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LGU BIENNIAL MAGAZINE

Ambassador Huth to LGU Students

"Go where your interests take you"

Minister Hasbani at LGU Graduation

"LGU will always be your home"

Economy of Bitcoins

All you need to know

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For Youth



It is time to “flourish”

We can approve that a plant which is healthy and blooming can be said to “flourish”, but what does it mean for a human being to flourish? Precisely, how can an LGU student thrive while he is working hard to gain a diploma or qualification?

Some might consider a financial success as “flourishing.” Others might attribute this level of being to self-development and growth. We might believe that people are «flourishing» when they are happy and content, or when they are learning new things and applying their skills to new challenges. All of these meanings are true!

According to the father of positive psychology, **Dr. Martin Seligman**, «flourishing» is the result of paying attention to building and maintaining positive emotions, engagement, relationships, meaning and accomplishments.

It is said that “student life is golden life”. To savor your learning experience at LGU, you have to increase your positive emotions, engage with LGYou World, develop deep and meaningful relationships, find meaning and purpose in your student activities, and achieve your goals through cultivating and applying your strengths and talents.

To flourish is to find fulfilment in all that you are accomplishing as meaningful and worthwhile tasks, and connecting with others at a deeper level.

Research shows that students who are happy and emotionally supported have better emotional and academic outcomes.

Feeling good helps you to perform better at university; it boosts your physical health; it inspires you to be creative and look to the future with optimism and hope.

Feeling good is contagious. When you share your good feelings with others, they appreciate and enjoy your company.

Furthermore, you enhance your own well-being by building strong networks of relationships around you, with friends, colleagues, and professors.

Studying at LGU is “thinking, reflecting and connecting ideas”; it is to cultivating one of the most leading forces of the human mind – curiosity.

Enjoy the journey.

EDITORIAL TEAM
Marianne Adaimi
José Noël Ibrahim
Mimi Fleyfel
Jeanine Rizk



Milad Hadchity
Professor at LGU
Positive Psychology Coach

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Designed and printed by:

AMBASSADOR HUTH

BE DILIGENT AND CURIOUS AND, MOST IMPORTANTLY,
GO WHERE YOUR INTERESTS TAKE YOU



Since you left Lebanon in 2006 until today as you approach the end of your term in Lebanon, how much do you believe the region has changed? And how has Lebanon changed?

First of all, coming back to Lebanon in 2015 after nine years of absence, I did not notice so much change. After all, the friendliness and generosity of the Lebanese are, of course, unchanged, and I think that both Beirut and the rest of the country still have the same “feel”. So my family and I quickly felt at home, not least because we could re-connect with some old friends. Politically and economically, Lebanon has been struggling, but ups and downs are what marks this country. And taking into account the deterioration in the regional situation, especially with regard to Syria and the impact this has had on Lebanon, your country has been doing quite well. And I am confident that Lebanon will not be drawn into the storms raging around it.

To what extent do you believe Lebanon has a cultural role to play in its Arab surroundings?

Lebanon has always played a cultural and social role that is quite big relatively to its small size. To me, Lebanon, due to its unique composition, its location, and the spirit of its people, has been a main “shaker and mover” in the cultural field. People with different traditions and beliefs live together as neighbours and friends, and their traditions and beliefs have influenced and shaped each other. And the interaction of Lebanon with the world - which goes back to Phoenician times - has resulted in an unusually lively cosmopolitan spirit. The freedom traditionally enjoyed by the Lebanese as well as the country’s excellent educational system have also had their share in the contribution made by Lebanon. The most important thing that the region can learn from Lebanon in this difficult period is that living together is not only possible, but that it is an enrichment.

How do you look at the refugees’ crisis in Lebanon? And how can Lebanese universities join in the German efforts to deal with this crisis?

Lebanon is bearing a huge burden with the presence of more than one million refugees on its soil. My country and others are doing their utmost to alleviate this burden and to help Lebanon. And Germany itself has taken in several hundred thousand refugees, so we do understand the resulting challenges. We do wish that the refugees will go back to Syria once conditions allow for this, and I am absolutely confident that this will happen – not least because the refugees want to go back to their homes themselves. Universities can play a role in the educational field, and in examining the needs and concerns of both the refugees and their host communities, and they can contribute to objectifying the attitudes surrounding this issue. In Germany, some universities, like Erfurt university, are doing very good work in this field



What is your advice to Lebanese students willing to continue their higher education in Germany?

Language is often perceived as the biggest obstacle. And being able to communicate and write

in German in most cases still is an important prerequisite for studying in the land of Luther and Goethe. However, German is definitely learnable and certainly not more difficult than Arabic- and it is also a very rich and beautiful language. Moreover a degree obtained by one of our many excellent universities which are by the way spread all over the country, is a passport to the world.

Last May, LGU launched a new BA in Teaching German as a Second Language during a round table on German being the language of opportunities, held under your patronage. What do you think are the direct and long term benefits of such events and of implementing this pioneer program, on promoting the German language and culture across Lebanon?

The more people learn German, the more they will interact with Germany and the Germans,



and the more we will interact with them. Germany is an open and welcoming country, and we are also in need of such interaction and of offering training and job opportunities to young people coming to us to study and train. Lebanon is of special interest in this regard since it “produces” well educated young people, and because young Lebanese wishing to pursue their studies abroad should focus not only on 1 or 2 countries. In this regard, a successful LGU BA program could have a very important impact.

In addition to your native German language, you speak French, English, Arabic, and Persian. Which second language do you enjoy the most? What is the spoken language used at home considering your wife has Arabic roots and you grew up in Iran and Egypt?

At home we speak German and English since our sons, due to our moving around in the world, have attended mostly American schools. Every language has its own special beauty, and throughout my life I have discovered that any language brings with it not only means of communication, but an understanding of culture and mentality. This is especially important in this region where people are very conscious of their roots and cultures. From this perspective, being able to speak even a little bit of any foreign language is a very gratifying experience. And since I

can get around in Lebanon speaking colloquial Lebanese Arabic, I sometimes even manage to forget that I am here as an ambassador.

As this interview is intended to students and youths, tell us about your university experience, how you chose your major and what kind of university student you were back then.

I attended the German schools in Tehran and Cairo, and graduated in Cairo in 1983. As I had set my mind on joining our Foreign Service, I chose to go to law school and enrolled at Konstanz University in southern Germany. I didn't like law at first, but gradually developed an interest. What also helped was that I was able to pursue other interests while at university, like learning Arabic. And I suppose my legal background came in useful when, many years later, I worked as legal adviser to the German U.N. Mission in New York.

Last word for Lebanese and LGU students.

Be diligent and curious, and most importantly, go where your interests take you. Good luck!



Mrs. ALICE EDDE

NEVER EVER GIVE UP ON YOUR COUNTRY,
COME RAIN OR SHINE!



08

Who is Alice Edde? Tell us about your various professional activities: Alice Edde Boutique, Edde Sands, Beirut International Film Festival, Via Appia Byblos Farmers' Market ...

Alice Kingsbury Bradley Eddé married to Roger Eddé since 1975, 2 years after we met in Beirut, while I was visiting a former colleague from the National Geographic when I was based in Amsterdam, working for Time Life.



I spent most of my life in Europe because of my father's military commitments around the world. That's what allowed me to learn many languages and immerse in many cultures!

I specialized in languages in Zurich. I learned many as I traveled around the world, including the Middle East!

I have always had a soft spot for anything cultural: people's culture, archaeological sites, all arts, architecture, music (harp), cinema, gardens, you name it!

When did you decide to live in Lebanon and what aspects attract you the most in Lebanon?

With Roger's international commitments as a business lawyer, investor, projects developer, political activist for the cause of Lebanon's peace and freedom, I was able to travel the world helping as well as focusing on what I love to do. While my workaholic husband was meeting nonstop, day and night with even increasingly higher intensity late into the night, I enjoyed every minute of my life wherever we went, as is the case now that we have returned to Lebanon trying to make a difference when we can!

What has been your role along with your husband's in the booming of Byblos in the last 15 years?

In Byblos "bilad Jbeil" Mount Lebanon we focused on developing the Byblos riviera destination, starting with Eddé Sands on the golden sandy beach at the 7000-year-old archaeological site, only 20 miles north of Beirut! We then developed Eddé Yard in the Old Souks of one of the oldest continuously inhabited cities of the world. My Paradise on earth!

Anything I have done has had one overriding objective: to fill it with life in order to avoid the syndrome of many archaeological world treasures that tend to live and die as museums! The Via Appia Farmers Market on Saturday afternoons is an example of bringing life to the Old Town.

How do you define your relation with fashion especially that you are known for your fondness of style, with Edde Boutique? And what is the story behind your relation with headwear?

To quote Coco Chanel: "Fashion is not something that exists in dresses only. Fashion is in the sky, in the street; fashion has to do with ideas, the way we live, what is happening".

And so Eddé Boutique is a reflection of my vision of Lebanese creativity today combined with my passion for gardens. And as you know, all gardeners wear a hat!

Since you are the President of Beirut Film Foundation, what is the key to get the right funding for a film? How do you find cinema production in Lebanon? And what is your advice to LGU Performing Arts students?

