

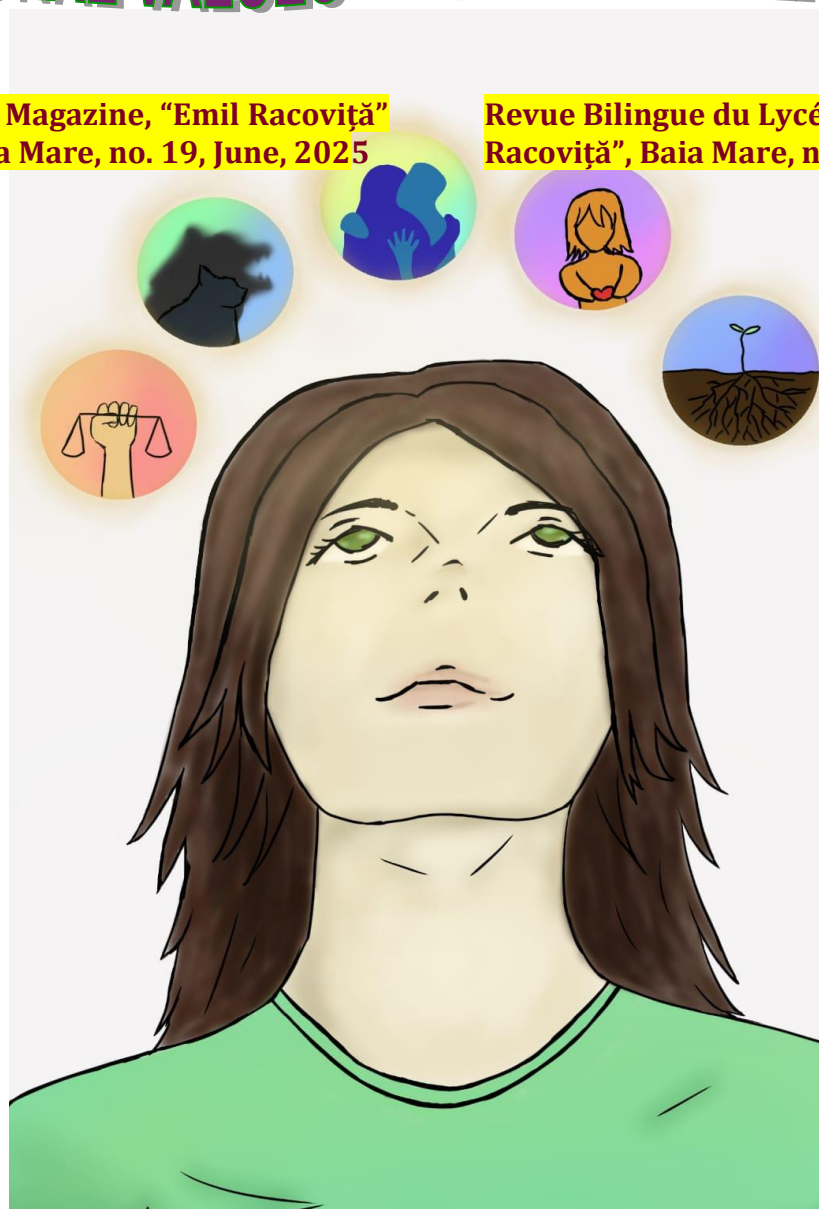
FLAM(M)ES

of PERSONAL VALUES

des VALEURS PERSONNELLES

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THE FIRE WITHIN - HOW PERSONAL VALUES SHAPE US

In a world that often feels chaotic, our personal values are the fire that keeps us going. They define who we are, guide our actions and



shape how we interact with others. For me, kindness, ambition and determination are not just words, they are the principles that fuel my every step, both in life and on stage as a ballet dancer.

KINDNESS - A SIMPLE ACT, with powerful

impact. We never truly know what someone is going through. Behind every smile, there might be struggles hidden from the world. That's why I believe kindness is essential. A kind word, a small gesture or just listening to someone can make a difference. I strive to be someone who spreads positivity because kindness can go a long way.

AMBITION - THE DRIVE TO BE BETTER Ballet has taught me that ambition is key to success. Every performance requires discipline, focus and constant effort. I push myself to improve, not just to perfect my art, but also to inspire those around me. I want to be someone people can learn from, someone who proves that dedication turns dreams into reality.

DETERMINATION-RISING AFTER EVERY FALL Life, much like ballet, is full of challenges. There are days when things feel impossible, but determination keeps me moving forward. No matter how many times I fall, whether in dance, school or life, I get back up and try again.

Aniela Georgiana Achim, IX E

More precious than jewels

If I were to give a definition for the word „friendship” I would say that it is a relationship between two people who share the same values and who have things in common, in other words soulmates but not in a romantic way.

Sometimes years of friendship started with this one simple phrase „You do that too? I thought it was just me”, well at least that's how most of my friendships started.

Being a good friend and finding a good friend is worth more than the most precious jewel on Earth. As a wise man once said, „A good friendship refreshes the soul.” and I totally agree. Having someone that is willing to listen to you for hours without judging, having a shoulder to cry on when it gets hard, someone to laugh like crazy out of nothing and someone who knows you are completely insane, but loves you anyway it's the most precious thing.

A good friendship is worth investing in. Even when it gets hard be there! Show up! Let go of your ego and don't let a small fight ruin something that lasted years. Good things take time, so does a good friendship.

So, dear reader, my advice for you is that you continue to be a good friend to your friends and invest in your friendship, because as time passes and the older you get you will realize that true friendship is a treasure hard to find.

Ferădi Sonia Lavinia, XI A



A Fire That Never Dies

Honesty is like a fire - it gives light and warmth, but it can also destroy, leaving ashes behind, as it is not a gift that many people receive gladly. Honesty can change your mind and at the same time your future; it can also leave you with burns when you least expect it, which may hurt at the moment, but in the long run, it will help you keep the fire burning in your heart. When we are honest, we do not hide behind lies, we show who we really are.

Honesty is more than just telling the truth. It is about being real and not pretending to be someone you are not. In a world filled with filters and fake appearance, honesty stands out. People respect those who are truthful, even when the truth is hard to bear.

I remember when the lack of honesty almost cost me my friendship. One day, I heard a rumor about my best friend. People were saying she was talking behind my back. It was hard to believe it, but when more people told me the same thing, I started to doubt her. Instead of asking her the truth and being honest about my fears and feelings, I



became cold and distant. She noticed and finally asked me what was wrong. That was the moment to decide if I was going to keep avoiding her or be honest. I told her everything. She looked hurt as she said, ‘*I never*

said those things. Why didn't you ask me first?’ I felt guilty. I had almost lost my best friend because I listened to others instead of trusting her. From that day on, I learned that honesty is not only about telling the truth, it's also about trusting and respecting the people who truly care about us. Let honesty be your flame, never let it fade!

Alina Maria Bunbar, IX I

The Fire of Friendship



Friendship, in my opinion, is the greatest thing in this world. It is a flame that provides heat and light. Real friendship is not primarily about laughing together, it is about being there for one another at all times, kindness, and trust. A good friend is someone who listens, understands, and remains with me regardless of what.

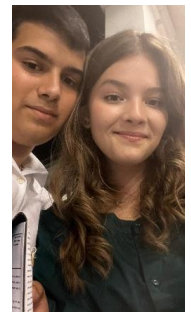
I do have five close friends who are very dear to me. They are the ones I spend my day with, the ones who bring smiles to my face, who pacify me when I'm upset, and make each moment memorable. If we chat, laugh, or simply hang out, I know that I can always rely on them.

I have realized that it is not a question of having many friends but rather real, true friends. The ones who stick with me through thick and thin, the ones who have faith in me when I have none in myself—such friendships are invaluable. They make me feel that I am never alone and that I always have someone to rely on.

Like a fire, friendship needs to be tended. If we don't, it will die out, but when we feed it, it grows stronger. A message, a shared laugh, or just chillin' together feeds the friendship.

To me, friendship is not a luxury that I can afford to indulge in—it's something that I require. Wherever life takes me, I know my five closest friends will be there for the journey, warming my heart like a burning fire.

Tanya Patricia Mois, XI F



The power of truthful friendships

I have always believed that honesty was the most important thing a person could have. Ever since I was a kid, I was taught that telling the truth and



doing the right thing mattered more than anything.

While others looked for shortcuts or ways to avoid the trouble, I stood firm in my beliefs even when it wasn't easy.

In school, I saw friends lie to get ahead or say things just to please others. I didn't judge them, but I wouldn't do the same. If I couldn't be honest with others, I would ask myself if I can be honest with myself. My values aren't just words, they are the fire inside, guiding every decision I make.

But being honest didn't always make life simple. I lost opportunities because I refused to lie, and some people saw me as too serious or too stubborn. Still, I never changed. When faced with tough choices, I always chose what I knew was right, even if it meant standing alone.

