

# TEEN MAGAZINE



ARMAND GUILLAUMIN ENGLISH MAG

## OUR DREAMS, OUR TALENTS

### BEAUTY TIPS

**BEAUTY AT YOUR  
FINGER TIPS**

Tips from *NikkieTutorials*

**Makeup tips**

Tips from an eyelash lift practitioner

### COOKING

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### TRAVELS

**ONE DREAM, TWO DESTINATIONS :  
SYDNEY AND ZANZIBAR**

***PAELLA  
AND  
DWARA***

### HOBBIES

**DRAWING : FASHION and MANGA**

Music, Books, Films : **TWILIGHT**

### PSYCHOLOGY

Astrology

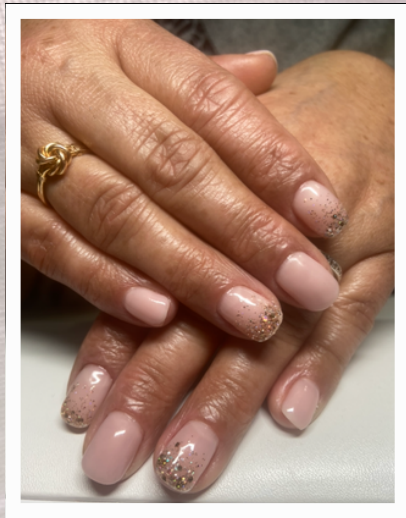
Mental Health



# BEAUTY AT YOUR FINGERTIPS

Hello everybody !!!

My name is Nathalie and today I will explain to you how I achieve a semi-permanent pose.



1- I cut and file the client's nails

2- I put on a cuticle emollient, then she soaks her nails in warm water. The cuticle emollient softens the cuticle before I cut it with a cuticle cutter.

3- I remove the client's hands, I dry them with a towel. I start to push back the cuticles with a cuticle pusher, then cut them with a cuticle cutter.

4-After that I apply a nail prep, the Nail Prep disinfects, degreases and restores the pH of the natural nail. It reinforces the adhesion of UV Gels and Acrylic Resins.

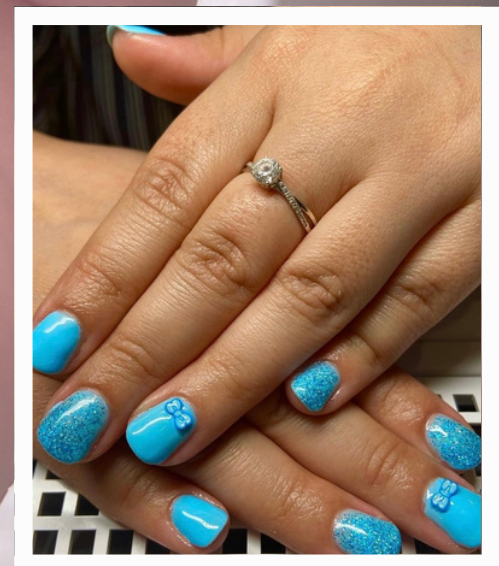
5-I apply a thin layer of base on the nails, leaving a small margin around the cuticle. The client then puts her nails under the UV or LED lamp for 30 seconds.

6-I put the polish she chose with the accessories.

7-I put a top coat which is applied over the layer of colored varnish which will have previously dried under the UV or LED lamp. I apply a thin layer over the varnish, and let it dry for 2 minutes under the UV lamp, 30 seconds under the LED lamp.

8-To finish I soak a cotton filled with cleaner, to remove the oily layer on the nail.

This step will not remove the color, on the contrary, it will maintain the shine of the varnish.



# Makeup Tips by N'Laure !!!

My name is N'Laure and today I will tell you the essential products for a quality makeup.

1 - What is the protection cream?

- The protection cream is a real protective shield. Above all, it will protect your skin from make-up. So this is the first thing you will do after cleansing your skin.

2 - A good hydration of the lips does not hurt

- It is essential to ensure good hydration of your lips in all seasons.

3 - A gel-cream is ultra-practical for sporting harmonious eyebrows.

- Take an eyebrow gel and a fine angled brush to draw the contours while a small round brush will help you apply the gel well to all of your eyebrows.