Lebanon can be successful in developing its cinema industry!

I think we need to move away from popular vulgarity in our TV series productions!

Actors should train first in theater, work on their voices, and **AVOID OVERACTING!**

We have to train and generously reward scenarists relying on the most talented writers!

We should choose a signature identity in choosing the kind of entertainment we can offer!

Best to avoid both the boring documentary type of movies as well as the vulgar one!

Bollywood became a huge success in a few years representing India's popular culture!

We need to find what can be the Mediterranean « thing » that can mix the Eastern exotism and the Euro-Mediterranean sexiness!

Lebanon is already there in its entertainment and hospitality industry. Let's take it to low budget, high quality movies that are good for cinema as well as TV!

Action movies are not our thing!

High budget movies can't be financed by a distribution contract with the few huge worldwide distributors!

We need to network with the Lebanese World Talents from Brazil to the USA where we already have stars in the entertainment industry!

I think that we should avoid the endless repetition of a folklore that is "dépassé"!

« There is no business like show business » **WE CAN DO IT AND SUCCEED** while avoiding government subsidies that are actually poisoned giveaways!



As a lover of cinema, what films have been the most inspiring or influential to you and why?

The Sound of Music because of its combined innocence and seriousness.

You have American origins and you have studied in Germany and lived in Lebanon. How have these different cultures affected you and which country do you consider your home?

Germany has given me the culture of discipline, pragmatism, resilience. The model of a nation destroyed by war, rising from its ashes to rebuild its industries, education network, infrastructure, every component of its export-oriented economy.

And above all, its reputation as a warmonger, transformed today as a promoter of peace respecting international law and order, while encouraging diversity!

As for my way of life, I am now in Byblos, on the Mediterranean, where ancient Phoenicia reigned with its ports and city states. An osmosis of the Old World cultural heritage, its quality of life and the authenticity of a generous nature gifted by its gods with 4 seasons of a moderate climate that influences its people !



What are your future projects?

My future projects are many with my serial entrepreneur husband, Roger Eddé's endless dreams in the making! I will focus on a green / smart village, with retreats for poets, musicians, painters, sculptors, writers, movie scenarists, and producers.

A village ten minutes from my home in Eddé. A village that has not been inhabited for over 300 years at 500 m above sea level! Ideal for organic farming.

I will also pay special attention to the future developments of Eddé Sands and Eddé Snow!

One last message to the LGYouth

My last message to the LGYouth is crystal clear: NEVER EVER GIVE UP ON YOUR COUNTRY, COME RAIN OR SHINE!

Fight for the Lebanon of your dreams, keep dreaming, keep thinking, keep the flames of your energy alive and kicking, until you make it happen!

Fight for sustainable peace and for more and more FREEDOM!

Aristotle

« The pleasures arising from thinking and learning will make us think and learn all the more.»



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« Your roots are firmly established
in Lebanon »



Under the auspices and in the presence of Vice Prime Minister, Minister of Public Health H. E. Mr. Ghassan Hasbani, LGU celebrated its sixth commencement exercises, class 2017, at Eddé Sands in Jbeil on July 5th 2017.

The ceremony was held in the presence of Mr. Carsten Meyer-Wiefhausen, Deputy Head of Mission of the German Embassy, Mrs. Julia de Biolley, Vice President of the Head of Mission of the European Union, a host of current and former deputies, representatives of military, political, and religious figures, German institutions such as DAAD, AGYA, Goethe Institute..., unions and NGOs, as well as members of LGU Board of Trustees, Vice Presidents, deans of the various faculties and heads of departments as well as administrative personnel and the students' parents and friends.

Dr. Pierre El Khoury, LGU Vice President for Development took the stage to express LGU's prime interest that involves helping students break into a very competitive labor market by providing them with high quality education.

« LGU will always be your home »

In turn, Dr. Alexander Najjar, President of LGU Board of Trustees, praised the efforts of late LGU President, Dr. Faouzi Adaimi, who helped LGU gain recognition among well-established academic institutions due to its good reputation and the ease with which its students land jobs as soon as they graduate. He also stressed that LGU is a cultural bridge between Lebanon and Germany that was confirmed with the launching of a BA program for teaching German as a foreign language in collaboration with Goethe Institute. Finally, Dr. Najjar addressed the students praising LGU for being “an educational lighthouse that nourishes and develops the spirit while refining talents”.

In turn, Mr. Carsten Meyer-Wiefhausen addressed the graduates who are about to enter a world where challenges are numerous. Yet he affirmed that they would overcome obstacles and succeed in their careers due to the outstanding skills they have acquired at LGU.

Minister Hasbani spoke about the opacity and the lack of visibility of the world the graduates are about to enter. He called on them to turn to their university every time they face an obstacle as it has allowed them to acquire the necessary skills and flexibility to adapt to a labor market with unprecedented job offers. Hasbani also asked students to remain confident, humble, and righteous and to abide by the law and be just and fair when faced with ambiguous situations that have no legal provisions. He added that LGU will be their home when faced with hardships and it is where they can find comfort and support. He also insisted that when faced with success they must not forget that their roots are well established in Lebanon.

At the end of the speeches, Dr. Alexander Najjar, President of the Board of Trustees, and Mr. Christian Adaimi, President of the Lebanese German Association for the Promotion of Culture, handed Minister Hasbani a blazon in appreciation of his efforts on the national level. The graduates were then handed their diplomas by their respective deans. The event ended with a festive gala dinner.



DAAD

LGU hosted the German Academic Exchange Service (DAAD) in Lebanon on November 8. During this day, DAAD representatives provided information about scholarships for students wishing to do one semester or more in Germany or carry out research there.

Ms. Bahar Sayyas, Director of DAAD Lebanon, delivered a presentation entitled “DAAD Study and Research Chances in Germany – Land of Ideas” reporting on DAAD activities, requirements, and conditions to benefit from scholarships and study-work programs.



DAAD Information Session



Mrs. Bahar Sayyas

DISCOVER GERMANY

The German Embassy and Goethe Institute organized a conference entitled “Discover Germany”. The conference took place at Goethe Institute in Gemayzeh on November 2. LGU students and faculty members had the pleasure to attend this special event at Goethe Institute. Participants got first-hand information on language courses, exams, studies, and career opportunities in Germany.

HEART OF LGU ACTIVITIES



LGU students at Goethe Institute

GERMAN NATIONAL DAY



LGU stand at German National Day

The Lebanese German University - LGU joined the German Embassy in its celebration of the 27th anniversary of German Unity Day. The ceremony was held on October 3 in Zaytuna Bay Yacht Club in the presence of a large number of German institutions and Lebanese partners.

Being the only Lebanese University with German identity, LGU had an outstanding presence at this event delivering useful information relating to the university programs to all guests.

Commemorating Lebanon independence, LGU carried out a live drill in collaboration with Shabab Loubnan during which a medical team of the Lebanese Army simulated rescue acts saving wounded from a building that had suffered a terrorist attack.

The event was held in the presence of Chief Security for Universities, General Robert Bitar and Colonel Hassan Al Khatib as well as LGU President, Professor Samir Matar, Vice Presidents Dr. Pierre El Khoury and Mrs. Marianne Adaimi, President of Shabab Loubnan, Mr. Dany Hrayki, a military medical team, and a large number of staff members and students.

Dr. El Khoury spoke about the importance of Independence Day and the sacrifices made by the Lebanese military. Students from the Faculty of Public Health participated in the drill besides members of the medical corps who evacuated the wounded from the building in a make-believe scene.

Captain Nader was then handed a commemorative shield by Mrs. Adaimi and Professor Matar in recognition of all the efforts that military members are exerting and another shield was handed over by Vice President of Shabab Loubnan, in recognition of the various sacrifices suffered by the military medical corps.



SOINS INFIRMIERS ET DÉVELOPPEMENT COMMUNAUTAIRE - SIDC

In an attempt to educate communities about HIV diagnosis, prevention, treatment, and management, the faculty of Public Health at LGU in collaboration with SIDC (Soins Infirmiers et Développement Communautaire) organized an awareness conference on HIV transmission on December 6, 2017.

SIDC representatives explained the different ways of HIV transmission (SIDA) and what measures can be taken to prevent the spread of the disease. They also stressed the social role the Organization plays to reintegrate infected patients in society and give them advice and adequate treatment.

Moreover, they showcased the importance of early diagnosis of HIV which is of great importance in the management of the disease and its consequences. Students from different faculties interacted with SIDC representatives by asking questions and benefited greatly from the advice and recommendations given by the members.



LGU TRADITIONAL CHRISTMAS

On the occasion of Christmas, LGU staff, faculties, and students organize every year a charity event for the less fortunate. This year the spirit of Christmas shone brightly during the marvelous gathering at "Les Filles de Notre Dame des Douleurs", an old people's home in Ghedras, where LGU students and staff spread the joy of the season.



This joint effort reflects LGU students' social responsibility towards the elderly and how such events can empower them as responsible adults who could provide moral support to all those who need it.

LGU is proud of its students and staff who are always eager to diffuse the spirit of compassion and empathy in this holiday season.