One of the things I genuinely enjoy is spending time with my friends, especially going to car meets. I've always had a deep passion for cars, whether it's the engines modifications or design, or just the feeling of being surrounded by something I love, cars have a big part of my life. Going to car meets with my friends gives me a chance to enjoy passion with people who share the same interest. We spend hours talking about different car models that are tuned, we work on cars, and we have a wonderful time together.

Over the years, I've made some amazing friends who respect me for being honest. Even though I'm not always the easiest person to be around, especially when the truth isn't what people want to

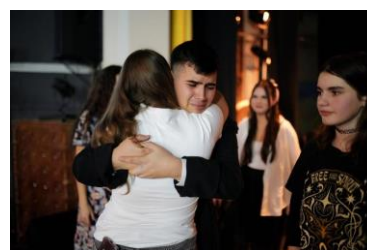
hear, my friends appreciate that I'm always real with them. Our friendships are built on honesty, and that's what makes them strong. We're not just a group of people who hang out because it's fun we've created genuine connections based on mutual respect.

In the end, my story is a reminder that staying true to your values may not always be the easiest plan, but in the end I got surrounded by some beautiful and honest people that values me for who I am, I found people who I can laugh with and share my passion about modifying cars.

Raisa Fekete, XI F

Flames of Trust Flames of Trust

A good friendship warms the heart and is like a fire in winter. All this came to me through Rahela, my best friend who was there for me in every stage of my life. I would say that usually, it is values that differentiate one person from another. In my personal perspective, even the friends we choose to keep enter that framework. As she is much more



than a friend, she is my mirror, showing me the wonderful qualities of being loyal, selfless, and

honest. She has always been present even when the world wasn't and that is true friendship, to always be present for each other, not just for enjoyment, but mostly in the hardest of days. One example is that we both practice authenticity. We are each other's accountability partners; we celebrate her accomplishments as

if they were my own. She taught me that personal development cannot take place in isolation. It happens when someone expects more from you, pushes you, challenges you to perform at your very best. That's real growth.

True friendships are rare in this fast-moving world. It's like a fire within a person, waiting to be reminded of their true identity. It's through Rahela that I've come to learn that personal values are not just statements, but actions, choices, and love we decide to give. And for this I will be forever grateful. **Alexandru Sima, XI F**

Personal Values in My Contemporary Dance Career

My journey as a contemporary dancer isn't just about movement - it's about passion, discipline, and staying true to myself. Dance is my way of expressing emotions and telling stories but without strong values, it is easy to lose direction.

Passion keeps me going through long rehearsals and tough days. Discipline turns that passion into progress, making sure I train consistently and have the right work ethic. Authenticity is what makes my dancing meaningful - I want my movements to reflect who I am.

Resilience is essential in this industry. Rejections, injuries, and setbacks happen, but I have learned to adapt and keep pushing forward. Collaboration is just as important because dance isn't a solo journey. Working with choreographers, dancers, and artists helps create something bigger than myself.

Above all, integrity and professionalism matter. Talent opens doors, but being reliable, respectful, and committed keeps them open. To conclude, my values don't just shape my dance career - they shape who I am.

Ginevra Battaglioli, 11C



My values are like a flame that flickers in my heart, they are the light in the dark, my guiding light through life and every day I make my decisions based on my values because they define who I am. They are the core principles that reflect how I act, the relationships that I have and also the way that I grew up. My



personal values were created through the experiences that I went through; those experiences are what really shaped me as a person and they have made me stronger, more honest, kinder, and more importantly, more responsible and persevering. They are part of my personal

“flame”.

All throughout my life I have stayed true to these values and I realized that being respectful and honest didn't hurt anybody – in fact, they have helped me build great, long-lasting friendships. Of course, it wasn't always like that. When I was a child, I always had friends but I didn't understand why they would stop playing with me after we played once. When I grew up, I realized that I was the problem - looking back, I was a bit disrespectful with my friends and always making excuses for everything. Then I tried to fix my problems and that has worked great! Honesty and respect are always my number one priority.

Making decisions is a part of life everyone is going to stumble on during their lifetime, so it doesn't really matter how difficult or easy it might be for you to decide, you still have to take responsibility and follow through with your actions completely. Many times in my life I had to make difficult

decisions and unfortunately, didn't choose the right one and that was a lesson for me. In fact, decisions – good or bad – help you take action, and taking action is the only way you move forward and make progress. If you are responsible and accountable, then you are on the right path. Taking responsibilities for my actions have made me a more mature and composed person. In my view, being a responsible person shows that you have a strong and confident character.



Even though I still have a lot to learn about life and my “flame” is still evolving, it will always burn with purpose and will keep me moving forward.

Alexandru Bud, XIC

The compass that guides our lives

My personal values create me as a person. They represent the principles and beliefs that guide me in life. Each person has a different set of personal values that they are guided by. For me, the most important ones are the following:

Respect . In my view, it is the most important value that a person must have and undeniably, the fundamental value that shapes our thoughts, actions and attitudes, helping us interact and treat others with dignity and kindness. It promotes a culture of tolerance and empathy, creating and maintaining good relationships with the people around us. I believe that every individual deserves to be treated with respect and dignity. Respecting others is also strongly connected to self-respect which is the key to a healthy self-esteem. Respect includes other important core values such as tolerance, acceptance, gratitude and loyalty. These are also very important to me.

Responsibility. Another very important value for me is being responsible for my own actions, even if this means taking certain risks. I totally agree with the saying "If you don't take risks, you will never know what you could have achieved." I have been volunteering at Sacro Cuore for some time now because I have always wanted to help children, spend time with them and make a difference in their lives. However, only this year I have managed to find the courage to be with them, teach them various things in a responsible way. This experience has taught me not to be afraid of the unknown and also how important it is to be reliable and trustworthy. Children have different sad life stories and interacting with them has brought me a new perspective on what really matters in life. There are numerous obstacles and hardships that we have to overcome, so we need to accept the challenges, face our fears, set goals and act responsibly to achieve them.

Discipline

In order to function well and not to overload my schedule too much, I try to organize my time wisely. I think that good time management is beneficial because it helps me achieve goals, manage stress and allows me to focus better and be more productive. I usually keep a diary in which I plan a weekly schedule and try to stick to it as I have lots of things to accomplish.

Authenticity

This value reflects who I really am. It is very important to me to be authentic in the way I behave and the decisions I make. Nowadays, many people tend to wear “masks” and hide behind them. It is important to be authentic and show our true selves as we all have certain qualities that can help us build deeper and more rewarding relationships.

To sum up, I strongly believe that my personal values reflect my moral standards, shape my behavior, contribute to my personal growth and happiness and guide me through my life journey.

Izabela Barabas, 11C

LOYALTY – A STAPLE TRAIT IN FRIENDSHIPS AND LIFE



Loyalty is considered to be one of the most valuable qualities a person can have. It means being faithful and trustworthy to people, animals or even personal beliefs. Loyalty creates trust and strong connections with the people around you.

To be loyal to someone is to support them throughout good and bad times and show them trust, respect and love, whether it's family, friends or even pets. A real friend sticks with you no matter what you are going through and helps you get through the hard times.

These days it is hard to find loyal people, a lot of people don't appreciate loyalty enough. One day they are on your side and the next day they are talking behind your back. Being loyal also means being honest. If you see a friend making a bad choice, you should tell them right away.

Loyalty isn't only important in human relationships; it could also apply to animals. Many pet owners feel a deep connection with their pets. For example, a dog shows loyalty by staying by your side. A dog will greet you excitedly when you get home, jumping up and down. On the other hand, a cat shows loyalty in a different way. They are calmer than dogs but still show love by staying close to their owners.

In conclusion, I consider loyalty as one of the most important values a person can have.

Nicole-Antonia Petrișor, XIC

To Be Moral Is To Be Human

One of the most important personal values, in my opinion, is morality. I see it as a struggle between right and wrong, reason and faith, freedom and responsibility, selfishness and love. A moral person is someone who values honesty, justice, love, compassion, a person who thinks about how the consequences of his own actions will affect the people around him.

Unfortunately, many people these days tend to be easily influenced by ‘the herd’; they crave validation, kill their personality by comparing themselves to social-media figures and doing everything they can just to fit in, without thinking about the impact of their actions. They are slowly losing their sense of morality and start normalising being emotionless. Remember, if you look at the people in your circle and don't get inspired, you don't have a circle, you have a cage. Find the right people and grow together in peace and love.

If you ask me, being moral, ethical, supporting others around you, and being humble are the coolest traits a person can have. I also think that morality comes when your maturing stage is fully developed because people who are selfish, avoid responsibilities, shift blame or ignore consequences, are either immature or narcissistic. The true salvation of a moral person comes through suffering, repentance, patience and love. A spiritual foundation is also important to a moral person, even though it is often misunderstood and mocked by society these days. Why do I support this idea? Because without these



“divine basics”, morality becomes dangerous, and people can justify any action, leading to the destruction of our society.

