

Unique

JULY 2022

By Class 213



Table of Contents

A close-up photograph of a hand with a red pushpin pointing to a specific location on a colorful, detailed map. The map shows various geographical features and city layouts.

Tourism and Environment page 3

A digital graphic featuring a complex circuit board pattern. The lines are primarily blue and orange, with glowing circular nodes and a futuristic, high-tech aesthetic.

Science and Technology page 5

A photograph of five mannequins standing in a row, each wearing a different fashion ensemble. The outfits range from a white off-the-shoulder top and skirt to a white t-shirt with a red graphic and a white skirt.

Fashion and Health page 8

A collection of colorful silhouettes representing various sports activities. The silhouettes are in shades of green, red, orange, blue, and purple, showing people in motion for activities like tennis, soccer, basketball, and cycling.

Sports page 12



Tourism and Environment



*Beautiful places in the world with slow
tourism*





HIDDEN PLACES IN THE WORLD

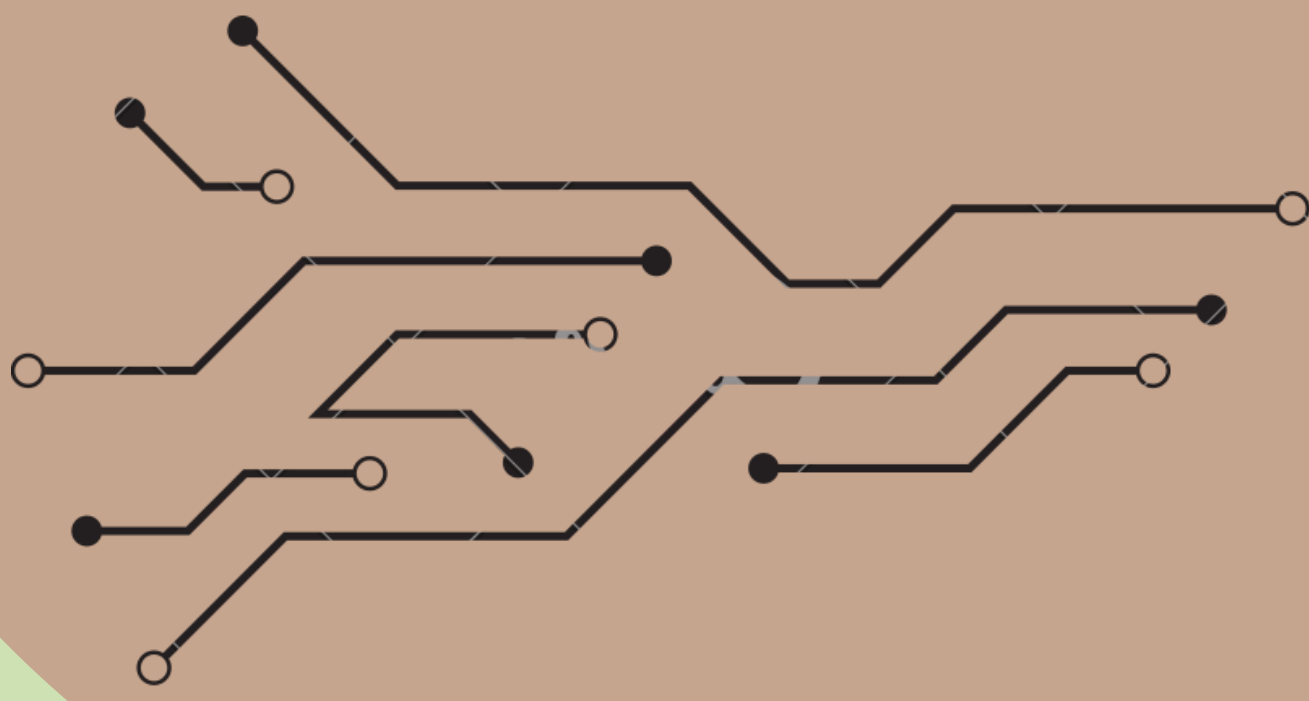
While most tourists squeeze into trendy spots, some travelers prefer off-the-beaten-path places in the world. **Are these places dangerous or hidden?** Often, these places preserve true treasures, such as paradisiacal beaches, lush forests, imposing mountains and incredible cities. Among the least popular destinations for tourists are not only politically unstable nations, but also prosperous, surprisingly low-key countries and small states. Who wouldn't like to travel the world and discover new cities and cultures? There are several amazing places worth visiting, but not so well known as the most famous travel destinations

