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Editorial

Pop Doris

Cold weather is coming, but we know how to remain empathetic and find ways to improve our attitude, even if it is winter and cold and we miss the days when the weather was pleasant and we do not disturb the low temperature.

We at the magazine have for several years a tradition with advent calendars, to be used as to increase the spirit of holidays and the feeling of challenges checked, rightly, because there are easier or more difficult challenges to have a variety of activities during the holidays.

I choose them patiently, and I place them in a way that alternates some lighter ones with more complex ones, solo activities with some with my loved ones, for my own joy, for the joy of others, such as donations.

Although it is autumn, we already have the calendars and challenges ready, for them it is worth solving in advance. I like autumn, especially for the fruits with perfect aromas of agriculture, but also for the crunch felt from the dry leaves on which I step on the road. I

wish you a beautiful autumn.

Advent calendars ideas

Pop Doris

Even if the ones to buy are bright, sometimes we also want some emotion that we know we cooked with our forces, and some of the possible alternatives to advent calendars are even to try:

Calendar with snacks for pets

Calendar with teas

Calendar with hot chocolates

Calendar with tools

Calendar with books

Calendar with origami

Calendar with face masks

Calendar with new physical exercises

Calendar with parts of a puzzle with many pieces, for example 1000 or 5000

Calendar with cognitive schemes to identify and modify

Calendar with new words in a foreign language

ADVENT CALENDAR 2026

1
surprinde
pe cineva
drag

2
fără
reproșuri
pentru o zi

3
10 minute
de citit

4
desertul
preferat

5
renunțarea
la un regret

6
văzutul
unul video
amuzant

7
ordine în
casă

8
3 calități
ale tale

9
răsfăț:
bilete la un
eveniment

10
adoptarea
unei plante
vii sau false

11
plimbare
prin parc

12
o listă de
cărți de
citat

13
încearcă:
reciclarea

14
seară fără
gadgeturi

15
inițierea
unei
conversații

16
sonata de
pian nr 3
Chopin

17
împrospă-
tarea
camerei de zi

18
meditație
mindfulness

19
un gest de
bunătate

20
vizită la
târgul de
Crăciun

21
băutura
preferată

22
un film
nou

23
3 motive de
apreciere a
vieții

24
un scop
pentru anul
nou

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Efficient ways to study

Pop Doris

Study, learning, education are not limited to university, they are free, they are habits that help us to be better citizens, better people and better understand the world we live in.

How to organize independent learning to be useful:

we need to explore and choose what we want to learn

then let's find the resources to learn those subjects

and realistically plan our learning stages and assessment modalities so we can determine whether we have achieved our goal of understanding, know that subject

Being independent learning, the learner evaluates himself, monitors himself, and adjusts the plan where necessary. Therefore, organizing the environment, setting learning intervals, taking responsibility are personal.

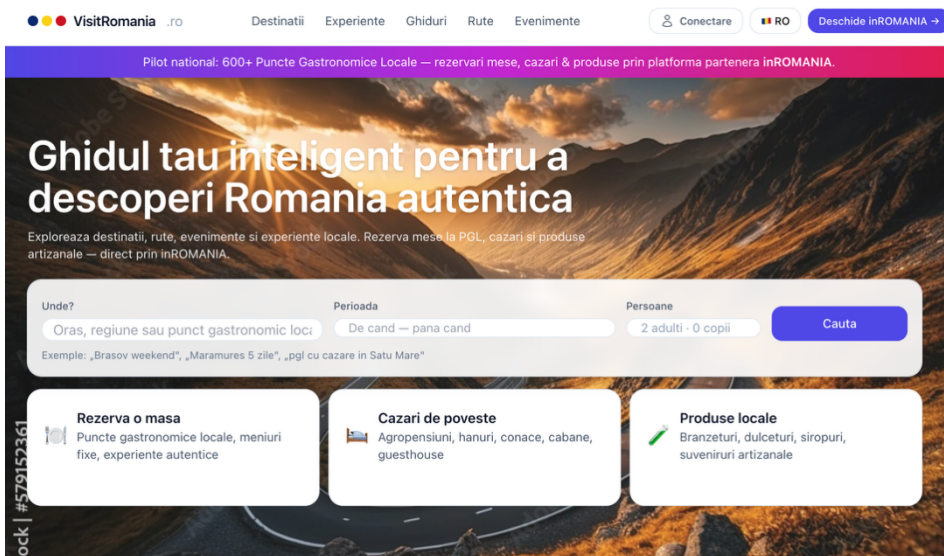
There are various ways to access the necessary information: books, courses, mentors, free presentations, official courses, even from universities, certifications, qualifications, practices.

Romanian areas to visit

Pop Doris

There is a lot to see in this country of ours, so it is very important to look for the places, not just to settle for knowing what everyone knows, superficial information.

There are villages visited by foreigners for culture, which we may not have found out yet, resorts sought for remedies and for tranquility, cities that have a satisfying cultural variety and many annual events that can delight even the most heart-breaking.



We searched for the most recommended locations on

the internet and found:

Bukovina

Mentioned especially for the winter season, but also for the historical heritage areas included by UNESCO on their lists. Many know Bukovina for their monasteries, works of art with religious themes and natural landscapes that complement traditional houses and colorful monasteries.

Sibiu

It has been recommended as a city, probably for its relationship with the British royal family, it is a medieval town with fortress, ruins and many stories to tell about local history. Especially in the period of Christmas fairs, it is beautifully decorated and illuminated and hosts many cultural events.