You might ask yourself: why should I be nice to others? Why should I care about the consequences of my actions? Why should I be moral? Well, no one can make you do that, but if you will, you’ll notice how the Universe will repay you, things will start to work out for you - just keep being hopeful and all the love you give will find its way back to you. Think about the way you feel when strangers still say “Bless you!” when you sneeze, how someone from the supermarket helps you pick up the lemons you spilled or when you wish someone good luck before a big event even though you have never met them before. It’s all about the small things that show we don’t want to hurt others. Most of us have been through a lot and we won’t be here for eternity, so let’s make every moment count. Be kind to others because you never know what the person you interact with has been through so why not make them smile?

Every day is another chance to show people that there is still compassion in the world so be the example they need to see to help them change. We are able to make the world a better place but we cannot expect it to magically happen. Kindness and compassion are the key to our own happiness.

In many cultures, fountains are seen as quiet places of reflection where people stop to seek answers as these places symbolize life, transformation and the pursuit of knowledge. I believe that the fountain can also be a symbol of moral wisdom, the search for ethical behavior and the right answers to moral dilemmas.

See the light in yourself, keep trying to be moral, honest and kind and find your peace of mind because what a joy it is to be alive!

Marisa Pașca, XIC

My core values

Personal values are the values that we hold dearest to our hearts. We will often call them our core values. They define our character, social life and even the way others perceive us. In order to discover your personal values, you have to pay attention to the way you react in different situations, how you interact with others and your way of making decisions.

One of my dominant values is the spirit of adventure. I am one of those people that gets bored quickly, so doing the same thing over and over again is not an option for someone like me. I adore trying new things like different hobbies, traveling to places I haven’t been before, and even meeting new people. I am willing to seek out new and daring enterprises and I also like to do things that stimulate me intellectually. For instance, if at first something seems hard, it motivates me to try harder. This reminds me of another value of mine, more precisely, determination. I have often come across obstacles that made me more determined instead of making me quit. Every time something doesn’t go the way I want to, I just try again, until I get the expected results. This value combines perfectly with my adventurous side. Both of them help me learn new skills, but also develop another value, which is curiosity. Curious people always ask questions

and search for answers. Their minds are always active. I have always been a curious person, regardless of the topic. I like to know the basics of almost every subject, both within school and out because curiosity keeps leading us down new paths.

All things considered, I believe that there isn’t a certain value that is better or more important than any other value. Every individual has their own set of core values that make them remarkable, and everyone should embrace them.

Albertina Kovacs, XIC



The Roots of Personal Fulfillment

Personal values are very important because knowing them can help you do things faster or better. I don't think I have many personal values, but if I had to choose one that I believe is the most important to me, I'd say it's my effort to understand others. Even if I don't agree with someone, I still try to see why they think the way they do.

I usually don't try to change their opinion—only if I'm sure it's something really wrong and harmful. But sometimes, I'm too lazy to deal with it, so I just let it go or pretend it doesn't bother me. I know that's not the best thing, but sometimes it feels easier that way.

One value I don't have, but I wish I did, is the ability to make decisions. I often struggle with decision-making, and it frustrates me. For example, when I need to choose whether I want something or not, I get annoyed, and I usually end up not buying anything. Then, when I get home, I realize I actually wanted it, and I feel sad.

A value I think everyone should have is integrity, because integrity means being honest, trustworthy, and doing the right thing—even when no one notices. A great example of this is Eddard Stark from Game of Thrones. He was honest and honorable, and everyone respected and loved him. Even though his story ended tragically, people still admired him for doing what was right.

So, in other words, personal values need to be balanced—because having too many or too few is never good. They are important because they guide your decisions and shape the way you see the world.

Delia Ioana Corui, XE

The importance of personal values

Growing up, I was always taught that honesty and kindness were the most important qualities a person could have. As I got older, I came to realize how deeply these personal values shape the way I live — from the way I think, to the decisions I make, the words I speak, and the actions I take.

But what exactly is a personal value? Personal values are the ideals that motivate people's actions and guide them through life. Everyone has values, but each person holds a unique set. Can someone have no values at all? Some may claim they don't, but as human beings, we all act based on values. Our decisions, how we spend our time, our goals, our priorities, and our beliefs all reflect what we hold important. We can't help but express values in the way we live.

We are all searching for purpose and meaning, and we cannot find either without the good values we hold close to our hearts. Values are what make us human. Without them, the only thing that would separate us from soulless robots would be our physical composition.

In conclusion, I believe that personal values are extremely important in every individual's life. They shape who we are and who we become. That's why it's crucial to choose the right values and make them the most important qualities we possess. I encourage everyone to stay true to their values and not let anyone's words or mistreatment make them feel worthless. Your value doesn't depend on how others see or treat you — it depends on you and your beliefs.

Vanessa Cardos, X E

The Power of Friendship

I was lying outside, flat on my stomach on the fresh grass, looking at the flowers around me and breathing in the summer air. It felt unreal.

That’s when the alarm rang. I opened my eyes and saw my mother waking me up, telling me it was the first day of high school. After such a long summer break, going back to the same old routine felt like a challenge. Still, I was happy to see my friends and tell them about the places I had been. Days passed like seconds, and winter was just around the corner. That also meant Christmas was coming. As always, my classmates and I organized a game called “Secret Santa.”

As soon as I got the name of the person I was supposed to buy a gift for, I went shopping so I could get it off my mind. A week passed, and it was time to bring the presents. We all sat with our gifts beside us, our faces full of happiness and excitement. It was time to give the presents. After we exchanged them, I turned to show my friend what I had received, only to see that she didn’t get anything. There had been a mix-up with the notes, and they had forgotten to include her. She was disappointed, still trying not to cry. That evening, I told my mother what had happened and asked if I could buy my friend a present to make up for the mistake. That day, I went to all the stores, looking for the perfect gift—until I finally found it.

The next day, I went to school, but this time, I had a little surprise with me. When I got to the classroom, I greeted my friend and handed her the present. The moment I saw her face light up, I felt more than satisfied. There was so much happiness in her eyes—I knew I had done the right thing. Seeing her go from sadness to joy made me realize how powerful and meaningful it is to be generous.

Vanea Roxana X B

Breaking moulds

Personal values are our hearts and minds and everything in between, our love and hate, everything we believe. Our classification of good and bad, two lists we keep editing until the end of our lives, they shape us, like a cookie mould, they define what we are, give us opinions of our own, differentiates us from a crowd.

Growing, changing, travelling, our mould expands, learning to see life through one another’s eyes. How unfortunate are those, however, whose perception doesn’t change, who find hatred and misery in any values they don’t share. I don’t blame those people, though, for I can see why change is scary, so is expanding your mould. It’s important, even so, to accept that your right may be someone else’s wrong, to see that it’s not two separate lists of this or that, but a spectrum of both.

I could go on and on about my values, debate on them three hours times three, and there would still be many people who’d agree to disagree. It’s always been like this, in all of mankind’s history, conflicting values have resulted in protests, battles, civil wars, all this because we cannot see past our own right and wrong.

I hope wherever life takes me, however far I go, I won’t lose the ability to accept people as they are, not trying to change them to fit my mould. For I can see in my own life, people closest to me, and we still don’t share the same beliefs.

Cristina Florea, IX C

The Quiet Power of Personal Values

In a world that often celebrates loud voices and fast decisions, I’ve come to believe in the quiet power of personal values. For me, values are not



just abstract ideas—we live them every day, in small choices and silent moments.

Kindness is one of the values I hold closest. Not the grand, showy kind, but the gentle kind: listening without judgment, holding someone’s hand when they’re scared, or simply staying even

when it’s easier to walk away.

Another value that defines me is emotional honesty. I believe there’s strength in feeling deeply, in showing vulnerability, and in giving others space to feel too. I’ve learned that the courage to stay soft in a hard world is not weakness—it’s resilience.

I also believe in consistency. Whether it’s in my routines, my care for others, or how I carry myself, I find peace in stability. That’s how I create safety for myself and those I love.

These values —kindness, honesty, and consistency —guide me like stars. They don’t always make life easier, but they make it meaningful. And in the end, I believe that living by your values is the most beautiful way to stay true to yourself.

Each of these values play a part in outlining the way I love, the way I grieve, and the manner I show up in the world. I may not always have the loudest voice, but I try to be the most present one. I believe in being intentional—with my time, my words, and my heart. That’s who I am

Iacob Tania, XC

The shape of my values

The most important values of life, in my opinion, are: respect, loyalty, honesty and relations with people. Shaped by these principles, people are usually treated the way they treat others. I think that having the self conscience to see yourself from other people’s perspective plays a big part in the game of life, understanding the others’ attitudes towards you.