One of these little-known place "The Cascata das Andorinhas" is another magical place to visit in Brazil. After a trail of approximately 1.5 km, passing through streams and a lot of contact with nature, you arrive at the entrance of a "cave" so impressive, so beautiful, that there are no adjectives to describe this experience. Surrounded by these rocky walls sculpted by water and time is the "Cascata Andorinhas". The waterfalls plummet through a crack and the scenery is cinematic!

Thus, there are good reasons to go after the unusual places. In general, they are cheaper to travel and leave nothing to be desired in terms of beauty, cultural wealth or tourist attractions.



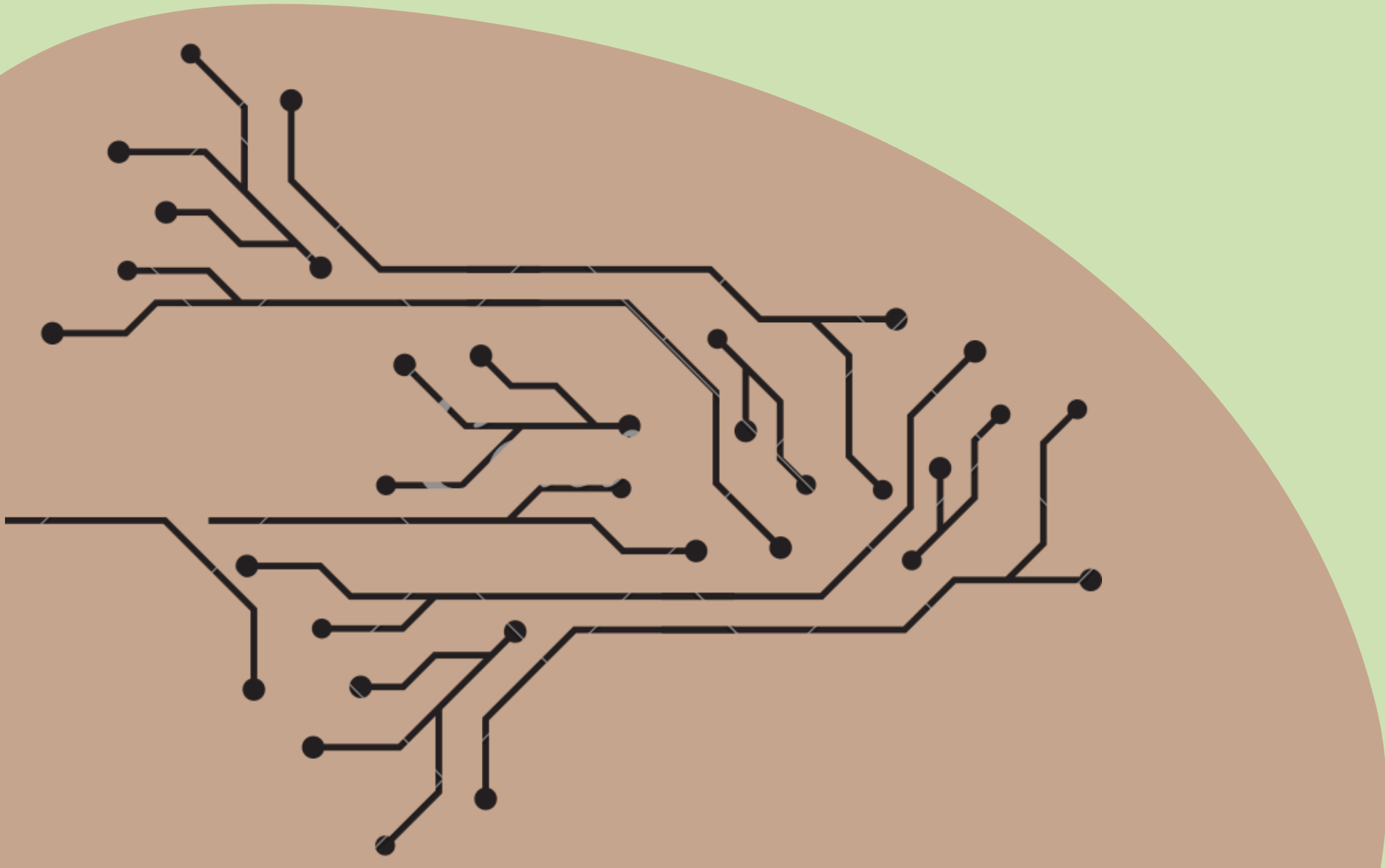
"Cascata Andorinhas" is also called the Grotto of the Swallows. This name was given because of the place and the birds that live there.

