characterizes every climber – risk he or she needs to take. Mountains are beautiful. They allow people to chase their dreams and fulfill their ambitions; however, they are incredibly dangerous at the same time. Of course, the more demanding the mountain is, the more risk one takes while climbing it. It is obvious that in small mountain ranges, which are available for most of us there are not many dangers. Notwithstanding, sometimes accidents happen even on safe, not-exposed trails. However, in this case there are special mountain emergency units, which take care of harmed or lost tourists. For the purpose of this article, focus will be put on the highest, but at the same time the deadliest mountains of our globe – Himalayas. No more than 10 years ago Himalayas were accessible only for professional, high-altitude climbers. Nowadays, expeditions on famous 8-thousanders became popular amongst unexperienced tourists-amateurs. Nevertheless, those non-professionals have to encounter the same risk, which is associated with Himalayas. It means unpredictable weather, avalanches, high-altitude sickness, physical fatigue and many others. Despite the new technology, and well-developed knowledge about mountain features, accidents happen even more often, because of the rising popularity of



this activity. Not infrequently they take place on an altitude that exceeds 7500 meters, for example during a summit attack. Usually only two or three climbers participate in summit attacks, while the rest of the team remains in the base. Every time when a dreadful accident happens, a heated discussion emerges on whether the members of the summit team did everything they could to save

their partners life. Often some climbers are accused of leaving a friend on their deathbed. When the situation is critical climbers face an important decision. The decision about staying with the suffering partner, giving him a slight chance of surviving, but at the same time risking their own life. Or leaving a partner, securing own health, and trying to bring help from climbers in the base. This article is an essay on which choice is the most appropriate one.

Let's recall a story of one of the first and most epic Himalaya expeditions. It was 1934 and the majority of the world highest summits was not conquered yet. The technology, as well as the equipment were much worse than today. Especially the methods of weather forecasting.

However, a group of experienced German climbers decided to climb the Nanga Parbat(8126m). The ascent went well, and the weather conditions were decent. Finally, Germans were preparing for the final summit



[http://off.sport.pl/off/1,111379,16310475,AFP\\_\\_Masakra\\_na\\_Nanga\\_Parbat\\_nie\\_byla\\_planowana\\_\\_Chodzilo.html](http://off.sport.pl/off/1,111379,16310475,AFP__Masakra_na_Nanga_Parbat_nie_byla_planowana__Chodzilo.html)

attack. They were convinced that they are going to see clear sky at night, and later sun during the day. In fact, they found themselves in a terrible situation. An unexpected weather breakdown trapped the team at a very high altitude. The leader of the team Willy Merkl got stuck in a tent with a Sherpa (local guide, who is helping during climbs). The Sherpa was in a good condition and could try to descend on their own; however, he decided to stay with Willy, who was already suffering from altitude sickness. After nine consecutive tremendous days of blizzard, three members of the team and six Sherpas were dead. After few years, another Nanga Parbat expedition found Willy's body under snow. He was covered with the Sherpa, who until the end tried to warm the dying leader. This tragedy is a good case to study on. Nonetheless, we have to remember that after almost 90 years it is easy to draw conclusions. The

emotions of the climbers, as well as their uncertainty about the weather conditions might be easily bypassed. Trying to understand the decision of the Sherpa we can assume that he could have risked waiting with Willy in the tent, because he could have been hoping that the snowstorm will quiet down. From our perspective it is obvious that the Sherpa should take the chance of descending and bringing help from the bottom of the mountain. In such scenario at least he would survive. But in the Sherpas point of view there were many questions without answers. He did not know how long the bad weather will continue, as well as he could not have been sure about the safety of his lonely descent. Today also the knowledge about the effects of lack of oxygen at a high altitude is much more advanced. Scientific research states that in the death zone (above 8000m) human body is able to survive 3 days. Therefore, if an accident happens at this height, it is recommended to give the partner medicines (which thin blood), leave him in the best possible conditions, and then try to bring help. Otherwise, it is most likely that on such altitude both climbers will die during their joint descent. Undoubtedly, following this recommendation would be the best decision in this particular situation.