Personally, I see myself as being aware of my surroundings and of the way I act, which helps me to be treated nicely by others. Respect being one of the staple values in relating to other people, you can tell about someone’s character by the way they show respect.

Some time ago, while hanging out with my group of friends, we ran into an acquaintance of a friend’s. After giving him a firm handshake, he started talking to my friend, making her feel uncomfortable by the words he was saying. I didn’t know the whole situation, so I didn’t want to want to step in, but at some point, he started calling her things, so I felt it was a proper thing to do something and stop the conversation, taking her away from him and leaving.

From that short interaction, I already knew that guy was not really appreciated by a



lot of persons, just by the way he was acting, which means he was not self-aware at all, being blind to the one thing he should be focused on, that is respect for the others

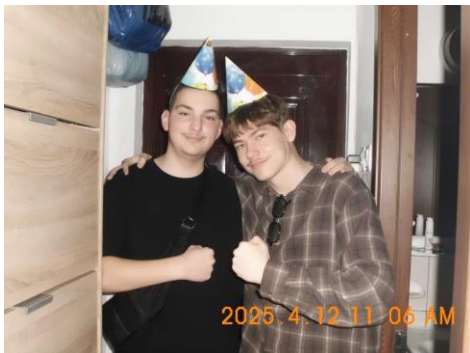
Horia Durtea, IX F

An outline of my values

Moral values are something that define our everyday life. It is the little voice in our head that guides us to do the right according to our beliefs. From an early age the people that surround us are the ones shaping our moral values. From my point of view the most important thing to base your life around is honesty.

As mentioned, honesty has been made familiar to me ever since I was a kid, as in my family it was very important (and still is) to be honest with one another. Honesty plays a core part in our development and our day to day life. Lying and telling a different story is something that can affect and hurt you deeply. That’s why I trust that always telling the truth and also being honest with oneself is important.

Although I believe that what I mentioned above is the most important personal value, respect and loyalty do have their saying, as they find themselves to reach the standards of my beliefs. On the other hand, respect was self taught. Not because my parents don’t have such priorities, but because I simply found it to be very important. I always looked up to people who were respected and I



always heard from others that if you give respect, in return you will be respected.

And since then that

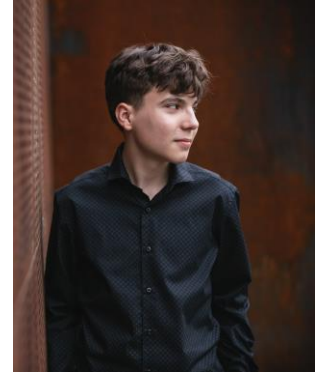
quote has stayed with me.

All in all, moral values are very important because they can help guide your everyday actions and thoughts.

Tudor Cozac, IX F

Through the lens of my values

Personal values are the basic beliefs and principles that guide our behaviour, decisions and interactions with the world around us. They act as a sort of a compass that sets up priorities and shapes how people view the world.



Creativity is a part of my identity, as photography challenges me with each occasion to put my sense of creation in evidence. It’s an amazing way to tell stories and reflect my own view of the places surrounding me. Unlike, probably, most photographers, I don’t have a certain style or type of taking and editing photos. I tend to try out multiple forms of photography, from landscapes to event photography, macro photography and so on. Sometimes, the pictures are monochrome, black and white, other times they are colourful and vibrant. Pictures don’t always turn out great, but I make sure to learn from the mistakes I make.

Respect is also an important value of mine. I respect everyone, no matter their preferences, looks and religion. It’s a standard for me; I don’t see how I could be respected by others if I do not respect them as well and the other way round. I believe that it’s important for me to treat everyone equally and fair in order to form strong connections over time.

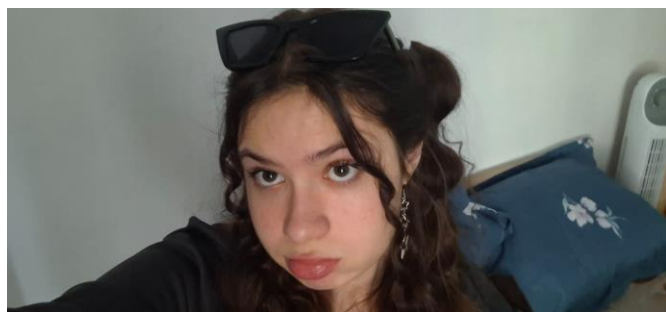
With respect comes friendship, another important piece of my set of values. I value my circle of friends, they are always there to help me when I need them and I make sure to be there as well when they need me the most. While I want to be the person people can rely on, it doesn’t always work out well and I try my best to make up for it and learn from the mistakes I make.

Alexandru Barbu, IX F

Values that shape my life

There so many values, some of them good or others maybe even considered bad. But I do not think that matters. So many people value the good ones, such as respect, fairness, compassion, gratitude and so many others ,but people tend to forget that even the ones that tend to hurt us or others, like greed, dishonesty, overindulgence, selfishness are human traits and aspects that make us mortals.

I like to think of myself as an empathic person. I reckon this is one of the most important of them all. Being empathic means owning the ability to understand and share the feelings of another, it means being able to put yourself in their shoes and see their point of view, and imagine yourself in their situation. I love being able to help the others around me, no matter what they need, if they just need to take a walk in the park to clear their mind, maybe just to talk to someone or it may be just a



hug, whatever they need. I know how important it is to have someone close next to you, when you aren't feeling the best, so that's why no matter how different our points of view are, I always find a way to understand them.

In conclusion, every moral value plays a part in our relationship with others and in the way we see life. Even when you don't stick to them or they don't reflect your vision of life, you have to accept them, they make us human. **Daria-Iulia Demeter-Boer, X A**

An insight into personal values

One's personal values are those concepts and ideas that we all hold embedded in our outlook on life, but where do they come from and what makes them so important?

The family is the place where we usually acquire these values. From early childhood, we learn what is good and what is wrong, but as we grow up, we start experimenting and understanding things at a deeper level. Therefore, it is important to have a stepping stone to guide us in our path to personal development.



When I was little, I used to play around the stove, with burning embers inside, and my father wouldn't step in, because he wanted to help me realise on my own why it was not ok to play around hot objects. Thus, I happened to get burnt a few times before I got aware of the danger. That is how I learned about the importance of being cautious around risky situations, to be vigilant and obedient.

My personal value system is the result of my life experience and the influence of family, social group - the people I trust and can rely on. In time, my values will change after every new experience that destiny will enrich my life with. Anyway, one of the most important value of mine is reverence for everything that we are offered every day by God, in our long and fruitful journey through life, as a gift.

Antonio Colopelnic, XA

VALUES OF MY HEART

When we talk about our personal values, we often refer to our traits, abilities, activities and skills which make us unique. Everybody has something that makes them stand out in the crowd and I will try to point out these aspects with reference to myself.

One of the things that makes me special is that I like making animations on my computer. Yes, animations, the things that probably everyone watched when they were kids. Our IT teacher showed us an application where you could create different types of animations, from simple ones, all the way to more complex. At that time, this was one of the coolest things that I found that could be made by almost anyone who has the ambition to do, as it requires patience and attention at pretty much every detail - one wrong dot in the background without seeing can ruin a few hours` time of work.

Further on, I should mention gaming, as a value that shapes my personality and skill profile. I remember the first time when I saw a video game on the computer screen - I wondered how those things worked. I didn't understand the purpose of the game but I liked moving around with the character. This activity has taught lots of things



virtual challenges.

Travelling is another activity I value a lot. Though I have not had many opportunities to visit beautiful places, I did see some which, in my opinion, are worth visiting. One of them is "The Blue Lake" from Romania, in Maramureș. It is a natural attraction where you can see beautiful landscapes. Although, I don't recommend swimming there, because it can be dangerous.

Andrei Maslinka, X F

THE BEAUTY WITHIN OURSELVES

In life, one aspect that we all appreciate is human connection. This manifests through the relationships we build with those around us, whether they are friends, family, or colleagues.

People are, by nature, social beings and need emotional connections to feel fulfilled.



These relationships not only provide us with emotional support but also help us grow personally.

Additionally, we appreciate the moments of joy and happiness that we experience alongside our loved ones. Whether it's a simple gathering, a celebration, or a vacation, these experiences create valuable memories that enrich our lives. They remind us of how important it is to enjoy the present and connect with those around us.

Human connections and moments of happiness are essential for a fulfilling life. Appreciating these aspects helps us maintain our optimism and navigate the challenges of life more easily. Every interaction and every smile make a significant contribution to our happiness and the creation of a more beautiful world.

