



## Congratulations, dear friends and prospective colleagues!

The Student's Day joins all the people who study sciences at higher schools preparing themselves for their chosen profession, because students all over the world are united by their aspiration for gaining knowledge, love for freedom and creation, desire to change the world for the better.

The student time is a memorable period in the life of each of you; you will recall repeatedly your teachers and tutors in the future. I wish you keep these years at heart and be always grateful to your teachers for the knowledge that you have received. I sincerely hope that you will surely succeed on this long and difficult path of mastering the medical science, and your hard daily work, the most complicate and responsible practice, a large number of textbooks and lecture notes, sleepless nights before tests will not be useless, and you will certainly enjoy your first major victories.



On this day all of us become students of our alma mater. I would like to wish health and gifted students to the whole faculty of our University. Congratulations to you, our dear teachers and students! I wish you creative success, strong health and faithful friends! Never give up and all your dreams will come true for sure!

With best wishes,  
Rector of the University **Vladimir Lesovoy**

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### INTERNATIONAL COOPERATION

#### *"The well-being and success of any country depend upon well-educated people..."*

On October 17, Kharkiv National Medical University was visited by a delegation of the Department of Education and Culture of the Embassy of the Republic of Iraq in Ukraine, which consisted of the Cultural Counselor Prof. Kadhum Jabur Al-Jibouri, his deputy Dr. Jamal Al-Adilee and an administrative worker Mr. Kareem Dheyab Ahmed.

The representatives of the Embassy met with the First Vice-Rector for Research and Education Prof. Valery A. Kapustnyk, Vice-Rector for Research and Education Prof. Volodymyr D. Markovskiy and Assistant Rector for International Relations and Development Prof. Igor V. Zavgorodnii. Prof. Valery A. Kapustnyk acquainted the guests of honour with the historical past of the Medical University, its modern state of science and training and prospects of development.

Prof. Kadhum Jabur Al-Jibouri emphasized the interest from the side of the Republic of Iraq in training of highly skilled medical specialists in higher medical educational institutions of Ukraine: "The well-being and success of any country depend upon well-educated people; this fact particularly concerns such an important area as medicine."

In the course of the meeting, aspects of training of Iraqi citizens and development of bilateral cooperation were discussed. First of all the parties examined ways for solving problems concerning development of standard requirements for the training of foreign students in higher schools of Ukraine, as well as outlined prospects for the organization of study courses for teachers and students, exchange of experience and allocation of scholarships for education.



#### A friendly visit

On September 7, Kharkiv National Medical University was visited by the Ambassador Extraordinary and Plenipotentiary of the Republic of Iraq in Ukraine Mr. Shorsh Khalid Said.



During his visit the Ambassador had a meeting with the Rector of KhNMU, Professor Vladimir Nikolayevich Lesovoy. In the course of their meeting the parties discussed aspects of training of Iraqi students at the University and prospects in the development of bilateral cooperation, as well as urgent problems in order to improve the quality of the process of training of the Iraqi students.

Within the framework of his visit Mr. Shorsh Khalid Said attended our Museum of History and was pleased to get acquainted with the historical past of the University. Finally, he wrote an entry to the visitors' book.

**INTERNATIONAL COOPERATION**

### *A letter from the Ambassador Extraordinary and Plenipotentiary of the Republic of Iraq to Ukraine*

A letter, addressed to the Rector of KhNMU, Prof. Vladimir N. Lesovoy, came from the Ambassador Extraordinary and Plenipotentiary of the Republic of Iraq to Ukraine, Mr. Shorsh Khalid Said. The Ambassador paid his high respects to the Rector and staff of Kharkiv National Medical University in this letter and passed a souvenir gift from Iraq in order to replenish the collection of the Museum of History of the University, which he attended during his visit this September.



"I sincerely hope for continuation of our important cooperation and constructive dialogue for augmentation of its results. The Embassy of the Republic of Iraq in Ukraine and I personally would like to take advantage of this opportunity in order to assure you once again of our very deep respect."

