



# THE BLAZE

Working Learning Acting TOGETHER



Dear Parents and Students

**Today's edition of Blaze is the last for the 2024-25 school year.** I would like to take this opportunity to thank the entire IST community for their incredible support of our amazing school over the past year. I am so very proud to have the honor of leading a school in which parents are consistently unflinching in their efforts to work together with teachers and support staff to provide the best possible learning environment for our students. I know that each IST employee joins with me in thanking you for this support.

The past year has had many special events and highlights, including the **Grade 3-5 Spring Show 'The World is a Village'** earlier this week on Wednesday morning. The theme of the show related to our common humanity and included a delightful selection of songs from around the world. The show certainly enthused the entire audience, including Mr. Wallace's impromptu drumming at the conclusion of the show! Congratulations to our amazing student performers, and the teachers and support staff who helped them prepare.

Secondary students had fun participating in **Sports Day events** yesterday morning, followed later in the afternoon by the **Athletics Awards**, which celebrate student sporting participation and success throughout the school year. Congratulations to all of our student athletes!

Rounding off this rather busy week, we will hold the **Grade 12 Graduation Ceremony** later this afternoon in the Han Theatre. Graduation marks the conclusion of the secondary and final compulsory stage of schooling for our students (and the IB Diploma exams!), and thus the end of childhood, and heralds the commencement of tertiary studies and the world of work. We are all so very proud of our graduating students and we are excited to celebrate together their wonderful achievement of earning their high school diplomas. All members of our community are warmly invited to attend the ceremony (**please be seated by 3:55PM**), but if you can't attend, please consider tuning in on our livestream channel: <https://youtube.com/live/k9UiCqkO1T8>

We have several more important events before the end of the school year next week, including

- **Summer Reading:** On Monday students and parents are permitted to start checking out library books for summer reading.
- **Grade 5 Transition Ceremony:** On Wednesday afternoon at 1:00PM we will celebrate the completion of Elementary school studies for our Grade 5 students. Congratulations to the Grade 5 students who now move onto the exciting adventures of middle school.
- **Secondary Awards Ceremony:** On Thursday morning at 8:25AM we will celebrate the academic progress and achievements of our Secondary students.

Please note that in order to prepare for significant summer renovations, we will need to start packing up the Qin Building towards the end of the week. This unfortunately means that the **PFO Room will be closed from Thursday morning**. I apologise for any inconvenience caused to parents hoping to use this community space.

**The last day of school for the 2024-25 school year will be next Friday, 6 June.** Friday is a half-day

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only and school will end at 11:45am. Buses will depart school at 12:00PM (noon), and all students and parents will need to exit the campus no later than 12:30PM. Please note that there will be no lunch service on Friday. Please also note that all departure forms must be completed no later than next Thursday!

Students will be issued with their personal copy of the **2024-25 International<sup>1st</sup> Yearbook** on Friday morning. Special thanks to the Marketing and Communications Office for producing such a wonderful memento for us all to enjoy.

**Students will also be given their Semester 2 Progress Reports before returning home on Friday.** I wish to congratulate all of our students on the wonderful progress that they have made this year. We are all very proud of their many accomplishments and know that next year will bring even more. If parents have any questions or concerns about the reports, please do not hesitate to contact a member of the school administration. **Please also note that if departure documentation is not completed by Thursday afternoon, we will be unable to issue report cards and yearbooks on Friday.**

The end of year is an exciting time for us all as we look forward to a well-earned rest and possibly a return to our homes and families, or an exciting adventure here in China or in another country. Unfortunately, it is also a time at which we must bid farewell to students, friends, and colleagues. **On behalf of all of us who will remain in Tianjin next year, I would like to wish the IST families that will be leaving our school every happiness in their new schools and homes.**

**Every year we must also farewell members of our school staff** and I would like to take this moment to thank the following staff members for all that they have contributed to our students and community:



