

I'M IN, I'M INTER

# INTER

CONNECTED

## Project Journey

UPDATE ABOUT OUR BEAUTIFUL CAMPUS!

Aeropuerto La Aurora:  
Opening Soon.

LEARN MORE ABOUT  
THE CALIFORNIA  
WILDFIRES

**Cristina Matheu**

STUDENT ENTREPRENEURSHIP

SEPTEMBER 15, 2020





# PROJECT JOURNEY: EXPANDING THE CAMPUS

**BY: NICOLLE DARDÓN**

Exciting news about Project Journey has been spreading throughout the past couple of years at Inter. To get the latest information, we interviewed Claudia Rodriguez de Alvarado, the project manager of Fundación Educativa, involved in the development of the project. From this interview, the following is what we learned.

The planning of this project started just a few years ago, in 2013. The Project Manager in charge is Pucom, a private company founded in 2010 which specializes in advising the management of resources in projects. The construction company hired is Grupo ITSA, formed in 2008 by the alliance of companies ISTA-CVG and DYCCSA. The architect firm directing the design of the building is IB (Ibargüen Betancourt) Arquitectos, founded in 2003 and whose recent projects include Torre 14 and Viú Cayalá. Digital and 3D models of the new installations and areas of the school have been made since. And with this great news, came questions about it, especially since the COVID-19 pandemic arose and put a halt to everything.

Who will get to enjoy the newest addition to the school's campus? Which graduating promotion will get to launch and use the building for the first time? Will the construction continue during all this time or will it be canceled? What measures of safety will be taken so that the employees are safe? These are just some of the many questions the Inter Community has.



In the beginning of the 2019-2020 academic year, the construction, at least of the new Inter Hub, was planned to be completed successfully, so that the 2020 Graduates could host the ceremony there. But amid the ever-growing COVID-19 pandemic, construction was delayed due to government policies. Construction was stopped from March 16 until mid May. Sadly, the Graduates of the 2020 class didn't have the chance to have their graduation ceremony at Inter at all, because of the government's safety regulations to avoid further contagion of the virus and the school administration's efforts to keep our community safe.

Once construction was resumed, the safety measures were: mandatory usage of masks, working hours were restricted, construction of sinks for workers, access to hand sanitizer, and the hiring of a nurse to maintain control of personnel registration and temperature.

For now, the hope remains that the 2021 Inter Graduates will be able to host their graduation ceremony at the new Inter Hub.

As of Wednesday, September 5th 2020, the status of construction is 95% completed! We are almost there! The estimated time for completion and delivery of the building is by the end of this month.

**This new building will bring many additions to the Inter Community, specifically to the High School community. These additions include:**

- New standardized science labs!
  - 1 chemistry lab
  - 2 biology labs
  - 1 physics lab
- Media Room
- Teachers' lounge
- A standardized tartan running track
- Choir room
- Band room
- 5 new orchards
- Elevator for High School
- Elevator in The Inter Hub
- 4-level parking lot with access to elevator
- Locker rooms for athletes in The Hub

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Our eagerness to see the new addition to our school grows with each passing day. Let's keep our fingers crossed and hope that there will be no more delays!