4 - For a little more precision you need a concealer

- Clean the contour of your eyebrows with concealer.

5 - Color on the eyes

- A little nude shadow on your eyelids would be perfect for a light makeup

6 - For a glance glamorous and captivating side.

- The eyeliner helps to intensify and redefine the look, in particular by lengthening the eyes.

7 - For a fresh complexion

- The foundation will unify your skin texture, and bring you freshness and luminosity. For the result to be aesthetic, you will nevertheless have to choose a foundation that suits you, both in terms of its color and its texture. It all depends on your skin tone and skin type.

8 - And if we matify all that

- Loose powder is ideal for setting makeup, and essential for long days. It allows makeup to stay in place from morning to night.

9 - To have cheekbones that smile to life

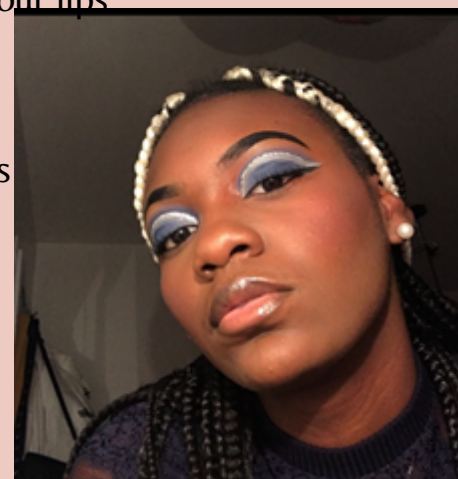
- The blush brings light, freshness and gives life to your face.

10 - For simple and luscious lips

- With a lip pencil in the color of your choice, draw a line around your lips

11 - A little sparkle in your life

- The highlighter is used to highlight the areas of the face where the light catches. I therefore apply it on the curved parts, such as the brow bone, the bridge of the nose, at the level of the cheekbones and on the cupid's bow (above the lips).



N'Laure



*Hello everyone, I'm Lina,*



## Eyelash lift practitioner

First of all what is eyelash enhancement ?

Eyelash enhancement, also called eyelash lifting, opens up the eyes by giving the eyelashes a semi-permanent eyelash curler effect. It is an easy-to-access method that can be a real asset, it is an excellent alternative to eyelash extension.

### Here are the steps :

- 1- We start by thoroughly cleaning and removing make-up from the eyelashes with a cleansing lotion.
- 2 - A collagen patch is placed at the level of the eyelashes on the lower eyelid.
- 3 - We then choose a patch according to the length and density of the eyelashes
- 4 - We glue the eyelashes with a suitable glue and a micro-brush
- 5 - We apply the first product which is the permanent lotion and we leave on for 6/7 minutes
- 6 - Subsequently, all the product is removed with a micro-brush or a cotton swab
- 7 - Then we apply the second product: the fixing lotion we leave on for 6/7 minutes
- 8 - The product is then removed with a cleansing lotion
- 9 - Depending on the client, yes or no, put on a tint or a serum to finish



Be careful to use suitable products !!!

Lina

# Tips by NikkieTutorials

*to have glowy skin and iconic luscious lashes*

The one makeup rule is that you can **NEVER** pop a cream product on top of a powder product

Her secret to achieving that dewy look? It's lots and lots and lots of **HIGHLIGHTER**

When there are three types of undertones ; neutral , warm and cool. The secret by Nikkie is look at the **VEINS** at your wrist  
Neutral undertones ; blue,green  
Cool undertones ; purple

For the dark circles: conceal them by using two different concealer shades ; using a concealer **ONE SHADE LIGHTER** than your skin tone on the dark circles.  
And for blemishes use a shade that **MATCHES** your skin perfectly