CHRISTMAS FROM A-Z

LGU library has become more than a place to study and do research. It has become the center of several cultural activities in various fields for sharing new knowledge and experiences. For that purpose, LGU Library organized a Library Day entitled Christmas from A - Z on Wednesday 20 December 2017. The event included a competition of general

knowledge among students from all departments (Business, Nursing, Performing arts, Education, physiotherapy, Medical Laboratory, Nutrition, Biomedical Technologies and Medical Imaging), who were divided into groups of 5. The competition included: cultural challenge, perception challenge, as well as challenging Christmas and reference questions.



The event was held in the presence of President Samir Matar, Vice President Marianne Adaimi, and academic and administrative staff. It was a festive atmosphere full of fun and excitement with Christmas carols and tasty snacks. Many prizes, gifts, and vouchers were distributed.

The challenge displayed by students during the competition aims to encourage the love of reading for leisure and pleasure, and to enable students to experience quality literature, and get them interested in reading during their free time.

This event is the beginning of many more useful and fun activities in LGU Library.



President Samir Matar, Vice President Marianne Adaimi and Mr Fady Khoury representing Byblos Bank surrounded by students

La manipulation viscérale est une thérapie manuelle douce qui aide le corps à se libérer des restrictions qui causent la douleur, le dysfonctionnement et la mauvaise posture.

Elle peut se faire uniquement sur le site douloureux du dysfonctionnement, mais aussi à distance puisqu'il existe des connexions somato-sensorielles au niveau du corps humain qui ne cessent d'étonner les scientifiques.

Dans le cadre du programme de formation continue, le Département de Physiothérapie à la LGU en collaboration avec l'Ordre des Physiothérapeutes au Liban, (OPTL), a organisé le samedi 24 février une journée scientifique intitulée: «Liens somato-viscéraux et rachialgies communes rebelles de l'adulte » présentée par M. Antoine Daher et sponsorisée par Gannage Wellness.

L'évènement a réuni un grand nombre de participants, professionnels et étudiants, en présence du Professeur Samir Matar, Président de la LGU; Dr. Paul Makhoul, Doyen de la Faculté de Santé Publique, Dr. Tanios Abboud, Président de l'OPTL et ancien de la LGU ; et six membres de l'Ordre des Physiothérapeutes au Liban.

Dr. Tanios Abboud a encouragé les professionnels et les étudiants à améliorer leurs connaissances en physiothérapie en adoptant un processus d'apprentissage continu. Il a également exprimé son appréciation des efforts maintenus par le Département de Physiothérapie à la LGU afin d'organiser des séminaires et formations sur des innovations dans le domaine. M. Antoine Daher a partagé avec l'audience sa longue expérience professionnelle, renforcée par des récentes preuves scientifiques en thérapie manuelle, et a révélé les secrets de



Dr. Tanios Abboud
Président de l'Ordre des
Physiothérapeutes au Liban (OPTL)

certaines manœuvres. Les participants ont eu l'occasion de pratiquer individuellement certaines manœuvres et techniques.

Quant aux représentants de Gannage Wellness, ils ont présenté les dernières technologies disponibles aux praticiens.

Durant le déjeuner, les participants ont eu l'occasion d'échanger leurs connaissances et partager leur savoir. A la fin de la journée, des certificats de participation ont été livrés à tous les participants.



Formateur Antoine Daher



Travaux pratiques



*Roland Chehwan, André Zakhia, Dr. Tanios Abboud,
Dr. Saydeh Sassine et Dr. Carlo Saad*



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مجموعة البحر المتوسط

Aware of the importance of the latest trends in crypto currency trading and in order to diffuse accurate and factual knowledge regarding BITCOIN in particular, the Faculty of Business & Insurance at LGU organized an event to explain the benefits and risks of this new economy.

The conference entitled “Economy of BITCOIN: Advantages and Risks” was held at LGU under the patronage and in the presence of the Minister of Economy and Trade, HE Mr. Raed El Khoury, on January 15, 2018. Many participants from various institutions in the financial sector took part in the event as well as representatives of various public and academic establishments and regulators from the Central Bank of Lebanon.

LGU President, Professor Samir Mattar, stressed the importance of the link that exists between the economic and financial sectors. Such a close bond requires the adoption of sound economic and financial policies that would assist in the implementation of economic projects and avoid crises.

In his word, Minister Khoury referred to the evolution of crypto currencies in the past few years and what their benefits are, notwithstanding the various risks that are involved in their atypical trading. He spoke about how Satoshi Nakamoto released the first bitcoin crypto currency in 2009 at such a low price and how it later developed to be valued at USD 19.000 by the end of 2017. At the same period, other crypto currencies, including Riplple, Litecoin, Stellar, and Ethereum were market valued at around 600 billion dollars. Nonetheless, crypto currencies remain so volatile, which brings about doubts as to the role they could play in any economy.



Mr. Jihad Al Houkayem
Financial Markets Strategist

He added that advocates of such currencies stress their undeniable characteristics of being easily traded with no time wasted on paying fees or suffering official delays as is the case in transactions taking place in the traditional banking system when low cost operations occur, such as when downloading music or buying items over the Internet. Besides non-banking businesses would also benefit from crypto currencies as they are easily traded. Individuals who do not carry cash or have no identifying documents, such as refugees, and countries with poor banking infrastructure are also likely to make the most of these currencies.

On the other hand, opponents of crypto currencies affirm that they lack a legal framework that is usually provided by relevant authorities. They also lack any regulatory structure that could favor their credibility. Furthermore, these currencies are not pinned to gold or any other commodity which raises doubts about their use in commercial transactions or the ability to monitor their use particularly in the case of tax evasion or money laundering.

Minister Khoury also spoke about the abrupt fluctuations these currencies might be subject to, as was recently the case with the BITCOIN that lost 23% of its value before recovering. Besides, should these currencies be massively traded, they would certainly rival traditional monetary markets. Fortunately, crypto currencies supplies have so far been minimal, so there is no imminent threat to the world monetary system though such threat cannot be overruled in the long term. He reminded the audience that the Central Bank of Lebanon has always warned against BITCOIN trading as it is a currency that lacks economic grounding and could only be a bubble waiting to burst. Nonetheless he admitted that the world of finance cannot overlook such a phenomenon which might spread worldwide to become one of the most widely used digital currencies. As a result, legislation is needed to legalize and monitor the use of all crypto currencies while taking measures to prevent any crises that



Dr. Saifeddin Ammous - Author of the "Bitcoin Standard"
Dr. Pierre Al Khoury - LGU Vice President for Development

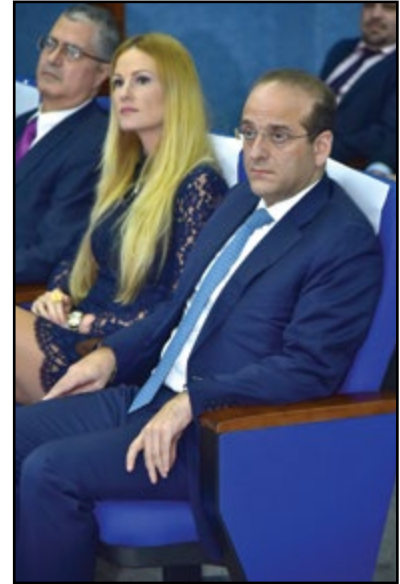


Dr. Makram Bou Nassar - Executive Director at the Central Bank
Mr. Camille Jabbour - Senior Banker

might result from misuse. Besides, Lebanon must invest more in its infrastructure, mainly in electricity, to facilitate “crypto currency mining”

In turn, Dr. Pierre El-Khoury, Dean of the Faculty of Business and Insurance at LGU, pointed out that the BITCOIN projects a clear picture of market competitiveness, how the public has adopted such a phenomenon, what elements makes it attractive, and expectations of its overall trends.

Dr. Saifeddin Ammous, Assistant Professor of Economics at LAU, and author of “The Bitcoin Standard” explained how a decentralized software program, Bitcoin, can play an important role in the digital age. He spoke about its operation over the Internet, its economics, how it is secured, and the reasons for its resilience. He concluded discussing Bitcoin uses, the potential for Bitcoin trading in Lebanon, and the best regulatory approaches to adopt.



H.E. Dr. Raed Khoury

Mr. Jihad El Hokayem, financial markets strategist and lecturer at LAU and USJ, affirmed that the concept of a virtual currency is still novel compared to traditional investments, and Bitcoin does not have much of a long term track record or history or credibility to back it. But with their increasing use, bitcoins are becoming less experimental every day. Yet if few people accept Bitcoin as a currency, these digital units may lose value and could become worthless. He added that there is already plenty of competition despite the huge lead bitcoins have over the other 100 virtual currencies.

Dr. Makram Bou Nassar, Executive Director and Head of the Payment Systems Department at the Central Bank of Lebanon, reminded the audience that the Central Bank of Lebanon has prohibited local banks and financial institutions from dealing with BITCOIN as there is no legal framework for such transactions. Although individuals can trade with crypto currencies over the Internet, the Central Bank of Lebanon assumes no legal responsibility for



*Dr. Patrick Mardini - Assistant Professor of Finance, UOB
Dr. Mary Habib - Assistant Professor, LAU*

such transactions. He added that the Central Bank of Lebanon has plans to issue its own crypto currency whose trading will be legal and monitored by official authorities.