Most of climbers have a goal to conquer as many mountains as possible, or even complete the seven summits (it means reaching the highest summit on every continent). Rarely it is so that one is fascinated by one mountain and is coming back almost every year to climb it. Tomek Mackiewicz was such a climber, whose life motto was "I prefer to live

five minutes like a lion than ten years like a fly”. He was crazy about Nanga Parbat (8126m). His ultimate objective was to reach the summit



of this mountain during winter season. He tried to reach this feat 7 times; however, the eight try was not possible for him anymore. His last, seventh

## Tomek Mackiewicz

Source: [http://off.sport.pl/off/1,111379,16310475,AFP\\_Masakra\\_na\\_Nanga\\_Parbat\\_nie\\_byla\\_planowana\\_Chodzilo.html](http://off.sport.pl/off/1,111379,16310475,AFP_Masakra_na_Nanga_Parbat_nie_byla_planowana_Chodzilo.html)

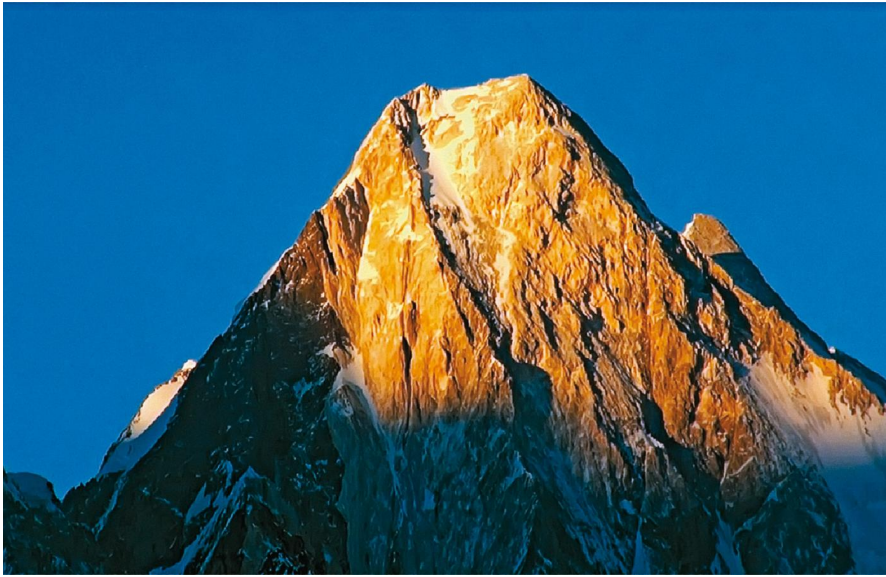
expedition ended terribly. He joined forces with a French

climber Elisabeth Revol for the fourth time on Nanga Parbat so far. The climb went surprisingly well. Although Nanga Parbat is not a very high 8-thousander, it is extremely hard to climb especially during winter season. After few days of ascending in extraordinarily hard conditions, Tomek and Elisabeth reached the summit! From this moment the nightmare began, the nightmare of descending - the time when the most accidents in mountains happen. After putting much effort to reach the summit, a climber is exceedingly fatigued, dehydrated often also affected by the symptoms of altitude sickness. In such conditions an accident is most likely to happen. Soon after they started their way down, the weather worsened. A real fight for survival began for Elisabeth and

Tomek. After a few hours it turned out that Tomek had been in a terrible condition. He suffered from multiple frostbites, and snow blindness. He could not continue the descend on his own. Elisabeth helped him to go down up to 7200m, but at this point she was on the verge of exhaustion as well. She realized that if she continues helping Tomek, they will probably both die due to hypothermia and exhaustion. She decided to leave Tomek in a glacial rift and continue alone. Soon after she was able to call for help with her satellite phone. Elisabeth was lucky, she couldn't have a better rescue team. At the same time a national Polish winter expedition on K2 (8611m) took place, headed by Adam Bielecki, and Denis Urubko. The Polish team received the information about the accident on Nanga, and immediately prepared themselves for the rescue operation. 4 acclimatized climbers were transported with a helicopter on 4900m at the foot of Nanga Parbat. They were lightning fast. After only 8 hours of night-climb, with the temperature dropping to -60 Celsius degrees, they ascended 1000 meters and finally met Elisabeth. The rescue of Tomek was impossible, because the weather was getting worse and worse. Although eventually it was impossible to save Tomek from death, all possible actions have been done. Polish climbers admitted that if Elisabeth was even slightly higher, they couldn't have been able to help her. Therefore, in my opinion Elisabeth decision was fully justified. Choosing this option gave her and Tomek the best chance of survival.

