

The

# Mozart Times



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# Introduction

Dear readers,

Summer holidays are coming and our team has prepared for you another amazing magazine with a lot of great articles. In this issue of our magazine you can find tips for very interesting places which are worth spending your holidays. You can also read some advice for toning up your body before the swimming season. Then our English teacher Ms. Lensmith wrote an interesting article about summer-related idioms. The feature article is about summer music festivals. Two girls from our team have visited many of them and they were so kind to share with us their experiences. The next part of our magazine is about summer food and drink. You can try delicious smoothies or amazing summer pie with fruit.

Before we leave for summer adventures, I would like to thank all members of our team who were contributing to this magazine. Thank you very much!!!

So, enjoy it!

*Klaudi*



# SPAIN



The summer break is almost here, and many of us want to travel and experience new cultures. Here is a tip for those who like hot weather, azure seas, architecture, food and fun!

Last summer I visited Spain which is well-known for its beautiful beaches, stunning festivals and excellent cuisine. Spanish people are very friendly and nice to the tourists, and they have interesting culture.

Most people think that Spanish people spend all their time partying, but that is totally not true. They just have a very different lifestyle than the Czechs. Spanish people do everything later: they normally start work at 9 a.m.; they have breakfast between 10 and 11 a.m., lunch at 2 p.m. (they spend 2 hours eating and talking to their friends, and many Spaniards take a nap after it) and dinner at 10 or 11 p.m. It is generally known that eating very late and lack of sleep are unhealthy, but at least the people do not hurry as much as the Czech people.

The most interesting Spanish city is definitely Barcelona. There are a lot of places worth visiting, for example, the basilica of Sagrada Familia (in English: Holy Family). This temple was designed by Antonio Gaudi and has not been completed yet. Gaudi was influenced by nature which we can see in his work. He also designed the Casa Batlló and the Casa Milà, known as La Pedrera, which are unique buildings located in the centre of Barcelona. You must see the colourful park Güell which looks like a giant mosaic. Las Ramblas are popular streets where you can find various stores, street artists and a bit of nature in the middle of the city.



One of the most important things is food. The landscape and the climate are varied, so the people eat something different in every region. Typical food is gazpacho which is a cold vegetable soup. Another known food is paella – a big plate full of rice, vegetable and chicken or seafood. Tortilla looks like a cake and is made of potatoes, eggs, onion and olives. Sangria is a well-known Spanish drink – a red wine with fruit (typically orange and lemon).



Festivals and celebrations in Spain are very popular, and some of them take place on summer break. San Fermín starts on 6th July and ends on 14th July, and it takes place in Pamplona. The most famous event of this festival is a running of the bulls – brave people run in front of a small group of bulls. The origin of this event comes from the need to transport cattle from fields to the bullring. Carnivals are very popular festivals, too. The most wonderful ones take place in Cadiz and Santa Cruz de Tenerife in July.



Magdaléna Malířová, G2.C

# Summer fresh smoothies

What is the best dessert in hot sunny day, if I want something cold sweet and healthy? In the first place, it is absolutely smoothie!!! There are a few recipes for them. Enjoy them!!!

1 apple  
2 bananas  
2 cups of raspberries  
Coconut water



½ avocado  
1 frozen banana  
½ frozen mango  
1 cup of fresh spinach  
Almond milk



1 peach  
½ cup of frozen raspberries  
1 cup of almond milk  
1 spoon of lemon juice  
1 cup of orange juice



Kludie Břeňová, G3.A

# THE EASIEST SUMMER FRUIT CAKE

If you are a fan of easy cooking and baking, this cake should not be missing in your cookbook!

The magic of this cake is that there is no need to weigh out any of the ingredients! Just add a beaker of white yoghurt and then reuse it for the whole recipe! Let's get into it!

## INGREDIENT

1 plain white yoghurt (500ml)

½ yoghurt cup brown sugar

1 yoghurt cup fine flour

2 eggs

1 packet of baking powder

1 tsp vanilla extract

1 pinch salt

A handful of summer season fruit of your choice (cherries, peaches, apricots, currant, ...)



## METHOD

1. Preheat the oven to 180 C and prepare your cake tin by greasing and adding grated coconut for better taste and easy removal.
2. Put the yoghurt, sugar, flour, baking powder and vanilla extract into a bowl and mix until smooth.
3. Set apart whites and yolks, add yolks into a mixture and beat whites with pinch of salt into a tight snow.
4. Blend the snow into a mixture carefully, it has to stay feathery with air bubbles.
5. Pour the mixture into a tin. Now be creative – top with the fruit you like, fresh or canned, sprinkle with your favorite seeds or nuts, coconut or cinnamon.
6. Bake about 20 minutes or until you see the dough is golden.
7. After cooling completely remove from tin and enjoy with your favorite lemonade or iced coffee!