Muriel Duzert



Steven  
Jablonski



Melanie  
Kennedy



Byron  
Kennedy



Emma  
Hunter-James



Gill  
Hunter-James



Rhianna  
James



Shanna  
Mutton



Windy Wen

Finally, on behalf of all of us here at the school, I wish to once again thank our parent community for entrusting their children's education to our school, and our students for being such fine representatives of their own countries and cultures. Thank you to the IST Board of Governors for their constant guidance and support, and to the committed staff of IST for being such a terrific team and for making IST a friendly place where the needs of our students come first. **I wish everyone a safe and happy holiday!**

Warmest regards

Steve Moody  
Director

**PS: The first day of school for the 2025-26 school year is Monday 11 August!**





INTERNATIONAL  
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Weekly



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## Tianjin International Dragon Boat Racing 2025

When: 31/May 2025, 8:00~11:30AM

Schedule:

08:00~09:15 First Round

09:30~09:45 Opening Ceremony

09:45~11:00 Second Round

11:00-11:30 Award Ceremony

Where: Haihe River, Between Guo Tai Bridge and Fu Min Bridge (国泰桥与富民桥之间海河水域)





## IST Library & Information Literacy Center

### Our Mission

The IST Library is a friendly place where our community is inspired and challenged to think critically, read widely, act ethically, value creativity, and defend the right to access information.

### Summer Checkout

If your family will be staying in China for all or part of the summer holiday, we encourage you to take advantage of our summer book checkout. From **June 2-5**, students may borrow up to 20 library books with a signed permission slip (required only for elementary students). Permission slips went home last week and are also available on Toddle and at the library circulation desk.

Before summer break, all students must clear any outstanding items on their library accounts.

**SUMMER BOOK CHECKOUT**

My name: \_\_\_\_\_ My grade: \_\_\_\_\_

Has my permission to check out books over the summer holiday?

☐ Yes, child may check out up to 20 books for the summer holiday.

☐ No, child may not check out up to 20 books for the summer holiday.

Parent's signature: \_\_\_\_\_

Please return:

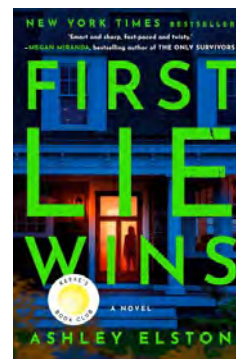
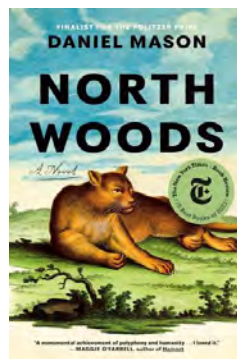
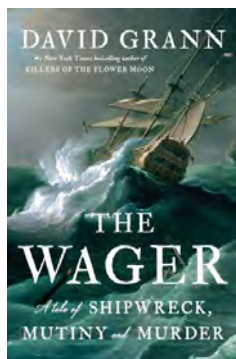
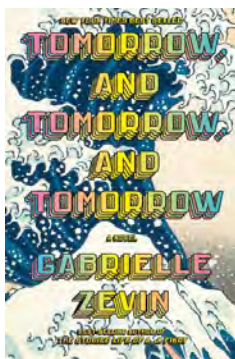
- All books by the due date of this card (if not specified)
- A fee is responsible for any late or damaged books
- Books are not to be lent to other friends or relatives

Account: \_\_\_\_\_ Summer: \_\_\_\_\_ Please send an extra book to carry home

Family: \_\_\_\_\_ Date: \_\_\_\_\_

### Summer Reading for Adults

Parents are invited to join in our summer checkout! You're welcome to borrow up to 20 titles from our adult collection—fiction and nonfiction alike. Below are just a few of the highlights available for summer reading.



### Parent Book Club: August

Our next book selection is the novel *And Then There Were None* by Agatha Christie. We will meet in the library to discuss this book in August when we return to school. The library has copies of the book in English, Chinese, Korean, and French. A digital copy in English or Chinese is also available upon request.

