



# Chinese food

Abigail

## *Chinese Food Culture*

BBS Boarding has now Chinese food delivered for weekdays' dinner!

Chinese cuisine has a number of different genres, but the most influential and typical known by the public are the 'Eight Cuisines'. These are as follows: Shandong Cuisine, Guangdong Cuisine, Sichuan Cuisine, Hunan Cuisine, Jiangsu Cuisine, Zhejiang Cuisine, Fujian Cuisine and Anhui Cuisine.

We have roughly separated Chinese cuisine into two genres. They are Cuisines of the north part and the southern part. Cuisines of the southern part of China are really featured. They have various differences with northern cuisine.

## *Characteristics of cuisines in southern part of China*

Firstly, abundant rain drops and sunlight in South China provide favorable conditions for the growth of millet and rice. Compared with people in North China who have to spend much time in cold weather, people in South China are less likely to meat diet, which contains lots of fat and protein.

Southern Chinese prefer vegetable diet quite a lot. Many people are accustomed to drink soup both before and after the meal.

Secondly, South China is more developed. It welcomes people from the entire world. As a result, Southern Cuisine, especially Guangdong Cuisine, emphasizes a flavor which is clear but not light, refreshing but not common, tender but not crude.

Thirdly, People in South China tend to be more careful and sensitive than northern people. As a result, their dishes as well as appearance are really cute and attractive.



# KIMBAP and SUSHI

## What is the difference?

by Narae

Have you ever tried white rice rolled in seaweed?

Many students here might have thanks to International Food Festival or IFF which is done few days ago and some Sushi and Kimbap sales in school.

However, everyone just calls this kind of food 'Sushi', which is hard to distinguish them without knowing the difference between Japanese Sushi and Korean Kimbap. There are two views about the origin of Kimbap: derived from Japanese makizushi (norimaki), or Korean own food culture from the south coast. The reason why I am using the term 'makizushi' here instead of Sushi is because the word 'Sushi' indicates not



only rice rolled in seaweed but also wide range of seasoned soured rice with raw fish. Makizushi is a type of Sushi covered with seaweed called Nori, so we are only able to compare makizushi to Kimbap which is rolled in the same seaweed but with different name of 'Kim' or 'Gim'. While both views seem to be possible with many evidences supporting them, it becomes clear that there are differences between these two cuisines due to its development into a distinct dish.

Then exactly how is it different from one another? First of all, the way to season rice is different. Rice used for Makizushi is usually seasoned with vinegar which makes it sour. One for Kimbap, meanwhile, is seasoned with sesame oil and salt.

Secondly, the fillings are different, which enables the difference to be clearer. Makizushi contains raw fish or only one or two ingredients so typically the



size of it is small compared to Kimbap. (Of course there can be exception.) For example, raw tuna, salmon, chopped scallops, or cucumber and takuan. On the contrary, fillings in Kimbap are usually cooked and all of them are put together. They include danmuji (similar to takuan), cooked vegetables such as carrots and spinach, cooked beef, eggs, imitation crab meat and ham. Now, you are able to guess where it comes from correctly! Both Kimbap and Sushi are really tasty.

Go get some and use your knowledge you learned today!

together 13 different beautifully made, poetic videos occurred. Different scenes of the everyday life are presented through the films. The scenes present a woman that gives a formal or casual speech, in every single one of them briefly explaining the wrongdoings of human race, by carefully succeeding in not going out of the background idea of the scene. By the use of make-up, location, costumes and her talented acting, the main actress in each of the movies, called Blanchett, manages to transform in different individuals and give away different messages.



I think this was a very educational, influential and inspiring exhibition and I'm truly glad that they give us opportunities to see beyond the bright but dangerous city Berlin is presented as. I think that those artists need to be promoted as much as possible and I'm glad I'm able to find out about their existence through Cat.

# ART

Boarding provides us, the boarders, with some interesting activities that can fill up our free time (especially during Sundays when mostly none of the shops are opened). One of those activities is the art club that they provide for us. We have the materials for doing art, and Jane and Verena (two of the mentors) can gladly help with new, interesting ideas for creating art each week. It's a way some of the boarders use to calm down before exams, or let some steam off. Others just participate for the well fare of the club or just simply out of the, sometimes, way too monotonous presence of Sundays.