Dr. Patrick Mardini, Assistant Professor of Finance at the University of Balamand and President of the Lebanese Institute for Market Studies, pointed out that Bitcoins are safely stoked at a low charge and traded at low cost. The currency was originally used for buying online web-related items and evolved to become a safe-haven in countries suffering from capitals control and inflation. The Bitcoin is also used for speculation and the bubble mechanism and its use in illicit trade expose the Bitcoin to both market corrections and government crackdown.

Following the conference, all participants and guests were invited to join in a toast for the occasion.

This important event consolidates the contribution of the Faculty of Business and Insurance at LGU to the financial sector. It also raises public awerness about contemporary financial issues.



President Samir Matar, Vice Presidents Marianne Adaimi and Dr. Pierre Al Khoury welcoming H.E. Minister Khoury

One of the most important traits any employee/manager should have is Professionalism. This term is widely used in our daily business transactions: when we interact with a bank customer service representative, call the reservation center of an airline, check with a medical assistant about our blood test results, and attend an internal business meeting with people from different departments. Whether intentionally or unintentionally, we constantly rate the professional aspect of the input, the process, and the output of any business transaction.

Therefore, professionalism is the essential criterion for individual professional success. In order to make this concept more tangible, we have drawn a hexagon featuring the ingredients needed to build one's professional reputation.

1- Packaging

Packaging, or outward appearance, is always what comes to mind when talking about professionalism: "Dress the way you want to be addressed." Do you want to be addressed "poorly"? Then wear the most inappropriate outfit for the occasion you are attending. In contrast, if you want to impress the audience in any business context, then wear what suits this situation and respect the required dress code. If you don't know the dos and don'ts of an appropriate dress code, check the internet or even ask for the advice of consultants on the matter. Needless to say that packaging goes for the dress code as well as the hair, accessories, shoes, bags, hygiene, etc.



Georgina Ibrahim
Professor at LGU
Managing Director at BESST - Lebanon

2- Presentation

How often were you impressed by the confidence of "army troops" in their military march? How often did you meet people whose body language expresses the opposite of what they actually mean? Our body language, posture, gesture, facial expression, gait (manner of walking), eye contact, hand-shaking style, etc. have an enormous impact on how others perceive us! Here are some tips to abide by to project professionalism: keep your hands out of your pockets, avoid fidgeting, keep hand gesticulations under control, avoid lowering head and keep chin high, make eye contact with people you talk to, sit straight and stand up straight with shoulders back, shake hands firmly and smile.

3- Promotion

Although many people are reluctant to do it, self-promotion is not an onerous process.

In fact, promoting yourself and getting your name out there is an essential part of making new contacts and building an effective network. Here is how you can do it. First, meet or exceed expectations. It's obvious that people who deliver an outstanding result make a lasting impression on others who will describe them as "professional." This by itself is self-promotion. Second, show constant positive attitude in what you do and take initiative. This way, people will look at you as reliable and professional. They will like working with you and will spread the word; indirectly, you are promoting yourself.



4- Passion

"Passion is energy," as Oprah Winfrey says. I may add: If there is no energy, there is no life, no work, no development and no evolution! Thus, if you want to succeed, do every single task with passion. Show appreciation to people you work with. Make them feel you are happy serving them, solving their problems, listening to them, etc. When you are passionate about your job, you find pleasure performing it. Aristotle once said: Pleasure in the job makes perfection in the work.





5- People

The whole concept of “Professionalism” is useless if people are not included. Professionalism is needed to impress others, clients, colleagues, bosses, subordinates, etc. Therefore, it’s extremely important to work on your “Communication Skills” as they are tools to building bridges with others. The more we construct sound bridges, the more our relationships are healthy, effective, and professional.

6- Persistence

Let us agree on one thing: You can’t earn a good reputation by doing well only once! Similarly, you can’t be professional if you take care of your appearance on Mondays only or show “passion” when dealing with customer only because the supervisor is passing by. You can’t adjust your communication style simply because the telephone call is recorded. To be professional, you have to live it every day. It should become your life style.

Now that the 6Ps have been covered, you can’t claim you don’t know how to be professional. Yes, the process is not easy. It requires continuous effort. However, the outcome is very tempting. It really pays off to be professional.

LE DEPISTAGE PRÉCOCE SAUVE DES VIES !!

Le cancer du sein est classé second parmi les cancers les plus fréquemment diagnostiqués au monde, affectant 1,7 million de femmes chaque année ou une femme sur 8 dans 140 des 184 pays couverts par GLOBOCAN. En 2012, 6,3 millions de femmes vivaient avec un cancer du sein diagnostiqué au cours des cinq années précédentes. Les dernières estimations effectuées en 2008 révèlent une augmentation de l'incidence de plus de 20% et de la mortalité de 14% et un risque d'atteinte croissant avec l'âge. Se développant à partir des cellules des glandes mammaires, ce cancer reste la cause principale de mortalité chez les femmes âgées de 35 à 65 ans (520.000 décès par an). Toutefois, la chance de survie sur 5 ans est de 75%.

Parmi les facteurs de risques du cancer du sein, nous citons la prédisposition familiale, la première grossesse tardive qui survient après 35 ans, l'absence de grossesse, les règles précoces avant 12 ans, la ménopause tardive survenant après 55 ans, la consommation de 2 à 3 verres de vin par semaine après la ménopause et le tabagisme.

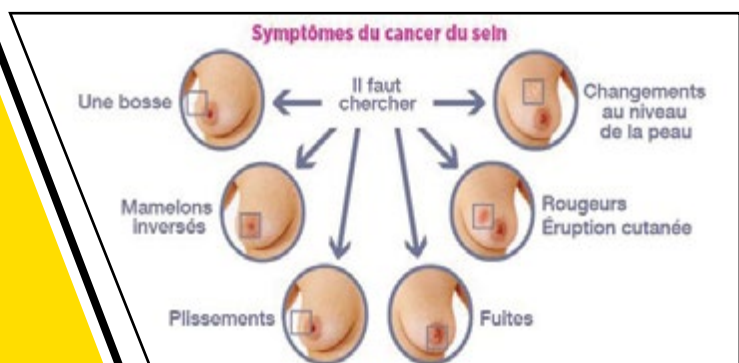
Les signes d'alerte précoces pour un cancer du sein incluent la présence d'une boule au niveau du sein (tumeur), la présence de ganglions au niveau de l'aisselle (ganglions axillaire), signe de propagation du cancer, les modifications cutanées au niveau du mamelon (mamelon qui entre au lieu de sortir), et l'écoulement de mamelon d'un seul côté. Lorsqu'il est diagnostiqué tardivement, le cancer du sein présente d'autres symptômes tels que la nausée, la perte de poids, la jaunisse, des douleurs osseuses, des céphalées, un essoufflement et une toux.

**Mira Daoud
Elionore Meez
Kassandra Oueiss**

Département d'Imagerie Médicale

Le diagnostic clinique constitue une étape primaire et indispensable dans le diagnostic du cancer du sein. Il se manifeste par une palpation des seins afin de repérer une anomalie ou la présence de ganglions. Une mammographie bilatérale accompagnée d'une échographie est

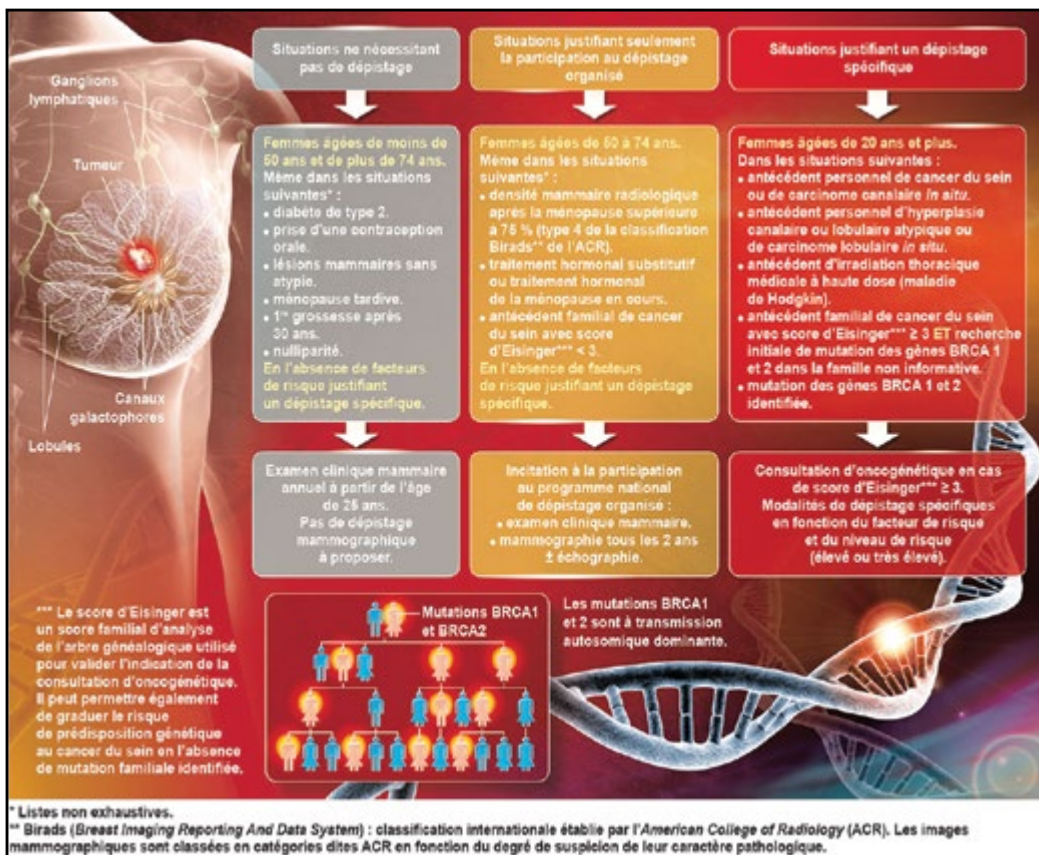
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également exigée. L'échographie peut être une alternative chez les filles. Un examen anatomopathologique d'un fragment du tissu mammaire peut confirmer le diagnostic.