Broad Peak (8051), a beautiful, but at the same time unforgettable mountain for Poles. 6 Polish climbers have died trying to conquer it. The

story of Maciej Berbeka is one of the most touching and emotional. An elite climber, who was the first human to ever bypass the boundary of 8000 meters in mountains during winter. He had uncleared bills with Broad Peak since his first expedition there in 1988, when he had to give



up the climb 12 meters before the summit. 25 years later, at the age of 59 he decided to try on time. He was intrigued by this challenge, as Broad Peak has not been

## Board Peak

Source:<https://www.polityka.pl/tygodnikpolityka/ludzieistyle/1580479,1,broad-peak-cien-wielkiej-gory.read>

climbed yet during winter.

Berbeka was an alpinist, who

adhered to the principle of the ‘brotherhood of the rope’. It means that he would never leave his partner alone in mountains, it was his character. In winter 2013 the polish Broad Peak expedition leaded by the legend of mountain climbing Krzysztof Wielicki started. Media cover around this ascent was massive. Poles were waiting for another immense success of their nation in the highest mountains of our globe. On the fifth of March 2013 an information about four climbers reaching Broad Peak summit for the first time in winter spread around the world. Berbeka was amongst them. The celebration of this huge success began too early,

because the climbers haven't descended safely yet. Broad Peak is known for its long ridge; therefore, during the descent climbers had to do a long traverse on a high altitude, before actually going down. The first climber was on the summit 40 minutes before the last. This caused the spread during the descent. When two of them went down safely to the camp, the

other two were still fighting for their lives on the slopes of Broad Peak. Berbeka with his companion Tomek were still up there.



Tomek was

running out of energy;

Source: <https://facet.onet.pl/maciej-berbeka-zycie-i-jego-tragiczny-epilog-pod-broad-peak/2e23j62>

Maciej Berbeka

Berbeka was slightly ahead of

him. It is believed that when Berbeka saw that Tomek stopped on the mountain pass, he decided to wait for him. The details about what exactly happened next are limited. What we know for sure is that they were descending the whole night a distance one could pass in one hour. They didn't have a tent to shelter in. In the morning for a moment Berbeka was seen descending; however, there was no trace of Tomek. Soon both men were considered lost. There are a few speculations about organizational issues of the expedition that could have been a direct reason of this tragedy. The first is that there was a serious problem in



terms of communication in the team – two-way radios were not working properly during the summit attack. Two climbers were much ahead of the rest of the team, and it is considered as a result of miscommunication. Furthermore, there are opinions claiming that the team started the attack too late. Those two faster climbers are often accused of not being sensible enough. What about Berbeka? He was a very experienced climber. He knew that in mountains you shouldn't bite more than you can chew. Despite that, he probably decided to stay with his partner, and this costed his life. In my opinion the only mistake he made was stopping for a while, not moving at all. As mentioned before, it has to be avoided in when the temperature reaches -40 degrees. If he had felt powerful enough to make a step back and check what happened to his partner, it wouldn't have been a bad decision in my opinion, as it was more probable that they would survive the night together than separately. The other option is that he wasn't physically strong enough to help his friend, and the only argument, which made him choose this option was his 'mountain codex'. This decision would be then unreasonable. It was 2013, the team had good quality walkie-talkies. Berbeka could have informed the base, and other climbers what the situation was. For unknown reasons he did not do that; furthermore, there was no communication with him during most of the climb.

The main conclusion which I, being at the beginning of the mountaineering path, may infer from the above analysis is as follows. The most important action to perform for climbers in crisis situations, is

to most accurately assess the situation. There are several most decisive aspects that need to be taken into consideration. Most important are: altitude on which the accident happened, weather, what happened to the partner, own condition. After considering those, a right decision, and then action must be conducted. In my estimation the decision should be made through brain, not heart. It should be as objective as possible. Probably there is no one correct receipt how to behave in mountains. Every case is different. Although eventually the choice should give the greatest chance for both climbers to stay alive.



