Several trails snake through the grounds of Reserva Ecológica de Guapiaçu (REGUA), all of which are available to volunteers during their free time. There have been wildlife spottings on all of them, including capybara (the world’s largest rodent), tapirs, and a plethora of birds. This morning, I decided to head up towards the lodge, where there’s a lookout tower. I figure I have a decent shot of seeing a lot of different animals from a high-up vantage point. I head up the dirt road that runs in front of my cabin. The walk is all uphill, but it only takes about ten minutes before I’m at the base of the tower. I quietly walk up the metal spiral stairs to the top of the lookout tower, trying not to make any loud noises that’d scare away nearby wildlife. Once I get to the top, I see Tom and Lisa, a father-daughter volunteer duo, scanning the jagged mountains. I ask if they’ve seen anything interesting, but they tell me they haven’t had any luck yet.

The three of us quietly watch the mist for movement or noise. As we wait, mountain mist floods the valley. From my office in Boston, I usually observe apartment buildings and busy roads, so even without wildlife, this spectacular view is invigorating and makes me grateful for the opportunity to sit in this remote spot, listening to bird calls and enjoying the astonishing wilderness that supports 5% of the vertebrate species on Earth.

Eventually, we decide to give up on spotting any large animals and head back for breakfast.

All volunteers meet in the main courtyard every morning. The surrounding buildings host the reserve’s offices, lab, kitchen, and classroom. Breakfast, lunch, and dinner are served at the picnic tables outside the kitchen.

The breakfast spread has already been laid out by the wonderful women in charge of the kitchen by the time I arrive. I grab a cup of hot coffee and load my plate with a roll, cheese, eggs, and some fresh fruit. The papaya is so delicious I have to stop myself from eating the whole bowl and depriving the other volunteers.

I join the rest of my cohort at one of the tables. Besides Tom and Lisa, there are five other volunteers on my team. A group of three women, Peggy, Kathleen, and Diana, who’ve gone on multiple expeditions together. Sam, a young Londoner on his first foray into environmental science. And a biology professor, Jared, with an impressive wealth of knowledge about the area’s birds.

*From the earliest days of their dispossession, Palestinians have recorded their plight in poetry. There is a long tradition for this amongst Arabs who, since long before the birth of Islam, have considered poetry a diwan, a historical record. Unlike historiography, which Arabs are also renowned for, poetry is a mnemonic device that penetrates people’s consciousness, registers and shapes their affective state. Palestinian poets are also Arab poets and they find inspiration in a poetic tradition that is both geographically expansive and far pre-dates the Zionist project. Palestinians write a poetry of resistance, enshrining poetry as both a diwan and a protest against oppression. They learn and memorize poetry as well as produce it. Through poetry, Palestinians cultivate their political imagination and preserve their collective spirit.* *The poems I have selected speak to these aspects of Palestinian poetry, directly responding to the ongoing annihilation of Palestinians. The selection is not meant to be an authoritative representation of Palestinian poetry or the vast legacy of writing about Palestine by non-Palestinians. Indeed important voices in the diaspora, and great non-Palestinian radical poets writing about Palestine in Arabic and other languages, are not included here. I instead decided to feature poets who have written from Palestine as a modest gesture of solidarity to historic, and ongoing, land struggles. The exception is the work of Kamal Nasser, who was an exile in Beirut when the Israelis assassinated him in 1973. Through Nasser, I gesture to the need for historical depth when we speak about Palestine. Nasser belongs to the legacy of Palestinian poets targeted through imprisonment and assassination by the colonizers (British as well as Israelis) that goes as far back as Nuh Ibrahim (a poet who was imprisoned several times by the British for his poetry, and who was killed in battle in 1938), but includes famous poets like Mahmud Darwish, Tawfiq Zayyad, Nasser Abou Srour, Dareen Tatour (included here) and many others. Poets, too, sometimes die in battle. Such was the fate of Abdel Rahim Mahmoud who died during the year of the nakba, but other poets also die as civilian casualties, victims of Israeli violence that is particularly committed to striking civilians and civilian infrastructure. During this war we mourned the loss of Gazan poet Heba Abu Nada who was killed in October. I include a poem by Abu Nada that questions the dominant Palestinian idea that poetry is an effective tool of struggle. We also mourn thirteen*[*poets*](https://lithub.com/these-are-the-poets-and-writers-who-have-been-killed-in-gaza/)*that have died in Gaza since the beginning of this war and acknowledge other poets we have undoubtedly lost but that are not yet accounted for. They were targeted not because they were poets but simply because they were Gazans.* As you may be able to tell by now, my experience with the government and parliament has been mostly positive, and I feel that I have been represented. However, this is not the case for many people across the UK. This is evidence that more needs to be done to better understand the needs of the UK population. If you feel that the government is not addressing persistent issues, consider reaching out to your MP to highlight this issue. After that, efforts should be made to set up groups that can specifically target certain areas, working alongside MPs or government departments. If improvements have not come about after efforts such as this, often people will reconsider what political party is best suited to address the identified issue.