Manel



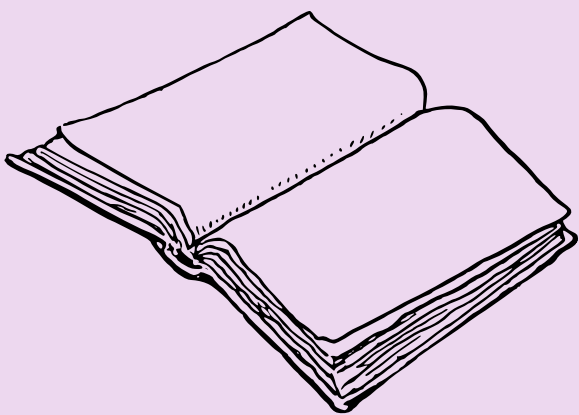
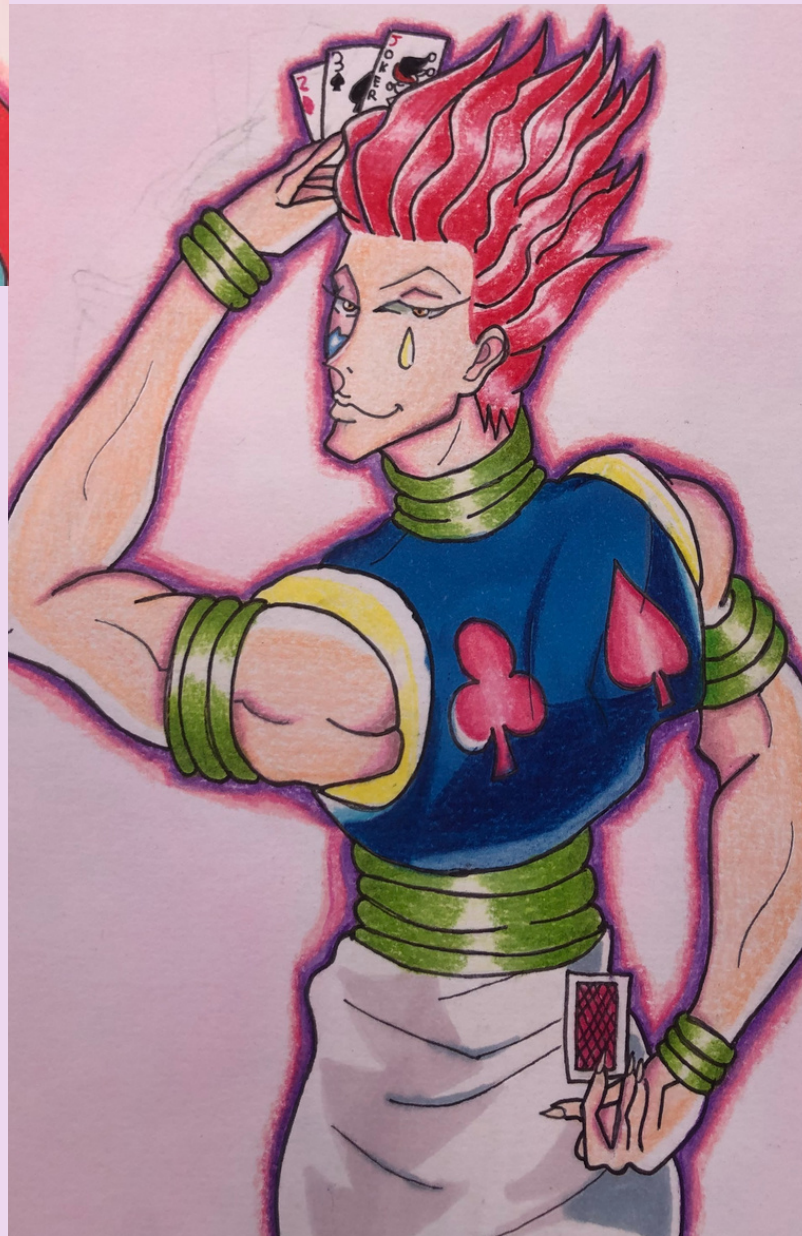
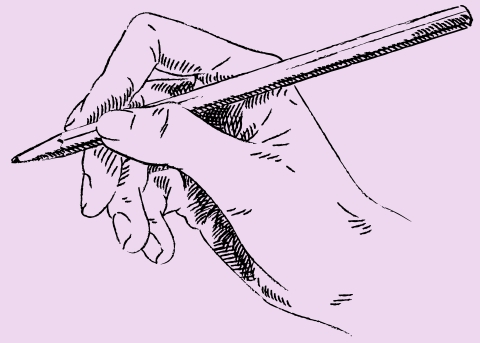
# Drawing Fashion