Le dépistage précoce du cancer du sein augmente les chances de guérison complète et permet, dans certains cas, un traitement moins intrusif. Selon le Registre National du Cancer 2007, le cancer du sein représente 20,7% des cancers déclarés et 40,3% des cancers féminins au Liban. Près de 40% des cancers du sein diagnostiqués au Liban touchent des femmes de moins de 50 ans. Les cancers du sein dépistés par mammographie à un stade précoce ne présentant pas de lésions enregistrent un taux de survie ou de guérison dépassant les 90%. Pour les femmes de 50 à 74 ans sans autre facteur de risque que l'âge, un programme national de dépistage organisé par la Haute Autorité de Santé (HAS) a été mis en place en 1994 et généralisé à l'ensemble du territoire en 2004. En outre, la HAS a élaboré en 2014 des recommandations sur le dépistage du cancer du sein pour les femmes à haut risque.

Maintenant que vous le savez, parlez-en aux femmes que vous aimez !



The 21st century generation, better known as “Generation Z” brings a totally new vision of the world from the eyes of its members. In fact, the previous generation, or “Generation Y”, used to think that the priority in this world was getting a diploma that allows its owner to get a job that allows him to live in modesty with his or her family. While “Generation Z” didn’t change that priority, it has changed the way people deal with it and the way they consider it. Therefore the question here is: In what way did “Generation Z” change the vision people had towards education?

First, the new generation puts education as a priority. It’s the only way for people to succeed and distinguish themselves from others. But in their opinion, education isn’t only successful in the “traditional” fields of education such as law, engineering, medical care etc... They think that a person can succeed in any other field and maybe become better than the rest of the traditional successful graduates. For example, a musicology student can graduate and work on himself and become more known and more successful than a very important doctor, just like a fine arts student can succeed in his field and become better than the most important engineer.

Second, the undergraduate diploma isn’t enough for this generation. It is a fact that most employees or job appliers hold a bachelor degree. The world is looking, in their opinion, for “The Best”. And that best is the most competitive among them and competitively requires degrees and therefore this new generation aims to reach the highest degree of education with good grades to be able to be that “Best” and succeed in their lives.

Third, “Generation Z” doesn’t have a unique perspective for learning. For this new promotion of humans, learning could be done in infinite ways, depending on each person’s interests. This point was the main idea of the movie Accepted (2006) where a virtual college is created and accept students that were rejected by all the colleges they applied to, and where these students get to study something in their field of expertise in any way they want: some by singing, others by focusing, others by walking around trying to solve things and others by experiencing.

In conclusion, “Generation Z” brings a whole new definition to “Education”. In their opinion, successful education could be done in any field, any way and with higher degrees in a competitive way. This education prepares students to deal with life and accommodate with it the way they think suits them best.



Dr. Pierre Khoury
Vice President for Development
Dean of the Faculty of
Business & Insurance

QUAND LA NATURE INSPIRE DES INNOVATIONS DURABLES

Le bio-mimétisme est communément trouvé dans la nature.

Il s'agit de " **s'inspirer du vivant pour mettre au point des systèmes productifs et technologiques performants**". Il peut être appréhendé en observant comment la nature s'en sert. A titre d'exemple, l'orchidée – parmi d'autres plantes – a une fleur dont les pétales inférieurs ressemblent étrangement à un insecte volant tel un bourdon ou une abeille ; ceci constitue pour ce dernier une plateforme d'atterrissage permettant d'attirer les insectes en vue de jouer le rôle de pollinisateur. Une telle adaptation de la morphologie de la fleur à l'insecte a pour objectif la reproduction et donc la survie (volonté de puissance).

De par son observation de la nature (attention 'observation' est un mot clé dans le contexte de notre propos!), l'homme a appris à bénéficier du bio-mimétisme en développant un savoir-faire et en imitant les phénomènes de la nature. Il fait usage ainsi d'un grand panel d'applications en conception d'outils comme le cas du goupillon multi usages bio-inspiré de la plante qui porte communément le même nom et scientifiquement appelée *Callistemon citrinus* 'Splendens' (cf. Fig. 1) et démontre une créativité inventive comme le cas des attaches rapides (scratch ou VELCRO®) inspirées du chardon commun, montré à la Figure 2.



Figure 1 : La plante 'goupillon' du nom scientifique « *Callistemon citrinus* » et le goupillon biomimétique.



Prof. Dr. Samir Matar
President of LGU
Researcher in Materials &
Molecular Sciences



Figure 2 : Le chardon avec ses pointes crochetées et le VELCRO® biomimétique.

L'extension du principe biomimétique au monde minéral introduisit le concept géo-mimétique (c'est le fait d'imiter et ou de reproduire un minéral existant en laboratoire), conduisant à

concevoir des matériaux géo-inspirés pour répondre à un double impératif en recherche : celui de résoudre une problématique tout en créant des matériaux artificiels au service de la société et de l'industrie.

On vous relate le cas du diamant et sa reproduction ainsi que sa substitution en laboratoire comme exemple illustratif des études géo-mimétiques du siècle dernier : Le diamant naturel est un minéral à base de carbone (C). Hors mis sa place bien affirmée depuis des siècles en joaillerie pour sa beauté, brillance et grande transparence (cf. Figure 3), son utilisation comme outil de coupe et dans le forage est due à ses propriétés de matériau reconnu comme le plus dur. Fort onéreux, le diamant naturel a été vite remplacé par le diamant artificiel préparé dès les années 1950 par General Electric (USA) en laboratoire moyennant de hautes pressions et hautes températures. Il a été constaté que les outils de coupe revêtus de poudre de diamant artificiel subissent une dégradation de la partie diamantée provenant de la friction, ce qui conduit à une élévation de la température et la combustion consécutive du carbone en CO₂. En outre, la friction du diamant artificiel avec la pièce outillée (coupée) provoque une élévation excessive de la température et par la suite conduit au changement de la composition du matériau de la pièce coupée à cause de l'insertion de carbone, ce qui la détériore. Face au problème de l'utilisation du diamant artificiel dans l'industrie, les scientifiques ont développé une solution basée sur le géomimétisme en proposant un nouveau composé binaire artificiel : BN (nitrure de bore). Ce binaire moins coûteux que le diamant artificiel se caractérise par une dureté proche de celle du



Figure 3 : Diamant naturel taillé pour joaillerie.

Comme vous pouvez constater le bio-mimétisme a joué un rôle important dans le développement et le perfectionnement de la science dans plusieurs domaines.

A votre avis, comment l'étude de la toile d'araignée a inspiré les scientifiques?



LGU

THE LAUNCHING OF LGU GRADUATE PROGRAMS

THE LEBANESE GERMAN UNIVERSITY IS TAKING HIGHER EDUCATION FURTHER

Aware of the fierce market competition and growing globalization challenges, LGU has designed Master programs that bridge the gap between the industry's needs and what undergraduate education provides, thus enhancing candidates' transferability to the job market. The uniqueness of these programs resides in their innovative approach, international exposure, and the practical teamwork and workshops they offer, enabling candidates to translate their newly acquired abilities and skills into hands-on know-how, efficiently contribute to solving complex workplace issues, become decision makers, and add excellence to their institutions. In short, these programs aim at developing leadership within the professional community whether in business, health, or education. This can be achieved through the innovative approaches LGU has devised and with the help of highly qualified professors and experts from Lebanon and partner universities in Europe to ensure potential candidates get international exposure and benefit from these universities' long history in teaching and practicing advanced academic research.

LGU launched its new master programs in November 2017 in the presence of Mr. Sleiman Haroun, President of the Syndicate of Hospitals and Mr. Tawfiq Dabboussi, President of the Chamber of Commerce, Industry and Agriculture along with a significant number of hospital leaders and entrepreneurs during two events that took place at LGU campus and at the Chamber of Commerce, Industry and Agriculture in Tripoli.

Mr. Haroun stressed the importance of quality education in promoting public health to the benefit of the Lebanese community.

