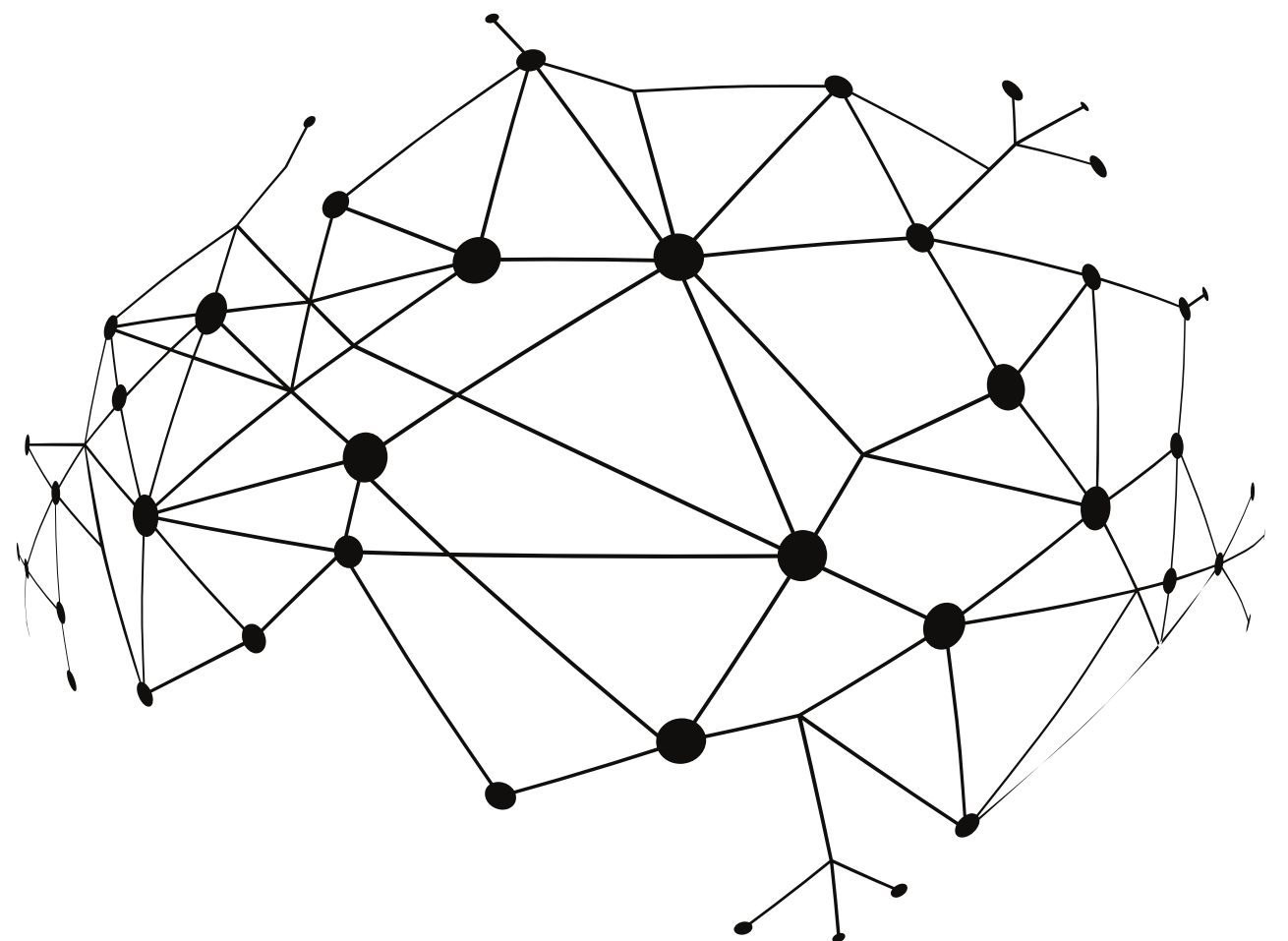




AI AND WHAT DO I KNOW ABOUT IT?

Artificial intelligence, or AI, is a technology that enables computers to learn and make decisions like humans. Thanks to it, we can enjoy progress in areas such as autonomous vehicles, aircraft control and even medicine. However, artificial intelligence also brings certain risks, such as job losses due to automation as well as data misuse.

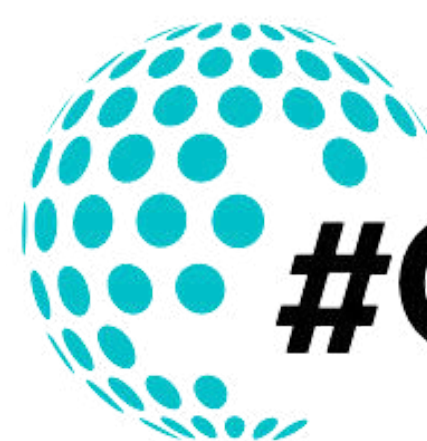


Therefore, it is important that measures are taken to limit these risks and that artificial intelligence is used to benefit whole society. I like the possibilities that can be done through it, and to be honest, I'm writing this whole thing through Artificial Intelligence because it can make the job a lot easier.

Mikulas, I.B



NEW ERA LEARNING



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ACUPUNCTURE

Acupuncture is a form of alternative medicine and a component of traditional Chinese medicine.

In acupuncture, they use thin needles that are inserted into the skin of your body (legs, arms).it is mostly being used for relieving pain, for example when your neck hurts. It is also being used for a huge variety of conditions.

Acupuncture is generally only used in combination with other forms of treatment. For example, the American Society of Anaesthesiologists states it may be considered in the treatment for nonspecific, noninflammatory low back pain only in conjunction with conventional therapy.



There are lots of needles, some are 5cm long, some are only 3cm long and some are wider and some are thinner. A typical session of acupuncture entails lying still while approximately five to twenty needles are inserted; for the majority of cases, the needles will be left in place for ten to twenty minutes. It can be associated with the application of heat, pressure, or laser light.

Classically, acupuncture is individualized and based on philosophy and intuition, and not on scientific research.

Ondrej Kucera



DECLARATION

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MEDITATION & CHRISTMAS MARKETS

Meditation most often refers to various practices of deepening concentration. Although meditation is usually considered a part of Eastern religions with its origins in Vedic Hinduism, it is a part of many religious systems and schools of philosophy.

Meditation usually means one of the following:

- *a state where the mind is free of all thoughts;*
- *mental opening to the divine;*
- *focusing the mind on a single object (such as breathing or speaking a mantra);*
- *intuitive insight into religious doctrine (e.g. vipassana in Buddhism).*

Vienna's Christmas Market scene is a tough one to beat - that's why it was our dream to visit it 13.12.2023.



With over a dozen stunning markets ranging from cute and cozy to grand and elegant, the magical city that is Vienna becomes even more impressive in the festive season, with market stalls popping up all over in the city's squares and courtyards.

Little wonder why it's one of the most popular Christmas market destinations in Austria!



Jonathan Bijok

DECLARATION

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