Source: <https://www.thomsontreks.com/kilimanjaro-experience/kilimanjaro-facts/>



# GAM HIGHLIGHTS



Hanna Okurowska

GAM Highlights is a place where you can read a summary of the most important political and social events of the month. We think it is crucial to be aware of what currently is happening in the world, all of it, and to achieve that every month we will publish here a collection of diverse news.

~Hanna Okurowska



## BELARUS VS FREEDOM OF SPEECH

Roman Protasevitch was coming back from his Greek holidays when a Ryanair plane he was on got hijacked by the Belarusian authorities and he got arrested in Minsk, however bloggers story is far more complicated than just that.

Let's go back for a minute to fall of 2019. Vladimir Chudentsov, a fellow journalist and friend of Roman Protasevitch got arrested on train just as his was about to cross Polish border. Scared that he is next, Roman moves to Poland and applies for asylum in January of 2020. After waiting for months and months without any response he made a decision to move even further; to Vilnius, Lithuania but when he went to department to get his passport and withdraw his asylum application, he was informed that it was rejected, months ago. Without any further explanation, nor a document confirming that, he left. It is now being suggested that the outburst of Covid-19 pandemic and Protasevitch changing his residence address, might have been the reason he never got the documents, although those are only speculations.

In the midst of all that, during the summer of 2020 Lukashenka "won" another rigged presidential election and prolonged his presidency of 27 years which caused the outburst of mass protests, both in Belarus as well as rest of the world. Protasevitch as a very outspoken opponent of the government was thoroughly reporting everything that was happening and encouraging his fellow-countrymen to join the fight. This has put him and his newspaper Nexta on president's radar, so he was even more scared and in need of asylum as was added to Belarus's list of "individuals involved in terrorist activity".



<https://ichef.bbci.co.uk/news/976/cpsprodpb/5CE8/production/>

Fast forward to May of 2021 Protasevitch was enjoying holidays in Greece with his girlfriend- Sofia Sapega, who is a 23-year-old studying in

Lithuania, where the activist was essentially based. And as the plane was 15 minutes from its destination in Vilnius, the bomb alarm was raised. It is not fully explained what exactly happened but from the scratches of

### Athens to Vilnius flight diverted over Belarus



Note: All times GMT

Source: Flightradar24



[https://i.chef.bbci.co.uk/news/640/cpsprodpb/65E2/production/\\_118628062\\_athens\\_flight\\_diverted\\_2x640-nc.png](https://i.chef.bbci.co.uk/news/640/cpsprodpb/65E2/production/_118628062_athens_flight_diverted_2x640-nc.png)

information we got, the pilot was very reluctant to turn back to Minsk as he was minutes away from touch down. And it wasn't until Belarusian air traffic control forced him using fighter jet to turn around and land in Minsk, that he did so. From the accounts of people traveling with Protasevitch, we also know that when he heard about the crew's decision with panic in his voice, he said that the "death penalty awaits him in Belarus". The bloggers' reaction was appropriate inasmuch as

both he and Sofia Sapega

got arrested the second plane touched Belarusian ground and what's even more terrifying, it is suspected that the couple was carefully tracked and followed by Belarusian KGB agents who got off the plane in Minsk and never came back.

For over 24 hours the whole world held its breath as it was unknown where they were kept, until not very comforting video, of Roman admitting to organizing mass riots, circulated the internet.

It is unknown what will happen with Protasevitch next, but one thing is for sure- nothing can stop Lukashenka. The EU has imposed sanctions on Belarus, most countries are now avoiding flying in its airspace, but the question most of us are now asking, remains the same- is it enough?



# GAM SCIENCE



Karolina Sosnowska

GAM science is a place where you can read about recent discoveries, learn things about human body brain, animals, nature and many other things related to that topic. It is your chance to gain knowledge in fast and easy way. I believe it is really important to understand how everything that surrounds us functions and that's why this column originated.

~ Karolina Sosnowska



# NEURODIVERSITY, EXPLAINED

## BY WERONIKA TOMIAK



Karolina Sosnowska

*“In spite of the fact that mental health is now recognised more widely than decades ago, there is still much work to be done to ensure that being neuroatypical doesn't exclude anyone from participating in society, including participation in formal higher education or working environment”*

QUESTION: Could you tell us a little about yourself?