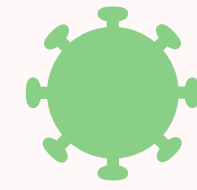
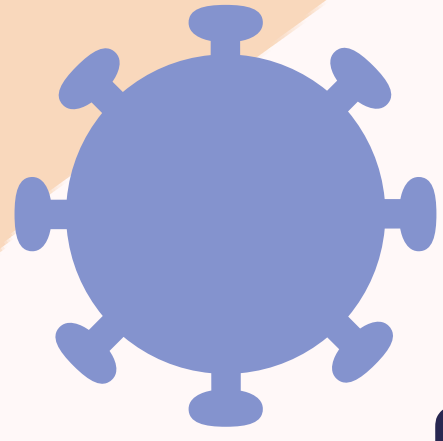


SCIENCE AND TECHNOLOGY

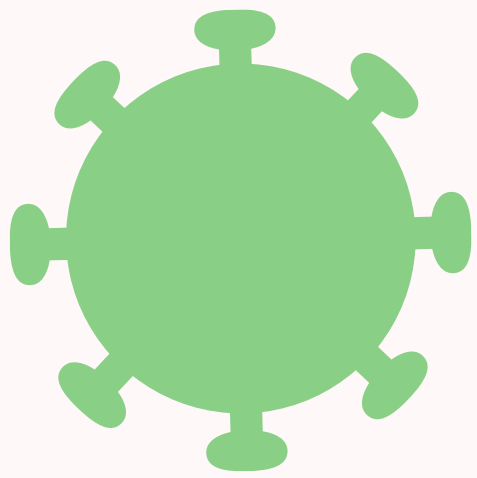
What are the benefits of vaccines for people?

What are the benefits of advancing technology in society??





VACCINE BENEFITS FOR PEOPLE



Vaccines are biological substances, prepared from disease-causing microorganisms (bacteria or viruses), modified in a laboratory, in order to lose their potency to a disease. Even though it may cause side effects, the vaccine is the most effective and safe way to protect ourselves against an infectious disease, being important for us and all the people who live with us.

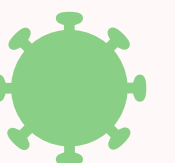
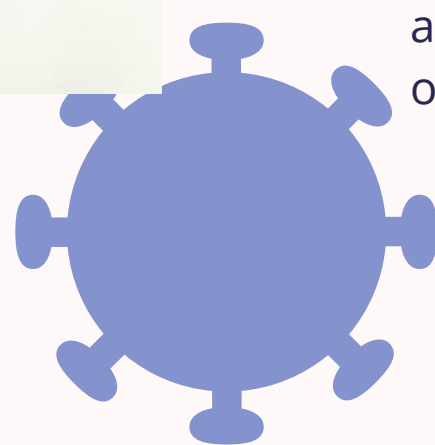
The act of vaccinating promotes social development, considering that the citizens who get it are immunized and, at the same time, it reduces the possibility of increasing the incidence of antigens that are harmful and potentially deadly to the population's health which is fundamental for the collective protection against these diseases and for a healthy humanity. In this way, vaccination proves to be both a tool to improve the health conditions of the population and, consequently, the quality of life of society, and important for its development and existence.

The Covid-19 pandemic has further highlighted the importance of the vaccine for the prevention of diseases, being one of the main ways to face the new coronavirus, if the vaccination schedule is complete. This is what the study published this month in the journal Nature Medicine showed.