In turn, Mr. Dabboussi expressed his views on the importance of efficiently bridging the health and academic sectors, while highlighting the importance of targeting specific majors.

During the ceremony, Dr. Pierre El Khoury elaborated on the new master program in Public Health and a unique set of master programs in Business Administration including Hospital Management, Quality Management, Marketing and Social Media and the Executive MBA. Those programs will provide candidates with a multidisciplinary curriculum enabling them to meet the current needs and future trends arising in the job markets,

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locally and internationally, and integrate academic achievements into industries and efficiently engage in major public or private organizations.

It was also pointed out that local and international experts with senior industry positions and long experience in higher education from Lebanon, Germany, France, and Sweden had contributed to the enrichment of the program.

At the end of the ceremony, the guests toured the new executive seminar and workshop rooms that were specifically conceived to host professional graduate studies.



Prof. Dr. Matar, Mr Dabbousi, Vice Presidents Khoury and Makhlouf with Hospital Leaders in Tripoli



Mr Sleiman Haroun



First batch of Master in Business Administration students with Prof. Dr. Matar, Mrs Adaimi and Dr. Khoury



First batch of Master in Public Health students with Mrs Adaimi, Mr Roumanos and Ms Khalife



LGU

APPLE DAY

NUTRITION AND DIETETICS DEPARTMENT

In an effort to honor the humble Lebanese apple, in particular following the “Apple crisis” alert raised by local farmers in Lebanon, and in order to raise awareness among young consumers of the nutritional value of apples, students from the Department of Nutrition and Dietetics organized an Apple Day on Monday 11 December. They prepared fresh apple juice as well as various light homemade apple-based desserts, such as pies, cakes, and apple jam and offered them to their classmates, instructors, and LGU employees. They also distributed leaflets on the nutritional value of their products along with their healthy light recipes explaining their caloric content, and made a presentation about apples nutritional value, their benefits, and their uses.



stay light



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APPLE PIE

recipe



INGREDIENTS

(for 15 people)

THE DOUGH

400g flour
100g butter
2 eggs
100g yogurt (0 Fat)
1/2 cup sugar
1 tsp baking powder
pinch of salt
vanilla

THE FILLING

1kg apple
4 tsp sugar
1 tsp cinnamon
Lemon juice

CALORIES

Total: 3133.25 kcal
1 Slice: 208 kcal



INSTRUCTIONS

- 1- Whisk the egg in a small bowl and then add it to the other ingredients and knead until all the ingredients have been incorporated. Cover the dough and let it rest for 30min
- 2- In the meantime, peel and cut the apples into small squares and add the lemon juice and sugar and cook them. Once the apples are tender and their water has evaporated, add the cinnamon and let the filling cool.
- 3- Grease the baking pan or mold (26 to 28cm).

Preheat the oven at 200°C

- 4- Take less than ¼ of the dough, roll it with some flour, and cut it to make 16 to 20 strips to cover the top.

Now roll the rest of the dough in the pan using your hand.

- 5- Add the apple mixture, leaving an edge about 1.5cm, then place the dough strips on top to make square shapes.
- 6- Whisk an egg or milk with instant coffee powder, and brush over the strips of pastry.
- 7- Now bake the pie for about 30min, or until golden.
- 8- Remove the pan from the oven and let it cool before moving the pie to a cooling rack.



LASER AND LUMINOTHERAPY UNIVERSITY DIPLOMA

HOW TO BECOME ONE OF THE FIRST CERTIFIED LASER TECHNICIANS

During the last decade, laser hair removal has become the most popular service delivered in laser centers and medical clinics. Moreover, the demand for cosmetic laser treatments is constantly increasing, not only for hair removal but for advanced laser skin treatments. Consequently laser centers and medico aesthetic clinics are in dire need of qualified and certified laser service providers.

LGU was the first to launch the Laser and Luminotherapy University Diploma that offers a thorough education on the complete spectrum of cosmetic lasers and light based therapies. This program targetes health professionals or graduates in health care or health-related fields.

LGU ensures that candidates receive a fundamental understanding of aesthetic laser procedures at the highest standard of education to be able to ethically assist doctors when performing treatments.

Those seven comprehensive modules extended over five months, will help the candidates start a new career, grow their business or validate their laser experience with LGU University Diploma.

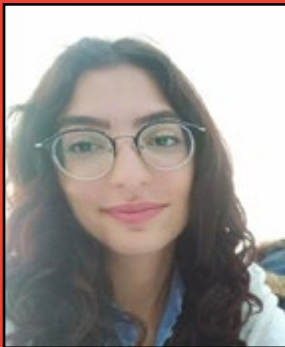


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I'm an LGU student in the Faculty of Public Health and will soon graduate with a BS in nursing.

I started as a civil engineering student, then quit engineering because I realized that the true path I wanted to follow was in nursing and found out that LGU was the best choice for me, for it is truly a reputed university with qualified professors and doctors who have a lot of experience. It also prepares students through many internships in different hospitals across Lebanon.

A few months ago, I was selected by the University to represent LGU nursing students at the "Lebanese Nursing Student Association (LNSA)" which is a society that brings together nursing students under the supervision of the Order of Nurses in Lebanon. The Order seeks to create a sense of dedication and commitment to nursing in order to increase interest in nursing and the civic engagement of its members.



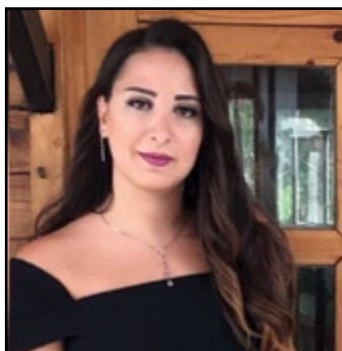
Luna-Maria Obeid
Department of Nursing

We had meetings every month with members of different universities and had to vote for four positions which any candidate could apply for but have to convince voters that he/she is up to the responsibility. I ran for the vice president position and was elected.

I am very proud of what I have achieved and owe this success to LGU, to which I am grateful. Now my goal is to help as many people as I can in my career.

"Nursing is an art and if it is to be made an art, it requires as exclusive devotion, as hard a preparation, as any painter's or sculptor's work." – Florence Nightingale.

LES STAGES EN MILIEU PROFESSIONNEL



Marielle Kousseiri
Département de l'Éducation
Préscolaire et Primaire

Je suis étudiante en éducation préscolaire et primaire à la LGU. Ce programme de formation joint la théorie à la pratique. Durant notre parcours universitaire, nous suivons 3 stages étalés sur 3 ans de formation.

En première année, nous suivons un stage d'observation dans une garderie et dans les classes de la maternelle. Le stage en deuxième année est un stage d'observation dans les classes du cycle 1 du primaire, alors que le stage de la troisième année est un stage d'observation dans les classes du cycle 2 du primaire. En deuxième et troisième années de stage, nous devons aussi préparer et présenter une leçon dans les cycles susmentionnés.

J'ai voulu, grâce à cet article, partager mon expérience en milieu de stage, notamment que ma formation professionnelle en milieu scolaire m'a permis de développer des compétences sur les plans personnel, professionnel et cognitif.

Ces stages m'ont permis d'établir un lien entre la théorie et la pratique à partir des éléments suivants :

- Organisation du travail de classe, en assurant un climat propice à l'apprentissage et en gérant le temps scolaire en fonction des activités prévues, des imprévus et de la discipline.
- Application d'une approche contemporaine liée aux diverses situations didactiques adoptées en Préscolaire et Primaire.
- Préparation et application de séquences pédagogiques.
- Maîtrise de la langue à enseigner et à communiquer.

En outre, le contact direct avec le monde réel m'a permis de mieux comprendre la dynamique relationnelle enseignant-élève et de mettre en relief le rôle primordial et indispensable de l'enseignant dans la communication du savoir aux élèves.

En bref, voici quelques conseils aux futurs stagiaires :

- Se montrer curieux, courtois et dynamique
- Travailler quotidiennement sur le rapport de stage
- Poser toutes les questions jugées nécessaires et pertinentes
- Prendre des notes et bien entretenir son cahier de stage
- Etre organisé et ponctuel
- Bien observer et s'adapter au milieu de stage pour mieux apprendre

Enfin, je peux affirmer que l'apprentissage acquis en milieu de stage est la base de notre réussite dans notre future carrière !!!



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WHY LGU

QUELLE CARRIÈRE CHOISIR ?

LE BUREAU DE L'ORIENTATION À LA LGU EST LÀ POUR T'AIDER

Un des soucis qui se bousculent dans la tête des lycéens libanais, notamment après l'examen officiel, est le choix de la spécialité qui déterminera leur vocation professionnelle.

Mille et une questions se posent sur le choix de la spécialité.

Des échos de réponses résonnent comme un ouragan assourdissant les jeunes de tout conseil reçu. Leur premier réflexe, suite aux examens officiels, est de s'orienter vers des spécialisations qui débouchent sur des

métiers lucratifs et prestigieux, en l'occurrence le droit, le génie, la pharmacie et la médecine. Toutefois, dans ces trois domaines, le marché libanais souffre d'un engorgement considérable, alors que d'autres domaines méconnus du public offrent un large marché de travail et de multiples opportunités dignes d'intérêt.