Please consider joining us in August for coffee, treats, and a lively discussion—even if you don't have a chance to read the book! Please contact one of our library staff to join our WeChat group.







## Parent Partnership Physical health and wellbeing section

### Sleep and Its Impact on Health and Learning

Sleep plays a vital role in our overall health, helping our bodies repair, our minds stay sharp, and our emotions remain steady. Recent research shows that getting enough high-quality sleep not only protects us from diseases but also improves how we learn, remember, and perform academically. Studies have proven that adults who sleep 7–8 hours each night are less likely to face issues like obesity, high blood pressure, or weakened immunity. Similarly, students who stick to regular sleep schedules tend to do better in school. On the flip side, not getting enough sleep can throw off our metabolism, increase inflammation in the body, and hurt our ability to focus and retain information.



The relationship between sleep and health is a two-way street. This article dives into how sleep affects our physical and mental well-being and provides practical tips to help students and families develop healthier sleep habits.

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#### How Sleep Affects Our Bodies

##### Boosting the Immune System

Sleep is a crucial time for your immune system to recharge. While you rest, your body produces proteins called cytokines to fight infections. Without enough sleep, your immune system weakens, making it harder to fend off illnesses or recover from them. Studies show that people who don't get enough sleep even respond less effectively to vaccines.

##### Heart Health and Metabolism

During restful sleep, your heart rate and blood pressure drop, giving your cardiovascular system a chance to recover. But if you spend too many nights skimping on sleep, your heart and blood



vessels stay under stress, increasing the risk of high blood pressure, stroke, and obesity. Sleep deprivation also messes with hunger hormones like ghrelin and leptin, which can lead to overeating.

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## Mental Health and Emotional Wellness

### Sleep and Mood

Ever notice how everything feels harder after a bad night's sleep? That's because sleep-deprived brains become overly sensitive to negative emotions. Poor sleep can lead to irritability, stress, and even depression. In fact, chronic insomnia doubles the risk of developing major depressive disorder.

### Sleep and Mental Disorders

Lack of sleep can worsen symptoms for people with conditions like anxiety, PTSD, or schizophrenia. Nightmares and disrupted REM sleep often play a role in keeping trauma-related memories vivid. Fortunately, therapies like Cognitive Behavioral Therapy for Insomnia (CBT-I) can help break the cycle of poor sleep and mental health struggles.

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## The Link Between Sleep and Academic Success

### Learning and Memory

Sleep is when your brain processes everything you've learned during the day. During deep sleep, short-term memories are transferred to long-term storage, while REM sleep strengthens problem-solving skills and emotional memories. Without consistent sleep, students struggle to retain information, and their ability to focus drops by up to 40%.

### Better Sleep, Better Grades

A study of college chemistry students showed that those who averaged 7–8 hours of sleep each night consistently scored 10–15% higher on tests. Interestingly, it wasn't just the night before the exam that mattered—it was maintaining a steady sleep schedule over weeks.

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## Tips for Healthy Sleep Habits

### Create the Perfect Sleep Environment

- Keep your bedroom dark, quiet, and cool (65–68°F).
- Use blackout curtains or white noise machines to block distractions.
- Only use your bed for sleep and relaxation to associate it with rest.

### Be Mindful of What You Eat and Drink

- Avoid caffeine and nicotine late in the day, as they can keep you awake.
- Skip heavy meals or alcohol close to bedtime, as they disrupt sleep quality.



## Stick to a Routine

- Gradually adjust your bedtime if you're trying to sleep earlier. Move it up by just 15–30 minutes at a time.
- Get outside in the morning for sunlight—it helps reset your body's internal clock.
- Wind down an hour before bed with relaxing activities like reading or meditation.

## Why Sleep Must Be a Priority

The science is clear: sleep is essential for good health, strong academic performance, and emotional resilience. Schools and families can help by teaching the importance of sleep and encouraging better routines. Flexible school schedules and more understanding of individual sleep needs—especially for teens—could make a big difference. By prioritizing sleep, we can improve not just our grades and health but also our overall quality of life.

