

LANGUAGE CENTER NEWSLETTER

VOL. 9 FEBRUARY 2025

SPREAD KINDNESS, NOT JUST CHOCOLATE

Unusual Valentine's Day Tradition from Other Countries

LOVE SPOONS IN WALES



The Welsh do Valentine's Day a bit earlier, on 25th January and they do it a bit differently – by giving love-spoons.

The spoons are an age-old tradition where Welsh men would carefully carve spoons and present them to the woman they were interested in.

The designs they carved were symbolic and often had hidden clues.

For example, the number of beads attached represented the number of children the man was expecting his beloved to produce.



FEAST OF LOVE IN IRAQ

Iraqi Kurds celebrate Valentine's Day with a 'feast of love', decorating red apples to represent the original love story: Adam and Eve.

It is different from the Bible story because an apple is said to bring happiness and love, not the end of paradise.

SHOW IT WITH A BISCUIT



In Germany, gingerbread isn't just for Christmas. Nothing says 'Ich liebe dich' better than a giant heart-shaped ginger biscuit.

The biscuits come with a ribbon so it can be put around the shoulders of the lucky person.

Exam Stress

Pressure to do well in exams can be a lot, and it can affect your mental health. Here's our advice if it's all getting a bit too much.

BE KIND TO YOURSELF



Think about all the things you have done, in or out of studying. Write a list of things you like about yourself and things others like about you. Doing things you are good at and enjoy can help you feel better about yourself.

TALK ABOUT FEELING UNDER PRESSURE



If people around you, like your school or family, are giving you too much pressure, talk to them about what you can do. Tell them if your expectations are different from theirs. If you need help, talk to a teacher you trust about the stress at home.

DON'T COMPARE YOURSELF TO OTHERS



Don't worry about how others are preparing for exams. Focus on what you can do. You might feel like other people are studying more than you or are not as stressed. But everyone is different, and that's okay. Remember, your friends are also feeling exam stress. They might be just as worried as you.



Upcoming



February 17-21
February 25-27

EIKEN
INTERVIEW
PRACTICE