Democratic governments across the world are run by people, who will prioritise efforts to make the biggest groups of voters with similar priorities happy. This means that smaller groups of voters can be disregarded across a multitude of decades. Often, citizens are left feeling that their voice has no meaning, and the problems will remain persistent forever. This is why a change in political parties is required over time, as it is impossible to account for the needs of every citizen across the UK. So, as each political party comes into power with differing priorities, challenges previously disregarded may start to be addressed.

Political education should be a mixture of voluntary, self-led research as well as education at secondary school for teenagers approaching the age of voting. Some may raise concerns of placing partial responsibility of political education onto schools which are directed by the government in power. This is why I believe that there should be an external body holding the government to account on what secondary schools are teaching to the next generation regarding politics.

These lessons should be unbiased and consistent no matter where a young person is being taught. However, educational institutions should make efforts to use local information to help students better understand how they and their local community play a part in the UK and its democracy.

We have all been made keenly aware of the technology that underpins our lives by the lifeline thrown to us by online communication during the pandemic. We have also seen the depth of the social inequality in our societies. And there has been a growing, but still limited, realisation of the dangerous connection between the two.

In the UK, last year, A-Level students marched the streets with banners, shouting “Your algorithm doesn’t know me”, after artificial intelligence (AI) deployed by the government to replace exams under-predicted the performances of students from underprivileged backgrounds. Then the Home Office was successfully challenged over the use of an algorithm to sift visa applications. It was said to entrench unfair and racist decision-making in the visa system – “speedy boarding for white people”.

Against this background, the UK has yet to make crucial decisions to make on AI strategy. It is now outside of the EU, which in March 2021, became the first political system in the world to define an all-encompassing legal framework on AI. Its proposals aim to guarantee “the safety and fundamental rights of people and businesses, while strengthening AI uptake, investment and innovation across the EU”.

The proposed regulation uses a risk-based system, in which systems which pose an “unacceptable risk” are banned. These include systems that manipulate behaviour in a manner likely to cause physical or psychological harm, systems exploiting children, those using “social scoring” such as seen in China, and the use of “real-time” remote biometric identification systems (except under strict conditions).

High-risk systems include AI in machinery, medical devices and vehicles, for managing critical infrastructure, for biometric identification and categorisation of people, to inform recruitment decisions, evaluate credit scores, and systems that would have an adverse impact on EU fundamental rights. Such systems will have various requirements to meet, involving data used, record-keeping, oversight, transparency, accuracy, security.

Limited-risk systems such as chatbots will have specific obligations. For example to make users aware that they are interacting with a machine.

Recently there have been claims that the Chinese government is using Uyghurs as pre-judged test subjects for un-validated AI emotion sensing programmes. These are used like lie detectors, trained to detect and diagnose minute changes in skin pores and facial movements.