Cristina Ioana Dunca, IXB

MY LOVE FOR DANCE

The moment I step onto the stage, the world disappears. The lights blind everything else, and in that space I felt like I'm happy again. Every heartbeat is louder than anything else, and each



movement feels like a disconnection from the rest of the world. Contemporary dance is my life, everything I love the most, of my first and last true love, my destiny in life since the age of 5.

When I dance, I feel like everything around me disappears and I no longer feel any worries or any fear of being judged.

The stage holds me like a magnet, and for a few precious minutes, I am exactly who I am meant to be. I give my soul into every musical tone, every breath, every look, every move like it's the last time stepping on the stage.

I love contemporary dance because it allows me to lose myself and find myself at the same time. In those moments I feel alive. I dance not to impress, but to disconnect from the whole bad and judgemental world, because the only time I feel like I love what I do, is when I'm on stage and give everything there.

Even in the backstage, that moment when your name is called to enter the stage, is the most beautiful feeling I can feel, the only moment when I take a breath and give it my all, for me, not for others.

Gulya Sofia, IX B

Three Little Ants

Three tiny ants in a forest so wide,
Worked side by side, with no need to hide.
They gathered up seeds, small crumbs, and leaves,
Marching together beneath the trees.

One found the path through roots and rain,
One knew the spots where food would remain,
And one stayed calm, with a heart so true,
Helping the others when troubles grew.

Through sunshine, storms, through wind and chill,
They never gave up, they climbed every hill.
They stuck together, a brave little band,
Friendship their bond, stronger than sand.

At night they curled in a leafy bed,
Dreams of adventures danced in their head.
No matter the weather, no matter the day,
Together forever — the ants' happy way.



Iosip Angelo Michael, IX B

Flames of Personal Values

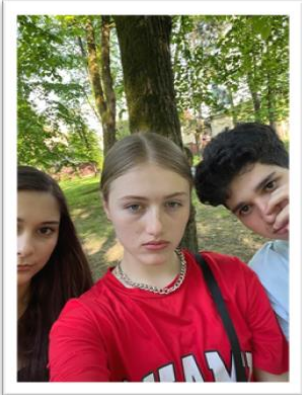
The beauty of love is something we offer ourselves. I am grateful for the love in my life. It is like the fragrance of flowers, refreshing everything around me.

The love I can offer—not just romantic love, but love for nature, for everything around us, for family, friends, animals, and people in need—guides me to help and empathize with those near me.

I see this powerful feeling as an important value. I appreciate and cherish my ability to love deeply.

Every person deserves to feel love; every soul needs it. I believe this value defines me and sets me apart.

**Abigail Rebeca Craciun
Alexuc, IX B**



When I'm on stage

When I'm on stage, time stops,
The warm light seems to love me.
There's no more world, no more heavy noise,
Just music and a corner of God.

One note flows, another comes flying,
I feel a thrill flowing from me.
I don't play a role, I don't wear any masks,
On stage, my heart is the loudest.

It's not glory that keeps me, but love,
When I sing, I recognize my calling.
A verse hangs in the air, smoothly, lightly,
And the audience catches it like a flight.

Up there, in the gentle light,
I feel complete, the music made me fall in love.
It's more than art, it's liberation,
It's my place the greatest peace.

Daria Vascul 9B

Flames of friendship

Three friends walked side by side,
With flames they never tried to hide.

One's light was truth, so calm, so clear,
A voice of reason all could hear.

One's flame was loyal to the core,
A bond that time could not ignore.

The third held kindness, soft and bright,
A quiet force that lit the night.

Different fires, yet all the same—
Together strong, a steady flame.

Maria Raluca Ciurte, IX B

La boussole qui guide ma vie

Mes valeurs personnelles me façonnent en tant que personne. Elles représentent les principes et les croyances qui me guident dans la vie. Chacun a des valeurs personnelles différentes qu'il suit.

Le respect Pour moi, oui, c'est la valeur la plus importante à travers laquelle j'interagis avec le monde extérieur pour créer et maintenir de bonnes relations avec les autres. Chaque personne mérite d'être traitée avec respect et sincérité. En respectant les autres, je pense que j'ai du respect pour moi-même. Le respect comprend également d'autres valeurs importantes telles que : la tolérance, l'acceptation, la reconnaissance ou la loyauté.



La responsabilité. Une autre valeur très importante pour moi est d'être responsable, même si cela comporte certains risques. Je suis bénévole au Sacré-Cœur, j'aide les enfants et passe du temps avec eux. Cette expérience m'a appris à ne pas fuir les responsabilités que je dois assumer. Les enfants ont des histoires de vie différentes et tristes, interagir avec eux est pour moi une grande responsabilité. Jusqu'à la fin, toute cette vie est pleine d'obstacles que nous devons surmonter et assumer une certaine responsabilité même si c'est risquant parfois.

La discipline. Afin de bien fonctionner et d'éviter de surcharger mon emploi du temps, j'essaie d'être organisée. De même, je crois

qu'organiser mon temps est bénéfique pour atteindre des objectifs, mais aussi pour gérer le stress ou vivre un mode de vie sain. J'ai généralement un journal dans lequel j'organise le temps de la semaine lorsque j'ai beaucoup à faire.

L'authenticité. Cette valeur reflète qui je suis vraiment. De plus, il est très important pour moi d'être authentique dans les décisions que je prends ou dans mon comportement. Il est vital de montrer notre vrai « moi » car chaque personne est créée avec certaines qualités et choses authentiques à travers lesquelles on peut rendre la vie plus belle. Mes valeurs personnelles sont donc très importantes pour moi pour montrer mon unicité et créer de véritables relations.

Izabella Barabaș, XI C

Les "empreintes" de ma vie

Les valeurs de vie représentent les fondements qui guident nos comportements et décisions quotidiennes. Elles nous aident à nous définir et à interagir avec le monde qui nous entoure. Pour ma part, les valeurs fondamentales qui me guident sont le respect, l'intégrité, l'empathie et l'apprentissage continu. Premièrement, **le respect** est une valeur essentielle dans ma vie. Je crois que chaque personne mérite d'être traitée avec dignité et considération, quelles que soient les différences qui nous séparent. Le respect signifie écouter activement, être ouvert aux opinions différentes et exprimer nos points de vue de manière civilisée. Ce principe est la clé de relations saines et harmonieuses, sur le plan personnel ou professionnel.

L'intégrité signifie agir selon nos valeurs, être sincères et honnêtes dans tous les aspects de notre vie et ne pas faire de compromis qui

pourrait affecter notre conscience. Cette valeur m'aide à prendre des décisions justes et à être une personne de confiance pour les autres.

L'empathie. Comprendre et ressentir la douleur ou la joie des autres nous aide à développer des relations authentiques et à contribuer au bien-être de ceux qui nous entourent. Si on est moins égoïstes et plus attentifs aux besoins et aux sentiments des autres, cela peut transformer le monde en un endroit plus agréable et plus connecté.

Enfin, **l'apprentissage continu** est une valeur qui me motive chaque jour, car la vie est un processus constant d'apprentissage et de développement. Qu'il s'agisse d'acquérir de nouvelles compétences professionnelles ou d'approfondir nos connaissances personnelles, l'apprentissage ne s'arrête jamais. Cela m'aide non seulement à évoluer en tant qu'individu, mais me garde également motivée et intéressée par ce qui se passe autour de moi.



En conclusion, les valeurs de vie que je suis sont essentielles pour une vie équilibrée et épanouie. Elles me guident dans chaque décision que je prends et m'aident à être une personne meilleure, plus consciente et plus responsable envers ceux qui m'entourent.

Alesia Lorena Codrea, XIIA

Une vie “soumise” aux valeurs

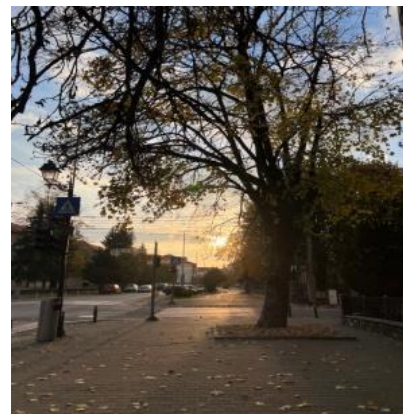
Une vie “soumise” aux valeurs

Les valeurs personnelles influencent nos choix, nos relations et notre façon de voir le monde en

nous aidant à distinguer le bien du mal et à prendre les bonnes décisions. Chaque personne a ses propres valeurs, essentielles pour bien vivre avec les autres et être heureux. Pour moi, l'honnêteté, le respect, la persévérance et la bienveillance sont des valeurs fondamentales que j'essaie de suivre chaque jour.

Tout d'abord, **l'honnêteté**. Dire la vérité et être sincère permettent d'éviter les malentendus et de créer des relations solides avec les autres. Une personne honnête inspire confiance et respect. Par exemple, dans une amitié, il est important d'être honnête pour éviter les conflits et renforcer les liens. Même si la vérité est parfois difficile à entendre, on la préfère toujours au mensonge.