*Source: Claudia de Alvarado*





# AEROPUERTO LA AURORA: OPENING ITS DOORS

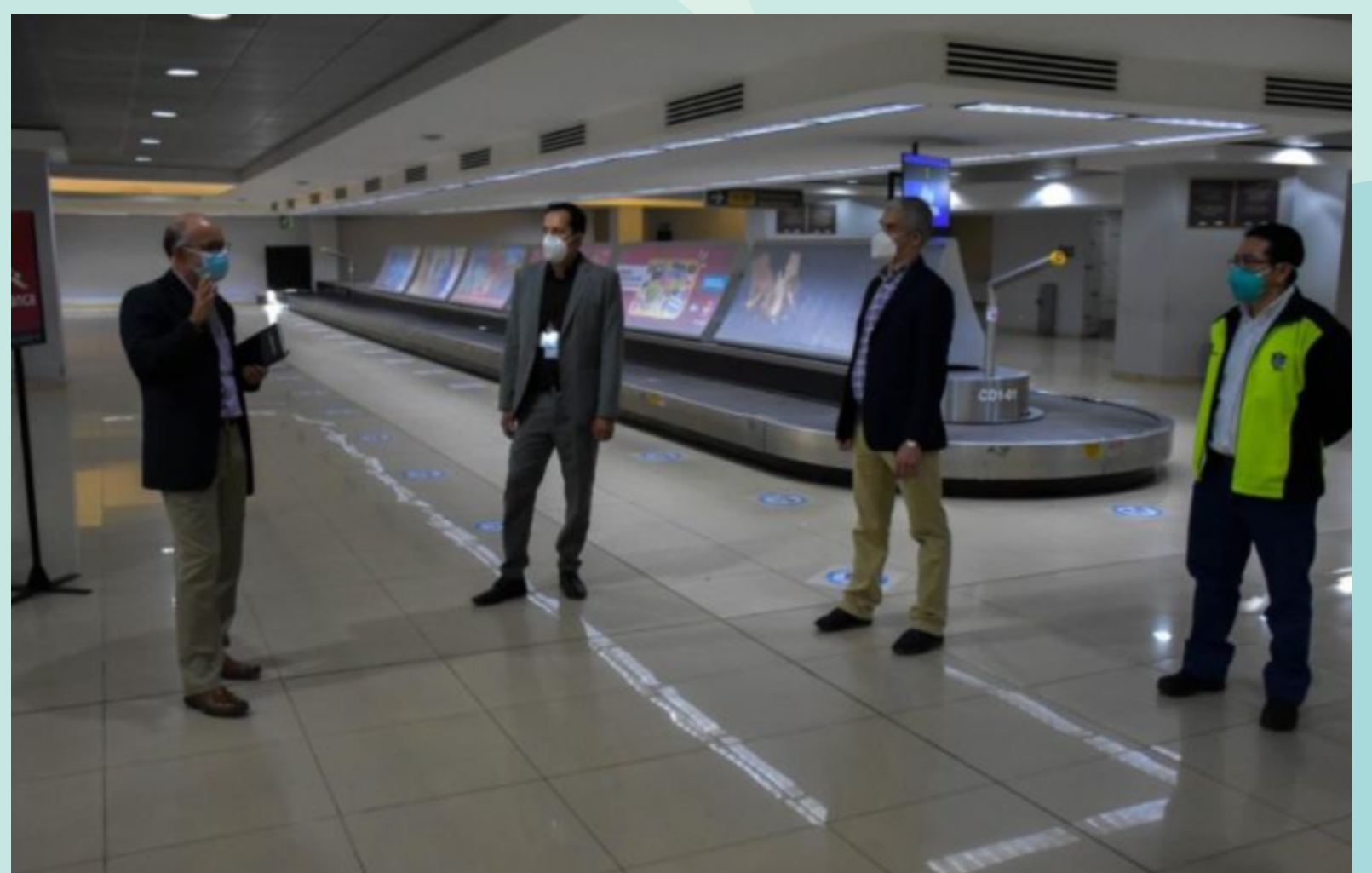
*Article by: Sara Roselló*

Friday, September 18, after almost six months, Aeropuerto La Aurora, the Guatemalan international airport, will reopen its gates for commercial and domestic flights. The airport was shut down earlier in April to help prevent the spread of Covid-19. However, after undergoing several biosecurity protocols and social distancing measures, it's ready to welcome from five to six daily flights. This might seem like a very small amount of flights compared to the forty four flights that were coming and going from the airport before it closed down, but the purpose of keeping them to the minimum amount is to ensure passenger, crew, and overall citizen safety.

Airport personnel have undergone thorough training to make sure that they're ready for the reopening, and biosecurity equipment as well as hand sanitizer stations have been distributed throughout the airport for greater safety measures. Last week, the DGAC [Dirección General de Aeronáutica Civil] went to inspect the airport, to make sure health and biosecurity protocols were being followed. The following day, health authorities announced the new airport sanitation protocols to be implemented. These protocols include: gel dispensers, signaling to comply with social distancing norms, thermal cameras to keep track of people's body temperature, and a Covid-19 exam which requires passengers to test negative within seventy two hours of departure. In case they don't provide a negative Covid-19 test, passengers will have to be placed under quarantine for fourteen days before being able to board a flight. A health center has also been placed in the airport to ensure rapid treatment or diagnosis for anyone who needs it.