**Information**

The Ambassador Extraordinary and Plenipotentiary of the Republic of Iraq to Ukraine presented the Museum of History of Kharkiv National Medical University with a flag of the Republic of Iraq and a souvenir gift with a symbolic representation of a golden harp – a jeweller's artwork of famous goldsmiths from the ancient Sumerian city of Ur, which was located on the territory of the present-day Iraq.

### **Within the framework of bilateral cooperation**

On September 26, Kharkiv National Medical University was visited by the Deputy Chief of Mission of the Embassy of the Kingdom of Morocco in Ukraine Mr. Nasreddine Faouzi Ramdani.

An important component of the meeting consisted in discussion of ways for possible cooperation. During his meeting with the Rector of KhNMU, Professor Vladimir Nikolayevich Lesovoy Mr. Nasreddine Faouzi Ramdan noted that Kharkiv National Medical University had a good reputation in his home country and its graduates worked at prestigious medical institutions.

During their meeting the parties discussed issues of further cooperation, possible joint conferences and seminars, study courses for teachers and students, development of scientific programmes under the condition of establishment of direct cooperation of our University with medical faculties of universities in the Kingdom of Morocco.

Finally, Mr. Nasreddine Faouzi Ramdan thanked Vladimir Nikolayevich Lesovoy for an interesting meeting and expressed his hope of fruitful cooperation. Visiting our Museum, he also got acquainted with the history of the University and wrote an entry to the visitors' book.



### **A VISIT OF FOREIGN SPECIALISTS**

On September 12, our University was visited by a neurosurgeon, Professor, Dr. Hansjurg J. Holdener (Zürich, Switzerland) and a trauma surgeon, Professor, Dr. Dennis P. McGovan (Nebraska, USA). The foreign specialists had a meeting with the Rector of the University, Professor Vladimir N. Lesovoy and discussed issues concerning further ways of development of the University hospital, introduction of modern technologies in the field of neurosurgery and traumatology, sharing of experience and training of young specialists.

Within the framework of their visit Dr. Holdener and Dr. McGovan paid a visit to the University hospital, where they got acquainted with abilities of the clinical basis and the level of given medical services, as well as examined prospects of joint cooperation in aspects of providing high-quality aid in different fields of modern medicine.

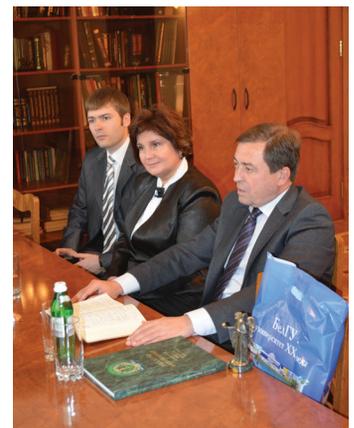


### **A visit of a delegation of Belgorod State University to our University**

On November 7, Kharkiv National Medical University was visited by a delegation of the National Research University "Belgorod State University". The delegation consisted of the Rector, Prof. Oleg Polukhin, Dean of the Medical Faculty, Prof. Nina Zhernakova, and Assistant Rector Vladimir Gerashchenko.

The representatives of Belgorod State University met with the Rector of our University, Prof. Vladimir Lesovoy and discussed aspects of mutual cooperation in the field of medical education, joint scientific and practical activities, particularly exchange of students and lecturers, holding of workshops and delivering of lectures, participation in international grants, etc.

In the end of their stay these guests of honour visited the Museum of History of KhNMU, where they got acquainted with the work of outstanding scientists, formation and development of medicine in Kharkiv from the time when our University was founded.