So tonight, put down your phone, turn off the lights, and let your body and mind recharge. You'll thank yourself tomorrow.

## Works Cited

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2. Wild, C.J., et al. "Impact of Sleep Duration on Executive Function and Brain Structure." *Nature Communications Biology*, vol. 5, no. 1, 3 Mar. 2022, <https://www.nature.com/articles/s42003-022-03123-3>.
3. "Sleep & Immunity: Can a Lack of Sleep Make You Sick?" *Sleep Foundation*, 15 Aug. 2023, <https://www.sleepfoundation.org/physical-health/how-sleep-affects-immunity>.
4. Klinzing, Jens G., et al. "Brain Rhythms During Sleep and Memory Consolidation." *Physiology*, vol. 34, no. 1, 4 Dec. 2019, pp. 4-15, <https://journals.physiology.org/doi/full/10.1152/physiol.00004.2019>.
5. Booker, Lauren A., et al. "Developing Consensus Sleep Hygiene Guidelines Using a Delphi Methodology." *Sleep*, vol. 46, no. 12, 11 Dec. 2023, <https://academic.oup.com/sleep/article/46/12/zsad182/7222389>





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IST HEALTH AND  
WELLBEING

## DEAM JUNE

### MORNING BURN

STARTING YOUR DAY WITH A "MORNING BURN" ACTIVITY SETS A POSITIVE TONE FOR THE REST OF YOUR DAY. WHETHER IT'S A QUICK WORKOUT, YOGA SESSION, OR A BRISK WALK, MORNING MOVEMENT JUMPSTARTS YOUR METABOLISM, BOOSTS ENERGY, AND SHARPENS MENTAL FOCUS. IT RELEASES ENDORPHINS, IMPROVING MOOD AND REDUCING STRESS, WHILE ALSO CREATING A SENSE OF ACHIEVEMENT BEFORE YOUR DAY EVEN BEGINS. PLUS, IT HELPS ESTABLISH A HEALTHY ROUTINE THAT CAN ENHANCE BOTH PHYSICAL AND MENTAL WELL-BEING OVER TIME. GET MOVING AND FEEL THE DIFFERENCE!





## MORNING BURN

DAREBEE WORKOUT © [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



6 pacer steps



10 jumping jacks



6 pacer steps



10 half jacks



6 pacer steps



10 jumping jacks



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## JOSEPH AND THE AMAZING Technicolor DREAMCOAT

Narrator 1.....Maddie Schaaf

Narrator 2.....Ji Min Kim

Narrator 3..... Sisi Zhao

Joseph.....Jenaleen Simon

Pharaoh.....Seok Young Jung

**INTERNATIONAL SCHOOL OF TIANJIN  
PRODUCTION 2025**



## 2025 School Musical Announcement: *Joseph and the Amazing Technicolor Dreamcoat*

We're thrilled to officially announce that the **2025 IST Musical** will be *Joseph and the Amazing Technicolor Dreamcoat* by Andrew Lloyd Webber!

This lively and colorful production follows the journey of **Joseph** (*Jenaleen Simon*), the favorite son of **Jacob** (*Ivan Song*) and the envy of his many brothers. After the brother's jealousy leads to betrayal, Joseph finds himself far from home in Egypt — a land ruled by the mighty **Pharaoh** (*Seok Young Jung*). From serving **Potiphar** (*Shirley Kim*), one of Egypt's wealthiest men, to enduring prison and rising to become Pharaoh's right-hand man, Joseph's story is full of dramatic highs and lows. But at its heart lies one question: *Will he ever forgive his brothers and reunite with his family?*

### Auditions Recap

Auditions took place in early May and were open to students in **Grades 5–11**. It was fantastic to see so many students step forward with enthusiasm, showcasing their acting, singing, and improvisation skills. Roles were cast across the board — from the energetic chorus to the talented trio of narrators.

