

Comenius

A Recipe for 21st Century Life
2013 / 2015

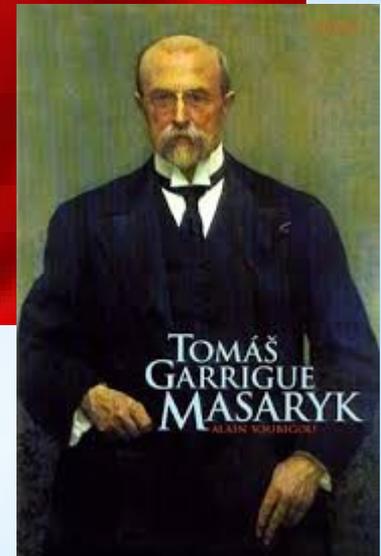


January / February March 2014

Heroes

**A hero
is a person
who is admired by many
people
for doing sth brave or good**

The Czech Republic



/

The Czech Republic





Our

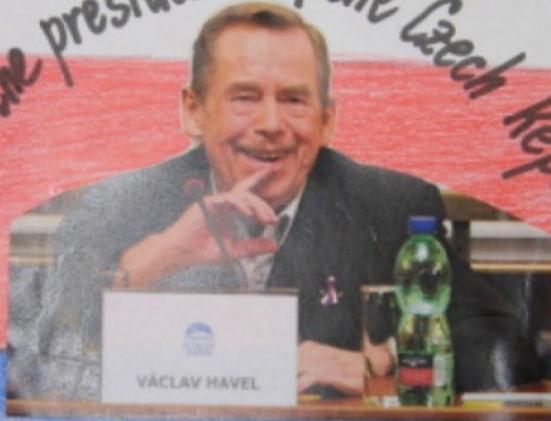
Hero

We think he has many good qualities
Courage
ODVAHA

GENEROSITY
Šlecheta
velkorysost
GOOD
Dobro

moralit
moralita
Justice
Spravednost

He was the president of the Czech Republic



1936-2011

INTEGRITY
Poctivost
Goodness
Dobrota

RESPONSABILITY
Zodpovednost
RESPECT
Ucta

HONESTY
Poctivost
TRUTHFULNESS
Pravdomlarnost

DECENCY
Slusnost
FIDELITY
Verlost



JAROSLAV
KULHAVÝ

My Real Hero

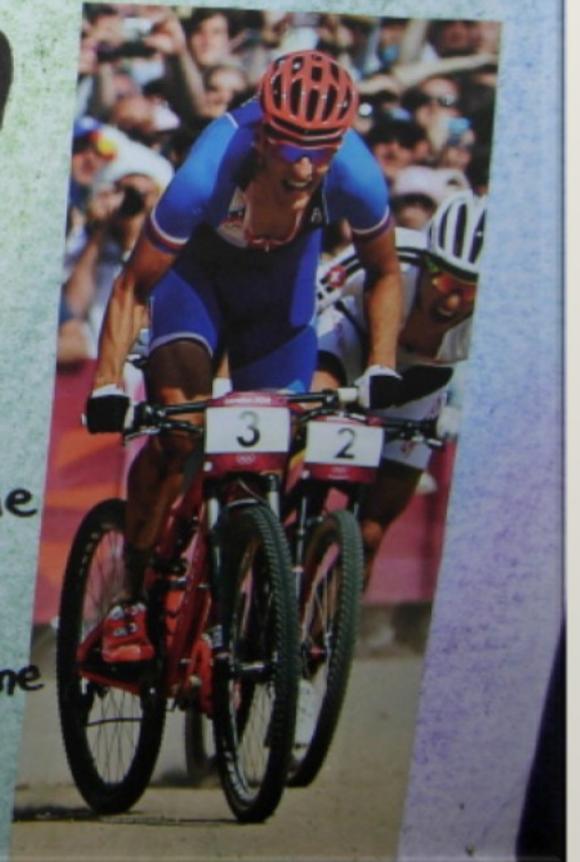
He is a very good cyclist.

He lives not far from
Žamberk

He has a gold medal at the
Olympic Games.

I have known him a long time

I would like to be like him.





Дук

Comenius Hek O Komenský

HE WAS A VERY GOOD TEACHER.
ON BYL VELMI DOBRÝM UČITELEM

John Amos Comenius was born in Moravia

John Amos Komenský se narodil na Moravě
We wish our teachers were like him.

Myšleme, aby naši učitelé byli jako on.

He was a teacher, educator, philosopher and writer.

On byl učitel, vzdělanec, filozof a spisovatel.

Jan Amos Comenius
John Amos Comenius
Jan Amos Komenský



Born 1592 Died 1670

He was educated, nice and just.

On byl vzdělaný, hodný a spravedlivý.

HE WROTE IN CZECH LATIN, AND GERMAN.
ON PSAL V ČEŠTINĚ, LATINĚ A NĚMČINĚ.
He knew some foreign languages
On uměl hodně jazyků.

We think he was a real hero.
Myšleme si, že on byl opravdový hrdina.



My Real Hero

REAL HERO IS MY GRANDMOTHER. HER NAME IS ZUZANA.
SHE REFIRED 2 YEARS AGO. SHE IS GOOD AT COOKING.
SHE IS A GOOD SPORTSWOMAN.
I LOVE HER PLUM DUMPLINGS A LOT.
SHE CAN SKI AND SKATE WERY WELL.
SHE IS NICE, DECENT, TURTINFL AND FRIENDLY.



Our Heroes

Our Heroes

Tomáš Berdych
sinceke
upřimny
polite
zdravily
Lubla's Rosac
Jan Hajek
honest
cosiny
just
modest
skromny

THEY won Davis Cup 2 times

Davis Cup Team

A photograph of the Davis Cup team, showing several players and officials in white and blue uniforms, holding a trophy. The photo is framed within a magnifying glass graphic.



Tomas Garrigue Masaryk

Born 1850

Died 1937

He was a politician, sociologist and philosopher.
On byl politik, sociolog a filozof

He became the first president of Czechoslovakia.
On se stal prvnim prezidentem Ceskoslovenska.

He was elected as president 3 times.
On byl zvolen prezidentem trikrat.

Masaryk wrote several books.
Masaryk napsal ruzne knihy.

His motto was: Do not fear and do not steal.
Jeho heslem bylo nebati se a nekrast.

He was honest, modest, truthful and very just.
On byl cesty, skromny, pravdy a velmi spravdly.

Vaclav Havel

Born 1936

Died 2011

He was a Czech playwright, poet, dissident and politician.