Some other interesting art activities that we have are the art exhibitions some of the mentors take us to. Some time ago Cat took boarders to an amazing art exhibition in Hamburger Bahnhof called "Manifesto" by Julian Rosefeldt.

The exhibition shows 13 different movies running in parallel. The idea of the artist was to create an amazing, youthful and historical mix of 13 different movies that shortly represent the fury of the young generation. He has put numerous original texts of different manifestos together, creating an amazing pattern of messages sent to the audience through the power of images and words. By combining numerous of text



This year for the annual Boarding trip, we discovered the charming city of Prague. Prague is coined as a medieval treasure of Europe, and it didn't disappoint our expectations. We spent the first day exploring the Old Town and Castle area, creeping around crypts, pottering through tiny medieval homes, and admiring the incredible views of the city landscape.

The highlight of day 1 was definitely the castle cathedral. Sky high ceilings, intricate stain glassed murals, ancient relics – an architectural delight! In the afternoon we made the most of the beautiful weather exploring the other side of the river. I enjoyed wandering around the Jewish quarter. Historically the area was famous for several writers and poets. Now designer boutiques are nestled in beside quaint cafes overlooking the cobbled stoned streets and beautiful apartments. However it was only window shopping for us mentors!

Czech food is very similar to German cuisine. The carnivores of the Boarding community loved the steaks and goulash which were available at virtually every restaurant. Loaded with sun and steaks, we all headed back to

our hostel to get a good night's sleep for day 2. After breakfast Whitney announced we would be heading to the Prague Zool An award winning tourist destination, complete with a very dodgy looking chair gondola, used to transport us up the hill to visit the dry lands enclosures. From Flamingos to Mongolian horses this zoo had everything. Nothing however, could beat the 1 month old elephant on the cute scale. A personal favourite - who won all of our hearts.

On the way back to Berlin we stopped at the Theresienstadt concentration camp to learn about the sadder side of history in the region. After reflecting on WW2 over an ice cream, it was back on the bus to Tropical Island. Once used as a zeppelin hanger, Tropical Island is now a huge indoor swimming complex, complete with beaches, pools, slides, forest and more flamingos!

The inside felt worlds away from Brandenburg and it was a relaxing way to end the trip.

## Prague - Boarding trip

Cat



The colouring of the Berlin poster is a result of the cooperation of the entire BBIS community. The colouring is happening through the help of boarding and day students as well as BBIS staff (thanks for visiting Boarding!). It represents the community the school is based on, Berlin, and its colourfulness and its diversity. The aim is to auction the poster off as soon it is finished. The money will then support the charity *Habitat for Humanity - DUANE*

The colouring for charity project was fun to help with! We had boarding students colouring a lot and also had classes visiting the Boarding school while a Mentor was supervising. The poster has already 'traveled' to the summerfest and Primary School where it can still be found (check it out!)  
 Hopefully we can auction it off in the first term of next school year. - DIANA



# Banana recipe by Agrippina & Aleks

## Bread:

- 1 large egg
- ½ cup light brown sugar
- ¼ cup granulated sugar
- ½ cup butter
- ¼ cup sour cream
- 2 tbsps vanilla extract
- 2 ripe bananas
- 1 cup all-purpose flour
- ½ tsp baking soda
- ½ tsp baking powder
- pinch of salt

## Cream Cheese Filling:

- 1 large egg
  - 120 ml softened cream cheese
  - ¼ cup granulated sugar
  - 3 Tbsp. all-purpose flour
1. Bread: In a large bowl, mix the eggs, sugars, butter, sour cream, and vanilla.
  2. Add the bananas, mash into the mixture.
  3. Add flour, baking powder, baking soda, salt, and mix. Set aside.
  4. Cream Cheese Filling: In a large bowl, mix egg, cream cheese, sugar, and flour.
  5. Grease the pan with butter
  6. Put a little bit of flour on the pan
  7. Pour half of the bread batter into a 22x12-cm pan.
  8. Pour the cream cheese filling, smooth into corners.
  9. Top with remaining batter.
  10. Bake at 350°F/180°C for about 50 mins. Baking times may vary, so keep an eye on the bread.
  11. If you want you can add some banana sauce

