



№7, March, 2018

Studying is getting tough and cruel with each month. It's very hard to manage time and find extra hours you need to be successful (see the February edition for time management advice). Everything around has an evil conspiracy: a lot of new and awesome music you should listen to, series premieres (hooray! A new Jessica Jones season is available) and too many jobs to do. I do not know when I can take a break!

So, we have decided to join this secret you-will-not-pass-everything-on-time club and distract you from things. Open a new issue, because everyone loves healthy procrastination.

- Your Sharp!

FEMINIST FAULT

Have you ever met people who honestly believe that it's very bad to be a feminist and all of them have ruined the better world you could live in? They always complain and say that feminists have broken norms of the society and here we are to pocket not all, but some of many achievements we should be grateful for.

- **Inheriting, bequeathing and hold property on the same terms as men**
When only men have rights of inheritance or family succession, women have little opportunity to improve their own status or living conditions within the family and community. Even nowadays within patrilineal communities, there is a strong resistance by men towards endowing women, especially daughters, with rights to land access.
- **Applying for a credit card or loan in their own name**
Women also faced financial discrimination and were seen as a high-risk investment by banks as little as just 50 years ago. It wasn't until 1975 that women could open a bank account in their own name. (You can read *The Handmaid's Tale* by Margaret Atwood or watch a series based on the book: the first thing that was taken under control was financial independence)
- **Get a job you want to**
Back in the 1900s a woman's employment options were limited – career orientated women could expect to be employed as a domestic servant, a nurse or a dressmaker. Today we have more opportunities, but not all of them.
- **Obtain a court order against a violent husband and report marital rape**
A rapist remains a rapist and is subject to the criminal law, irrespective of his relationship with his victim. But, unfortunately, such laws as decriminalization of domestic violence in Russia exists. Our work is not finished.
- **Get a legal and safe abortion**
British women gained access to the contraceptive pill in 1961. For the first time ever women could finally be in control of their bodies, able to have children as and when they liked. The 60s was also a defining decade for women's rights as abortion became legal in the UK.
- **Claiming equal pay for doing the same work as men**
Well, it's still an issue. You can claim for it, but will you have it? In 2017, women effectively worked "for free" for 51 days of the year because of the gender pay gap. So, as you see the fight for own right has not ended.

It has just begun

LINGUISTIC CROESUS



Illegally easy to learn for English speakers

Norwegian word order is different from other Germanic languages, and much closer to English.

Tip for German-learners: In case you're struggling with German, it's not too late to start with Norwegian now!



Snow, snow is everywhere!

Norwegian has an endless list for words expressing snow, lack of snow, slippery snow, too much snow, hard snow, soft snow, fresh snow, wet snow and so on.



Learn Skandinavian languages!

Learning Norwegian allows you to easily understand and learn Danish and Swedish in addition. It's been said that Norwegian is the best starting point for people wanting to learn all the Scandinavian languages!



You can understand music

Metal music, I mean. When you know the language the lyrics are in, it might be easier to at least read them. Haven't you ever wondered what the metal bands are singing? Khem, sorry... I mean SCREAMING.



Priceless Swedish anecdotes

Yeah, music connects people without words, but if you know the language humor is a key. It's hard to understand somebody's puns with not a word in your mind, so it's time to move the borders!

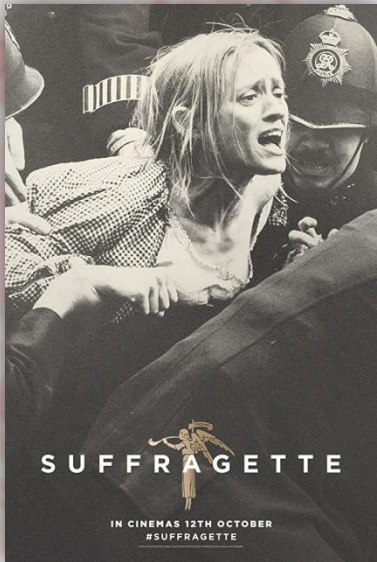


Gender equality

Gender equality is one of the cornerstones of Swedish society. The aim of Sweden's gender equality policies is to ensure that everyone enjoys the same opportunities, rights and obligations in all areas of life.

CINEMA HOLIC

We chose three movies for you, from the must-see category. Just take a look.