We want to give a huge shoutout to everyone who auditioned. Your courage and willingness to try something new were inspiring. Remember the words of renowned actor **Stanislavski**: *"There are no small roles, only small actors."* We hope this experience brings joy, growth, and lasting memories to every student involved.

### Pre-Production Workshop Highlights

Last Monday, select members of our student cast had the chance to attend a **pre-production workshop** led by professional actor and stuntman **Larry McGhee II**. Larry has worked in both the USA and China, with credits in *Dawn of the Planet of the Apes* (2014) and *Leverage: Redemption* (2022) amongst many others. He is currently performing with the **Strike Force Stunt Team** at Tianjin Aircraft Carrier Park.

During his visit, Larry introduced our students to the world of stage combat and stunt safety — from dramatic falls and combat rolls to slapstick trips and timed reactions. The cast practiced a push-and-fall sequence, learning the balance of performance and safety. Don't worry — no students were harmed in the making of these stunts!

It was an unforgettable day, and a great reminder that performing isn't just about memorising and reciting lines and lyrics — it's about energy, expression, and teamwork.







## Moving Forward: What's Next?

All cast members have now received their scripts and are encouraged to start becoming familiar with the story by reading and learning their parts. **Rehearsals will begin the first week back**, and full schedules will be posted on **Toddle** during the summer break.

During **Middle Years University (MYU)**, middle school students will contribute by designing and creating props, including Joseph's iconic technicolor dreamcoat. We're excited to be collaborating with a **local costume company** right here in the IST community on costume development.

## Join the Crew!

Behind every great show is a dedicated crew. In the coming week, we'll be finalizing our **production crew**, who will work behind the scenes on:

- Costumes
- Sets & Props
- Lighting & Sound
- Stage Management

We're still looking for **secondary school students (currently in Grade 7+)** interested in helping backstage or as part of our costume team as "dressers." We're also actively searching for a **CHOREOGRAPHER** to support our dance numbers. If you're interested or able to help, please contact **Ms. Becca**.

## Stay Tuned for More!

Production work is already well underway, and this is just the beginning. Next academic year, we'll be sharing a **behind-the-scenes series** right here in *Blaze*, giving you an inside look at the people, creativity, and effort that bring this show to life.

This production is more than a performance — it's a celebration of our school's values, our students' creativity, and our belief in **Learning, Working and Acting Together**.

Thank you for supporting the arts at IST — and get ready for a technicolor adventure like no other!



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## MIDDLE YEARS UNIVERSITY SHOWCASE



1:50PM - 2:50PM



**THURSDAY  
5 JUNE**



**ATOMIC CAFE**

Middle Years University (MYU) provides MYP students with the opportunity to engage in project-based learning.