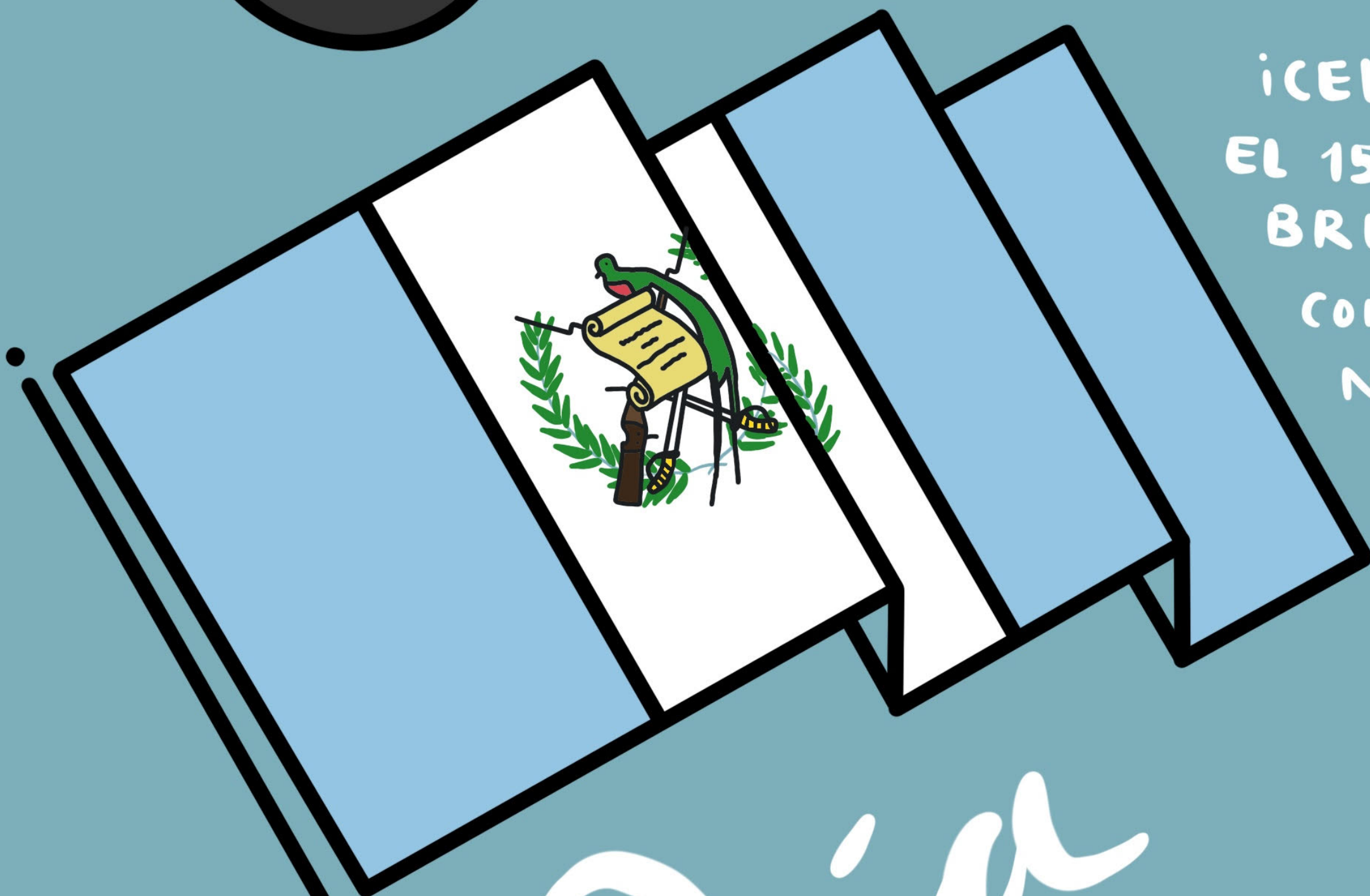
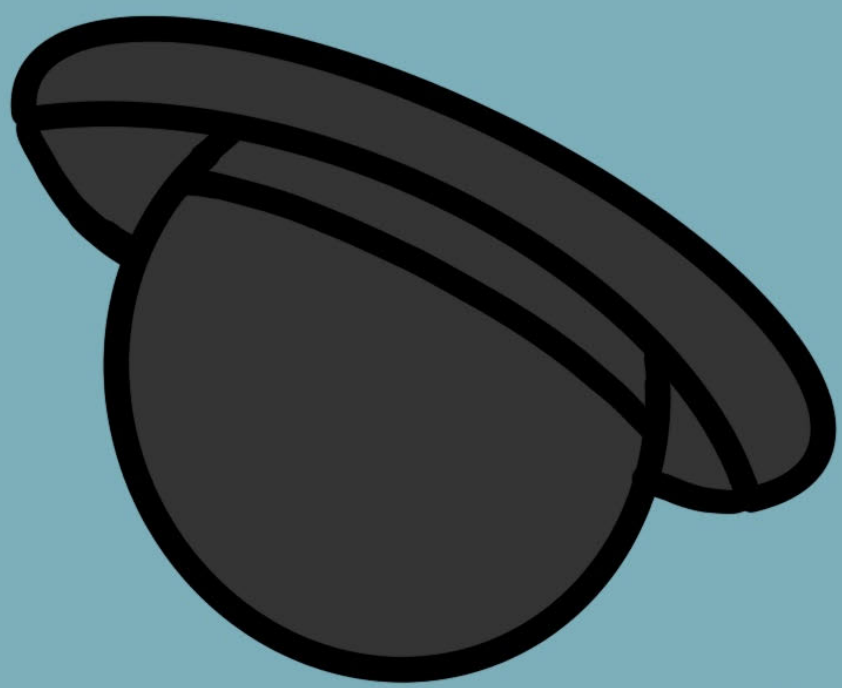
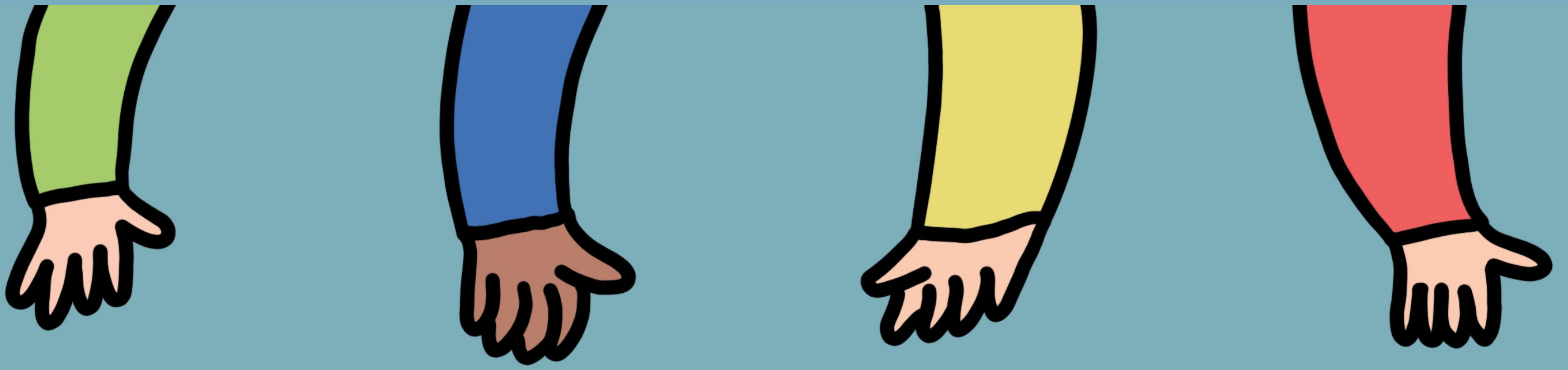
The release of these protocols might have come a little too late for comfort, but they were a key element to get the airport up and running. This is an attempt to ensure the safety of everyone, and has allowed them to adequately prepare and to start advertising their flights with the appropriate measures.