### PRO TIP

If you do not eat the whole cake save your leftovers for later by keeping them in freezer up to 3 months! Then defrost and enjoy yummy warm cake again!



Barbora Szumowski, G3.A

# Hot summer body

Summer is coming and nobody wants to look fat in a swimming suit. So, in this article I would like to show you some easy exercises, which are going to make your body stronger and nicer.



First, sport and exercises are very important for our physical and mental health. For good appearance of your body, you should do exercises 3 times per week and combine it with riding a bike or jogging.



Before you start doing exercises you should put on some comfortable clothes and do some warm up. Are many ways how to do this. You can simply jump or dance or run. Warm up should last about 5 minutes.

Next you start doing exercises.

### 1. Static lunge:

- Stay in this position 15 seconds about 5 cm above the ground. Repeat it 20 times.



### 2. Plank:

- You should stay in this position 1 and half minute. Than relieve it.



### 3. Squat:

- Repeat it 30 times in 3 sets.



And at the end do not forget to cool down and stretch, also drink a lot of water.



Kludie Břeňová, G3.A

# Summer-theme idioms, their explanation and examples of their use in a sentence

- **To make hay while the sun shines**

To do something right away while the situation or conditions are right, with no delay.

*'It's stopped raining, so I can go out and wash the car. Better make hay while the sun shines.'*

- **A place in the sun**

A job or situation which makes you happy and gives you everything you need and want.

*'Joey has got a new job as an illustrator. He loves it! He's finally found his place in the sun.'*



- **A knight in shining armour**

Someone who helps you when you really need help; a kind of 'hero'.

*'I couldn't get my car started and just when I thought I would be late for work, Trevor passed by and gave me a lift. He's my knight in shining armour!'*



- **Come rain or shine (or 'whatever the weather')**

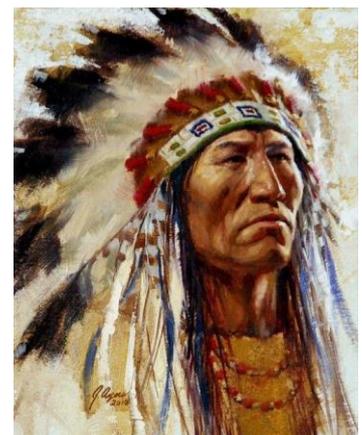
To say you will do something regardless of the situation, or how difficult it might be. We use it to show we are determined to do something.

*'I go running twice a week, come rain or shine.'*

- **An Indian summer**

Warm sunny weather in autumn, when it would usually be colder.

*'Many places in Europe are now enjoying an Indian summer in September.'*



# The magic festivals

There are a few better ways to experience the culture of any given place than to be around when a festival is happening. Like music, food, and language, festivals provide a gateway to understanding the personality of a village, town, or country. And what's more, they're a lot of fun! Me and my best friend really love to travel to different places and visit festivals! In this article, I want to share some of our experiences with you.

We've been on four festivals in various countries so far. I think that the biggest one was in Berlin two years ago. We prefer EDM (electronic dance music) and our favorite producer is Martin Garrix whose shows I can recommend to you because they are really worth seeing if you like partying! Basically, every festival is a mixture of music. For example, in Berlin there were artists like Macklemore, Sam Smith or Kygo. You can also enjoy other activities at the festival park. You can take pictures with artworks (as you can see in one of our pictures), also you can do yoga between performances or go and get a tattoo! There's a lot of fun.

My best memory is when I took a photo with Martin. (You can see it in the picture.) Another really nice experience was when I went to buy food at the festival and a group of Spaniards stopped me. They were so great! We spoke about the festival and exchanged our signatures by writing them on our hands. That's the best part of festivals – meeting new people.

Another great advantage is that you can break your language barriers! If you travel to a festival in a foreign country, it is necessary to find out all the important things. How you can get to the festival, where you can sleep, also you have to read all important instructions. For example, when we went to the Lollapalooza festival we were allowed to have only a half of liter of drink per person and only in paper bottles! That's not enough for all day. Another important thing is sleep. If you want to sleep in a tent, please put your tent up first and then go partying. Also, it is helpful to remember where it stands.

But you can do all of these steps easily, if you plan your trip thoroughly. I really love to show you some videos but that is not possible here so go ahead and get your own experience!



Laura Gočaltovská, G3. A