He was the ninth and last president of Czechoslovakia.

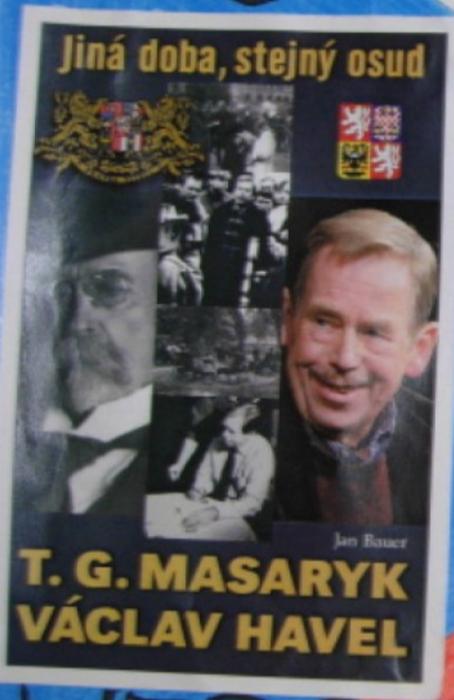
V. Havel was also the first president of the Czech Republic.

He was like Masaryk honest, modest, truthful and very just.

He is admired around the world.

... our presidents.

OUR



HEROES



MY REAL HERO

MY PARENTS ARE THE REAL HEROES FOR ME.♥



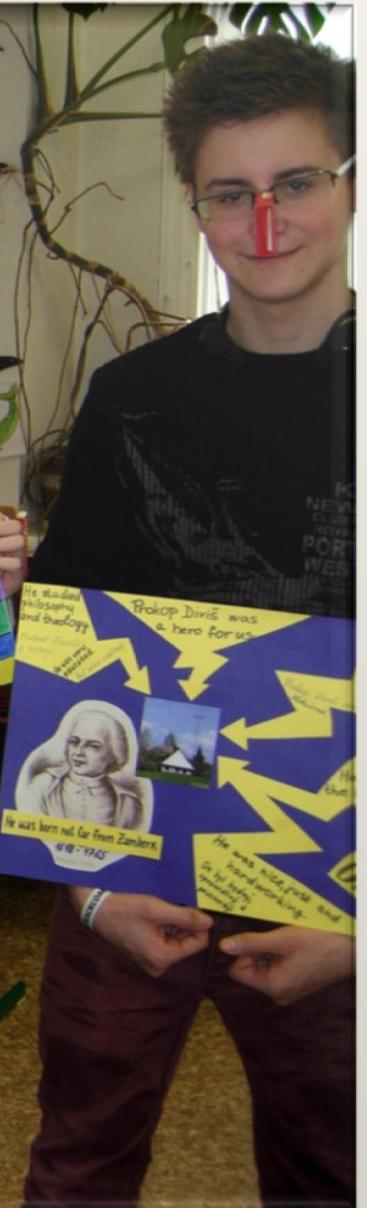
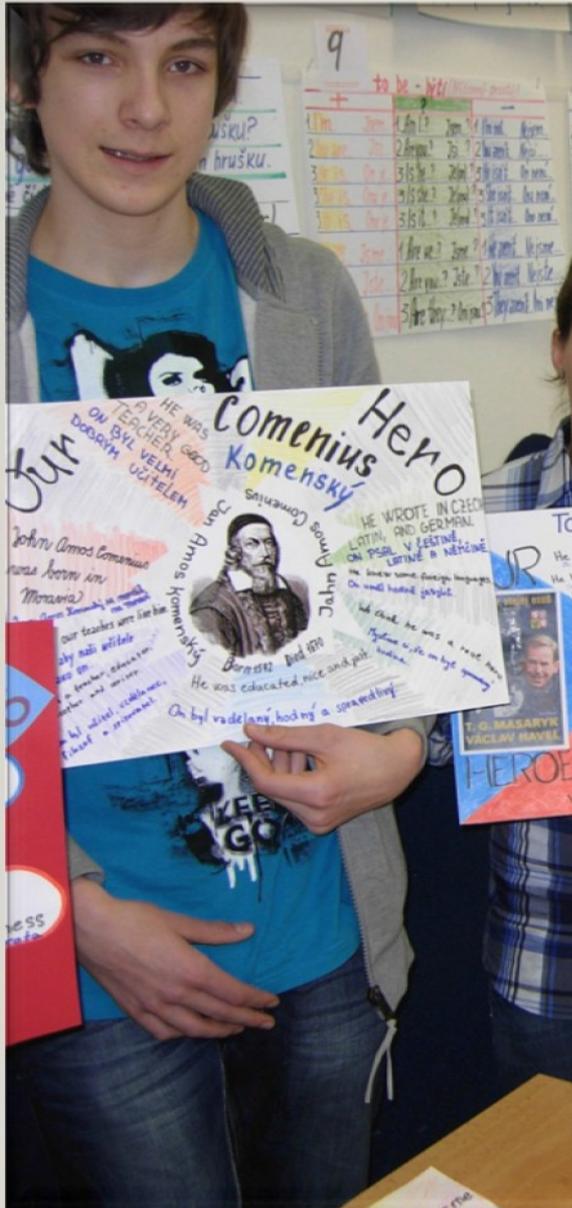
MY PARENTS ARE DECENT,
SWEET, UPRIGHT AND JUST.

MY FATHER CAN SKI AND SKATE.
HE OFTEN HELPS AT HOME AND
OTHER PEOPLE.

MY MUM CAN COOK AND SKI VERY
WELL. MY MUM IS THE GREATEST WOMAN
IN THE WORLD.

I LOVE MY PARENTS A LOT.