ANSWER: My name is Weronika Tomiak. Currently, I am a medical and linguistics business student in Łódź, Poland. I have been a scholar on behalf of the British Alumni Society (BAS) in the years 2017-2019 placed at Langley, an independent boarding school in East Anglia, where I confirmed my desire to study medicine. The situation in healthcare and education around the world has always been an interest of mine and I feel an urge to bring about some constructive debate and real change to these sectors. I'm also constantly looking for exciting new opportunities for growth in different



fields as I believe that remaining a well-rounded individual is the key to our current living, where the only constant is change. All of this has led to initiating a social project called „Neuroróżnorodni” (@neurodiversitymovementPL) which I am a co-founder of.

QUESTION: Can you describe the project?

ANSWER: “Neuroróżnorodni” (“The Neurodiverse”) is a social project I started this fall with my friend Zuzia Kotrych in Poland. After a couple months of research, brainstorming and hard work we were able to bring our plan to life. I was fuelled by the differences I noticed and experienced between the English and Polish approach in education. We published our first post on Mental Health Awareness Day on the 10th of October, 2020. Since then we’re constantly posting, writing articles and communicating with our partners and followers and by doing so we’re spreading awareness and understanding of #morethan1neurotype.

Our goal is to bring about some much needed change in regards to social perception of ADHD, autism, dyslexia and other learning disabilities or differences in education and beyond. We want to build the bridge of understanding between the neurotypical and the neuroatypical minds. We use social media platforms such as Facebook, Instagram and LinkedIn to share approachable information and involve our followers in discussions about these topics. You can find interesting science articles, useful knowledge related to psychology and neuroscience and stories written by the neurodivergent who always share their experiences in unique ways.

QUESTION: How did you come up with the name for the project?

ANSWER: One time in September Zuzia, Patrycja and I met at a birthday party during our short trip to the Baltic Sea. We were having a brainstorm session to come up with a name for the project. Everybody liked the idea of "Neuroróżnorodni" so we decided to stick with it.

QUESTION: What inspired you to start the project?

ANSWER: There were many reasons why I decided to start the project. One of them was my deep concern with the lack of the definition of the „chronic disease” in Polish legislation and with the non-uniform system of pronouncements of disabilities in Poland, so the formal barriers in the current system that exclude many individuals and their calls for support.

While in the UK and the US, the recognition and appreciation of students with learning disabilities needs is a norm, for example universities, including Oxbridge and Harvard have alternative exam arrangements guidelines and provide them with adjustments like 25 percent of extra exam time, the situation in Poland is different. Here we do not count learning differences as a „legit” form of disability, thus not giving enough help for students with dyslexia or dyspraxia. Similar applies to ADHD or the autism spectrum.

I believe that if more people know about it, the next generations won't have to struggle as much. That is why I've decided to start the @neurodiversitymovementPL. It is a good starting-point to address one of the most difficult barriers to overcome - the awareness barrier present in our society. It gives me the opportunity to spread facts on these topics in

Poland, where we believe it is very much needed. I think that in order to increase the sensitivity and understanding among eg. the university staff, we need to first raise the awareness about the issue among other people from outside of the university environment and gradually keep the conversation going in the general public.

QUESTION: What was the most interesting thing that happened to you while working on this project?

ANSWER: There isn't any particular thing that stands out in my mind when I think about giving an answer to this question. I have been enjoying many aspects of it: content creation, cooperation with our partners, educational institutions, interacting with our followers, and I find all of them equally thrilling. Being a co-founder allowed me to have a role that has been touching every part of the initiative. Maybe I can't choose one particular thing that amazed me within the project, but for sure the biggest reward was seeing it all come together after months of putting in the effort. Of course I didn't do it alone. The team we create all make for a really open space where different views and mindsets are accepted and encouraged. We are a group of passion-driven, hard-working and looking to make a difference students who like to challenge the status quo.

QUESTION: What are the plans for the future?

ANSWER: Our main focus is to grow our social media platforms and reach as many people as we can while educating them on neurodiversity topics. We have many ideas and concepts, but to move forward we need to formally develop into an NGO. It is a necessary step that will allow us to

achieve goals we have set for us and operate on an even bigger scale. We hope to introduce our plan of action for the near future at the beginning of the next academic year.