Bucharest

Being the capital, from the start it is an interesting city with many opportunities for fun and learning, but overall it is recommended for the famous parliament building, the National Theatre and the Arc de Triomphe, imposing. If traffic is not desirable, neither the crowding, the experience of shopping malls and

centers, cultural markets and the variety of nationalities that are present daily in the city.

Transylvania

The region is quieter than the capital, but only in less populated areas, Cluj being an exception, where the agglomeration is sometimes similar to that of Bucharest. The most recommended areas are resorts, roads outside cities and forests. They are good for trips with the purpose of rest, exploration or even learning about culture and snacking on local cuisine.



[ABOUT ROMANIA](#) [REGIONS & CITIES](#) [SPECIAL INTEREST](#) [MAIN ATTRACTIONS](#) [TRIP PLANNER](#) [Q](#)

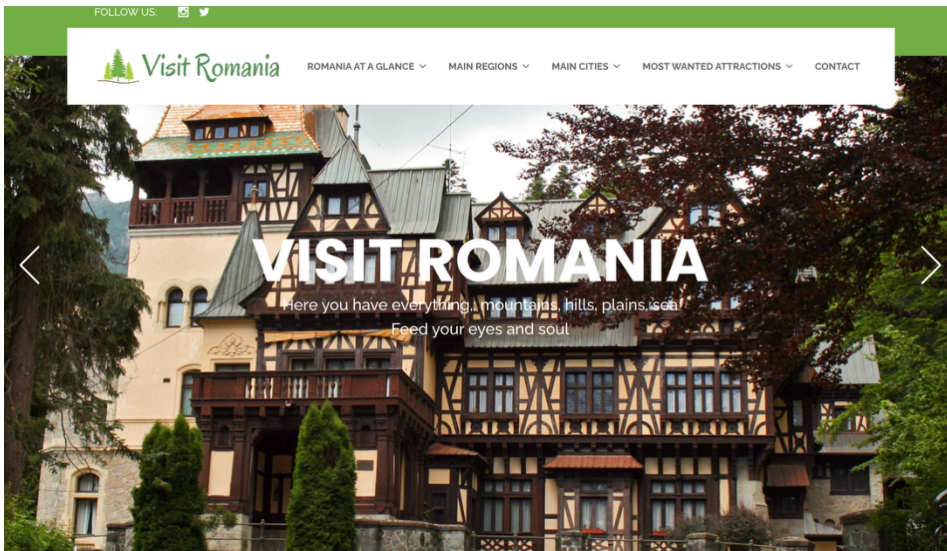


Romanian seaside

An area that sometimes surprises us with tons of algae on the shore, sometimes with clear water, and clean shores, but which usually offers a lot to offer the

beaches of the rest of the world, sun, salt water, breeze, freedom.

There are many sub-extimate resorts, some overrated, but for all budgets and quite easy to access with public transport.



Recipes considered superfood for brain nutrition

Pop Doris

Oatmeal with cranberries

Ingredients: 100 g oats, 100 g yogurt or milk, 100 grams blueberries, honey to taste

Instructions: mix yogurt or milk with oatmeal and leave for a few hours in the refrigerator, then consume with blueberries on top and honey to taste

Avocado toast with fried eggs

Ingredients: two slices of bread, avocado, chilli 5 grams, two eggs, one for each slice of bread

Instructions: two slices of bread fry a little, half an avocado mix with chilli and salt, brush on bread, fry the eggs and place on top of the avocado paste

Omelet with spinach and feta

Ingredients: two eggs, 100 grams spinach, 50 grams feta, 10 ml olive oil

Instructions: bake spinach in oil, add the mixed eggs, and bake, feta, serve with spices to taste and preferably bread

Salmon salad

Ingredients: 100 grams of tomatoes, 100 grams of cucumbers, 100 grams of greens, onions, cabbage, salad as desired, 50 grams of salmon, 5 tablespoons of smoked salmon, favorite spices

Instructions: chop the vegetables and cut the salmon strips, then add the oil and spices, mix and serve as or with bread or bread

Chia seed pudding

Ingredients: 50 grams of chia, 100 ml of milk, 5 ml of extract or vanilla sauce, 100 grams of fresh fruit

Instructions: mix chia seeds with milk, vanilla and leave for a few hours in the refrigerator, then add the rest of the ingredients

Salad with goat cheese and beetroot

Ingredients: 50 grams goat cheese, 200 grams boiled and fried beets, 5 ml olive oil, balsamic vinegar to taste

Instructions: boil and fry the beets, add your favorite cheese and spices, in oil, at the end of frying add the balsamic vinegar on top

Peanuts in chocolate

Ingredients: choose 100 grams of hazelnuts or hazelnut mixture, fry, as desired or buy raw, however good to consume, 200 grams of chocolate

Instructions: melt the chocolate in the heat, then pour the hazelnuts into the chocolate bowl and stir then transpire on a baking sheet, a tray greased with coconut oil or on a food foil to avoid sticking

Pasta of zucchini

Ingredients: 500 g zucchini, 100 grams red, 50 grams parmesan or other dried cheese, 5 tablespoons pesto, etc

Instructions: spiral or resist long washed zucchini and put in the pan with pesto, cut tomatoes, after they have browned move to the plate and sprinkle parmesan on top

Slices of apple and peanut butter

Ingredients: an apple, peanut butter

Instructions: wash and cut the apple slices, look like rondele, grease with a thin layer of peanut butter, can sprinkle chopped peanuts on top

Questions to reflect on your sexual activity and mentality

1. What would 24 days of realistic optimistic statements for my development look like?

2. Do I allow my partner to offer me what I want?

3. Do I offer gifts that the others want? Do the others offer me the gifts I want?

The journal team

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This edition's affirmation

*Expensive gifts,
education and
care are given
with good hopes
and intentions.*

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