K. Dudková 8.B

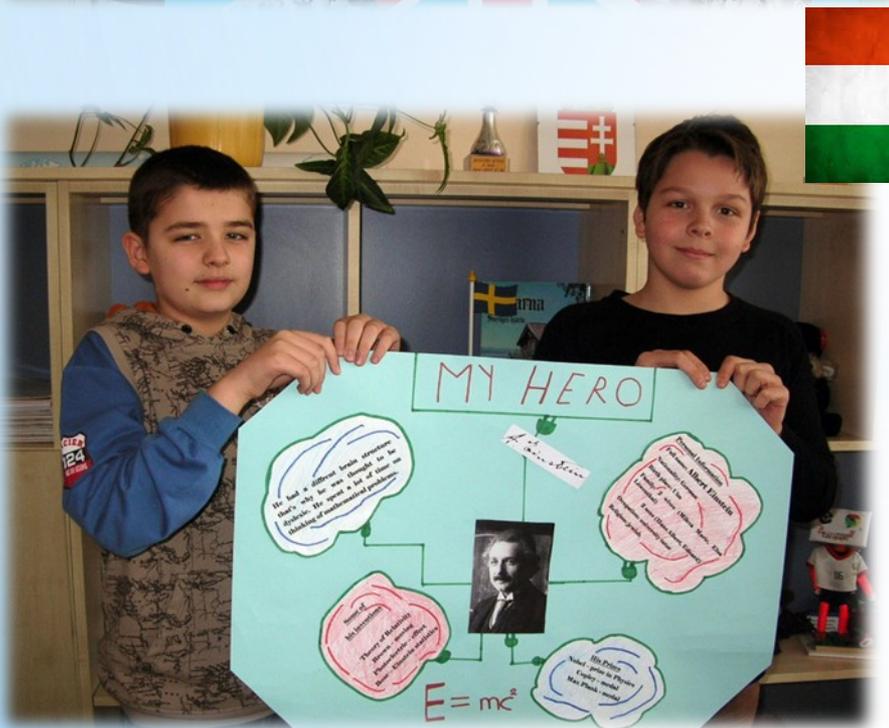
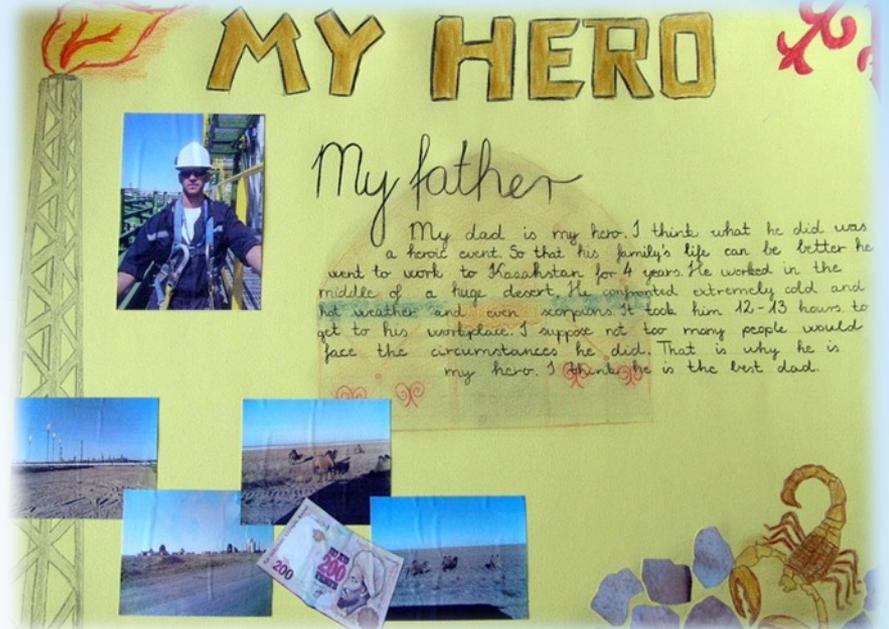


Hungary



BERTALAN FARKAS, THE HERO OF THE YOUTH



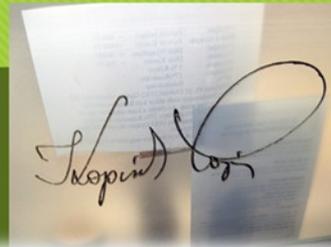




László Fodor: What would give us, nowadays' youngsters as good advice?



Mr. Kopcsik: One of the most important things is the perfect knowledge of the profession. Furthermore, training (not just professional) self-instruction must be done on a daily basis. In my opinion thoroughness is very important, and also to love what we do. We should bring the most out of our products, our work. I would place the love toward other people into the first position. Without it I would not have reached my achievements. When I began to work my motivation was to be able to make other people happy.



Heroes - Interview



Heroes - Interview



Benjámín Mata: What kind of competitions have you attended, and which of your awards are you the most proud of?



Mr. Kopcsik: I have attended plenty of competitions, I got lots of appreciations and awards, all of them are very important for me. If I had to choose one I would choose my golden medals from Confectionery Olympics in Germany where I won ten golden medals. In fact I won every category which I entered



My hero is my mother

Why have I chosen my mother? It is really hard to explain. My mother is the best mother in the world!

My mum, my elder sister and I are like best friends. We know everything from each other and we laugh a lot all the time. When it is necessary we are always there for each other, and I could write many more examples...

I love her so much! She trusts me and tries to support me every time, she cares about my happiness or sorrows. She says, 'If you want to reach something valuable in your life you have to work hard for it.'

When mum is at work, I always call her after school. I like hearing her voice. We discuss what has happened to me during the day. If something special takes place, she understands me. Whenever I need, she gives me advice or tells me her opinion.

My mother has been bringing me and my sister up on her own for ages. She works hard and gives us everything that she can. Sometimes she comes home wearily from work, but she always has time for me. By the time she gets home I do my homework and then, I repeat her the things I learned.

My mother is a very good housekeeper; she cooks and bakes a lot for us. I help her to do the washing up or whatever else I can. I am her little assistant.

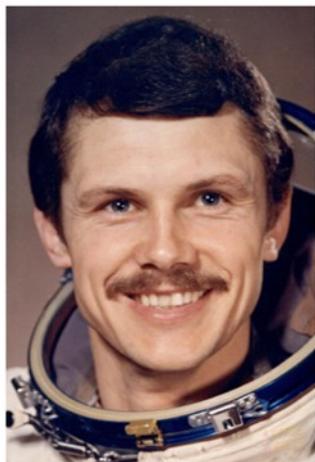
In the evening, when I go to bed she blankets me – just like when I was a little girl –, tells me how much she loves me and wishes good night for me. I go to sleep peacefully with good feelings in my soul.

Every day I tell my mum how much I love her and how important she is for me. I can also feel that I am important for her and she loves me and my sister. I wish it would last forever! I do not know what I am going to do if I lose her, but I know deep in my heart that my mum will always be with me.

I wish everybody such a kind mother that I have. She is my icon, my hero. I would like to be as a devoted mother as she is.



Viktória Kakuk
8th grade



BERTALAN FARKAS, THE HERO OF THE YOUTH

Who is a hero? A hero is the man, who dares to act in favour of the future, no matter how dangerous or doubtful it is. They are who prove that nothing is impossible. They are estimated by their actions and virtues. Don't be envious of them, because all the things they do, do for us, so we'll have a better future. They show an example for the youth.