## A DISEASE OF THE CENTURY

Arterial hypertension makes a significant contribution to morbidity and mortality rates all over the world. This disease is an important factor of stroke, myocardial infarction, cardiac insufficiency, renal damages, diabetes mellitus, and cognitive disturbances. Scientists and clinicians pay much attention to problems of detection of this pathology, diagnosis of its complications, tactics for managing such patients and improvement of treatment regimens. These aspects are actively discussed at annual congresses on arterial hypertension.

This year the traditional XXII European Meeting on Hypertension and Cardiovascular Protection was held on April 26-29 in London and put together leading specialists in cardiology from America, Asia and Australia, rather than from Europe only.

The programme of the Congress consisted of lectures, poster reports, satellite symposia, plenary sessions and disputes. The subjects of the Congress included the most urgent problems: ways for revealing early stages of arterial hypertension, neurohumoral mechanisms in the formation of the disease, innovation methods for diagnosing damages of target organs, control of blood pressure in patients with diabetes mellitus, the part played by candidate genes in the realization of blood pressure elevation, etc.

Much attention was paid to arterial hypertension in the context of metabolic syndrome as one of the components of glucometa-

bolic imbalance and obesity. It is worth emphasizing that metabolic syndrome is understood by cardiologists, endocrinologists and other specialists as a complex medical-social problem, which is globally important for stratifying people with prognostically significant cardiac outcomes.

The attention of clinicians was undoubtedly attracted by reports, devoted to modern tactics in treatment of patients. Results of multi-centre researches and clinical observations were presented; these argued medical tactics for different variants of arterial hypertension from pathogenetic positions.

Our Department of Propedeutics of Internal Medicine No. 1 took an active part in the work of the Congress. Poster reports of the Department members were discussed with moderators of the Congress within the framework of sections: 5 – Obesity and Metabolic Syndrome, 2 – Diabetes, 1 – Atherosclerosis, 1 – New Therapeutic Approaches, 1 – Epidemiology of Cardiovascular Diseases. Participation in the work of scientific forums significantly broadens scientific horizons and enriches with modern knowledge for effective prevention and treatment of cardiovascular diseases.

**O. Kovalyova, T. Ashcheulova  
T. Ambrosova, A. Demidenko**



## SCIENTIFIC FORUM

## CONFERENCE ON TROPICAL MEDICINE

At the Department of Infectious Diseases of Kharkiv National Medical University (Kharkiv Regional Infectious Hospital, 160 Gerov Stralingrada Avenue), the 6th and 8th groups of the sixth-year medical students took part in the first regular medical conference of English medium students in academic year 2012/2013.

This event, moderated by Emmanuel Akhadelor, was graced by the presence of the Head of the Department Professor Vladimir Nikolayevich Kozko, Associate Professors A.V. Bondarenko and G.I. Gradil.

Different reports were made by students of these groups. Abdulla Fatema, Anuba Thonia and Eduok Amanam, who had conducted a research on dengue fever, a tropical disease from which a lot of population in different tropical areas of the world suffer, also gave us some highlights on the etiology, epidemiology, geographic distribution and actuality of this disease in our present day environment. Following this information was another team, comprising of Akhadelor Emmanuel, Sorungbe Adebola and Okonu Bright, who had studied the pathogenesis and clinical comparison of dengue hemorrhagic fever and

dengue fever, so we can understand how to distinguish these two diseases and know their clinical presentation when we come across them in our time of practice. Concluding the above subject, Abdulla Akella, Nwagbo Douglas and Eno Otobong Ignatius informed us how to diagnose this disease, treat it and also prevent its occurrence. Everybody knows very well that it is much better (easier and cheaper) to prevent any disease than to cure it.

That was not the end of the event, as students from the 6th group gave wonderful presentations that were really amazing. Maraj Ahmed gave us some insights on leishmaniasis, Hussain Alhaddaq told the audience about the global outbreak of plague, Ahmed Hamzagave informed about rapid HIV testing – a quick method of diagnosing HIV infection, and the last reporter, Ali Mohamed Ali, described modern and better ways for diagnosing infectious diseases.