**Join us to celebrate their achievements!**



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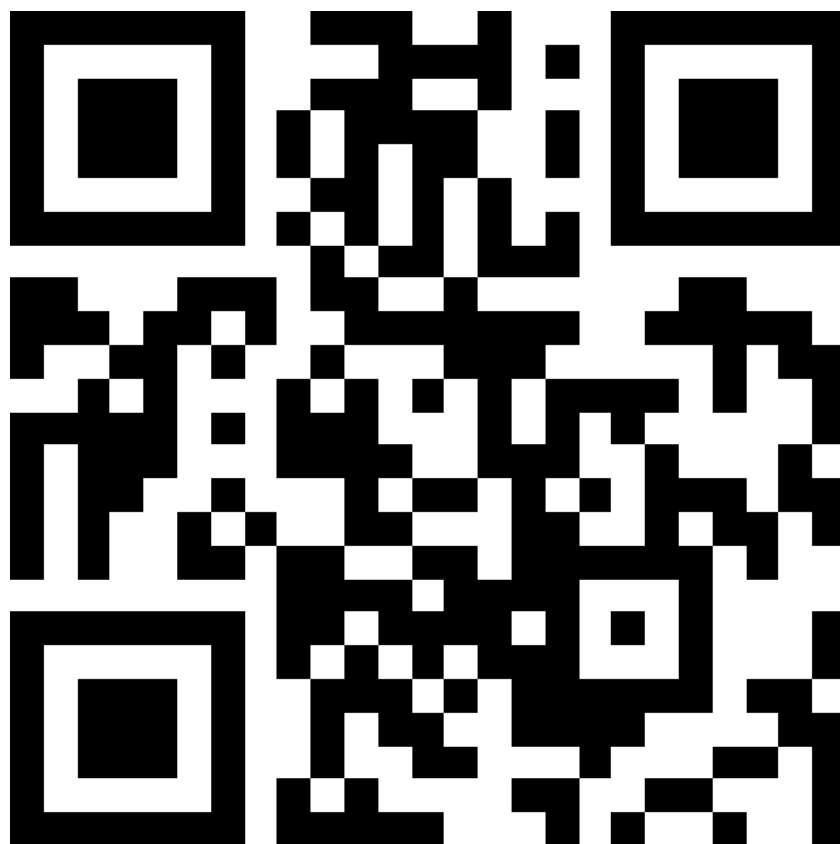
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Grade 7 English B proudly presents The Ink Spire, an online magazine showcasing a collection of feature articles that reflect the creativity, curiosity, and growing confidence of our young writers. In this edition, students share their views on a range of topics—from testing your knowledge of different types of cats, to the importance of saying “no” to smoking, reframing how we see disabilities, and why games belong in the classroom. Dive in and discover the diverse voices and perspectives that make The Ink Spire come alive.