SUFFRAGETTE

[IMDb]: In 1912 London, a young working mother is galvanized into radical political activism supporting the right for women to vote, and is willing to meet violence with violence to achieve this end.

Director: Sarah Gavron

Writer: Abi Morgan

Stars: Carey Mulligan, Anne-Marie Duff, Helena Bonham Carter

[SHARP!]: It's very hard to watch this film without becoming sad and angry, because of concentration of non humane behaviour to women. When nobody heard theirs voices, they tried to claim and fight for their right, sacrificially and with hopes for a better future for their daughters.



THREE BILLBOARDS OUTSIDE EBBING, MISSOURI

[IMDb]: A mother personally challenges the local authorities to solve her daughter's murder when they fail to catch the culprit.

Director: Martin McDonagh

Writer: Martin McDonagh

Stars: Frances McDormand, Woody Harrelson, Sam Rockwell

[SHARP!]: It's a film about anger, revenge, grief and violence. A woman and her lost efforts to fight the inertness and apathy of the society. She needs to fight, to find the truth, to punish the criminal and she won't stop. Because she is a mother, who lost her child, she is a parent who buried her daughter and she is a woman.



HIDDEN FIGURES

[IMDb]: The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program.

Director: Theodore Melfi

Writers: Allison Schroeder , Theodore Melfi

Stars: Taraji P. Henson, Octavia Spencer, Janelle Monáe

[SHARP!]: "Girls cannot do maths" How many times I've heard it in my short life even when it was not a phrase addressed to me. These awesome women faced not only sexism, but also racism, but they were not afraid to became the first. Even if we don't study at the mathematics faculty, we can be inspired by courage and strong intentions.

FORTY CATS



A favorite phrase of worried parents and offended men, when they are trying to motivate you or hurt you is a mysterious prediction, that at the end of your days you will draw your last breath surrounded by forty cats, you, a strong and independent woman. People chose to use this words sarcastically and make it sound like an insult, but let`s clear something up. If you were able to take care of FORTY cats – congratulations, you would be a billionaire! And then you are an independent and strong woman no doubt.

Well, having a pet is very expensive, but have you heard of Animal-Assisted Therapy?

Animal-assisted therapy is a therapeutic intervention that involves animals, such as horses, dogs, cats, pigs, and birds, into a treatment plan. It is used to enhance and complement the benefits of traditional therapy.

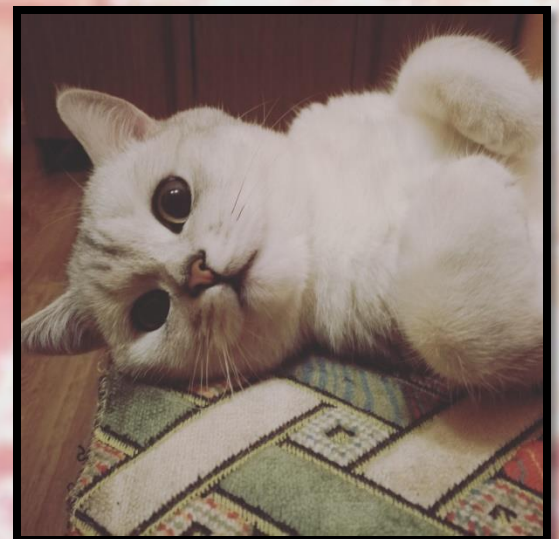
Animals can provide a sense of **calm, comfort, or safety** and **divert attention away from a stressful situation**. Advocates of animal-assisted therapy say that developing a bond with an animal can help people develop a better sense of self-worth and trust, stabilize their emotions, and improve their communication, self-regulation, and socialization skills.

Animals can help children with learning disabilities as well as with anger management, mental health, and behavioral difficulties. There are even programs in place that use dogs to help children learn how to read. Animals are also commonly used in physical therapy to help with fine motor skills. Actions such as brushing, fastening a collar, and walking are where pet therapy can help.

Petting an animal can cause your brain to release chemicals called endorphins. These chemicals counteract your body's reaction to pain by causing a sense of pleasure or well-being. This can help ease depression.

Animal-assisted therapy can give a person a feeling of companionship and acceptance, combating feelings of depression and isolation. Giving someone something to care for gives them a purpose in life and is rewarding and fulfilling.

So, forty cats, they say? Sounds like heaven to me;)



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