It was a successful conference, and in its end the Head of the Department Prof. V.N. Kozko made astonishing remarks on the performances of the individual speakers and also saluted their wonderful tutors for hard work in helping our future doctors to realize their potentials.

**Emmanuel Akhadelor**



**FRIENDLY RELATIONS****20 years of India-Ukraine friendship**

India and Ukraine have close relationship and strong friendship.

Diplomatic relations between India and Ukraine were established in January 1992. The Indian Embassy in Kyiv was opened in May 1992 and Ukraine opened its Mission in New Delhi in February 1993. The Consulate General of India in Odessa functioned from 1962 to its closure in March 1999.

Also India has friendly relations with Ukraine. Annual Foreign Office consultations are held at the Secretary level. The Deputy Foreign Minister in charge of the Asia region represents the Ukrainian side in these consultations. Ukraine has been positively cooperating with India at the international level also. Ukraine supports the resolution of the issue of Jammu & Kashmir on the basis of Shimla agreement. Ukraine also supports reforms of the UN structure.

Recently we have celebrated a great holiday devoted to the 20th anniversary of India-Ukraine friendship. India Club Kharkiv and the Embassy of India in Ukraine were the main organizers of this wonderful event. It took place in V.N. Karazin Kharkiv National University, at 4 Svobody Sq., in the conference hall. Our students took part in this holiday and shared their impressions and warm reviews concerning this event.

"On September 19, 2012 Ukraine and India celebrated 20 years of their friendship. On this occasion we had a great cultural action which was held in V.N. Karazin Kharkiv National University. Among the reputable guests of this event were the Rector and the Counselor of the Indian Embassy in Ukraine. I was a member of this organizing committee, led the Rector and the Counselor to the solemn hall with

a nice bouquet and welcomed them wearing in Indian dress "Sari". Then I had an honourable chance to present flowers to the "quests of honour" on the stage.

The program proceeded with a Ukrainian couple dance, and some Indian dance performances by beautiful groups to Indian (Hindi) songs.

Also, there was a music concert by an Indian rock band in the second half of the action. They gave a brilliant music performance and pleasure for all the quests. Later after the cultural program we had a photo shoot and a delicious Indian dinner at the Deli Restaurant.

The whole event had a great success and brought all the quests unforgettable moments and festival mood."

**Asmita Dubey, Group 26**

"On the occasion devoted to the 20th anniversary of friendship between India and Ukraine a great event in V.N. Karazin Kharkiv National University was organized. The

Rector and the Counselor of the Indian Embassy were invited. A lot of interesting programs were performed during the meeting. Both countries sang their national anthems. One could watch talented Indian and Ukrainian boys and girls on the stage. A festival dinner with tasty national dishes at the Indian Restaurant was a great ending of the holiday. As for me, I enjoyed this holiday very much.

Also I want to add that the organization was very good and we could feel the spirit of holiday and spend the time with great pleasure."

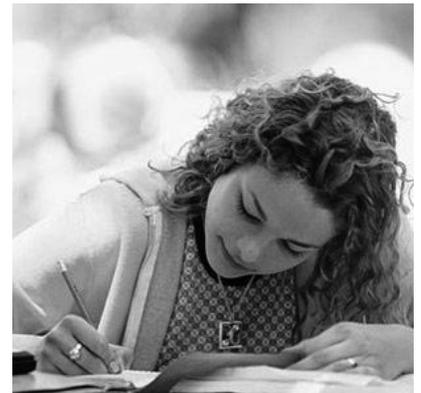
**Purwa Awasthi, Group 26**

**SMILE!***A letter to parents*

Oh, yes, yes, I know... You were going to write a letter to your parents long ago, but for different reasons nothing has come out of it yet. You believe that you will never make up your mind to do it. You are conscience-stricken, but things haven't got forward an inch. All right, then remember and send, make a holiday for your parents!