Overall, the reopening of the airport comes backed up with thorough health and biosecurity measures, and great care has been adopted to ensure everyone follows the protocols. This will open the doors for people who have been locked out of their home country due to the pandemic or kept in for the same reasons. Guatemala, as well as the world, is one step closer to returning to normal, or, figuring out our new normal.





# HAPPY INDEPENDENCE DAY!



¡CELEBRAMOS!  
EL 15 DE SEPTIEM-  
BRE PARA  
CONMEMORAR  
NUESTRA  
LIBERTAD.  
#INTER  
CONNECTED

*feliz* Día

15

SEPTIEMBRE



# California Wildfires

ARTICLE BY: NATALIA MONTES

The state of California is currently under the threat of forest fires that are out of control. The current Governor of California, Gavin Newsom, declared a state of emergency on September 3rd, 2020. Currently, there are 3 fires throughout the state: the Creek Fire, El Dorado Fire, and the Valley Fire. A total of 6 counties are in danger due to the rapid increasing fires and several more are being warned of the threat and might be asked to evacuate.



This year's wildfire season has broken records. Last Sunday, 2.09 million acres of land were scorched. This is the worst ever recorded. The National Interagency Fire Center predicts an increase in fires, not only in the state of California but on the west side of the country due to predicted weather and wind patterns. Moreover, the usual forest fire season starts in the months of October or November due to dryness and lightning events that occur during that time of the year. The temperature has also broken records as it has been reported to be the hottest it has been in the last 50 years. That same day, throughout the state, it was reported to be 121 degrees Fahrenheit (49.4 degrees Celsius). As temperature varies in counties, individual records have also been broken. With the rising temperatures, the electricity demand in California has increased and also broken records as people are using air conditioning more frequently. However, the authorities and the California Independent System Operator, have asked residents to conserve electricity to minimize the risk of fires near the electrical equipment and plants.

Landlines have been damaged, causing havoc with cell service. The lack of information is dangerous for residents that have not yet been evacuated and for firefighters to communicate what is happening. While homes have been burned and many residents have been left with nothing, the Big Creek hydroelectric project had to be evacuated. This project was the first large scale pumped hydro plant in the country that can produce and store energy. All the employees of the plant have been evacuated and the plant is closed. There have been no reports of it being damaged.

Unfortunately, none of the fires have been contained by more than 1% and it doesn't seem like it will get any better in the near future. Authorities are doing their best, although they worry about the firefighters who have been risking their lives for weeks trying to control the hazardous fires. The state government is focusing as well on the weather and wind patterns during the next few weeks attempting to predict the outcome of the spread. Many counties and various other states are in danger and have been warned to start working on preventive procedures and an emergency evacuation of residents to ensure the safety of citizens. This is an ongoing issue that can escalate and affect the western part of the country. A matter like this one is of extreme importance and should not be overseen by authorities or residents.



# TAKE A MINUTE TO MOVE

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By: Luis Muñoz



Scan to watch Luis Muñoz's workout!



# Stress Management

ARTICLE BY: CECI ZUÑIGA

With the current COVID-19 situation taking over our lives, many people of our Inter community find themselves being drowned by stress and anxiety. This can be due to personal reasons, academic life, or the previously mentioned pandemic. At Inter, we believe in the well being of the members of our community, both physically and mentally. As students ourselves, we understand how hard online learning can be and how it can deeply affect a student's mindset. This situation has also affected not only the school's staff but it has equally affected Inter parents. This article will introduce four things you can do in your everyday life to manage stress and reduce anxiety that would be helpful for you and your family during these hard times.

Mayo Clinic, a reputable non-profit organization that focuses on clinical practice, education, and research, has stated that the following practices help reduce and manage stress and anxiety:



# MEDITATION

This is a type of stress relief practice that has been present for a number of years in our society. Mayo Clinic explains that this practice develops a type of focus which helps minimize intrusive thoughts. In order to practice it, you will need to find a quiet setting, be comfortable and have a flexible attitude. It offers benefits such as improved concentration, relaxation, stress reduction and fatigue. Here's a 10 minute video that can help you introduce your body to the world of meditating:



# MINDFULNESS

This is a type of meditation that helps you focus on being aware of your senses and what you feel in the moment. It involves breathing exercises and guided imagery that will help you relax your mind and body. Mindfulness helps reduce pain, stress, anxiety, and insomnia. Here's a 3 minute video that can help you get a glimpse of mindfulness meditation:

# RESILIENCE

This is our ability to adapt and recover quickly from a stressful situation, trauma or even a tragedy. If one develops resilience it is more likely that you will be able to maintain a healthy level of physical and psychological wellness when you face a type of challenge. You can develop or better your resilience by learning to focus on the positive aspects of your life or even the situation you find yourself in. This mindset may help you improve your quality of life, and decrease stress and anxiety. Here's an article by the American Psychological Association on how to build your resilience:



# AUTOGENIC RELAXATION

With this technique, you use visual imagery and you have to be aware of your body to be able to reduce any stress. You repeat a word, statement, or goal in your mind or out loud that helps you relax or feel more at ease. You may also imagine a peaceful setting and focus on controlled breathing, slowing your heart rate, or feeling various physical sensations by stretching your arms or legs in the process.

