

# NEWSLETTER

**TIP**



## WE NEED TO TALK ABOUT EQUALITY

By Karinny Lemos

*"How important it is for us to recognize and celebrate our heroes and she-roes!"*

*- Maya Angelou*



Some people may do not know but "Equality" it's still a taboo in many places! We have years and years of fighting for equal rights and still lots of women don't have a clue about how to make her voice heard.

That's why we need to talk about it as much as possible, so these women can hear us and make part of something important for all of us.

BE A VOICE,  
NOT AN ECHO.



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The best part of working on a subject like this one, is the opportunity to know the different kind of thoughts about the same topic. While some think they should be working day and night and fight the world to emancipate from all kinds of oppression, others just want to keep the peace because they were never taught how to fight or even “why” they should fight. The fact is that they all just want one thing: Respect.

We can find a lot of names from the past who fought for women rights, in times that were extremely hard for this gender to have a position even in the house decisions.



So, thanks to these women we could be able to have voice in the streets and ask for the best for us. One good example was the “Women's Strike for Equality”, one of the first and most important protests for equality which took place in the United States on August 26, 1970.



It inspired a lot of other protests till today, even not many years ago: in January 2017, the “Women’s March” became the largest single-day protest in U.S history. It began in one country and around the years abridged a lot of other countries reaching in 2020 even in Sofia, Bulgaria.



We became part of something bigger than ourselves, we are now eager for knowledge and this kind of knowledge makes us stronger! There has been progress over the decades: more girls are going to the school; women are occupying business world even in positions of leadership and some proving to be more capable than any men.





# WOMEN TO BE PROUD OF

By Karinny Lemos

## JOANA D'ARC (1412-1431)

*"All battles are first won or lost, in the mind."*

She was only 17 when she convinced a small group of soldiers to follow her into the 100-year war (1337-1453) and save France from the English.



## NISIA FLORESTA (1810-1885)

*"Certainly God created women for a better purpose than to work in vain all their lives."*

The first woman to publish texts in newspapers, she also wrote books in defense of women's rights, of Indians and slaves, among them is "Women's Rights and Men's Injustices"

## MARIE CURIE (1867-1934))

*"Be less curious about people and more curious about ideas."*

She was the first woman to win a Nobel Prize and the first person to win two Nobel Prizes in different areas (chemistry and physics).



## COCO CHANEL (1883-1971)

*"Beauty begins the moment you decide to be yourself."*

The stylist produced comfortable clothes that translated into female freedom. Among her flags is the women's pants.

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## SIMONE DE BEAUVOIR (1908-1986)

*"One's life has value so long as one attributes value to the life of others, by means of love, friendship, indignation and compassion."*

Published "pope of feminism" and "The second sex" Simone mapped out the forms of male oppression, talked about patriarchy and the inferiorization of women, questioned marriage and so on.



## KATHERINE JOHNSON (1918-2020)

*"Like what you do, and then you will do your best."*

She worked at NASA in times of segregation and became known for the accuracy of their calculations in computerized astronomical navigation. Among his achievements are the flight of Apollo 11



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# A LITTLE TRIP TO TURKEY AND BRAZIL

By Kariny Lemos



For the past few months, we have been working on a small project about introducing our countries and our culture to children from different schools and ages. Among the activities, we found a way to teach and learn through fun quizzes and other things.

For me it was a huge pleasure to participate in a project like this, especially when I was surprised by the interest of the children's curiosity about it.



It always sounds good when you propose a little trip, but you can't always travel, so our challenge was to bring a little bit of our country to the classroom.

Thanks to the organization, we made it. And during the presentations we could even learn a lot about Czech culture and compare different point of views of the same topic.



At first, we travelled to Turkey with Sennur Baltas, and between these many beauties and curiosities about her country, we were introduced to Istanbul: the largest city from Turkey.



There we could see lots of pictures and videos about other cities around, their fascinating culture and religion, full of wisdom and respect.



Then we were surprised by the delicious Turkish breakfast. Full of varieties and flavors, which can be shared by the whole family and prepared with love.







After this, we were captured by the beautiful images of Brazil.



In the videos presented, the children were able to feel a little contact with the abundant nature and different animals of this huge country, full of mixed cultures and people who celebrate life with joy. In addition to typical foods and their traditional dances.



At the end of this wonderful trip, and after funny moments of comments and questions, we only managed to get fascinating things about this experience. We expand our minds day after day and teach important values to each other, when we set out to study and better understand other cultures and ways of living. It is with a feeling of great honor that we participate, day after day, in the work of opening an important door to the world. For children and for us.



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## OUR TEAM



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