*Hello my name is celia, I'm 18 years old, I've been drawing since I was little because I like that. I draw more particularly models dressed in different outfits from fashion news magazines. Here is a spring summer trend board.*



Célia

# ***OUR HOBBY : DRAWING***



Inès

*Hello, my name is Ines I am 20 years old. I've been drawing manga characters for 6 months, mostly characters from One Piece,*



*Naruto...*

*I draw during the holidays, weekends. I spend about 2 hours*

*minimum*

*for a drawing.*

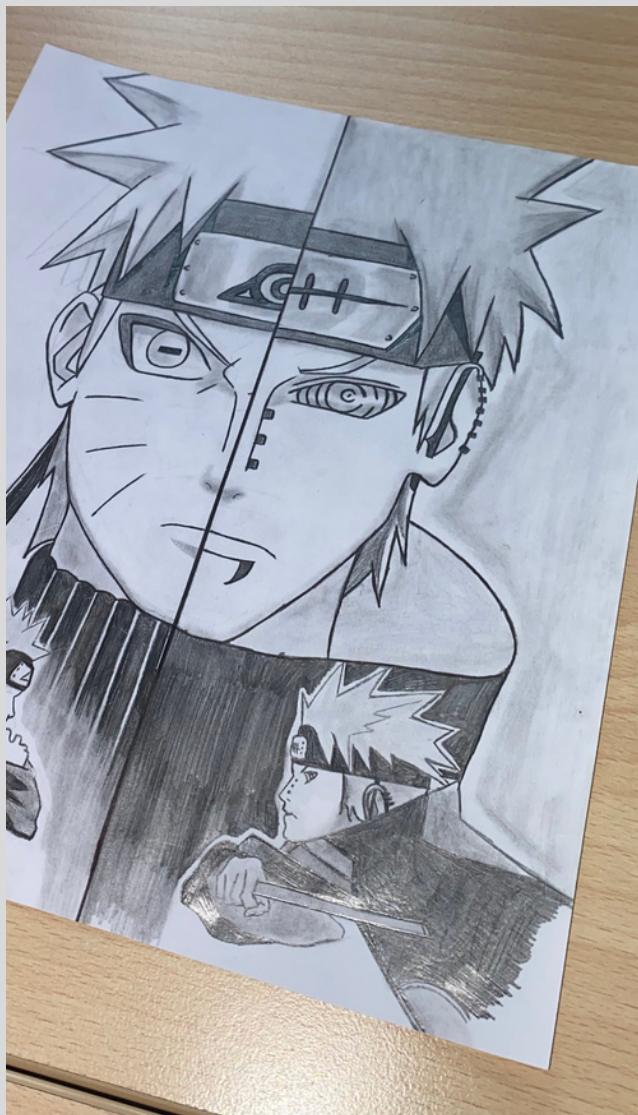
*For the material I use watercolors, colored pencils, markers*



Manuela



# Our hobby: Drawing



MY DRAWINGS REPRESENT THE ANIME NARUTO, BECAUSE I REALLY LIKE THE CHARACTERS.

