Spring Holidays Around the World

India: For the Hindu spring festival of Holi, Indian people dress in green. Children then squirt each other with water pistols filled with yellow- or red-colored liquid. They also blow colored powder on each other through bamboo pipes. Everyone gets soaked — and colorful — to celebrate spring.

Ghana: During Aboakyere, the Ehe people make a special offering to the god Panche Otu each spring with the deer-hunting festival. Two teams of men and boys, dressed in bright costumes, compete to be the first to bring back a live deer to present to the chief. Then they all dance together.

Pakistan: During Basanth, boys celebrate the first day of spring with exciting kite-fighting contests. After putting powdered glass on their strings, they use the strings to try to cut off each other's kites. The winner is the person who keeps his kite the longest.

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Spring Fatigue: What It Is and How to Fight It

During the spring time, more and more people encounter the same problems which are laziness, feeling tired and lack of energy. Usually we don't know what's happening to our body. We feel lazy, tired and we can't find energy. Many people want to solve those problems, but they don't have enough knowledge about the solution. The problem we are talking about is called spring fatigue. But don't be afraid because it is temporary. There are many reasons for this condition. If we can identify the reasons of spring fatigue, we can figure out how we can solve the problems related to this condition. Among the reasons of spring fatigue are a sudden change of weather, spring saving time, and lack of vitamins. First of all, weather changes frequently and we don't dress according to the weather. Consequently, many problems come together. Second, our body wants vitamins, fresh air, warmth. Therefore, we usually get sick if we don't provide our body with these essentials. For instance, we have snuffles or influenza.

Continued on p.2

Spring Cleaning Checklist

Spring time is the time to declutter your home. Check out what plans our students have for spring cleaning:

* I will clean my lamps. If I clean my lamps, they look clean and the light is brighter.
* I will clean out my closet. If I clean my closet, I will be able to choose easily what I should wear and I'll buy new clothes.
* I will clean my windows. If I clean my windows, I will be able to see the sunshine.
* I will clean my kitchen cabinets. If I don't clean my kitchen cabinets, they will look very dirty.
* I will clean my floor. If I clean my floor, it will be hygienic.
* I will clean my carpet because it has a lot of bacteria. If I clean my carpet, I won't get sick.
* I will clean my couch. If I clean my couch, it will look nice and smell fresh again.

by ESL Intermediate Students

Google Docs and Forms for Personal and Professional Use

The 21st century dictates trends not only in our everyday life but also in education. There is a plethora of highly effective resources available for teachers and students that might change our understanding of how technology can be utilized to make work and study more efficient. Here are some highlights of what Google Docs and Google Forms offer for work or pleasure.

Continued on p.2

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Continued on p.2
When I think of my home I SEE my sons interrupting me by yelling while I’m working.
When I think of my home I HEAR my phone singing a pretty nice melody.
When I think of home I TASTE a piece of cake made by my mother.
When I think of home I TOUCH my cat that is so silky
When I think of home I SMELL apple pie made by my wife on a Sunday morning.
When I think of my home I FEEL more comfortable than at work.

by Fatih Aydogdu

Student Poetry

Spring Holidays Around the World
(continued from p.1)

Russia: Maslenitsa or ‘Pancake week’ is a traditional folk holiday that symbolizes the end of winter. Delicious ‘bliny’ (Russian crepes/pancakes) are served; they are meant to resemble the sun. Besides pancakes, you will find performing bears, bonfires, and sled rides.

China: The Qingming Festival occurs on the 104th day after the winter solstice. People visit the graves and burial grounds of their ancestors, sweep the tombs, and offer food and drink to the ancestors. It is also a time of family outings, singing, dancing, and the start of spring plowing.

Finland, Sweden, Estonia, England, and Germany: These countries all celebrate a version of the Walpurges Night (April 30th to May 1st). The main traditions include bonfires and dancing around tall poles decorated with ribbons, called maypoles.

April Fools’ Day: April Fools’ is celebrated every April 1st throughout the world. It is one of the most light-hearted days of the year on which many people play pranks or practical jokes on their friends, colleagues, and family members. It is unknown exactly how the tradition originated. Some cultures saw it as the first day of spring, celebrating with general merriment and feasting, and certain calendars may consider it the first day of the year. Are you in the mood to be a prankster this April Fools’ Day? If you need some ideas, check this out: https://www.youtube.com/watch?v=wBcAvG9aYV0

by Sonja Radovic

Spring Idioms

Spring is here and we figured it was a great idea to introduce some springtime idioms commonly used in English. Here are some common phrases you can incorporate into your speaking as the weather warms up:

**Spring Fever**: To have Spring fever is to feel excited and full of energy because of the warm spring weather.

Nilay and Mehmet don’t feel like going to school today. They want to enjoy the warm sunshine outside instead. They have spring fever.

**A spring in one’s step**: Walk with happiness and energy.

Gulser walked out of the classroom with a spring in her step. Her speaking test went very well!

**Spring into action**: Move quickly into action to get something done.

Joir had been taking a long lunch break, but when the director (Dr. Ulusoy) walked in, he sprang into action.

by Joir Gomez Kamphuis

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Coauthored by Asim Genc and Fatih Aydogdu

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Google Docs and Forms for Personal and Professional Use (continued from p.1)

**Google Docs** allow to:
- utilize a variety of templates for writing essays, reports (MLA and APA styles)
- create a brochure or a newspaper
- create a lesson plan
- write a project proposal
- take meeting notes or class notes
- compose a business letter
- design a resume
- collaborate with colleagues/friends on projects distantly
- provide and receive immediate feedback on writing projects/assignments

**Google Forms** allow to:
- create assessments
- design worksheets
- conduct a course evaluation
- collect information from students
- conduct surveys
- design an event registration, an invitation for a party
- collect event feedback

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Spring Fatigue: What It Is and How to Fight It (continued from p.1)

Everybody wonders how we can find ways to solve this problem. According some doctors’ recommendations, we should take some vitamins to get strong, take a walk outside, breathe some fresh air and prepare psychologically. Moreover, we can eat fresh vegetables and fruits. And the last piece of advice is to stick to a regular sleep routine everyday. Doctors agree that if you follow those pieces of advice, you can solve many problems related to spring fatigue. In conclusion, we should prepare our body toward spring weather as a good warrior who knows his enemy.