Every nation has its own heroes. I want to highlight one of our heroes, Bertalan Farkas, our first astronaut. He was given a wonderful experience by having the chance to be in the outer space. He's an invaluable individual as a hero, as a man. A courageous, persistent and unusually honest, trusty man. He has all the virtues that a hero needs. This and his unique courage lead him to his goal. At that time travelling to space was much more dangerous, astronauts couldn't be sure if they can see their loved ones ever again. But Bertalan Farkas took this risk and luckily came back to us intact. We can be proud of him, that he got out to space from us. He was the one who represented Hungary and all of us then. This makes him big in the eyes of people and in mine, too.

I met him not long ago, when he was the guest of Wigner Secondary School. He had a presentation about his outer space experiences and he told us how he became an astronaut. All this was a lifelong experience for me, I'm proud, that he is our hero. I respect him, and I know that not only the posterity, but the young will take example of him. Bertalan Farkas, the hero of Hungary, thank you for getting to know your name!



Written by: Szilvi

My grandmother – my hero



A lot of people probably find it strange that I have not chosen a famous person as my hero. My grandmother is an ordinary person like many of us. I still think that all of the things she has done for me is a deed of valour. It's because, she saved me. She rescued me from abandonment, living without love.

I was only a few months old when my parents divorced and my mother sent me to an orphanage. When my grandparents heard it they did everything to take me out from there and bring me up as their own child. I was surrounded with a loving family and I looked at my grandparents as my parents. They were there when my first tooth came out, when I made my first steps, and said my first words. They told me good night tales, and they took

care of me when I was ill. I lived through the excitement of trips or happiness of birthdays and Christmases with them.

But soon the fairy tale came to an end. My grandfather became sick and died. If we had not been there for each other with my grandmother, we would not have been able to deal with his loss.

I am very proud of my grandmother, because she has had a hard life. Despite all the difficulties of her life, she has never broken down. She always shows me how to be strong, tenacious and responsible. She knows how to cheer me up, how to make me happy. She constantly stands by me, supports me with her smile and promising words. Though, sometimes it is very hard to get on well with me, I know.

Furthermore, I also look up to my grandmother, because she preserved her youth, and we both have the same interests. For instance, she likes rock music! She cooks and bakes well, but do not imagine her as a classical grandmother who bustles in the kitchen all day.

I know she works hard to be able to give me everything. One of the best things about her is when we get together in my room in the evenings and discuss the events of our day. She is like my best friend. I can tell her everything, my deepest thoughts, feelings and even my secrets.

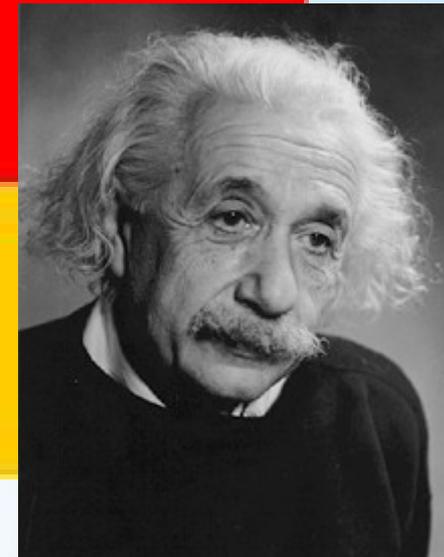
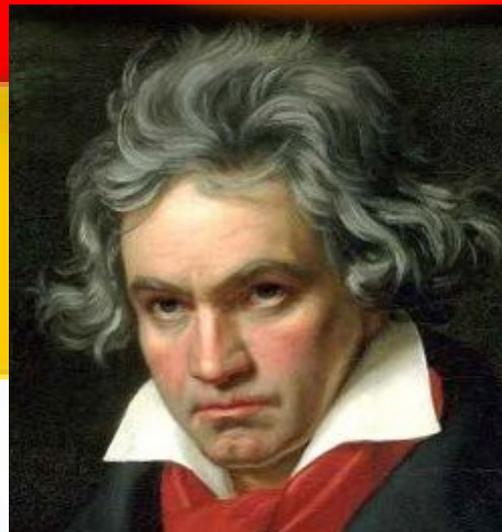
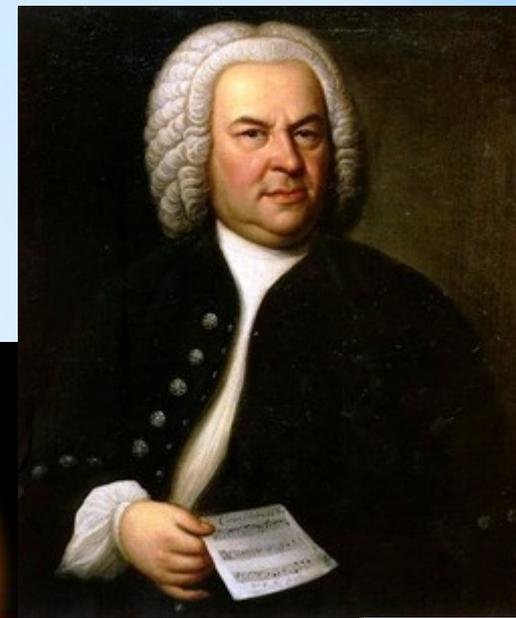
Anybody else could say that most of the mothers do the same things for their children. Unfortunately, I could not experience it, because my mother left me behind and there is no room for me in my father's new family either.

After all, you can understand why I am so thankful to my grandmother. She ensures me a safe and normal life.

I do not care about my past anymore. I live the everyday life of teenagers, which is sometimes boring, sometimes hysterical and other times it is quiet and peaceful. But for me the most important thing is that I have a safe shelter where always love and understanding surround me.

Written by Barbara Magyari
a 14-year-old girl

Germany





*My hero is Superman because he helps people and recues them!
(Yasin Cetinkaya)*

Von yasin cetinkaya



Mein Held ist Superman weil
er den Menschen hilft und sie retet.



 Heroes
Batman 

Batman ist mein Held weil er:

1. Gegen das Böse kämpft.



2. Viele coole Waffen und Fahrzeuge hat.

 Vs. THE  Joker

Batman Eric Wiedemann4d

Batman is my hero because he is fighting the evil and he has a lot of cool weapons and vehicles!