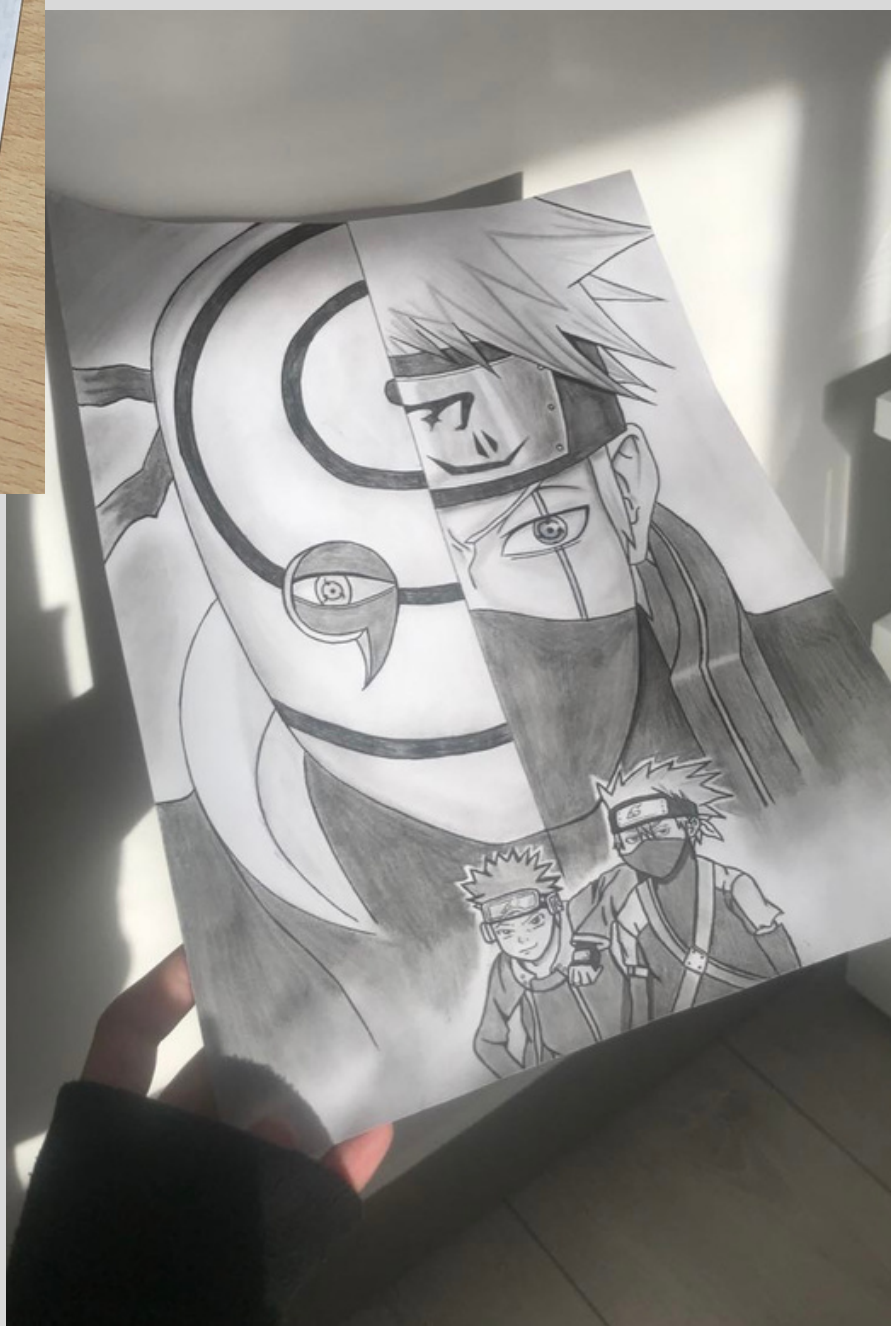
My favorite character is Itachi Uchiwa because he is really classy, intelligent and he wears his heart on his sleeve.

I'VE BEEN DRAWING SINCE I WAS TEN YEARS OLD BUT DRAWING ANIMÉ ONLY FOR 1 YEAR.

It takes 1 hour for each drawing.

I DRAW WHEN I HAVE FREE TIME AND IN MY ROOM WITH MUSIC.

I use a model and for the tools, a pencil, an eraser and a cotton ball to fade.



# TWILIGHT: My favorite music

## A thousand years

*In the beginning  
There was the cold and the night  
Prophets and angels gave us the fire and the  
light  
Man was triumphant  
Armed with the faith and the will  
Even the darkest ages couldn't kill  
Too many kingdoms  
Too many flags on the field  
So many battles, so many wounds to be healed  
Time is relentless  
Only true love perseveres  
It's been a long time and now I'm with you  
After two thousand years  
This is our moment  
Here at the crossroads of time  
We hope our children carry our dreams down  
the line  
They are the vintage  
What kind of life will they live?  
Is this a curse or a blessing that we give?  
Sometimes I wonder  
Why are we so blind to fate?  
Without compassion, there can be no end to  
hate  
No end to sorrow  
Caused by the same endless fears  
Why can't we learn from all we've been  
through  
After two thousand years?  
There will be miracles  
After the last war is won  
Science and poetry rule in the new world to  
come  
Prophets and angels  
Gave us the power to see  
What an amazing future there will be  
And in the evening  
After the fire and the light  
One thing is certain: Nothing can hold back the  
night  
Time is relentless  
And as the past disappears  
We're on the verge of all things new  
We are two thousand years*



This music "A thousand years" represents the love of two characters in the film Twilight, which also exists as a book. This song passes at the time of the wedding scene which is very beautiful and ends their story with a happy ending. The lyrics dedicated to the husband present the feelings of the young woman and the difficulties that they managed to overcome despite the bus and the time they have had to wait before finding themselves hand in hand.