*My dear mom and dad!*

1. **The university life means:**
  - a) continuous education;
  - b) real rest;
  - c) terror and mass repressions,
2. **And I want**
  - a) to take up it seriously;
  - b) to take everything from the life;
  - c) to leave everything and return home.
3. **Beginning from tomorrow, I will seriously busy myself with**
  - a) study and eager activity in different societies;
  - b) search for a male/female friend;
  - c) study of the Chinese language.
4. **The people, with whom I live the whole day,**
  - a) play guitar;
  - b) think where and how to earn money;
  - c) do not leave the Internet.
5. **Every day we attend**
  - a) our classes;
  - b) the Dean's office;
  - c) a psychologist.
6. **As for my food supply,**
  - a) it is normal;
- b) I ran out of it 10 days ago;
  - c) it found its place in my roommates' stomachs.
7. **I spend all my free time**
  - a) at a computer club;
  - b) in discotheques;
  - c) in a library.
8. **I have written these few lines so that you**
  - a) should not worry;
  - b) could not fall asleep.
9. **And be informed that your baby**
  - a) is very happy;
  - b) is dying of starvation;
  - c) is covered with bandages from head to foot.
10. **I am looking forward**
  - a) to see you;
  - b) to receive a money transfer;
  - c) to get an opportunity to leave this place.
11. **Good-bye,**
  - a) your son;
  - b) your daughter;
  - c) your...

**JOKES**

Son in college was applying pressure for more money from home. "I cannot understand why you call yourself a kind father," he wrote his dad, "when you haven't sent me a cheque for three weeks. What kind of kindness do you call that?" "That's unremitting kindness," wrote the father in his next letter.



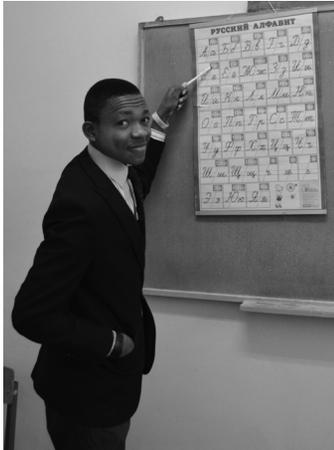
Daughter in college wrote to her parents: "I need money badly! Please, send me 1000 dollars as soon as possible!" The answer was: "Our dear daughter! With this letter we're sending you a cheque for 10 dollars. But next time, please, be attentive and don't forget that "ten" is written with one "0", not three."

**STUDENTS SAY**

## My first impression of KhNMU

Kharkiv National Medical University (KhNMU) is considered to be one of the oldest higher educational establishments of Ukraine. It was founded in 1805 as the Medical Faculty of Kharkiv University.

Since 1951 the University has been training specialists for foreign countries of the Eastern Europe, China, Mongolia, and since 1961 students from the countries of Asia, Africa, and Latin America have been studying at this University. Now, a lot of foreign citizens study at KhNMU at the Medical and Stomatological Faculties and undergo clinical postgraduate courses. A great amount of brilliant specialists from 86 states of Europe, Asia, Africa, Latin America, and Middle East have graduated from KhNMU since 1951. The languages of instruction for foreign students are Russian and English.



Nowadays KhNMU has become an important centre for international students who need expert teaching in learning. It is the place where science, warm atmosphere and friendship of nations are the main principle.

Our dear students told us about their first impression about University. They definitely pride themselves on studying at this place.

"I have entered Kharkiv National Medical University this year. My first impression of KhNMU was warm and serene. The organization of school environment is really great. After submitting my documents I was eager to explore every corner of the University. I visited the gymnasium, lecture halls and different departments. I am really grateful to the founders and all the University's staff. I look forward to my remaining years of studying at this brilliant University."