Ensuite, **le respect**, essentiel dans la vie quotidienne, c'est accepter les autres tels qu'ils sont, même différents de nous. Cela concerne le respect des opinions, croyances, choix et émotions des autres. Par exemple, dans une discussion, on écoute avant de répondre et on ne juge pas les autres trop rapidement. Le respect c'est vivre en paix et avoir de bonnes relations avec les gens autour de nous.



La persévérance. Dans la vie, tout n'est pas toujours facile. Il y a des obstacles et des moments difficiles, mais il ne faut jamais abandonner. Quand on travaille dur et qu'on reste motivé, on progresse toujours et on atteint ses objectifs. Par exemple, avant un examen important, il faut étudier avec sérieux et ne pas

se décourager. La réussite vient avec l'effort et la patience.

Enfin, **la bienveillance** est une valeur que j'essaie d'appliquer chaque jour. Être bienveillant, c'est être gentil avec les autres, les écouter et les aider au besoin. Un simple geste de gentillesse, comme un sourire ou un mot encourageant, peut améliorer la journée de quelqu'un. La bienveillance rend le monde plus agréable et permet de créer un environnement positif autour de soi.

En conclusion, ces valeurs me guident dans ma vie m'aidant à être une meilleure personne. Elles sont essentielles pour construire des relations saines et harmonieuses avec les autres. Si tout le monde respectait ces valeurs, le monde serait un endroit plus juste et plus heureux. C'est pourquoi j'essaie de les appliquer au quotidien et de les transmettre aux autres.

Iulia Marchiș, XII A

Les valeurs humaines

Les valeurs humaines sont des principes qui guident notre comportement et nos décisions. Elles reflètent ce qui est important pour nous, comme l'honnêteté, le respect, l'empathie et la famille, et nous aident à vivre en harmonie avec les autres.



L'honnêteté est la qualité de dire la vérité, d'agir correctement et de respecter les principes moraux et éthiques. Une personne honnête ne trompe pas, ne ment pas et ne cache pas intentionnellement la vérité. L'honnêteté implique la transparence, l'intégrité et la responsabilité dans les relations avec les autres dans la prise de décisions. Pour moi, l'honnêteté est une

caractéristique d'une importance majeure, sans laquelle les relations entre les gens ne peuvent pas exister, car elle est la base de la communication.

La famille, c'est le groupe de personnes qui te sont les plus proches, que ce soit les parents, les frères et sœurs, les grands-parents ou même des amis très proches. C'est l'endroit où tu trouves de l'amour, du soutien et de la sécurité, avec des personnes qui sont là pour toi, quoi qu'il arrive.

Le bonheur est un état de bien-être, de satisfaction et d'épanouissement, qui vient de beaux moments. Il n'a pas de définition universelle, car chacun le vit à sa manière, pour certains, c'est le succès, pour d'autres, c'est la tranquillité ou le temps passé avec leurs proches.

La persévérance, c'est continuer à travailler pour ce que tu veux, même quand c'est difficile. C'est ne pas abandonner, peu importe les obstacles, et avoir de la patience et de la motivation pour atteindre ton objectif.

Roxana Mărieș, XII A

Les valeurs qui guident ma vie

Les valeurs personnelles jouent un rôle fondamental dans la construction de notre identité et influencent nos choix ainsi que notre comportement au quotidien. Elles sont le reflet de ce que nous considérons comme essentiel et nous aident à naviguer dans le monde avec intégrité et authenticité. Parmi les nombreuses valeurs existantes, certaines occupent une place primordiale dans ma vie : l'honnêteté, le respect, l'empathie, la persévérance et la responsabilité.

Tout d'abord, **l'honnêteté** est pour moi une valeur essentielle. Être sincère avec soi-même

et avec les autres permet d'établir des relations solides et basées sur la confiance. Sans honnêteté, toute relation, personnelle ou professionnelle, risque d'être fragilisée par le mensonge et l'hypocrisie. Dire la vérité, même lorsqu'elle est difficile à entendre, est un signe de courage et de droiture morale.

Ensuite, **le respect** est une valeur qui façonne mon interaction avec les autres. Il est primordial de traiter chaque individu avec dignité, indépendamment de ses origines, opinions ou croyances. Le respect favorise une cohabitation harmonieuse et renforce la tolérance au sein de la société. Il implique également l'écoute active et la considération des sentiments et besoins des autres.

L'empathie, quant à elle, est un pilier de ma vision du monde. Comprendre et partager les émotions d'autrui permet de développer des



relations bienveillantes et de venir en aide à ceux qui en ont besoin. L'empathie crée des liens authentiques et encourage l'entraide, ce qui est essentiel dans une société où l'individualisme prend parfois trop de place.

La persévérance est une autre valeur fondamentale qui me guide. Face aux défis et aux obstacles, il est important de ne pas abandonner et de continuer à avancer avec détermination. La réussite et l'épanouissement personnel ne sont possibles qu'avec un engagement constant et une volonté de surmonter les difficultés.

Enfin, **la responsabilité** est une valeur clé dans ma façon de vivre. Il s'agit de prendre conscience des conséquences de ses actes et d'assumer ses décisions avec maturité. Que ce soit dans le

domaine professionnel, familial ou social, être responsable permet d'être une personne fiable sur qui les autres peuvent compter.

En conclusion, les valeurs personnelles sont les fondations sur lesquelles nous construisons notre existence. Elles définissent notre rapport aux autres et nous permettent de mener une vie en accord avec nos principes. L'honnêteté, le respect, l'empathie, la persévérance et la responsabilité sont des valeurs qui m'accompagnent chaque jour et me guident dans mes choix et mes actions.

Pode Darius, XIIA

VOYAGE À TRAVERS MES VALEURS PERSONNELLES

Les valeurs personnelles sont très importantes car elles guident nos choix et notre comportement au quotidien. Elles reflètent ce qui est vraiment important pour nous et nous aident à surmonter les défis et les opportunités de la vie. Dans mon cas, les valeurs personnelles sont essentielles pour construire des relations authentiques, prendre les bonnes décisions et se développer continuellement. Chaque valeur individuelle joue un rôle important dans la façon dont j'interagis avec le monde qui m'entoure et dans la façon dont je définis mon identité.



Le respect, la responsabilité, la liberté et la compassion sont quatre valeurs fondamentales qui me guident dans ma vie

quotidienne et influencent la manière dont j'interagis avec ceux qui m'entourent et avec le monde en général.



Le respect est essentiel pour bâtir des relations saines et harmonieuses. Respecter les opinions, les choix et les droits d'autrui signifie reconnaître la valeur de chacun et créer un environnement de confiance et de

compréhension mutuelle.

La responsabilité m'encourage à accepter les conséquences de mes actes et à être conscient de l'impact que j'ai sur ceux qui m'entourent. Cela m'aide à être une personne fiable, capable de prendre des décisions correctes et judicieuses.

La liberté est une valeur qui me donne la possibilité de choisir et de vivre selon mes propres principes et désirs. La liberté de m'exprimer et d'agir me motive à être authentique et à suivre mes passions tout en respectant les droits de ceux qui m'entourent.

La compassion m'apprend à faire preuve d'empathie et à offrir de l'aide à ceux qui en ont besoin. La compassion ne consiste pas seulement à ressentir pour les autres, mais aussi à agir de manière à soulager leurs souffrances et à leur apporter de l'espoir, y compris à moi-même.

Ensemble, ces valeurs forment un guide qui influence mes comportements, mes choix et mes relations.

Nicole Tofei, XI C

La boussole qui me définit

Les valeurs personnelles nous aident à découvrir qui nous sommes vraiment, ce sont des croyances qui guident nos choix dans la vie, elles soulignent notre caractère et notre façon d'être, de réagir, de sentir. Il existe des valeurs qui peuvent être morales, sociales, spirituelles, et toutes ensemble créent un tout-nous-mêmes en un mot.

Je pourrais dire tout d'abord que je me considère comme personne responsable. Chaque fois que j'entreprends une tâche ou prends une décision, quel que soit le résultat, je suis toujours consciente que je dois en assumer les conséquences, qu'elles soient bonnes ou mauvaises, je ne fuis jamais du résultat.

Je me considère également une personne créative. Enfant, j'avais une passion pour la musique, cela m'inspirait et quand j'ai décidé de prendre des cours de piano, j'ai senti que cela faisait partie de moi, que c'était la pièce manquante du puzzle, je me sentais entière. À partir de là, j'ai réalisé que je suis douée en poésie, en littérature, que tout ce qui touche à la créativité me représente. J'ai commencé à créer des poèmes, des chansons et j'ai toujours pensé qu'il n'y avait rien de plus



beau au monde. Bien sûr, une valeur personnelle que je ne peux omettre est l'authenticité. J'ai toujours su qui je suis, ce que je veux et les idées que j'ai. Je ne me suis jamais laissé influencer par mon entourage et je suis resté la même, fidèle à moi-même, sans chercher à être quelqu'un d'autre.