The fourth part of the Twilight saga has been eagerly awaited especially for this memorable scene because it represents an incredible end following the fights they have fought.

**Love always wins** ❤️



**WEDDING SCENE WITH MUSIC**

Elisa

# One dream, two destinations

## SYDNEY

Sydney is the largest city in Australia with more than 4.5 million inhabitants, It is located in the South East of the country, in the state of New South Wales.

### PLACE TO DISCOVER FROM SYDNEY:

**-OPERA HOUSE:** The Sydney Opera house in Sydney is one of the most famous buildings of the 20th century and a major performance center for the lyrical arts. Its original architecture, which looks like a sailboat for some, or a seashell for others, was imagined by the Dane Jorn Utzon. Located in Sydney Harbor at Bennelong Point, it is surrounded by wooded grounds to the south and is next to the famous single arch Harbor Bridge.

Specialized in artistic direction, creation and production of animated content, Alex Mestrot and Thomas Chossan from the Superbien agency went to the Vivid festival in Sydney to produce a 3D light projection on the sails of the famous opera house.

**-Harbour bridge:** The bridge is the second symbol of the city, after the Opera. Made famous for his multiple roles during the Sydney Olympics in 2000 and for his fantastic New Year's fireworks, it will be at the heart of your visit to Sydney.

**Coogee beach:** Is a great beach with calm surf and is family-friendly. The promenade area has restored historic buildings and nurtured parklands.



One dream two destinations

# Zanzibar

Zanzibar is a Tanzanian archipelago located off the coast of East Africa. It is a very popular destination for a dream vacation.



## Must-see places in zanzibar

### Stone town

Stone town, the historic district of the capital of Zanzibar, is a concentrate of history. It is a mixture of influences: British, Indian, Portuguese, Omani and Swahili.

As a result, the heart of Zanzibar is a city with new and beautiful architecture, colourful and fragrant markets, narrow streets dotted with surprises, mixed and welcoming population.



It is the most important place if you want to discover the history of this beautiful island.

*Stone town, the stone city has been a UNESCO World Heritage Site since 2000*

### Prison Island



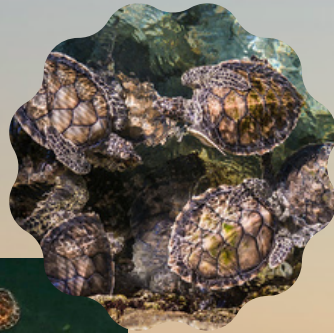
You can discover the beauty of the island and visit the former slave prison. You will meet the giant turtles that arrived from Seychelles in the 19th century.

You can enjoy the turquoise water while taking a swim and scuba diving.

*Jahnaëlle*

## Nungwi beach

We cannot talk about Zanzibar without reference to this beautiful white sand beach and its clear water with all possible variations of turquoise. Nungwi is one of the most visited beaches, you will find stands of local artists, painters, colourful works, fruit merchants, bars and restaurants. The sunset is particularly beautiful : one of the best spots for your holiday photos.



## Mnarani Marine Turtles Conservation Pond

See sea turtles in Zanzibar with admission to two conservation destinations in Nungwi. At Nungwi Natural Aquarium, you'll have the chance to watch the turtles swimming in a hatchery pond. Nearby Mnarani Marine Turtles Conservation Pond is home to green turtles and a community-based effort to protect the native species.

## Excursion to the Jozani forest

Protected by Jozani Chakwa Bay National Park, Jozani Forest is one of the most attractive excursions in Zanzibar. This forest is home to an endemic species of monkey: the red colobus, recognisable by its white, red and black tricolour coat. You can observe it at leisure feasting on fruits, seeds and leaves by raising your eyes to the branches. Of a very sociable nature, this monkey will even be able to approach you, so it is up to you to keep your distance. This distraction must not obscure the discovery of the superb flora made up of mangroves and baobabs.