**Anthony Utibe**  
Group 6

"My name is **Amadi Oromachi**, I am from Nigeria. I can say for sure that my first impression of Kharkiv National Medical University was really strong. It was like all my cherished dreams came true. When I had the first lecture in Physics which was delivered by Marina Bondarenko I was under impression. She lectured on an interesting subject, told everything in details and asked at the end about our questions or lack of understanding. She reassured us that we could turn to her for a piece of advice and she would help us with solving problems or tasks. Also the lecturer recommended us to go to the Dean's Office in case of necessity. And after that day I can say proudly: KhNMU is a good University."

Group 6

"My first impression of Kharkiv National Medical University...well, it has a nice structure. I have seen a lot of flags from different countries outside the school and I know it is a sign of strong friendship between countries. I was impressed that one could enjoy nice flowers in the middle of the building.

I was really glad that receptionists welcomed me each time very warmly. On the whole I like my University very much and tell all my friends about its benefits!"



**Soyombo Emmanuel**  
**Oluwabunmi**  
Group 6

"My first day at this University was full of new experiences, totally different from high school. It is amazing to study at this wonderful establishment. The environment of the campus is so friendly, peaceful and comfortable. I am glad and proud of studying under the roof of Kharkiv National Medical University. I believe it is an honour to become a student of this University. I was just speechless

when my teacher asked us to describe our first day here as it is unbelievable and I cannot express all my pleasure and happiness on the paper. At last I would like to thank sincerely from the bottom of my heart the founders of KhNMU for giving us ahead such a brilliant opportunity to become good doctors and specialists. It is a precious gift for us and our future generations".

**Shahubaan Rasheed Ahmed**  
Group 6

**CONFERENCE**

## Health in the Region and in the World

The international conference "Health in the Region and in the World" was held in Poland on November 26-28, 2012. Its participants discussed a big variety of problems related to prophylaxis of diseases and promotion of state programmes of healthy lifestyle. The speakers emphasized that it was necessary to combine efforts of all specialists in many fields (not only doctors, but also teachers) in order to provide the elementary knowledge and principles of healthy lifestyle.



**Prof. Boleslav Samolinsky, MD,**  
**a reporter of the European Health Forum**  
**with N. Martynenko**

Our university presented the report "Spirituality and Health" (Nataliya Martynenko). In her report she emphasized that the subject of correlation of spirituality and health, especially in the previous decade, had become very important and had been actively debated not just by clergymen, but also by physicians and their patients. For this reason the knowledge of human nature is a vital necessity and an element of the general culture of any individual. We should help our medical students to understand the meaning of such issues as "health", "healthy lifestyle", "culture of health", etc. It is a great pity that the majority of subjects at medical university mostly give information about human diseases, without any detailed explanation how to take care of health. Unfortunately, globalization and scientific-technical progress have negatively affected the spiritual, psychic and physical health of people.

The majority of the population are sure that "medicine will help" and do nothing for the support of their own health. Yes, contemporary medicine can do a lot, but each person should take care of lifestyle, doing everything for his/her own healthy future. Therefore courses of valeology and any forms of sanitary-educational work will be nice in the struggle against total "illiteracy" in the sphere of healthy and optimal nutrition, hygiene, and formation of the conscious attitude to health.

**Nataliya Martynenko**  
Lecturer of the Department of Social Sciences

## Diwali: festival of lights

Diwali, popularly known as the "festival of lights," is one of the biggest festivals of Hindus, celebrated with great enthusiasm and happiness in India.

The festival is celebrated for five continuous days, where the third day is celebrated as the main Diwali festival. Different colorful varieties of fireworks are always associated with this festival. On this auspicious day, people light up diyas and candles all around their house. They perform Laxmi Puja in the evening and seek divine blessings of Goddess of Wealth. The festival of Diwali is never complete without exchange of gifts. People present diwali gifts to their family members and friends. Diwali is an official holiday in India, Nepal, Sri Lanka, Myanmar, Mauritius, Guyana, Suriname, Malaysia, Singapore and Fiji.



The exact day of the festival is determined by the position of the moon. According to the Hindu calendar, Amavasya or 'no moon day' is considered as the perfect day to celebrate Diwali.