Website: <https://tinyurl.com/392d8fy2>



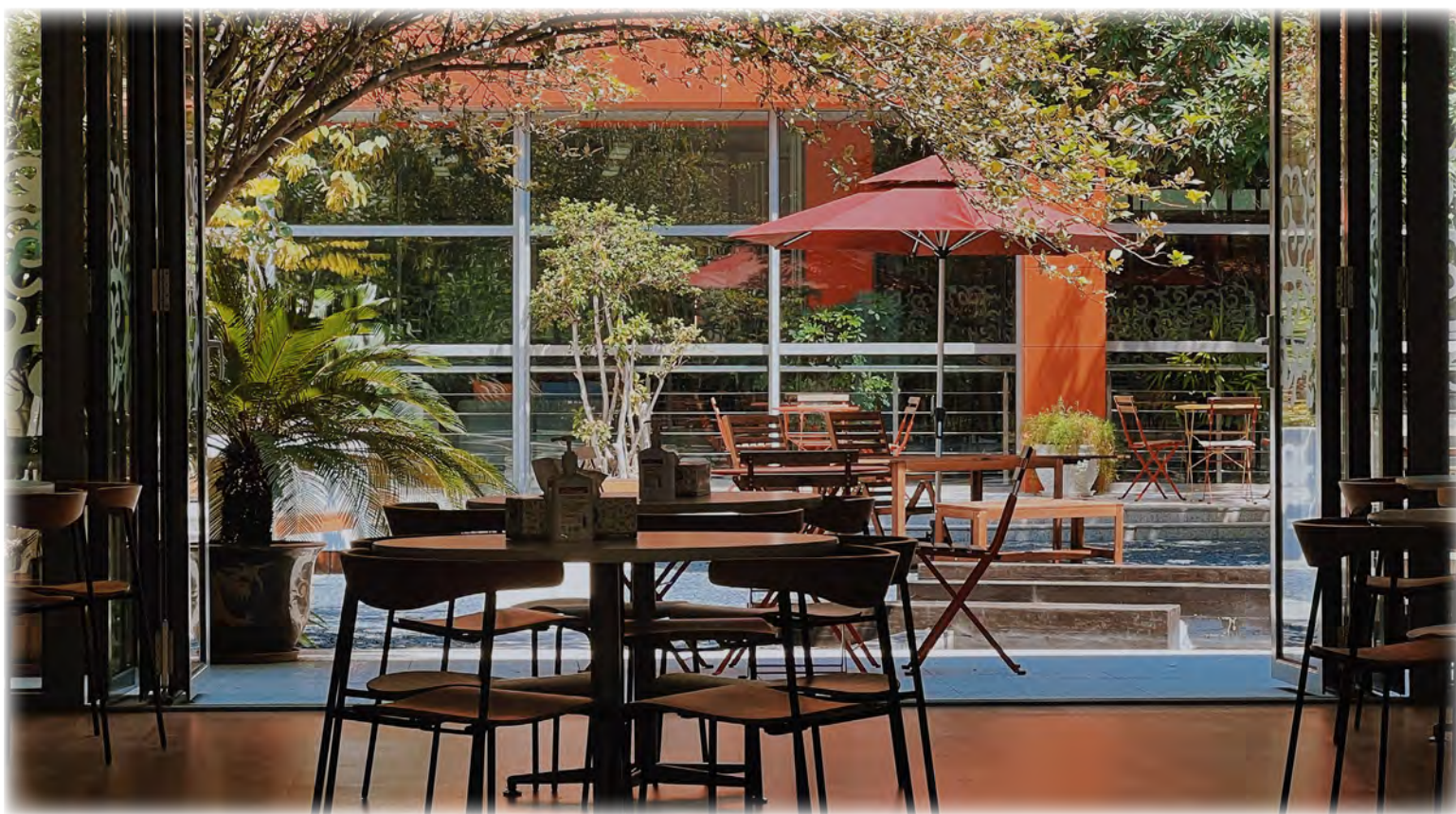




## Community-wide Goal: Cultivating a Climate of Reflective Inquiry (IBLP)

As an internationally minded school community, we will strive to develop learners who thoughtfully consider the world and their own ideas and experiences. We will work together to cultivate a culture of reflective inquiry where all members of our community:

- Carefully consider their own learning and growth.
- Analyze issues from multiple viewpoints, seeking to understand diverse experiences and consider alternative solutions.
- Learn from mistakes and failures, using setbacks as opportunities for deeper learning and development.
- Pause to think critically about assumptions, biases, and the reasons behind one's beliefs and decisions.
- Engage in ongoing self-assessment, setting goals for continued intellectual, social, and personal development.





## Weekly Menu (N-G1) 2-5 June

Monday	Tuesday	Wednesday	Thursday	Friday
Yoghurt Fruit Cut	Carrot Cake Fruit Cut	Mini Pizza Fruit Cut	Banana Bread Fruit Cut	
Pizza Margherita 芝士比萨 Stir fry Vegetables 炒时蔬 <u>Allergy: wheat, cheese</u>	Stir Fried Rice Noodles with Bacon and Egg 培根鸡蛋炒米粉 Vegetable Sticks 蔬菜条 <u>Allergy: egg, soy sauce</u>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒时蔬 <u>Allergy: beef, cheese</u>	Steamed Pork Dumplings 小笼包 Stir fry Vegetable 炒时蔬 <u>Allergy: wheat, soy sauce</u>	
Fruit of the Day	Fruit of the Day	Fruit of the Day	Fruit of the Day	
<b>Nutritional reading over the week</b> 每周营养分析	Energy 热量 (Kcal) 716	Protein 蛋白质 (g) 27	Carbohydrate 碳水 (g) 116	Fat 脂肪 (g) 23