# NOM NOM NOM WON WON WON



**1. How do you feel when the internet doesn't work after 12?**



**2. What's it like when parents forget to send the sign out email?**

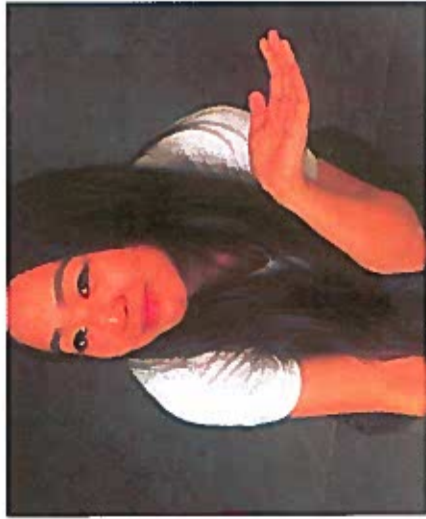


# Interview

WITHOUT WORDS  
Khorshid & Klara

Special thanks to Luka, Vivi, Kate, Klara and Khorshid

**3. How does it feel when you're late for breakfast and the food is gone?**



**4. What is it like when you realize that you are on 9:45 duties but it's already 10:00?**



**Italian, Fashion - Men's Fashion - of 2016** *favor*



To begin with I am not sure if I have yet arrived to that stage where I can comment on men's fashion! However, I have traveled around Berlin and found out that many men dress Italian. What is very positive about Italian dressing styles is that it gives a good impression of a fresh, caring and overall good looking person. As an example men who dress Italian diversify their look by wearing scarfs, watches and bracelets. Furthermore, men also prefer to wear chino pants and a shirt to go together with. Sun glasses are also a must have priority.

Typical colors for chino pants are white, gray, bright brown, beige and pink. For shirts common colors are all shades of blue, pink and white. Suggested shoes to wear are boat shoes, moccasins, loafers, boots and sneakers, meanwhile they can be blue, beige and mostly preferred brown. Belts also play a significant role in an Italian outfit, furthermore it should match with the shoes. Also raising your chino pants makes your outfit look even better. In general no men should be afraid of any colors and try out different combinations!



# T-Shirt Design

I was given the (honourable) task of creating a design for the Boarding t-shirt of 2015/16. I had less than 24 hours to make the design and the only specific instruction I had was that it needed to contain an 'international' element.

Luckily I am currently teaching myself some DIY screen printing techniques and have been making t-shirts and clothes for kids and babies out of my home studio (aka my living room) therefore I had some practice through working on a few designs of my own.

I was throwing some ideas around with a colleague and she suggested I use a wild boar as part of the design. Now as you may or may not know we have some giant 'pets' that roam the back streets of Boarding. The wild pigs invoke a certain amount of excitement, (fear), and stories revolving around sightings and photo opportunities of the boars (and thankfully no serious confrontations to date). As a relocated kiwi this is especially hilarious to me as the last thing I would have foreseen as a challenge when moving to Germany was encounters with wild pigs! So I loved the idea of including a wild pig in the t-shirt design as it is a memorable part of boarding life that anyone who has lived here will understand and hopefully see the comedy in.

The first part of my method was I did a couple of quick sketches of different ideas and chose the one that would become the final design. I printed out some pictures of boars I found online for references and sketched out the pig in pencil a few times. I didn't want the pig to look too scary so I tried to keep it as neutral as possible then when I was happy with one of my drawings I drew it again with marker pen. I traced the outline of a globe and scanned in both images. I used Photoshop to paste them together. For the font I wanted something fun to keep the image light – again I didn't want anything about it to look challenging or formidable.

So after a few tweaks the final design was accepted and soon you might see Boarding students and Mentors sporting these around campus.



## 5. How do you feel when they announce there's no Monday meetings?



## 6. How do you feel when you have your favorite food for dinner?



# SPORT *Leon*

People pay very little attention to sports or think of it as work or a waste of time, but sports can be a pleasure or even a passion.

Most of the time we forget to exercise because we are overwhelmed with work or tired or not feeling well; We keep giving ourselves excuses not to do sports.

But how can we sustain a routine, and where can we actually do any physical activity?