De ce fait, le Bureau de l'Orientation à la LGU œuvre à faire la lumière sur les opportunités existantes sur le marché du travail et à corriger les concepts erronés sur certaines professions violées par des échos négatifs. Durant les visites qu'il entreprend dans les établissements scolaires et lors des journées portes ouvertes ou durant ses entretiens avec les jeunes lycéens au campus de la LGU, le Bureau de l'Orientation précise les spécificités de chaque formation à laquelle s'intéressent



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les jeunes étudiants, même si elle ne fait pas partie du cursus de la LGU en vue d'être exhaustif, juste et de servir la communauté. Il fait également le point sur les aspects théorique et pratique de la formation, citant les difficultés éventuelles sur les plans académique et professionnel. Il discute également des avantages et inconvénients de l'éventuelle profession afin d'aider les lycéens à mieux choisir leur parcours et la filière qui leur convient le mieux sans préjugés ou fausses impressions.



Par ailleurs, le rôle du Bureau de l'Orientation consiste à souligner les qualifications requises pour exercer certains métiers de même que les aptitudes académiques et émotionnelles nécessaires. En conséquence, des professionnels et des anciens de la LGU sont toujours présents lors des journées portes ouvertes ou forums de métiers afin de livrer un témoignage authentique fondé sur des expériences véridiques.

Pour tout conseil sur la filière à intégrer ou la spécialité à choisir, le Bureau de l'Orientation à la LGU est disponible afin de fournir toute information utile.

FREAK SCIENCE & TECHNOLOGY

STUDYING TRICKS

1. Study in bed before sleeping

Bedtime stories are for kids. Instead of reading some stories, try studying for a few minutes right before sleeping. During sleep, the brain strengthens new memories, so there's a good chance we'll remember whatever we review right before dozing off.

2. Go to sleep early before the exam day

In the days leading up to a big exam, aim to get those seven to nine hours a night so sleep deprivation doesn't undo all the hard work you've put in.

3. Change your location while studying the same material

Studying the same stuff in a different location (library, coffee shop, home,...) every day will lower the probability of forgetting the information. This is mainly due to the fact that the brain forms new associations with the same material so it becomes a stronger memory.

4. Prepare yourself for the test using a diet rich in Omega acids

Omega-3 fatty acids found in certain fish, nuts, and olive oil are known for their brain-boosting potential. One study found that eating a combination of omega-3 and omega-6 fatty acids before an exam reduced test anxiety.

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CHEMICAL TRICKS

Turning water into wine or water into blood

It's really a simple example of a pH indicator. Phenolphthalein is added to water, which is then poured into a second glass containing a base. If the pH of the resulting solution is right, you can make the water turn from clear to red to clear again, as long as you like.

Here's how:

1. Sprinkle sodium carbonate to coat the bottom of a drinking glass.
2. Fill a second glass halfway full of water. Add ~10 drops phenolphthalein indicator solution to the water. The glasses can be prepared in advance.
3. To change water into wine or blood, pour the water with indicator into the glass that contains the sodium carbonate. Stir the contents to mix the sodium carbonate, and the water will change from clear to red.
4. If you like, you can use a straw to blow air into the red liquid to change it back to clear.
5. The principle is the same as for the disappearing ink formula. Phenolphthalein is an acid-base indicator.

SMARTPHONE TRICKS



Low volume

If your phone volume is too low and you want to listen to music at high volume, try this trick. Boost your smartphone's volume by placing it into a paper cup.



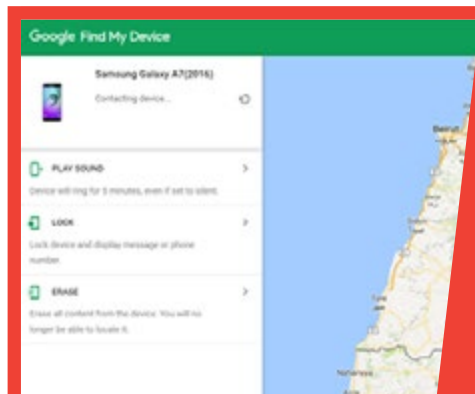
Exchanging data remotely between your phone and your PC

With "Pushbullet.com" you can see your android mobile notifications on your PC. You can also transfer pictures, music, files, and links between your android mobile and computer.

Lost or stolen phone?

Lost your Android phone? You can find it searching on Google. Enter these keywords in Google "find my phone" to locate your Android Phone. Don't forget to turn the location option on! Another option is to use "Android Device Manager". This is especially useful if you lost your phone while visiting different locations as you will know which specific store or place you left it at. If it was stolen, you can lock or remotely wipe your phone by tapping on the "Lock" or "Erase" icons on Android Device Manager. You can even remotely change your lock screen passcode from here.

If you lost your phone at your house, you can tap on the box menu's "Ring" function, which will make your phone ring at high volume, even if it's on silent.



SPORTS



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A YEAR OF ACHIEVEMENTS FOR LGU SPORTS TEAMS

1ST PLACE - BEST COACH - BEST TEAM

INTER-UNIVERSITIES BASKETBALL TOURNAMENT

LGU's basketball team won first place at the AUST Basketball tournament (beating AUST 63-60) and took 3rd place in the Lebanese Universities Basketball League.

As for LGU's mini football team, they were awarded the title of "Best Team" and "Best Coach" at the Lebanese Universities Football League.

We are really proud of the performances of our teams and coaches and the effort they have put in this year.

The best is yet to come!



BAZHAL FOOTBALL TOURNAMENT

We are proud of LGU football team performance during the black horse of the Bazhal Football tournament. Although, our players did not win the final.

We congratulate our team members on their sports spirit and their coach on being awarded the "Best Coach" title.



INTER-UNIVERSITIES NASRY LAHOUD 9ML SHOOTING CHAMPIONSHIP

LGU in collaboration with “Shabab loubnan nahoua el watania”, organized an inter-universities 9ml shooting championship for the fourth year running in Mar Roukoz, Dekwaneh. Twelve men and nine women from various universities participated in the championship in the presence of Colonel Robert Bitar, President of the universities office; Mrs. Marianne Adaimi, LGU Vice-President; Mr. George Nader, Secretary of the Universities League; and Mr. Dany Hrayki President of “Shabab loubnan nahoua el watania” and Head of the Recreation Department at LGU as well as a large audience including members of the Lebanese Army and shooting coach Louis Reaidi who offered tips on the safety measures to follow when handling guns.



The technical results were as follows:

Women category

1. Tracy El-Helou from USJ
2. Nicole Daher from LGU
3. Yaman Zaytouna from Almadina University
4. Racha Skiki from LIU
5. Sara Derr from the Islamic University

Men category

1. Hamid Bou Younis from LGU
2. Yorgo Maalouf from USJ
3. Omar Al-Ali from Almadina University
4. Yehya Abdel Ghani from Aljinane University
5. Nazih Al-Mousawi from MUC

At the end of the competition, Mrs. Adaimi, Colonel Bitar, Mr. Nader, and Mr. Dany Hrayki presented the medals to the winners and Mrs. Adaimi presented the Head of the Sports Military Academy, Colonel George El Hedd, a shield in appreciation for his efforts and Josons offered gifts to the winners.

INTER-FACULTIES COMPETITIONS

LGU held its yearly inter-faculty competitions in table tennis, chess, and backgammon at the end of its academic year. Fifty-three participants from all departments competed against each other.



STRONGEST TEAM

Believing that a healthy body leads to a healthy mind, LGU organized its end-of-year Strongest Team competition on May 14, 2018 on its campus in Sahel Alma and its Study Center in Tyre.

Four mixed teams of six players each competed in games requiring physical strength, stamina and concentration.



Following a word of welcome, Mr. Dany Hrayki, Head of the Recreation Department, thanked participants, instructors, and deans for their attendance and support of a game that has become the most awaited event held by LGU every year. Following an explanation of the rules, the competitions started in a joyful and exciting spirit.

“Basketball Champs” team won the first place and ended the competition by receiving the winning cup from Professor Samir Matar, LGU President. Meanwhile In Tyre, “Champs of the South” team were ranked first and were handed the winning cup by Dr. Ghassan Ghossein, the Center Director who congratulated the team for its determination and efforts.

FAJR AL JOUROUD CHAMPIONSHIP

LGU Tyre, in collaboration with “Shabab loubnan nahoua el watania”, held its closing “Fajr Al-jouroud” championship in mini football to honor the Lebanese Army.

The attendance included General Khalil Al Saoudi from the universities security office, the Vice President of the municipality of Burj Alshemali, Mr. Mostafa Alzayyat accompanied by members of the municipality and the Vice President of the Lebanese League of Mini Football Mr. Haytham Dogan.

At the end of the game, trophies and medals were handed in to the winners with in first position Alabassiya High School and in second Kfarhatta High School and for best players Ali Sheaito, Mahmoud Khalil, and Abbas Safiedine.





Question

to the **Semester**

**WHAT WOULD YOU RISK
YOUR LIFE FOR AND WHY?**



Rita Alam
(Medical Lab Sciences)

I'd risk my life for free expression because I believe that our thoughts are not always appreciated by others but only by people who can bring positivity in our lives.