Stress in our lives is inevitable, but practices like the ones mentioned above, help us reduce the stress or anxiety we may be facing due to work, school, or a pandemic. There are many more ways to help reduce stress; we encourage you to look further into the matter to find practices that you personally feel can help you more effectively. As of now, we hope that these practices help you and your family members be more at peace.



# Be Inspired & DO WHAT YOU LOVE

ARTICLE BY: DANIELA LOMBARDI

We are very proud to have so many students at school involved with sports and maintain an active lifestyle. Some are more successful than others, but we have seen discipline, responsibility and passion in every one of these students that are presented with obstacles on a daily basis. Fighting these obstacles is hard, making them inspirational to many other students. It is our pleasure to inform you about the life of many of the student athletes at Inter. In our upcoming publications, you will learn more about them and their routines. Perhaps, some aspects from their life can be helpful and inspirational to you.

For this article, we wanted to interview someone that has been in the world of sports for a very long time and is still an Interamericano student. Maria Regina Alvarado is a hard working student athlete that not only maintains her academic life, but is also very dedicated with her extracurricular activities. Regina has a huge passion for soccer; she has been doing this sport for the past nine years. Her motivation, passion and interest for this sport came from the time and dedication she has put into training and making herself a better goalkeeper. Since her parents told her to choose a sport, Regina chose the path she thought was more suited for her and something she would like over the course of the years.





Even though Regina loves soccer, she has had many obstacles and moments when she has wanted to quit and leave everything behind. She has suffered many injuries, which have prevented her from practicing, and have made her doubt that not everything would be the same as before and all that amount of effort she had put into the sport was lost. Regina believes that with perseverance, compromise and passion, she has been able to overcome many of her obstacles and all those hard times she has gone through during her years of playing the sport.



Like any other athlete, Regina has suffered from the current situation of not being able to go to practice or do anything outside of her home. Her training and tournaments have been all interrupted and she hasn't been able to see her teammates and interact with them in a long time. Even though she can't leave home, Regina has been active and doing exercise since the start of quarantine. It does show how much Regina cares about soccer and wants to be a better player every single day, no matter the situation she's in.

After quarantine Regina has big dreams and hopes for soccer. Her biggest dream is getting to the U-17 World Cup and be part of the first team to reach it. Regina wants to be an inspiration and help change the Guatemalan women's soccer team so that it becomes professional. We asked Regina to share any advice to the readers, and she wanted to tell you, "Get started, discover what you like, if you want to do several sports, organize your time and you will see that you can always do it. It is never too late to start; everything depends on the desire you put into it".

Student-athletes are an inspiration to many people. Their time-management and discipline can serve to inspire and motivate other athletes and students. Maria Regina is a great example of this and we hope that athletes at Inter keep being recognized for their wonderful accomplishments.



# PARTNERS

that last a

# LIFETIME

*Article by: Cristina Makarian*

Cristina Matheu is a young entrepreneur, who along with her older sister, has created her own business: Virgo. Cristina is 16 years old and currently in 11th grade at Colegio Interamericano de Guatemala. Virgo is a business dedicated to selling handmade jewelry and accessories for women. As a young student, she has faced many obstacles and accomplishments throughout her journey which she shared in the interview.



The business is called Virgo because of Cristina's astrological signs and the main products they sell are chokers, necklace sets, bracelets, rings, anklets and glass

accessories which are all handmade by them. The idea began when the siblings found out that their mom used to make handmade jewelry when she was younger. One day, Cristina's sister found her mom's unused materials and decided to try it out. Lucky for them, they enjoyed doing it a lot. At first they doubted themselves and their ideas, however, with a little push they were able to put it together.

When starting this business, their goal was to get rid of all the materials their mom hadn't used and were just sitting there. With time, their business surprised them and grew. This forced them to buy new materials and improve the quality of their products leaving their mom's materials behind and personalizing their concept. Now, they would love to make their business grow outside of Guatemala, but those plans stay pending.



Cristina said that publicity has been an important part of her business. They started off by asking close friends and family to share their Instagram page to gain publicity. With time, the page started growing through client recommendations and currently has 2240 followers. Making the page public, calling clients' attention and packaging the products has been more of Cristina's sister's responsibility. On the other hand, Cristina is in charge of making the different products. Packaging has also served a huge role in the business because "Good packaging is what sells the product to a client", said Cristina. They have had to modify their packaging by making it more striking, and have accomplished it by adding small details.