(Eric Wiedemann)



Cristiano Ronaldo is my hero because he can run 33,6 km/h and knows cool tricks! (Nathanael Fischer)

CRISTIANO RONALDO



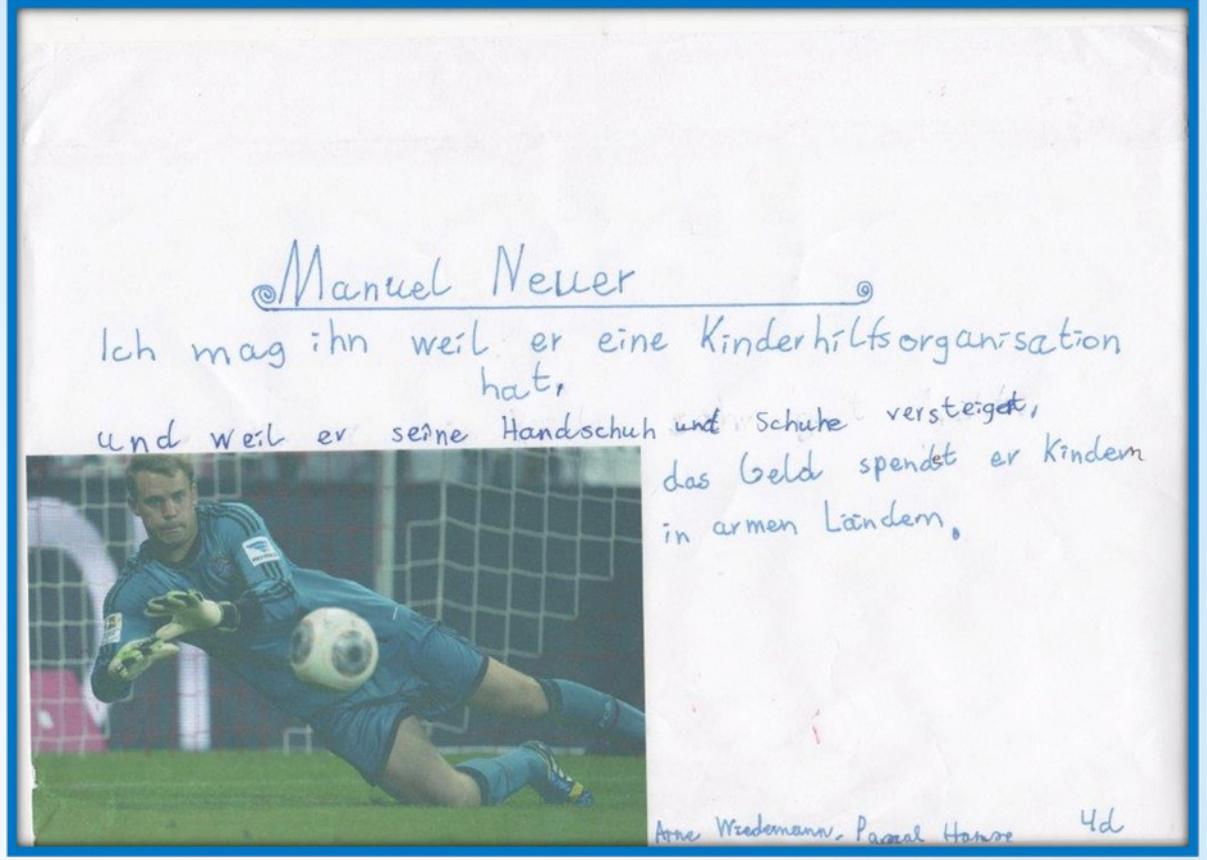
Christian Ronaldo ist mein Held weil er 33,6 km/h laufen kann und coole Tricks drauf hat.

Voller Name	Cristiano Ronaldo dos Santos Aveiro
Geburtstag	05. Februar 1985
Geburtsort	Funchal, Portugal
Größe	186 cm
Position	Flügelspieler, Stürmer
Legenden	Zweifacher Weltfußballer des Jahres, durchschnittlich eine Vorlage
Erfolg	2008, 2013 oder Tor pro Ligaspiel

Cristiano Ronaldo Steckbrief:

Cristiano Ronaldo machte im Alter von drei Jahren die erste Bekanntschaft mit seiner großen Leidenschaft dem Fußball. Mit acht Jahren begann Cristiano seine Fußballerlaufbahn bei dem portugiesischen Amateurclub CF Andorinha. Innerhalb von zwei Spielzeiten machte Ronaldo sich auf nationaler Ebene einen Namen. Nach einem Wechsel und weiteren zwei Jahren zum portugiesischen Verein Nacional Funchal wechselte Cristiano Ronaldo 1997 zu portugiesischen Erstligisten Sporting Lissabon, wo er 2001 einen Profivertrag erhielt. Auf dem Weg zu einem der angesehensten und populärsten Vereine der Welt, Real Madrid C.F., spielte Cristiano Ronaldo sechs Jahre lang bei dem englischen top Club Manchester United. Die zweiteilige Dokumentation über Cristiano Ronaldo fasst die wichtigsten Ereignisse und Fakten seines Lebens zusammen.

Nathanael Fischer 10



I like Manuel Neuer because he has a children's aid organisation. He auctions off his keeper's gloves and shoes and donates the proceeds to children in poor countries. (Arne Wiedemann)