Early in the morning there already is the possibility to exercise; Indeed, there is a running club led by Verena and Cat on the track. You will undoubtedly think that running so early will



Antonia Voicu

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- busy patterns/textures & constant colors - whenever wearing an animal print for example, a metallic "drop" of color could be added, as long as this is always kept the same (nothing more added)
- the more contrast, the better - wearing for example white shoes with black pants, completed by a bright red bag will make every appearance look more fashionable

The pictures below show some combinations of styles/ colors when in doubt (monochromatic and sporty-casual)



I have chosen only pictures of my outfits in this article in order to prove the statements concluded above are always applied by me (I hope I haven't created a narcissistic impression).

Hopefully some of you found this article inspirational and helpful ;)

Antonia Voicu



# FASHION IN MY EVERYDAY LIFE

More or less, everyone is fascinated by fashion in general and its power to change certain circumstances. It reflects one's personality and character, depending on the individual's purpose to represent itself. This article is going to shortly show fashion from my personal perspective, by explaining certain styles and issues I consider to be important. I added many pictures in order to ease the visualisation.

## Details in everyday's looks



Nowadays, different textures and patterns are used to create fashionable outfits, knowing that in today's industries there are almost no rules of combination between these two factors. However, I consider that certain mixtures of textures and patterns do give the outfit a positively unique appearance. As illustrated in the pictures above, some of my favourite examples of combinations that apply to most styles are:

make you even more tired than you already are, but on the contrary, it will activate your brain cells. Giving you a hard time to fall back to sleep!



In Boarding we also have the privilege of having a well equipped fitness room footsteps away from our bedroom!

You can come alone with music for a peaceful exercise but also with others to motivate you. And if for some reason you don't want to go in the fitness room you can always take a mat from the office and exercise in your room.



Finally on week-ends, you can go with Craig to the school's gym where you can play any sport (eg.: football game, basketball).

PS: You can also do an ECA after school which won't cost you that much time because it's so nearby!

# Bulgarian Culture Night *JAVOR*

This year's Bulgarian culture night took place on the 12th of March, which is nine days after the National Day of Liberation of Bulgaria from Ottoman rule. Furthermore the organizers prepared traditional Bulgarian food such as Banitzza, Mysaka, Kiselo Mlqko and Bob as well as salad. There was also a presentation among the great food and traditional Bulgarian round dances in the end. Also the guests had the honor to make their own Bulgarian traditional bracelets called (Martenitza) and listen to Bulgarian traditional music.

Overall the guests really liked the atmosphere and the culture night as a whole. What the guests absolutely loved was the food produced mostly by Emilia Ivanova, who is Javor's and Maggie's mother.

Boarding is excitingly looking forward to the next Bulgarian culture night!

# Welcome *Whitney*

Kick off! The first issue of "The Boardergram News"

Greetings from BBIS Boarding in Kleinmachnow, Brandenburg near Berlin!

As Head of BBIS Boarding I am delighted to have the opportunity to share a few thoughts about our boarding community in the introduction to this new publication. Thanks to the initiative of one of our media savvy boarding mentors, Verena Philipp, some of our boarding students present to you articles about international food, fashion, art, culture, sports, a weekend boarding trip and a charity initiative.

In this first issue of "The Boardergram News" active teens in our group of 60 students representing over 20 nationalities offer impressions covering their true passions. The emphasis placed on international food surely reflects the boarding students' longing for the culinary delights in their home countries. The articles on fashion, art and charity show the students' creative passions. The author of the article on sports is himself a member of the Swiss national field hockey team in his age group. The weekend boarding trip to Prague in May 2016 inspired our many travel enthusiasts. Finally, our boarding community is holding a silent auction for a Berlin poster resulting from an ongoing "Colour for Charity" initiative. We invite you to become involved during the last days of this school year by either colouring yourself or making a charitable bid for the cheerful Berlin poster which would be a great addition to the ambience of any international household or working space. All of these impressions reflect the international vibrancy of BBIS community of which we are all very proud.

Welcome to BBIS Boarding and enjoy!



# Happy Holidays



*You can now switch off.*

*Special thanks to  
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Abigail, Jane, Cat, Francesca, Verena and Whitney*

# *The Boardergram*

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*BBIS BOARDING*