Cristina Matheu believes the quarantine helped her and inspired her to create this business because she saw it as an opportunity rather than a drawback. Additionally, her mother has been a great source of support and has helped her every step of the way.



Additionally, we asked Cristina what she thought was unique about her business compared to many of the other jewelry businesses out there. She responded “We think it is crucial to create a relationship with the clients, and that is what makes us unique.”

As a teenager, Cristina says that school is her priority, sometimes making it difficult to have time to be in charge of the business. Additionally, she has had many obstacles, one of them being improving the quality of their necklaces. However, she doesn't work alone! She has a great partnership with her sister in which they both balance their time ensuring responsible delivery to their clients. Also, they work with a delivery company which has helped them save a lot of time by not having to deliver each product themselves.

When we start something of our own, there are moments that seem tiny to others, but mean the world to us. In this case, Cristina says her favorite moment has been reaching the one month mark of launching their business, and being offered to participate in their first giveaway.



This is an experience that will stay with her forever because it felt good to be noticed. As a young entrepreneur, Cristina tells all the people out there to “not be afraid of success.” When we asked her what she would like to tell other young people who were planning on starting a business, Cristina recommended to give it all because you will never know if you never tried.

Cristina Matheu is one of many people who has succeeded through hard work, dedication and especially, hope. We hope that Cristina's story inspires you to fight for your dreams, even if they aren't beginning a jewelry business.



# Cartas de Esperanza

Interact Guatemala de la Asunción asociado  
con Rotaract Guatemala de la Asunción



## ¿QUÉ TIENES QUE HACER?

Escribe un mensaje de ánimo, historia o anécdota dirigido a aquellos pacientes y/o familiares de personas hospitalizadas por COVID - 19, pueden ser para adultos o niños. Puedes dejarle una marca especial y/o decorarla. Envía tu mensaje al correo de Interact HS <interact@interamericano.edu.gt>.

## ¿A DÓNDE VAN LAS CARTAS?

Hospital Roosevelt, Hospital General San Juan de Dios, IGSS, UNOP, etc.

**TIENES HASTA EL 26 DE SEPTIEMBRE.**

**¡CONTAGIEMOS ESPERANZA Y  
ALEGRÍA A AQUELLOS QUE SE  
ENCUENTRAN EN HOSPITALES!**

SCAN THIS CODE FOR TEMPLATES!





INTERACT



# TALLER: FLORES Y GENIOS DEL ARTE

ROBERTO GONZÁLEZ GOYRI



19 DE SEPTIEMBRE - 6:00

FACEBOOK LIVE

CON WALTER FLORES

Parte de las ganancias serán utilizadas por el Club Interact de la Asunción, junto con UNICAR, para ayudar al proyecto "De Corazón a Corazón" y para la reconstrucción de La Escuela El Magüey,



# MOVIE OF THE WEEK

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## The Breakfast Club





Review by: Matias Vico

# The Breakfast Club

1985 – Comedy/Drama – 1h 37min

Directed by: John Hughes

Now that you passed all of the boring stuff, here is my movie of the week review. The Breakfast Club is an excellent self discovery movie. The movie is about five students that have to stay for detention during the weekend. They are categorized as the brain, the criminal, the athlete, the princess and the basket case, so, they have nothing in common.

As the movie progresses, they start to get to know each other and later learn a lot of deep personal things about themselves and each other. The Breakfast Club also can really resonate with the struggles of high school and life itself; it can really make you reflect on yourself as a person and the people around you.

The Breakfast Club became one of my absolute favorites; it is an easy and fun watch, great story, great soundtrack, and it is filled with iconic and excellent scenes.



Matias's rating:

8.8/10

“You ought to spend a little more time trying to make something of yourself and a little less time trying to impress people.”

- THE BREAKFAST CLUB





THANK YOU!

# WHO ARE WE?

Hard times like these require more efforts to maintain communication with everyone at school. We are really excited to introduce Inter-Connected, the new official student-managed Interamericano magazine, created with the hope of keeping you entertained while at home. We hope you enjoy it as much as we did!

Cristina Makarian - Coeditor  
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Natalia Montes - Writer  
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