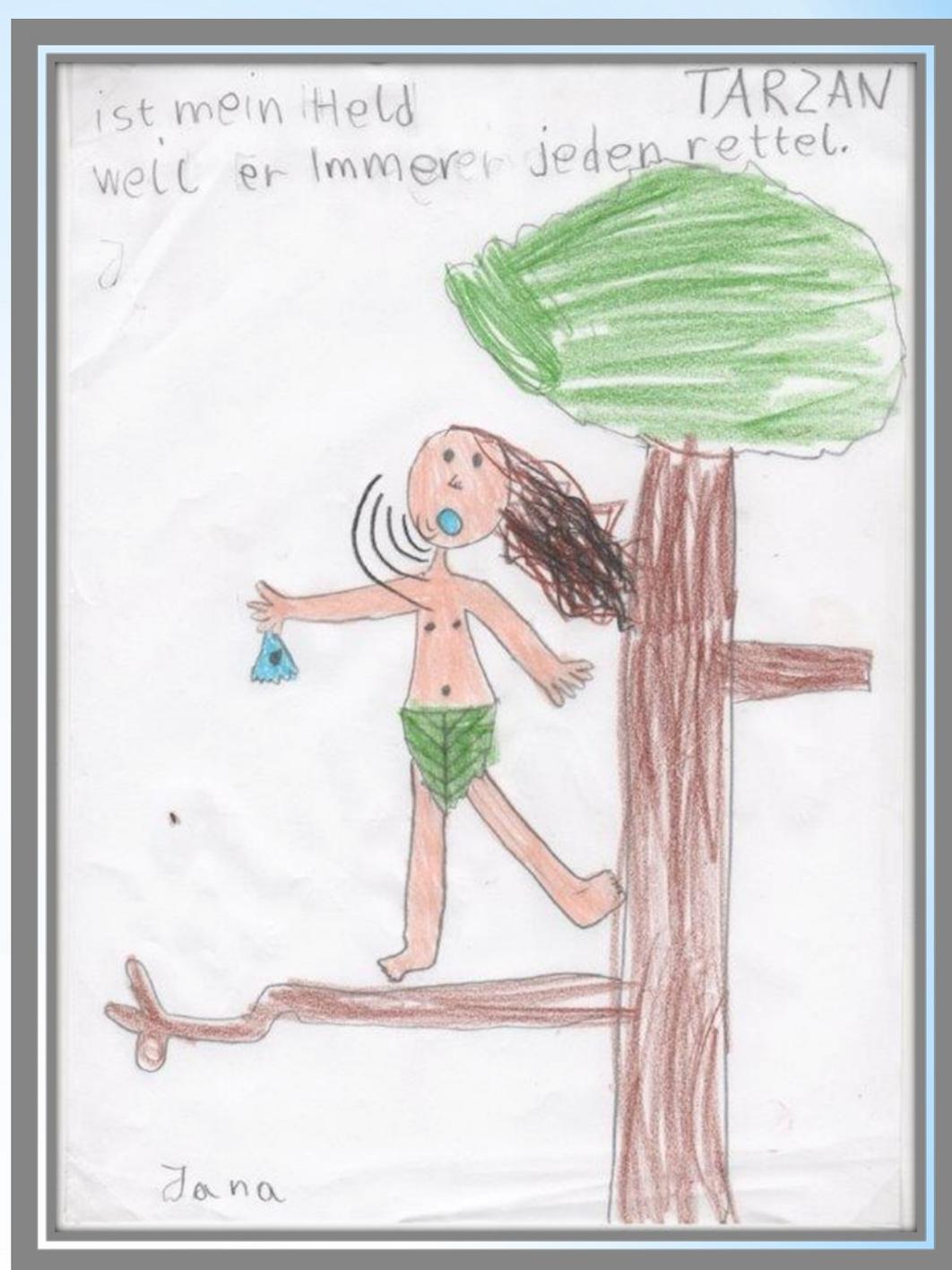


**My heroine is Jana from 2a
because she can draw so
beautifully! (Daniel)**





My hero is Tarzan because he always rescues everybody! (Jana)



Great Britain



QUEEN ELIZABETH II



THE QUEEN WAS BORN AT 2.40AM
ON 21ST APRIL 1925 AT 17, BRUTON
STREET IN MAYFAIR, LONDON.

SHE CAME TO THE THRONE ON THE 6TH FEBRUARY
1952 AND BECAME HEAD OF THE COMMONWEALTH.

HER REIGN OF 62 YEARS IS CURRENTLY THE SECOND
LONGEST FOR A BRITISH MONARCH, ONLY QUEEN
VICTORIA, HER GRANDMOTHER, HAS REIGNED FOR
LONGER.

SHE MARRIED THE DUKE OF EDINBURGH IN 1947 AND
THEY HAVE FOUR CHILDREN, CHARLES, ANNE,
ANDREW AND EDWARD.

SHE IS A STRONG AMBASSADOR FOR GREAT BRITAIN
AND WORKS ON VARIOUS CHARITABLE CAUSES AND
RAISES THE PROFILE OF MANY WORTHY CAUSES. SHE
HAS GIVEN HER LIFE TO SERVING THIS COUNTRY AND
FOR THAT REASON IS A HEROINE. SUPPORT FOR THE
MONARCHY REMAINS HIGH.

BY ARCHIE DINNIS





Usain Bolt



Who:

Usain Bolt is a famous Jamaican athlete. He runs in mainly 100 and 200 meter sprint. Usain Bolt has won 6 gold medals and is thinking of retiring.

Childhood:

Usain Bolt, as you know, grew up in Kingston, Jamaica. One day, Usain Bolt was at his cricket club and his teacher noticed how fast he could run. He told him he should pursue a career in sport. The rest is history!!

Usain Bolt is my personal hero because he is an inspiration to me and is the fastest man on the planet!!
By Isayas Petchey Ellis

Nelson Mandela



Why is Nelson Mandela famous?

Nelson Mandela was the first black president of South Africa. He spent 27 years in prison for trying to overthrow the pro-apartheid government. After he left prison, he worked to achieve human rights and a better future for everyone in South Africa.

When did he live?

Nelson Mandela was born in 1918. He was in prison from 1962 to 1990. He became president of South Africa in 1994, and retired in 1999. Nelson Mandela died on 5th December 2013 following a long illness.

Why is he famous?

Nelson Mandela became famous for his long fight against bad government and racial prejudice. He became a hero to people all over the world. As South Africa's president, he was respected for his courage and wisdom in bringing people together to live in peace.

By Simon Pascoe



Sir David Attenborough



His career as the face and voice of natural history programmes has endured for 60 years. He is best known for writing and presenting the nine *Life* series, in conjunction with the BBC Natural History Unit, which collectively form a comprehensive survey of all life on the planet.

Attenborough is widely considered a national treasure in Britain, although he himself does not like the term. In 2002 he was named among the 100 Greatest Britons following a UK-wide vote. He is younger brother of the director, producer and actor Richard Attenborough.

David Attenborough is my hero because he gets to travel the globe, watch animals and inform people about them and raise awareness of endangered species and threatened habitats.

Slovenia







Leon Štukelj



Born: 12 November 1898 Novo Mesto, Slovenia (Austria-Hungary)

Died: 8 November 1999 (aged 100) Maribor, Slovenia

Leon Štukelj was a good, inspirational and grateful man, they say.

In 1927 he completed his studies of law.

Since his young age, he was a member of the Slovenian Sokol athletic club.

He attended the first Olympic Games in Paris in 1924. Before leaving for Paris he injured his hand, and he decided to perform the evening before the competition. As it turned out, it was a good idea because he won his first gold medal, even though the judge said he should repeat his exercise. He won the second medal in all-around gymnastic competition and thereby became the best olympic gymnast.

He has once again participated at the Olympic Games two years later in Amsterdam and once again won the gold medal on the horizontal bar. He also won two bronze medals; the first one in all-around gymnastic, and the other one as a member of the Yugoslav national team. He won the next medal in circles in Berlin in 1936 and said goodbye to big competitions.