Patricia Kucsicsa, XI D

Valeurs personnelles

Je m'appelle Alexia et j'ai 15 ans. Je suis une personne calme, attentionnée et aimante. J'ai hérité de valeurs telles que la gentillesse, l'ambition, le courage, la générosité, et bien d'autres encore. Je crois que les valeurs personnelles sont essentielles dans la vie de tous les jours, donnant à la vie un but plus grand. Chaque personne a ses propres valeurs qui lui apportent à la fois des avantages et des inconvénients. Mes propres valeurs m'aident à être une meilleure personne avec ceux qui m'entourent, à être plus communicative et plus attentive aux souhaits des autres.



Sans valeurs, je pense que j'aurais une vie ennuyeuse et dénuée de sens. Comme je l'ai mentionné précédemment, les valeurs sont nécessaires, ayant leur propre rôle. Chaque personne a un désir en ce qui concerne sa vie, ces désirs sont souvent liés à ses valeurs.

La plupart du temps, je dis ce que je pense dès le début. Cette « qualité » est une valeur dont je suis très fier.

Je sais aussi que certaines valeurs peuvent me mettre mal à l'aise, comme la capacité de tout pardonner, même aux mauvaises personnes. Si je devais donner des conseils à quelqu'un sur ses propres valeurs, je dirais quelque chose comme : Acceptez vos propres valeurs et soyez-en fier malgré ce que les gens disent. En conclusion, les valeurs personnelles sont une nécessité dont nous devons être fiers. Chaque valeur nous rend différent des autres.

Alexia Moldovan, XI C

FAMILLE, ÉDUCATION, EMPATHIE- MES VALEURS PERSONNELLES

Les valeurs personnelles sont celles qui nous définissent et nous guident dans la vie. Pour moi, la famille, l'éducation et l'empathie sont essentielles, influençant mon développement et mes interactions avec les autres.

La famille est mon fondement. Elle me procure soutien, amour et sécurité. Les relations familiales m'aident à apprendre le respect, la responsabilité et la loyauté, contribuant ainsi à la formation de mon caractère.



Dans les moments difficiles, je sais que je peux compter sur mes proches, ce qui me procure une stabilité émotionnelle. De plus, la famille m'enseigne l'importance de l'unité et du soutien mutuel, des valeurs essentielles pour construire des relations harmonieuses.

L'éducation est la clé de mon évolution. L'apprentissage continu me permet de développer ma pensée critique et de me préparer pour l'avenir. Les connaissances acquises m'aident à prendre des décisions éclairées et à atteindre mes objectifs. Je considère que l'éducation ne se limite pas à l'école, mais inclut aussi les expériences du quotidien, les interactions sociales et la curiosité d'apprendre sans cesse. Une personne instruite a plus d'opportunités et peut contribuer activement à la société.

L'empathie est ce qui m'aide à créer des relations harmonieuses. Comprendre les sentiments des autres et leur offrir du soutien est essentiel pour une société meilleure. Grâce à l'empathie, je peux contribuer à un environnement plus équilibré et positif.



Cornel Pop, XI D

MES ATOUTS

De mon point de vue, les valeurs personnelles sont peu nombreuses, c'est ce que pense presque tout le



monde, mais nous en avons plus que ce que nous le croyons, soit nous en reconnaissons moins, soit nous ne les reconnaissons pas.

Une première valeur personnelle pourrait être ma connexion avec la nature et avec les gens, je suis empathique envers les nouvelles choses ou surtout envers ce qui a une relation spéciale avec la nature, avec la vie, plus précisément. L'air pur et la verdure des randonnées me rendent tellement heureuse, me donnent une envie particulière de vivre, de sentir et de respirer.

Une autre valeur est ma relation avec ceux qui m'entourent, je suis très patiente avec les gens j'aime communiquer avec eux, ainsi qu'avec les animaux, et cela serait une autre valeur personnelle.



et

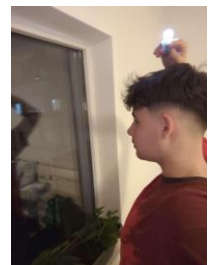
Un autre atout personnel, en dehors de ces connexions avec les choses autour de moi, pourrait être l'organisation et la planification à long terme de ma vie. J'aime être organisée et prendre en compte toutes les confrontations possibles. Je suis très heureuse d'avoir ces valeurs, elles m'aident beaucoup dans ma vie.

Alexandra Irimuş, XI D

Créativité

La valeur que j'apprécie le plus c'est la créativité qui représente pour moi le pouvoir de transformer ou d'approcher ta cible et de lui donner naissance. Elle permet non seulement de résoudre les questions les plus complexes, mais aussi d'introduire des percées révolutionnaires. Pas nécessairement une vertu, la créativité remplit l'espace qui rend leur vie nettement plus claire à la lumière de la connaissance et de soi. En outre, la créativité a été prise pour l'art et la littérature, mais aussi dans ses autres aspects : du contenu à la science et à la technologie et des relations interpersonnelles entre le développement individuel.

Qu'est-ce que c'est la créativité ? Elle fait partie des caractéristiques humaines les plus précieuses, une énergie interne onirique qui nous permet de connaître et de modifier la réalité. Cela signifie qu'à l'aide de la créativité, nous nous débarrassons des tâches difficiles créées par les circonstances et réalisons des choses remarquables, un chemin qui a toutes les conséquences maximales dans l'histoire. La créativité est également associée à l'art et à la littérature, mais aussi à ses autres composantes : du contenu à la science. Elle repose sur le courage de penser différemment, de risquer des erreurs et d'en tirer des leçons. Par essence, la créativité reste un pilier fondamental du progrès humain et de notre capacité à nous réinventer en permanence. C'est elle qui nous pousse à nous dépasser et qui nous unit dans la recherche des solutions inédites. En cultivant cette force intérieure, nous jouissons d'un monde plus prometteur, un monde toujours imaginatif et beau, progressif et harmonieux.



Gabriel Morar, XI D

La sincérité et le respect- mes vertus

Je suis le genre de personne qui accorde beaucoup d'importance à l'indépendance, à la loyauté et au respect. J'aime faire les choses à ma manière et prendre mes propres décisions sans dépendre des autres. Pour moi, il est essentiel de tracer son propre chemin et de ne pas toujours compter sur l'aide extérieure. Quand je me fixe un objectif, je m'accroche et je fais tout pour y arriver par mes propres moyens.

La loyauté est une valeur essentielle pour moi. Quand j'apprécie quelqu'un, je suis là dans les bons comme dans les mauvais moments. Je déteste l'hypocrisie et la trahison, donc je préfère les relations sincères, que ce soit avec mes amis, ma famille ou les personnes avec qui je travaille. Une fois que quelqu'un a gagné ma confiance, il sait qu'il peut compter sur moi.

Le respect est quelque chose que je donne et que j'attends en retour. Je ne juge pas les gens sans les connaître et je traite tout le monde avec équité, peu importe qui ils sont ou ce qu'ils font. Pour moi, le respect se gagne par l'attitude et la manière dont on agit avec les autres, et non par des mots vides ou un statut social. J'aime écouter, apprendre des expériences des autres et rester ouvert aux nouvelles idées, même si je n'en suis pas toujours d'accord.

En fin de compte, j'essaie toujours de devenir une meilleure version de moi-même, sans jamais renier mes valeurs. Pour moi, l'indépendance, la loyauté et le respect sont des principes fondamentaux auxquels je reste fidèle, peu importe la situation.

Robert Chira, XI D



LE FONDEMENT DE L'IDENTITÉ ET DE L'ÉVOLUTION PERSONNELLE

Les valeurs personnelles représentent l'ensemble des principes, des croyances et des normes qui guident la vie d'une personne. Elles sont essentielles pour définir notre identité, influençant nos choix, nos relations et notre façon d'interagir avec le monde. Dans une société en perpétuelle évolution, il est crucial de préserver des valeurs solides afin de rester authentique et équilibré.

Les valeurs personnelles sont des repères qui nous aident à prendre des décisions et à agir en accord avec nos convictions. Elles peuvent inclure l'honnêteté, le respect, l'empathie, la responsabilité ou encore la persévérance. Lorsqu'une personne connaît et respecte ses valeurs, elle développe sa confiance en elle et renforce son identité. De plus, ces valeurs contribuent à la stabilité émotionnelle et permettent une meilleure gestion des situations difficiles.