Maria Atallah
(Medical Lab Sciences)

I would definitely risk my life for my family with all their values. To me, family is not only an important thing, it is everything.



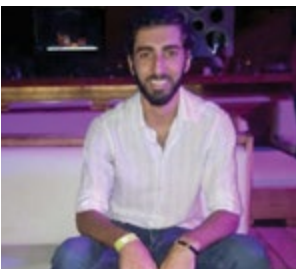
Gaia Geha
(Performing Arts)

I'd only risk my life for my dog and my art. Art is my expression tool.



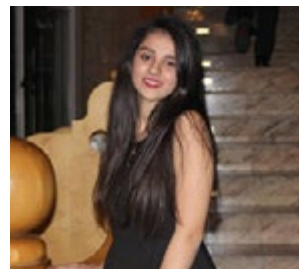
Jade Joey About Naim
(Performing Arts)

I risk my life for my mother. She gave me life and I think it's time for me to return the favor!



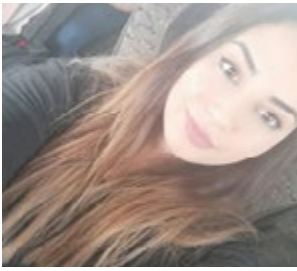
Jean-Paul Mardini
(Medical Lab Sciences)

I'd accept challenges in everything that threatens my success and goals, no matter what the risk is.



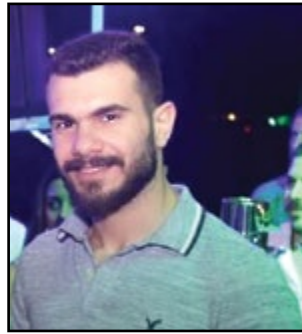
Lamisse Khoury
(Performing Arts)

I would risk my life for my family because they are everything to me and they keep me motivated in everything I do!



**Rebecca Mikhael
(Nursing)**

I would risk my life for my education because without education no one will have a bright future.



**Jean-Pierre Khoury
(Business)**

I would never waste this gift



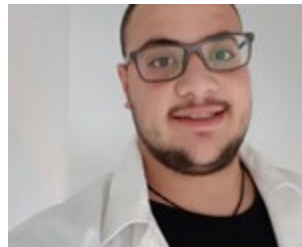
**Antonio Issa
(Physical Therapy)**

The only thing that I would risk my life for would probably be a person because we live in a world where people have forgotten the real value of life.



**Estephan Estephan
(Nursing)**

I might sacrifice myself in order to preach the gospel as Christian and talking about Jesus.



**Elie El Haddad
(Physical Therapy)**

I would risk my life for the safety of my family and friends because I know deep inside that they are willing to do the same for me.



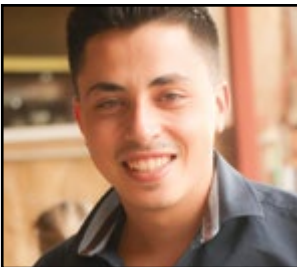
**Rana Bou Chebel
(Physical Therapy)**

I would risk my life to save a helpless creature.



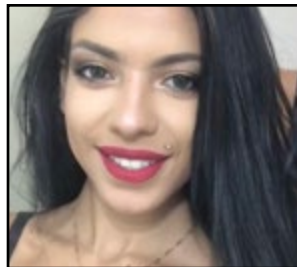
**Daher Nicole
(Education)**

Je ne risque ma vie pour personne.
Ce n'est pas l'égoïsme qui parle mais l'intelligence ou plutôt l'égoïsme intelligent. C'est ce qui conduit aux plus hautes vertus.



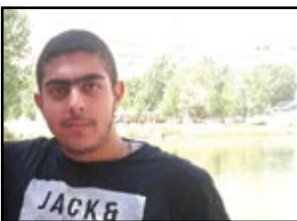
**Yorgo Younes
(Biomedical Technologies)**

The only thing I would risk my life for is my family. They are the only people ready to do the same for me.



**Yara El Chaer
(Business)**

I would risk my life for my mom because she risked her life for me.



**Hady Saade
(Business)**

I learned that nothing is worth risking my life for except my family.



**Jinane El Halaby
(Business)**

I would risk my life for my morning coffee.

LET'S PLAY

Prepared by Mais Hassan & René Mouawad

Detective Riddle - Do you think you're observant enough to solve it?



A chemist was murdered in his own lab. The only evidence was a piece of paper that had the names of chemical substances written on it. The substances were nickel, carbon, oxygen, lanthanum, and sulfur. The chemist had only three people come by his lab on the day of the murder: fellow scientist Claire, his nephew Nicolas, his wife, and his friend Marc. The police arrested the murderer right away. How did they know who it was?



A lonely old man lived in his house in the suburb of a city. He never left the house for long. It was a midsummer Friday when the mailman walked by and called out for the man. There was no answer. The mailman looked into the window and saw him in a pool of blood. When the policeman arrived, he found Tuesday's newspaper, 2 bottles of warm milk, and 1 bottle of cold milk.

The next day, the killer was arrested. How did the police find out who it was so quickly?

3		9	7			8	2	6
4	6					1		7
				6	3	9		
			3	7			6	1
6				2		3		
	3		9		6	7	5	4
9		1						2
5	2	3			8	6	7	9
7		6				4	1	3

Detective Riddle:
 1 - There was a very obvious clue on the piece of paper. If you combine the abbreviations of the chemical substances on the paper, you'll get a name: Ni-C-O-La-S.
 2 - It was obviously the mailman. He knew that no one in this house would read a newspaper on Wednesday or Thursday.

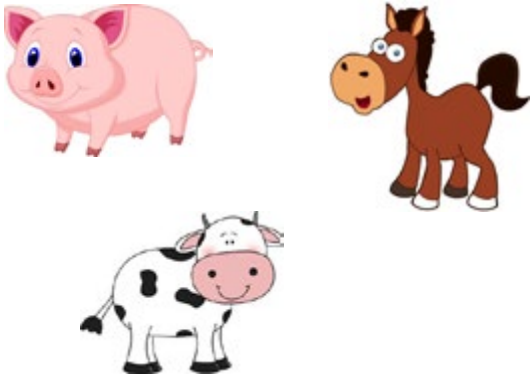
RESULTS

55

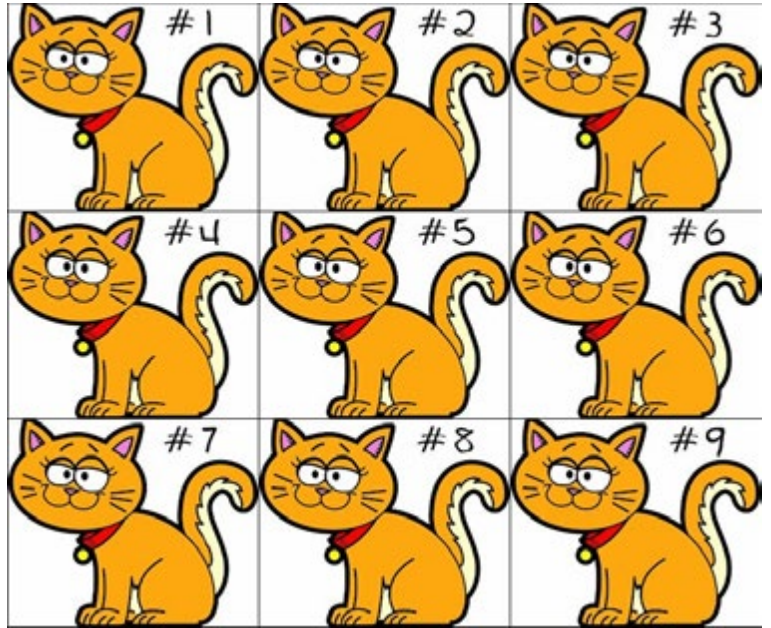
Brain teasers

A farmer keeps three types of animals on his farm: cows, pigs, and horses. Can you guess how many of each animal he has based on the following information?

- 1) Three of the animals are NOT cows
- 2) Four of the animals are NOT pigs
- 3) Five of the animals are NOT horses



There are two identical cats below. Can you find them?



RESULTS

1- 3 cows, 2 pigs, and 1 horse
 EXPLANATION: You can use algebra to solve the problem:
 (1) Pigs + Horses = 3
 (2) Cows + Horses = 4
 (3) Cows + Pigs = 5
 Use the first two equations and isolate horses:
 Horses = 3 - Pigs
 Horses = 4 - Cows
 Therefore 3 - Pigs = 4 - Cows
 2- #2 and #4 are a perfect match

Replace Cows in the above equation with 5 - Pigs (from equation 3):
 $3 - \text{Pigs} = 4 - (5 - \text{Pigs})$
 $3 - \text{Pigs} = 4 - 5 + \text{Pigs}$
 $3 - \text{Pigs} = -1 + \text{Pigs}$
 $4 = 2 \times \text{Pigs}$
 $\text{Pigs} = 2$
 Replacing Pigs with 2 in equations 1 and 3 will give you the number of Horses and Cows.

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