Štukelj appeared in seven major competitions:

- Olympic Games,
- World Championships in Ljubljana , Lyon , Luxembourg and Paris

He has won a total of 20 medals, including 8 gold. He won many other awards :

- 1968 by Novo Mesto proclaimed him the honorary citizen,
- 1989 the city of Maribor awarded him with a gold coat of arms,
- 1996 he was invited to the opening of the Olympic Games in Atlanta as the oldest living Olympic with a gold medal in his pocket.

He died of a sudden heart attack just before his 101 birthday. Štukelj is undoubtedly an important person in the history of Slovenian sport and is certainly the best Slovenian gymnast and an Olympic legend. Štukelj still exercised regularly until his death.

Štukelj was accepted into the International Gymnastics Hall of Fame in 1997.

It's fun to note that apart from being a Slovene gymnast, a multiple Olympic medalist, and a world-class athlete, he was also a lawyer and then became a judge after finishing his career in gymnastics. The man had both brains and the possibility of a sports career. That explains why he lived to be a century old and died just 4 days short of his 101st birthday.



JANEZ VAJKARD VALVASOR



Janez Vajkard Valvasor was born in 1641 in Ljubljana. He was born in an aristocratic family. He spent most of his life travelling. He was a soldier, but in his free time he did a lot of collecting, drawing, writing and scientific research. But most importantly, he loved his country and he wanted people to know about it and he did some very important works that got famous all over Europe.

Like for example The research of Lake Cerknica which signifies one of the peaks of Valvasor's scientific research. People used a lot of imagination at explaining of the drying up of the lake. That is why he did it, he was convinced that there was a system of five lakes beneath the lake's surface, which made its emptying and filling possible. On the 14 th of December 1687 J. V. Valvasor was elected Fellow of the Royal Society of London. He was the first and the only one who did it.

And of course his most famous work and most important for Slovenia is The Glory of the Duchy of Carnolia (Die Erhe dess Herzogthums Crain – German, Slava vojvodine Kranjske – Slovenian). This truly shows how much he cared about, how much people knew of his home land. He did a very thorough research. Before publishing his work, he sent out letters to all of the towns and cities and villages, but only seven of them replied. He published it all anyway. It was in German.

He also helped other writers with his huge library so they had better work environment. Unfortunately he died in 1693.

Ivana Kobilica

Ivana Kobilica was the most important Slovenian painter, who lived in the time of Realism. She is not famous only because of her paintings, but also because she was the first woman who became an artist and succeeded. She also got a lot of respect, which was something new for women artists in the time, when she lived. She made a big difference in Slovenian art. She also painted paintings "Likarice" and "Poletje", which were painted very good and she got an award for them. In my opinion, she is important for Slovenia, because she left a big mark on art and society by being the first woman who decided to become an artist and got famous.





HERMAN POTOČNIK NOORDUNG



Herman Potočnik Noordung was born in 1892 to a Slovenian father and a Czech mother. His father died shortly after he was born, so his mother moved with whole family to Maribor to her father. He spent his childhood there.

He had to go to a military schools in the Czech Republic and in Vienna. He finished schooling in 1913, when the first world war was approaching. He was recruited as a railway and bridge constructor, which also meant that

he had to destroy bridges and railways. He was in a lot of places, also at the battle of Isonzo. During the war he got tuberculosis as many other soldiers did. After the war he moved to Vienna with his brother. That's where he went to university and became an engineer specialized in rocketry. He started thinking about penetrating into space.

The world knows Slovenia because of his conclusions on travelling to and living in space. NASA used his book "The problem of space travel" for the project Apollo and their other projects. He also designed a space station which was supposed to have false gravity and an observatory for observing the universe. He had many other ideas for travelling through space, but sadly he died in 1929, before he could write all of his ideas, so there is only one book and several sketches with his name. He is a world-known space physicist because his ideas were much too developed for his time and his conclusions are still valid.

ANTON TOMAŽ LINHART



He was born on the 11th of December 1756 in Radovljica and died on the 15th of July 1795 in Ljubljana. Anton lived in the time of enlightenment. (18th century). He tried to found more schools for poor children.

He founded 9 schools in Ljubljana in only 3 years.

Tomaž established a forerunner of today's NUK library in Ljubljana. He wrote (translated) the first Slovenian theatre work, which was first staged on the 28th of December 1789. This day is known as the birthday of Slovenian theatre.

Dr. SLAVOJ ŽIŽEK



Slavoj Žižek was born on 21 March 1949 in Ljubljana. He is a philosopher, writer and critic from Slovenia who became an international star. The Center for Collective Intelligence from Zürich put Slavoj Žižek on the scale of 100 most important philosophers in the world in 2013.

In 1989 he wrote his first book in English, named *The Sublime Object of Ideology*. He has published many English books since then. All of his books are academic's bestsellers, for example *Looking Awry*. Some of them are published more than ten times and are also translated into more than twenty languages.

He also presented some films, for example one of them shows what psychoanalysis can tell us about cinema and the other that we are responsible for our dreams.

In the past he lectured at the American faculty of Princeton and many others places. Today he works at University of Ljubljana, but he still travels all around the world and speaks about his ideas. He has a big audience. As a guest he cooperated on more than 350 international seminars.



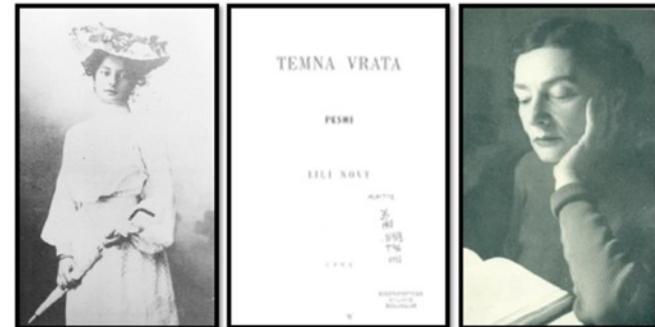
LILI NOVY

Slovenian poet and translator

Elizabeta (Lili for short) Haumender was born on the 24th of December 1885 in Graz, Austria. She was a daughter of a Slovenian mother and a German father. She got married to Officer Edvard Novy in 1911 and had two daughters. After she left her husband (he had syphilis), she got a job at DZS (National Publisher of Slovenia) as a language editor. That's how her career in literature began.