**So, are we going to Zanzibar ?**

*Jahnaëlle*

Fanta

# WORK ABROAD AT 20

At my young age I am lucky enough to have worked in Dubai and Istanbul, I had the opportunity to do an internship with the company Sweet Body By Mina. And after that I started working at this institute.

During the opening in Dubai and Istanbul I was given the opportunity to go there. I went to Dubai in August 2021 and Istanbul in January 2022

An enriching experience that allowed me to improve my English, to learn a little more about the world of work in other countries.



A DISH A STORY

# PAELLA

## STEP 1

Cut the chicken into pieces, clean the mussels, mince the chorizo and peppers, peel and crush the tomatoes, chop the onions and garlic.

## 2ND STEP

Put the oil in the dish and brown the chicken pieces. Add the squid, the onions while stirring then add the tomatoes, peppers, garlic, saffron, salt and pepper. Leave to cook for 5 minutes, stirring, before incorporating the rice, chorizo and broth

## STEP 3

Add the prawns and mussels, boil then cook for about 30-35 minutes.

Marion



# THE HISTORY OF PAELLA

Paella is a recipe that hides many little anecdotes. During the War of Independence, a general in the French army was captivated by the exquisite flavors of paella that a woman cooked for him. They therefore made an agreement stipulating the release of a prisoner for each new rice dish that the young woman would cook.

As a result, the woman in question decided to use her imagination and concoct a new paella every day. As a result, with her various paellas, the young woman freed prisoners.

Note that the word paella even has its own origin. This word is of Latin origin and comes from "patella". For others, paella comes from the Arabic "Baqiyah". This last provenance would be more explicit. Indeed, rice arrived in Spain through the Moors. This happened in the eighth century. Note that Moors is a name that refers to people living in North Africa.

Marion



# *Dwara broths*



*Dwara broths is a traditional dish which comes from Guyana which is eaten during the easter holiday period. It takes a little longer to cook, which is why it is prepared very early on Friday morning so that it can be eaten on Sunday with the family and between friends.*

*The ingredients that make it up are Mainly Dwara seeds.*

*For this i invite you to watch the video on this QR Code :*

*Aubergine  
Cucumber loin  
Pepper  
Green cabbage  
Cive  
Fish  
Cabbage*



# MENTAL HEALTH

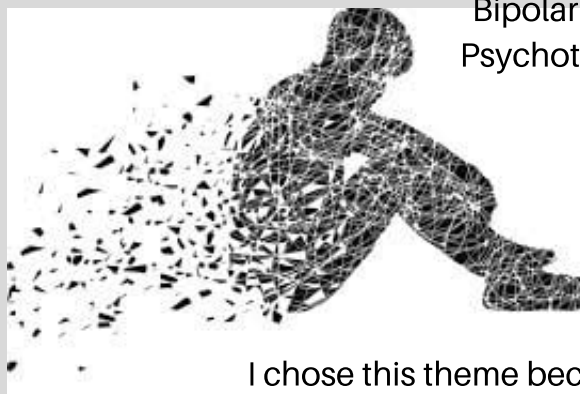
Mental health is an essential component of health. The WHO Constitution defines health as follows: "Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity". This definition has the important corollary that mental health is more than the absence of mental disorders or disabilities.



Here are some examples of the causes of mental disorders: stress, genetics, nutrition, perinatal infections and exposure to environmental hazards

The most common mental disorders are:

- Post-traumatic stress disorder (PTSD)
- Anxiety disorders
  - Phobia
  - Social anxiety
  - Generalized anxiety
  - Panic disorder and agoraphobia
- Borderline Personality Disorder (BPD)
- Attention deficit disorder with or without hyperactivity (ADHD)
- Obsessive-compulsive disorder (OCD)
- Mood disorders
  - Depression
  - Bipolar disorders
  - Psychotic disorder



I chose this theme because it is a subject that is close to my heart. I always wanted to know what these people could feel and especially to know the causes of these troubles.

*Bass*

# Astrological signs

## **Aries: March 21 - April 20**

Aries is the first sign of the zodiac. It symbolizes impulse, virility, courage, energy and independence. It has the element of fire.