The work is coordinated by the researcher at Fiocruz Bahia, Manoel Barral-Netto. Among the multi-professional team that studies the topic “vaccine effectiveness”, there are also the researcher at Fiocruz Brasília and professor at the University of Brasília (UnB) Gerson Penna; the coordinator of Cidacs and researcher at Fiocruz Bahia, Maurício Barreto; the researcher Guilherme Werneck and researchers from the United Kingdom among others who also sign the article. The research analyzed data from 14 million Brazilians, extracted from the Ministry of Health databases, and showed that a booster dose of the BNT162b2 vaccine (Pfizer/BioNTech), six months after the second dose of Coronavac, increases the effectiveness against coronavirus by 92.7%. This increase reaches 97.3% for severe cases, which lead to hospitalizations and deaths, especially among the elderly.

The studies are carried out continuously by scientists, who constantly monitor the information that is obtained by research to analyze any sign that may cause any problems. Even so, we get the safety of the prevention method and low side effects. Vaccination of the population is undoubtedly essential for the maintenance of a society with stable population health and economy. Vaccines are safe and their benefits outweigh the risks or side effects that may arise.



TECHNOLOGICAL ADVANCEMENTS

Technological advances have been happening since the beginning of ages, but in the last 20 years, it has been something more present in people's daily lives. There were significant changes in young people's lifestyle. Since the way they work, until the way they socialize.

As we can notice, nowadays everything was facilitated. We do things that in the past weren't possible. We can notice that the Technological Advancements improved the communication between people, the learning about some subjects, manners to study, access to information and many more things. That's why everybody is always using his/her device.

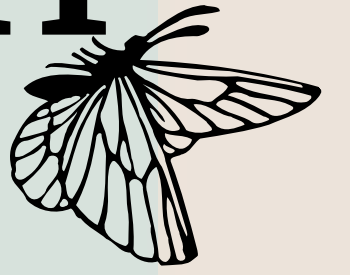
Technological advances also have consequences, they have changed human's behavior because they need to learn to live with the fast technological evolution. Unfortunately, a lot of people can't control the use of mobiles and by the end, they get addicted to it.

However, there are people who need the use of technology all the time. Then, it starts generating social isolation, a feeling of unproductivity and incompetence, insecurity, lack of confidence, higher level of anxiety, stress, muscle tension, insomnia and so on. In this context, we have to acknowledge that people use technology in an exaggerated way. It is essential that everyone is aware that this excessive use brings us consequences, so it should be used when it is really necessary.





Fashion and Health



HOW DO BEAUTY
STANDARDS
AFFECT
THE SOCIETY?



INTRODUCTION

Since the beginning of ages, human beings had to keep themselves warm and needed something to protect themselves from winds and climate conditions. The solution found was to start using leather to cover their bodies. These materials used to cover skin were later denominated as clothes.

Clothes started to gain other approaches, such as indicators of power, status, beauty, social layer and career.



EVOLUTION

With the advances in production, clothes and status began to go hand in hand. In Egypt, for example, the pharaohs wore pleats to demonstrate power. The differences between women's and men's clothing began in the 14th century. Dresses began to be worn only by women, college students, and Church members. Tight pants were restricted to men, but until the 19th century dresses were gender-neutral, boys and girls used to wear dresses until they were six or seven years old.





EATING DISORDERS

Eating disorders are eating-related conditions that affect health, emotions and the ability to function negatively.

Anorexia and bulimia, first of all, it is necessary to clarify that both anorexia nervosa and bulimia are characterized by the overvalued impulse towards thinness, causing a disorder in eating behavior. The main difference between the diagnoses is that anorexia involves significant weight loss, whereas patients with bulimia usually have the normal weight or above it.



Another fact that differentiates these disorders is that bulimia has a certain cycle: diet, binge eating is a kind of self-punishment to avoid weight gain, inducing to vomit as well as the use of diuretics or laxative abuse. In anorexia, the patient tends to have a very low calorie intake, always thinking that it has not been possible yet to reach the ideal weight, forming a distorted body image.

Psychological follow-up is essential to assess the level of distortion in the perception of one's own body, beliefs in relation to food and conditioning that is installed since childhood.

HOLLYWOOD

Hollywood Beauty Standards have a big influence in how people perceive themselves. Even though "ugly" people (who are just hired to be the funny and not good looking characters) are occasionally part of the cast, the majority of people in the media are skinny, white and "perfect". Also, black people in the media are often sexualized and not valued intellectually.