Les valeurs personnelles ne sont pas figées ; elles se développent et s'adaptent tout au long de la vie. Elles sont influencées par l'éducation, la famille, les expériences personnelles et la culture dans laquelle nous vivons. Dans l'enfance, elles sont souvent transmises par les parents et les enseignants, mais en grandissant, chacun commence à forger ses propres principes, en filtrant ce qu'il considère essentiel. De plus, l'interaction avec différents milieux et personnes contribue à ajuster et à redéfinir ces valeurs.

Le manque de valeurs claires ou leur compromission peut entraîner de la confusion, du stress et un sentiment de perte de repères. Les personnes qui trahissent leurs valeurs peuvent ressentir de la culpabilité ou de l'insatisfaction, et leurs relations peuvent être affectées par l'incohérence et le manque d'authenticité.

Stefania Niculescu, Gianina Rogojan, XI I

Les valeurs personnelles fondamentales

guident nos actions, nos choix et notre comportement dans la vie quotidienne. Elles reflètent ce que nous considérons comme important, juste et significatif. Chaque individu développe ses propres valeurs à travers l'éducation, les expériences de vie, la culture et les croyances personnelles.

Parmi les valeurs les plus communes, on retrouve le respect, l'honnêteté, la responsabilité, la liberté, l'empathie ou encore la solidarité. Ces valeurs influencent nos relations avec les autres, nos décisions professionnelles et même nos objectifs de vie. Par exemple, une personne pour qui l'intégrité est une valeur essentielle cherchera toujours à agir de manière honnête, même dans des situations difficiles.

Les valeurs personnelles ne sont pas figées : elles peuvent évoluer avec le temps, selon les situations que l'on traverse ou les réflexions que l'on mène sur soi-même. Toutefois, elles



restent un repère précieux, notamment dans les moments de doute ou de conflit intérieur.

C'est donc essentiel de prendre le temps de réfléchir à ses propres valeurs. Connaître ce qui nous anime profondément permet de vivre de manière plus authentique et alignée avec soi-même.

Cela renforce également la confiance en soi et la cohérence entre nos pensées, nos paroles et nos actes.

En somme, les valeurs personnelles sont le socle de notre identité. Les reconnaître et les respecter est une clé pour mener une vie épanouie et pleine de sens.

Natalia-Lucreția Păltinean, XII D.

Les Valeurs de ma Vie

Les valeurs personnelles sont des convictions profondes qui guident nos actions et nos décisions, façonnant qui nous sommes et notre façon d'interagir avec le monde. Elles agissent comme une boussole intérieure, nous guidant vers ce que nous considérons comme important et significatif



dans la vie. Ces valeurs peuvent aller de l'intégrité, l'honnêteté et la bienveillance à l'ambition, la créativité et la persévérance.

Comprendre et s'aligner sur nos valeurs personnelles est essentiel pour vivre une vie épanouissante et authentique. Nos valeurs influencent tous les aspects de notre vie, de nos relations et de notre carrière à nos objectifs et aspirations personnels. Faire des choix cohérents avec nos valeurs nous procure un sentiment de but et de satisfaction. À l'inverse, transiger sur nos valeurs peut nous faire ressentir des conflits, du stress ou de l'insatisfaction. Il est donc important d'identifier et de prioriser nos valeurs fondamentales afin que nos actions reflètent notre véritable personnalité.

Vivre selon nos valeurs personnelles exige conscience de soi et courage. Cela signifie être honnête avec soi-même sur ce qui compte vraiment pour nous et faire des choix conscients qui soutiennent ces valeurs. Cela signifie aussi être prêt à défendre nos convictions, même lorsque cela est difficile ou impopulaire. En adhérant à nos valeurs personnelles, nous pouvons créer une vie pleine de sens et en harmonie avec notre identité profonde.

Andra Moldovan, IX A.

Mes valeurs personnelles

Mes valeurs ne sont pas que des mots,
Mais des piliers qui me poussent à avancer.
L'honneur est une loi, je ne la viole pas,
Une parole donnée, je ne la retire pas.
Je donne du respect, mais je le reçois aussi,
Avec lui, chaque chemin devient naturel.
Je ne le demande pas par la force, je ne l'achète pas
facilement,
Car sans lui, rien ne peut grandir.

La sincérité est mon bouclier,
Je n'aime pas les mensonges, je ne fais pas
semblant.
Je dis ce que je pense, je reste absolue,
Car la vérité est le seul remède.
J'aime être toujours directe,
Dire ce que je pense, sincèrement.
Je ne marche pas avec des mots qui mentent ou
reflètent
Un masque sans âme ni rôle.

La justice m'appelle, je ne peux l'abandonner,
Même si ça fait mal, je reste fermement.
Je ne détourne pas le regard quand je vois le mal,
Je choisis d'être juste, de ne pas me retenir.

Le travail me fait grandir jour après jour,
Grâce à lui, je suis sûre de pouvoir réussir.
Je ne cherche pas de raccourcis, je ne veux pas de
gains
Qui viennent facilement, mais disparaissent dans le
froid.

L'amour n'est pas une chaîne, mais une force qui
donne
La lumière dans l'âme restera toujours.
Donner et être, grandir et ressentir,
Car sans amour, je ne suis qu'une ombre.
Je ne trahis pas mes valeurs,
Peu importe la difficulté, je les suis toujours.
Elles sont le trésor qui vit en moi,
Et la seule voie qui ne rouille jamais.

Oana Stancu, XI I

L'amour peut-il être oublié?

Quelqu'un m'a dit que l'amour ne pouvait pas se
terminer en une seconde,
Mais j'ai nié en connaissant la vérité.
Il était extrêmement difficile de m'habituer à ce
sentiment,

Ou plutôt à l'idée de rester seule.
J'étais tellement habituée à sa présence
Que l'absence de ses paroles insensées me
dérange encore plus.
J'ai cru en lui plus qu'en n'importe quelle autre
personne,

Mais il m'a blessée plus profondément qu'un
ennemi ne l'aurait fait.
J'ai cru que je pourrais survivre à la trahison,
Mais il était clair pour moi que cela ne ferait
que me détruire.

Parfois, les gens changent du jour au
lendemain,
Mais les sentiments peuvent-ils être oubliés
comme une brise légère ?
Peut-on oublier quelque chose qu'on a aimé
autrefois?
Et aimer tout ce qui ne nous était pas destiné ?

Texte original en roumain: Cozmuța Patricia-Oana

Traduction: Pașca Cristina-Maria, XI I



Remember what you forgot?

I'm a vendor, a new kind
I sell splendor, from the mind.
All fantastical and cherished
I sell dreams that never perish

And the dreams that time forgot
Or the memory of passing thought.
I sell them to make ends meet
And I've sold too much, I cannot quit.

But when that faithful day arrived,
If only it had given me more time,
Someone bought my dearest one
And now my reasons are all gone.

And I hate not remember,
Why I became this kind of vendor.
Who was I before forgetting.
Who am I in the current setting.

**Octavian Matei Amarandei, XIA, Premiul III,
Concursul Național Speak Out, et judeteana**

Thief of souls

In Dreamland where dreams are gold,
I trade stories lost and told
A whisper here a vision there,
Memories woven light as air.

They come with pockets lined up in sleep,
To buy a love they couldn't keep
A childhood day, a mother's voice
A dance beneath a silver moon.

But once a man came with hollow eyes,
He shared a price he spoke no lies
My soul is yours, my nights are bare “Sell me the
dream you must revere”.

A trembling breath, a moment's pause,
Could I betray my heart's own laws?

In a world where dreams were currency,
my shop was renowned for its rare and vivid
memories. People came to sell their dreams,
exchanging fragments of their souls for
something brighter, for something beautiful.
Among all the glowing orbs of dreams I kept on
display, one was untouchable: my most
cherished memory, hidden in a glass case at the
back of the shop. It was a childhood moment, a
sunset on a beach where the waves sang
impossible melodies, and the sky fractured into
colors no artist could capture.

One night, the shop was visited by an
unusual presence. A figure like a shadow
entered, bringing no dreams of their own. Unlike
other costumes, they did not browse the shelves.
His cold eyes were fixed on the glass case. He
demanded to give it to him, but I refused. He
offered a reward I couldn't ignore, it was a
dream like I had never seen so I couldn't ignore
it. When I parted with my dream, I felt an
indescribable loss, as if the care of my being had
been taken away.

That night, I dreamed the “truth” they
had promised. I saw our world not as the perfect
society we believed it to be, but as a hallow
construct, built on stolen fragments of souls.
People since long ago traded away their real
memories, surviving only on dreams borrowed
from others.

When I woke up, the glass case was
empty. My most cherished dream was gone,
leaving an empty spot in my soul that no dream
could fill. For the first time, I understood the true
cost of a dream, and what it means to lose
something that can never be replaced.

**Diana Dărăban, IX I, Premiul III, Concursul
Național Speak Out, etapa judeteana**

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