## **Taurus: April 21 - May 21**

The sign of Taurus is between the spring equinox and the summer solstice. It is generally associated with a great power of work, sensuality as well as an exaggerated tendency for pleasures. Its element is earth.

## **Gemini: May 22 - June 21**

Generally depicted as two children holding hands, the third sign of the zodiac symbolizes human contact, transport, communication as well as polarity. It is associated with air.

## **Cancer: June 22 - July 22**

The sign of Cancer is just after the summer solstice. Its meaning is withdrawal, shyness, tenacity and sensitivity. It is associated with the element of water

## **Leo: July 23 - August 22**

This sign located in the middle of summer symbolizes the joy of living, ambition, elevation and pride. His element is fire

## **Virgo: August 23 - September 22**

The sign of Virgo is placed before the autumnal equinox. It is a symbol of work, harvest, manual dexterity and meticulousness. It is associated with the earth element.

## **Libra: September 23 - October 22**

When entering this sign, the sun is at the midpoint of the astronomical year. It represents balance, justice, measure. Its element is air.

## **Scorpio: October 23 - November 22**

The eighth sign of the zodiac is associated with resistance. Its element is water. He is presented as the most passionate sign of the zodiac. With a dark tendency, the scorpion can have a tendency to self-destruction.

## **Sagittarius: November 23 - December 21**

The sign of Sagittarius is placed just before the winter solstice. Its symbol is movement, quick reflexes, nomadic instincts and independence. This is the last fire sign.

## **Capricorn: December 22 - January 20**

The sign of Capricorn begins at the winter solstice. It is the symbol of the end of a cycle but also of the birth of a new cycle. It is associated with patience, perseverance, prudence, achievement and a sense of duty. Its element is earth.

## **Aquarius: January 21 - February 19**

The sign of Aquarius symbolizes fraternity, indifference to material things, cooperation and collective solidarity. It is a sign related to the air.

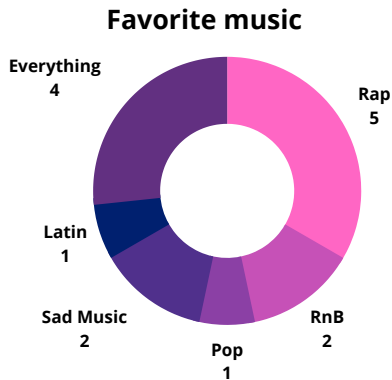
## **Pisces: February 20 - March 20**

The last sign of the zodiac symbolizes emotivity, hypersensitivity, anxiety or even imagination. It is associated with water.

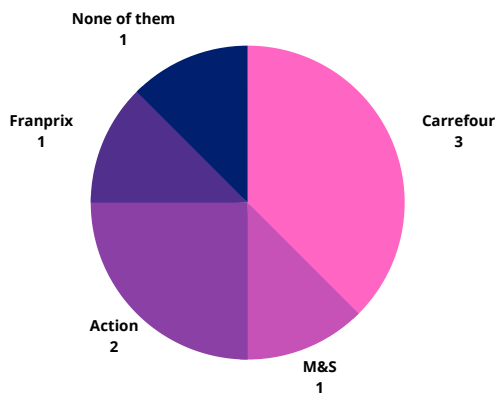


# MEET THE CLASS

## CLASS FACTS



All together we have  
**9 brothers**  
and  
**8 sisters**



**18.3:** Average age



**What makes us unique?.**

**Nathalie:**  
I'm Portugese and Brazilian

**Jahnaëlle**  
Because I'm ME!

**N'Laure:**  
My self confidence

**Nathalie:**  
Im crazy and I love life!

**What are our talents?.**

**N'Laure:**  
Being a make-up artist

**Emma:**  
Being funny

**Jahnaëlle:**  
Being a good friend

**Inès and Manuela**  
Drawing

**Nathalie:**  
Making nail art

## A short interview

**Tom:** Hi Lea, do you have any hobbies?

**Lea:** Yes I love photography because I love taking landscapes of nature.

**Tom:** Cool! What about you Modestine?

**Modestine:** I have played the flute since I was six!

**Tom:** And you Elisa? What do you like doing?

**Elisa:** I love drawing cartoons and going to McDonalds

Tom