## Weekly Menu (G2-G12) 2-5 June

Monday	Tuesday	Wednesday	Thursday	Friday
Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	
Pizza Margherita 芝士比萨 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 土豆角 <u>Allergy: wheat, cheese</u>	Pork with Apple Stewed 法式苹果猪 Stir fry Vegetable 炒时蔬 Mashed Sweet Potatoes 红薯泥 <u>Allergy: milk</u>	Beef Lasagna 牛肉千层面 Stir fry Vegetable 炒蔬菜 Roasted Potatoes 烤土豆 <u>Allergy: beef, cheese, milk</u>	Chicken Burger 鸡肉汉堡 French Fries 薯条 <u>Allergy: wheat, mayonnaise</u>	
Curry Vegetables 咖喱蔬菜 Steamed Egg and Tofu 蒸鸡蛋豆腐 <u>Allergy: egg, soya sauce</u>	Stir Fried Chicken with Black Pepper Sauce 黑椒鸡柳 Stir Fried Chinese Cabbage 白菜烧面筋 <u>Allergy: soya sauce, chili</u>	Hainanese Chicken Rice 海南鸡饭 Stir Fried Chinese Cabbage with Vermicelli 蒜蓉娃娃菜粉丝 <u>Allergy: soya sauce, chili</u>	Beef and Tomato Curry 番茄咖喱牛肉 Stir fry Vegetables 炒时蔬 Steamed Rice 米饭 <u>Allergy: soy sauce, coconut</u>	
Mixed Doodle and Vegetable in Chili Sauce 重庆小面 Fried Egg 煎鸡蛋 <u>Allergy: egg, sesame, soy sauce</u>	Rice Noodles with Beef and Tomato Soup 番茄牛肉粉 boiled Vegetables 煮蔬菜 <u>Allergy: wheat, soy sauce</u>	Stir Fried Pork in Pita Bread 辣椒炒肉配荷叶饼 Mixed Vegetables 素什锦 <u>Allergy: wheat, soya sauce</u>	Noodles with Pork in Korean Bean Pasta 韩式炸酱面 Boiled Egg 煮鸡蛋 <u>Allergy: wheat, soy sauce</u>	
	Noodles in Tomato Soup 番茄面	Stir Fried Vegetables in Pita Bread 荷叶饼夹蔬菜	Noodles with Soybean Paste 炸酱面	
Tomato and Egg Soup 西红柿鸡蛋汤	Pumpkin Soup 南瓜汤	Green Pea Soup 绿豆汤	Vegetable and Egg Soup 蔬菜鸡蛋汤	
Banana Bread 香蕉包	Cookies 饼干	Swiss Roll 瑞士卷	Apple Pie 苹果派	
<b>Nutritional reading over the week</b> 每周营养分析	Energy 热量 (Kcal) 789	Protein 蛋白质 (g) 27	Carbohydrate 碳水 (g) 108	Fat 脂肪 (g) 25





## DIARY DATES

Friday~Thursday - May 30~June 5, 2025  
Middle Years University

Saturday - May 31, 2025  
Dragon Boat Festival

Wednesday - June 4, 2025  
Grade 5 Transition Ceremony

Friday - June 6, 2025  
Last day of school (Half Day)  
Reports sent home  
Semester 2 ends (90 Days)

## SPORTS DATES

## WELCOME TO THE IST SPORTS AND CO-CURRICULAR ACTIVITIES (CCA) PROGRAM FOR THE 2024-2025 SCHOOL YEAR

Please take note of the following dates:

### Season 3 Sport Schedule

- ☺ Starts Monday, 10 Mar and ends Friday, 23 May
- ☺ The program will run for approximately 10 school weeks
- ☺ No CCAs during holidays and PTSCs (conferences)

Please do not hesitate to contact our department with any questions.

- ☺ Mr. Kennedy – Athletics Director (byron\_kennedy@istianjin.org.cn)
- ☺ Mr. Silvis – Activities Director (ben\_silvis@istianjin.org.cn)
- ☺ Ms. Guo Ying – Activities Officer (CCA's) (ying\_guo@istianjin.org.cn)
- ☺ Ms. Durian Wang – Activities Officer (Sports) (durian\_wang@istianjin.org.cn)
- ☺ Activity Office: telephone 022-28592003 / extension 8150.