The festive spirit brings people of different communities closer in order to celebrate the vibrant festival in the most blissful and lively way. Like most of the festivals in India, Diwali too has its base in mythology.



Historically, the origin of Diwali can be traced back to the ancient India, when it was probably an important harvest festival. However, there are various legends pointing to the origin of Diwali or 'Deepawali.' Some believe it to be the celebration of the marriage of Lakshmi with Lord Vishnu. Our students share information about this holiday:



"Diwali is the festival of "Hindu". We celebrate this holiday in honour of Lord Rama and his coming back home after 14 years from the forest. On this day people decorate their houses with lights, give each other sweets, gifts, perform acts of charity, and help poor dwellers and orphans. Then they celebrate this great day with their family. After that day people celebrate New Year, visit each other's houses, wishing all the best. On this holy day people forget about all the problems and disappointments, so this day is full of joyfulness and happiness in people's hearts".

**Nagadiya Kishan Kumar**  
Group 30

"Diwali is celebrated on the Eve of Lord Rama's coming back to Ayodhya after 14 years. This date was celebrated by the people of Ayodhya for the first time by lighting lamps or diyas in order to show their joy. Lord Rama was sent to the forest by his father Dasaratha (the king of Ayodhya) as he had promised his wife to fulfill three wishes because of her saving the King's life from enemies during the battle.

Kaikai (the King's wife) had three wishes. The first one was about giving the throne to her son Bharath not to Rama. The second one demanded sending Rama to the forest for the period of 14 years. The third wish said that Rama could not come back to Ayodhya before the period of 14 years.

So, all the people became sad because of this fact. Together with Rama his brother Laxman and Lord Rama's wife Sita also went to the forest and stayed there for 14 years long.

On this day we decorate our houses with lights, candles, flowers, diyas and prepare sweets. People also pray to Lord Rama and Goddess Laxmi and wear new clothes in order to express their gladness, happiness and pleasant emotions. During this festival people also meet each other giving sweets. We make different patterns, which are called Rangoli. The patterns are typically created with materials, including colored rice, dry flour, and colored sand or even flower petals. With the holiday of Diwali New Year commences in our country".

**Nikish Nehra**  
Group 29

"Diwali is one of the most important festivals of Hindus. It comes on Kartik-Amavasya every year. We celebrate this day with great pleasure and happiness in our eyes, burning candles and lamps. People decorate their houses with flowers and candles, wear new clothes. Different sweets are prepared on this grand day. We worship the Goddess Laxmi as the patron of money, welfare. Also this holiday is for purchasing, so people buy everything they want and need: household appliances, utensils, new bikes, etc. They think that this day is better than others for buying things. This day is called "Dhanteras", Dhan means money. On Dhanteras people consider it auspicious to purchase gold or silver articles or at least one or two new utensils. It is believed that new "Dhan" or some form of a precious metal is a sign of good luck. And after all that the Day of Light comes. Actually what does "light" mean? It means people wish each other to be always healthy, happy, joyful, and never feel any pain of sorrow and disappointment.

Happy Diwali!"

**Ankush Kumar Rai**  
Group 29

# Autumn

*Autumn!  
How wonderful and warm this word sounds!  
The magic of the autumn gives us a feeling of excitement and happiness.  
It captures our hearts and souls!*

*In autumn, we live in our own worlds, the worlds of our dreams. Every evening, when we close our eyes, we imagine a bright golden autumn and dip in the ocean of dreams.  
Our students told us about their favourite time of the year – autumn.*

## — IN UKRAINE

Autumn is one of the four seasons. It comes after summer and before winter. It is great time when leaves fall on the ground.

The autumn in Ukraine is very bright and picturesque, although it is different from the weather in my native country. It comes approximately in November and it starts raining at this time.

Autumn is usually cold in Ukraine but it has mild weather unlike winter. It often rains there like in my country.