My personal plans for the future are to use “The Neurodiverse” project in spreading awareness in Poland on outdated perceptions of the school system and how the situation of a neurotypical person actually looks like. I really want to advocate for the replacement of numerous outdated Soviet practices, yet still present in our schools and universities with modern, neuroscientifically-proven ways of teaching and learning, thus creating as much individualized learning experience as possible; an approach with more freedom of choice and agency for students. I’m really looking forward to seeing a truly inclusive environment, where differences in our brain’s characteristics don’t exclude anyone from any part of our social life and implementation of adjustments in schools, higher education settings, workplaces or even more frequent practices like the silent-hours in museums, supermarkets, shopping malls and GP’s offices.

QUESTION: Where can we find more information?

ANSWER: You can find it on our social media platforms. They are mostly in Polish, because of the scarcity of bringing this topic in this language as opposed to having the conversation in English better established.

We have been raising awareness and public debate around the issues of differently-wired brains and thus creating the "Neurodiversity movement" within our Polish population, giving people space to share their neuroatypical stories and learn about different ways in which other people’s minds function.

If you want to join this movement and share your story you are more than welcome to email us or message us on one of our platforms. We will be extremely happy to publish your text and let the world see it! We are also open to perspectives of the neuroatypicals from different education systems and learning about your experiences and insights.

If you have any way, suggestion or idea you think you can contribute to this project please contact us as well.

**Contact details:**

E-mail: [neuroroznorodni@gmail.com](mailto:neuroroznorodni@gmail.com)

Facebook: [neurodiversitymovementPL](https://www.facebook.com/neurodiversitymovementPL)

Instagram: [neurodiversitymovementpl](https://www.instagram.com/neurodiversitymovementpl)

LinkedIn: [neurodiversitymovementpl](https://www.linkedin.com/company/neurodiversitymovementpl)



# GAM SUSTAINABILITY & WELL BEING



Pola Janowska  
Maria Grupińska



## MINIMALISM & SUSTAINABLE LIVING

Minimalism and Sustainability are entirely different terms, but I recently realized that they have many other connections! In this week's blog post, I will explain the relationship between Sustainability and minimalism. First, I will describe what minimalism is.

Minimalism merely is owning fewer possessions. It is all about owning those things which add value to your life or make you genuinely happy.

"**Sustainability** focuses on meeting the needs of the present without compromising the ability of future generations to meet their needs. The concept of **Sustainability** is composed of three pillars: economic, environmental, and social - also known informally as profits, planet, and people."

In my opinion, those two terms are strong because both are focused on change and only owning the things that add value to your life.

As you should know by now, the production of goods creates a lot of carbon (water, electricity, natural resources) emissions due to transportation and the extraction of natural resources. This is why the simplistic thing to do to become more sustainable is having less. This leads us to become a minimalist to save the planet, not make ourselves happy (or this makes you happy both motivate you).

I would say that the most significant difference between Sustainability and minimalism is the different things that motivate them and Sustainability is



about choosing better quality products (which will last longer, create less waste and fewer carbon emissions).

If you would like to learn more about becoming a minimalist, I would recommend watching "Less is Now" on Netflix and listening to

I hope that you found this helpful. Have a nice day!



Source: [https://netflix.fandom.com/pl/wiki/Minimalizm:\\_Czas\\_na\\_mniej](https://netflix.fandom.com/pl/wiki/Minimalizm:_Czas_na_mniej)



# GAM

## *Global Awareness Movement Shape the World*

Join one of our global projects  
GAM Young Leaders Alliance/  
GAM Voices/  
GAM Happy Kid Mission/  
GAM Times/

Become an Ambassador in your country

Learn new skills in multicultural environment

## *Are You Ready?*

Global Awareness Movement is an initiative created by young people from Poland, which is spreading all over the world. Our mission is to spread awareness amongst young people by educating them and engaging in the social and environmental issues of the modern world. We believe it is important to show global problems from local perspectives, in order to highlight that they affect all of us and our everyday lives no matter where we are.



*Join our global  
community and get  
voluntary experience!*