Lili began to write poems at the age of 6, in German. Her first collection came out in 1929 and it was in German. Her most visible collection, **Temna Vrata (Dark Door)** came out in 1944. Lili died on the 7th of March 1958. A year after her death, her friend Josip Vidmar published a collection named **Oboki (Vaults.)**

Lili was important for Slovenia because of her translations. At first, she was only translating prose, but then she started translating poetry and also our most famous poet – **France Prešeren**. As Lili translated his *Sonetni Venec* into German, she also translated poems from our best poets. Not only she brought Prešeren to German readers, she also brought **Goethe** to Slovene ones. And that was only one of many things Lili is known for in Slovenia and around the world.



Cyprus



EVAGORAS PALLIKARIDES

A YOUNG NATIONAL HERO

Pallikarides was born on February 27, 1938 in Tsada, Paphos. He was one of the five children of Miltiades and Aphrodite Pallikarides. He studied at the Greek High School of Paphos.

An intense, brilliant student who filled dozens of exercise books with poems, prose and letters. Pallikarides became involved in struggles for Cyprus joining the national independency liberation movement EOKA at the age of 15.

Since childhood he displayed the characteristics that accompanied him throughout his entire short life. He had the qualities of a leader, dynamism, creativity, patriotism, and a talent for literature. He loved poetry very much and he often wrote verses. As mentioned, he was a prolific schoolboy poet. Of the 500 poems he wrote many have been set to music.

Unfortunately, Pallikarides was arrested on December 18, 1956 because he was caught with his guns loaded on a donkey. The colonist had privately reported that he had murdered a man, although there was no evidence for this claim of murder.

At his trial, Pallikarides admitted possession of the Bren gun and declared: "I know you will hang me. Whatever I did, I did as a Cypriot Greek fighting for liberty. Nothing more."

A day before his trial, he left the following message and poem for his fellow students to read the following morning: "Old classmates. At this time, someone is missing from among you, someone who has left in search of freedom's air, someone who you might not see alive again. Don't cry at his graveside. It won't do for you to cry. A few spring flowers scatter on his grave. This is enough for him..."

I'll take an uphill road
I'll take the paths
To find the stairs
That lead to freedom

I'll leave brothers, sisters
My mother, my father
In the valleys beyond



PAVLOS KONTIDES

FIRST CYPRIOT OLYMPIC WINNER

Pavlos Kontides is the most famous Cypriot athlete. He became the first Cypriot athlete ever to win an Olympic medal for our country, by winning the silver medal at the 2012 Summer Olympics in the Men's Laser class.

Pavlos Kontides was born in Limassol on the February 11, 1990. From the age of nine he started sailing. At fourteen years he started training more seriously turning the sport from a hobby into lifestyle.

In 2007 big success started for him: firstly by getting the qualification for the Olympic Games in Beijing and a week later, by winning the gold medal at the ISAF Youth World's Championship.

In 2008, at the age of 18, he won the ISAF Youth World's Championship again, making history in sailing as the only athlete who ever managed to win the gold medal twice in Laser class. A month later, he took part in the Beijing Olympics as the youngest athlete in Laser class and got the honorary 13th place.

At the end of 2010 Pavlos paused his undergraduate studies in Ship Science at the University of Southampton to devote himself entirely for the 2012 Olympic Games. That same year he presented a tremendous stability in his results, winning the 5th place in the World Men's Championship and the 1st place in the category under-21-years.

Pavlos is not only a top athlete, but he has also been an excellent student both at school and at University. In Cyprus, when he has time away from his sailing and his studies, he trains young athletes in sailing, he lectures primary-school students about the importance of sports in our lives and he gladly approved to involve himself in many charity events.

The Republic of Cyprus honored Kontides through the issue of a Commemorative Stamp .

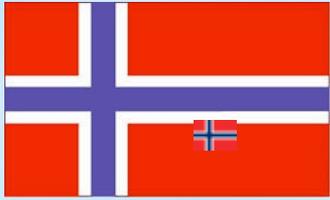
I believe Pavlos Kontides is a hero because he made Cyprus popular throughout the world and every Cypriot feels proud of him. He is an example for youth because he showed us that studies and sports can be combined. His athletic career demonstrates the ideals of the Olympic Spirit.





Norway





Eivind Henriksen



Eivind Henriksen at the 2012 Bislett Games.

Personal information

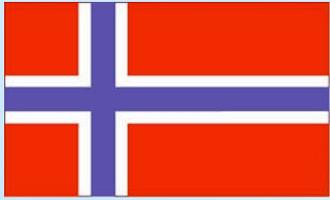
Born September 14, 1990 (age 24)

Sport

Country [Norway](#)

Sport [Athletics](#)

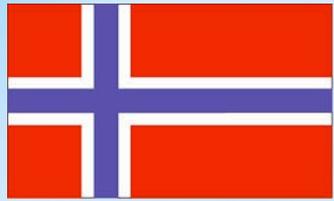
Event(s) [Hammer throw](#)



Jaysuma Saidu Ndure

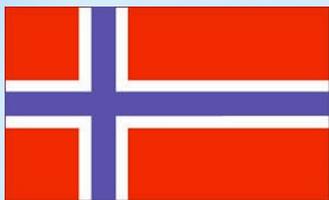
Jaysuma Saidu Ndure (born 1 July 1984) is a **Gambian**-Norwegian **sprinter**. Having changed nationality from Gambia to Norway in 2006, he holds Norwegian records in the **100** and holds both the Gambian and Norwegian records in the 200 metres and is the seventh and fourth fastest person to race for Europe of all times on the two distances. He has a **bronze medal** from the **African Championships** and several top-three placings in **IAAF Golden League** meets and the IAAF World Athletics Final.





Ari Mikael Behn (né **Bjørshol**, born 30 September 1972) is a Norwegian author and husband of [Princess Märtha Louise](#). He has written three novels, two collections of short stories and a book about his wedding. His 1999 short stories collection *Trist som faen* ("Sad as hell") sold in about 100 000 copies and received several favourable reviews. His books have been translated into Swedish, Danish, German, Hungarian, and Icelandic as well as French. In the spring of 2011, Ari Behn made his debut as a playwright with *Treningstimen*, directed by Kim Sørensen and staged at Rogaland Teater.





Carl Espen

Carl Espen (2014)

Background information

Birth name	Carl Espen Thorbjørnsen
Born	15 July 1982 (age 32) Bergen , Norway
Years active	2014-present

Carl Espen Thorbjørnsen (born 15 July 1982), better known as simply **Carl Espen**, is a Norwegian singer and songwriter, who represented Norway in the Eurovision Song Contest 2014 . He performed his song "Silent Storm".