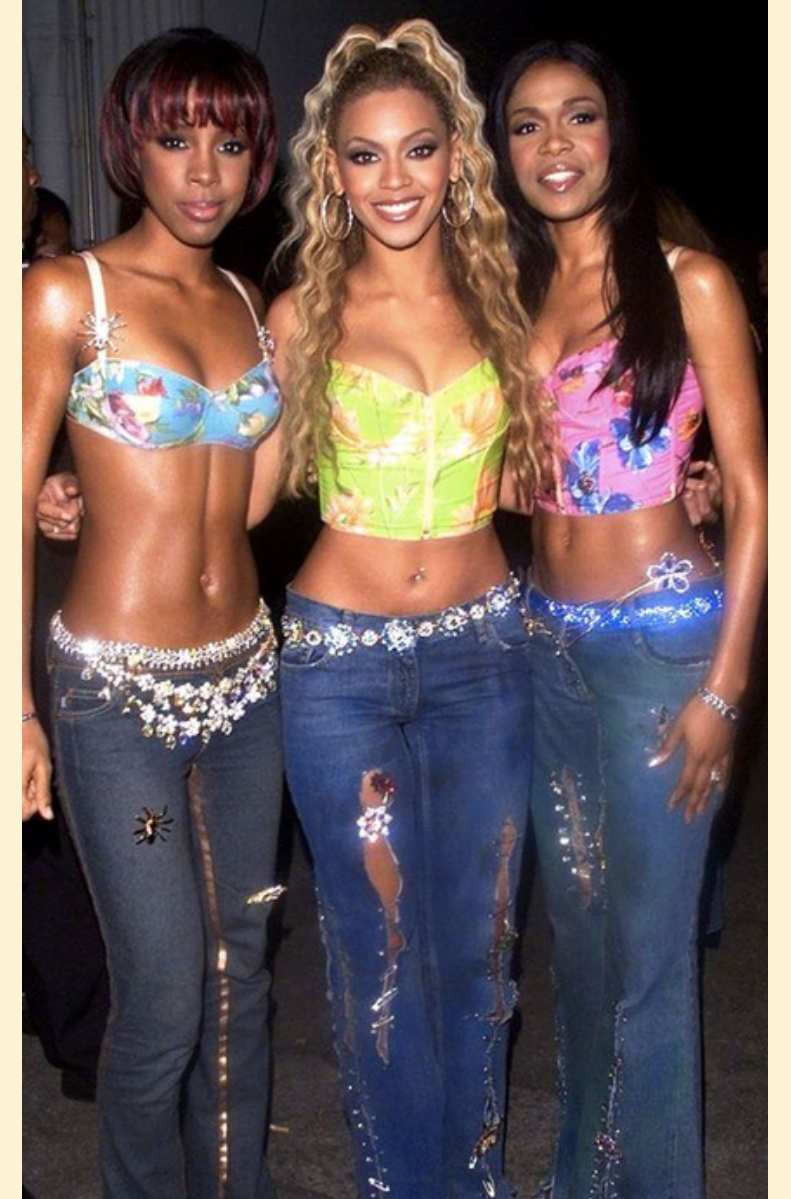
A harm of the Hollywood casting is that when everyone in it is considered attractive, it's really hard to tell who is supposed to be hot in real life. Sometimes these standards are so high that women of a healthy weight are considered fat.

The main problem is that people in real life feel forced to look a "certain way" to be considered good-looking, and that is a factor that may raise the statistics of eating disorders, body dysmorphia, and many other disorders and insecurities.

CONCLUSION

We can conclude that body and clothes comparison comes from generations ago and it's something that has been implanted in society since its beginning.

One of the things we can do to change this cycle is to have respect, for ourselves and for others, do self-knowledge exercises and prioritize ourselves. Are you your best friend or your worst enemy? It is also very important to work on your mind. We should stop caring about what others think and start taking care of our health. Your body is your home!



Na ordem: Alicia Silverstone em "As Patricinhas de Beverly Hills", Destiny's Child, Marilyn Monroe.

SPORTS



*How did prejudice affect
volleyball?*



VOLLEYBALL

PREJUDICE IN VOLLEYBALL

As in any other sport, in volleyball there is also prejudice in different ways. But above all, machismo in women's volleyball is present as a structural pillar of this system everywhere and it is expressed in countless ways.