There are also, so to say, three stages of the autumn period. The first one is not too cold because of the Indian summer. The second stage is when rain starts and the weather is quite cold. Speaking about the third stage, at this time the first snow falls and we feel a cold breath of winter. To my mind, autumn is great and lovely time and we can enjoy the beauty of the picturesque nature.

**Obiana Somtochukwu**  
Group 11



The sweet cool breeze,  
Nice golden leaves,  
The peace and happiness in brain –  
It is about autumn in Ukraine!

The kids love to jump and play,  
The couples are so happy every  
day,

The mummies never shout,  
Just say "Baby, you can go out",  
You can be out of pain,  
Because it's autumn in Ukraine!

People gather rich harvest,  
And consider this time the loveliest,  
One can enjoy the nice sceneries,  
And forget about all worries  
We all enjoy warm lovely rain  
And thank the autumn in Ukraine!

**Pooja Praharaj**  
Group 11

I'd like to say that this is my first year of studying at Kharkiv National Medical University. This is my first autumn in Ukraine. I am from Maldives, a tropical country, so I had no idea what was expected for autumn but all I can say this period in Ukraine is colder than I expected. As I am not used to such kind of weather, I find it difficult to cope with it. Although it is unbelievably beautiful when leaves change their colours: red, brown, orange, yellow – just fantastic! They fall and rustle underfoot, creating a multicolour carpet of beauty.



It seems to me that autumn, if compared to summer, is not such a joyful period. One has to wear warm clothes in darker and neutral colours instead of bright. Only in summer we can enjoy our life to the fullest. Frankly speaking, I miss warm weather at home as I do not like cold weather. I'm thinking about summer in Maldives...

**Sheeba Rushdhee**  
Group 11

**AUTUMN IN SOUTH AFRICA**

Autumn in South Africa is one of the seasonal changes that local people dislike. This period usually lasts from March till May. The weather changes rapidly and many people despise the icy chill, which they feel when their toes stick out of bed. Although the country is picturesque with brown, yellow, golden, red leaves.

Very little rain falls over the whole country, and it is warm but not too hot, getting colder as the season progresses. In Cape Town, autumn is fantastic, with hot sunny days and warm, balmy nights, which many people spend at outdoor cafés.

The air is frosty and thick with smog that comes from burning fires. Autumn in South Africa is one of my least favourite periods of time, as it is dull and depressing. I find autumn here in Ukraine similar to autumn in my native country.

To cut a long story short, I would like to add that autumn in Ukraine is more festival and picturesque, so I enjoy these days here."

**Kirthi Lala**  
Group 11

"The weather in South Africa is mild and comfortable. There are no extreme temperatures but in the city, where I come from, it is a little bit colder. The temperature drops from the summer months to around 12-15°C. Most days are warm and sunny but sometimes a light breeze blows. People spend their free time in parks and squares where the weather is warm, but sometimes it gets colder and heavy clouds cover the sky, so most citizens prefer staying at home next to fireplaces with a warm plaid. When we go out we do not wear very warm clothes, just simple jeans, a long sleeve top and a light jacket will be enough.

Unlike many countries in Europe and other places, our seasons are different to some degree, for example, we have our autumn time from March to May."

**First-year student**

**AUTUMN IN ISRAEL**

"Autumn is a very special time of the year with its own unique aura and atmosphere. September, October and November are considered to be months of autumn. It is also the nicest period of the year for foreign students in Israel. One can enjoy swimming here from April till October along the Mediterranean coast and the Sea of Galilee. Through the year, swimming in the Dead and Red Seas is a very popular activity among citizens and tourists.

This is a short transfer season and you can find quite a lot of nice days, or even warm ones. Mostly the temperatures are similar to the spring, only with somewhat cloudy skies."

**Yanul Khteeb**  
Group 11

**HANMADE CHRISTMAS-TREE**

**Author Aleksandra Maksakova**



**Author Tetiana Zolotarova**



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