Prejudice in volleyball would be no different, as it is not separate from society and is part of it. Thus, in addition to doing what you like, with regard to the sport, volleyball must also serve as an expression of the struggle for gender equality and for all issues of the working class. Capitalism, in all sports, uses socially subordinated groups by gender, ethnicity or race to lower the wages of the working class as a whole.

In the last Grand Prix 2016, in the international dispute of women's volleyball, the Brazilian team was champion for the 11th time. In the awards, in which the team receives a cash prize, it can be seen that the amount received by the women's team is less than the double that received the men's volleyball team, which was runner-up in the Volleyball World League. In the men's World League, the last winner received US\$1 million, while Brazil's women's team received US\$200,000.





It was evident that even in sports considered for women, machismo is present, as it can be seen in the discrepancy in the awards received by the male and female Brazilian volleyball teams.

FIVB

Group

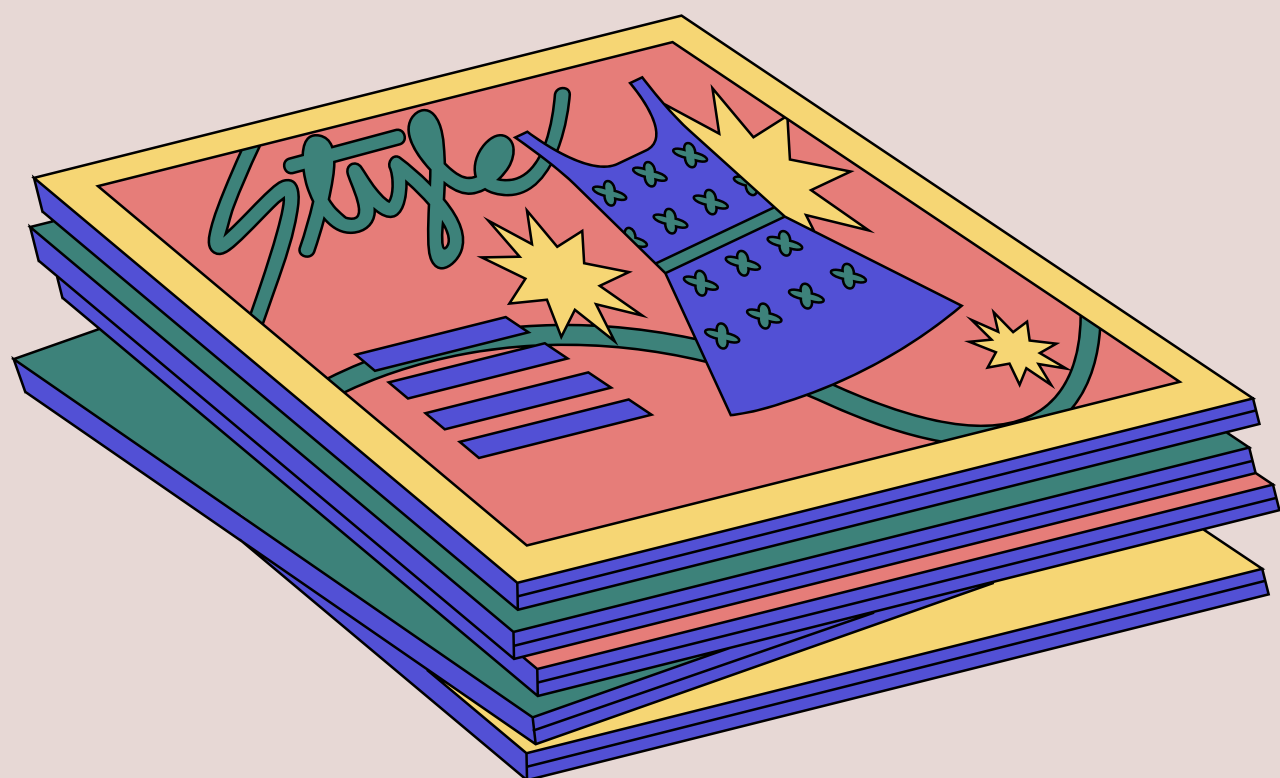
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