AI systems analysing vibrations in people’s heads to determine mental and emotional states have been used at events such as the World Cup and Olympic Games. Similar systems have been used to detect deception at US and EU borders, despite concerns about the lack of any credible evidence as to their accuracy. Under the new EU laws such emotion detection systems are deemed high-risk, but not banned.

“This might be a desirable path for the UK because it would be seen to be regulating AI in some way, rather than leaving it open for “ethics dumping,” says Tanna. “The UK might also want to use its flexibility to regulate in a more tailored, nuanced way (an advantage of Brexit), while at the same time, probably having a less onerous regulatory regime than the EU, so as to encourage investment,”  she adds.

AI ethics, technology governance and ESG specialist and partner at EthicsGrade, Charles Radclyffe, cautions that the UK needs to ensure there is sufficient capital investment in the UK AI ecosystem. And that as companies create capital value, Radcliffe says that value should not be syphoned off to the US or China but remain in the UK.

“The UK is a little like Pluto. We’re still in orbit of the sun (the EU) but on the face of it we have lost all of the benefits of planetary status. What we need to do is create the conditions and highlight sufficiently the uniqueness of the UK’s AI ecosystem. We need to attract inward investment that will otherwise get sucked towards the gravity pull of Brussels.”

The event was filled with celebrities and entertainment but had a successful ending with Verstappen's victory and praise for the track. Despite some issues during practice, the race was considered one of the most lively of the season. Ferrari driver Charles Leclerc and Verstappen's teammate Sergio Perez also had a strong race finishing second and third, respectively. A drain cover on the track drew the most attention by damaging Carlos Sainz's car severely in Free Practice 1 - resulting in a major delay and a 10-second penalty to Sainz for the damages that had to be fixed (stupid I know).

**Bradley Beal will be out for at least three weeks** due to a back injury, impacting the Phoenix Suns' plan to create a powerful trio with him and Devin Booker. The team will reevaluate his condition in three weeks. The Suns are 7-6 after a dramatic win over the Utah Jazz last night. There is some MAJOR drama in Buffalo! The Bills offense is a shadow of itself in 2023 from external and internal stressors. Last night, QB Josh Allen and the hometown Bills struggled in a third loss in four weeks.

This time to the often self-destructive Denver Broncos.

But last night's game highlighted a growing concern amongst Buffalo fans.

Josh Allen is a turnover machine who tries to do too much. The frustration of the skill players is boiling over to the point that the offensive coordinator - Ken Dorsey - was fired. Head coach Sean McDermott finds himself firmly on the hot seat with his talented squad now 5-5.

Rumblings on social media suggest that we could see a split between Stefon Diggs and the Buffalo Bills similar to the one we saw with the Minnesota Vikings a few years ago.

That may depend on how the offense does down the stretch - and whether or not the Bills make the postseason.

They will enter Sunday’s headline fixture on the back of a 5-1 win over Sparta Prague in the first leg of their Europa League last-16 tie.

Nunez bagged a brace while Alexis Mac Allister, Luis Diaz and Dominik Szoboszlai also scored to help the Reds to an emphatic victory at the epet Arena.

That was their seventh successive win in all competitions since the 3-1 defeat at Arsenal last month.

On the other hand, Manchester City cruised to a 6-2 aggregate win against Copenhagen on Wednesday to qualify for the Champions League quarter-finals.

But now their focus returns to the Premier League where they are in a fierce title race with Liverpool and Arsenal.

Pep Guardiola’s side looked in danger of dropping points against Manchester United last Sunday after Marcus Rashford scored a stunning goal before the interval.

But a stunning second-half comeback saw Phil Foden and Erling Haaland bagging three goals to complete the Citizens’ brilliant comeback.

City haven’t lost a game across all tournaments since the 1-0 reverse at the hands of Aston Villa in December.

However, things have dropped off a cliff in recent years, with the Boys in Green failing to qualify for the last four major tournaments.

Their most recent disappointment came as they missed out on qualifying for the 2024 European Championship, which resulted in Stephen Kenny being relieved of his duties as manager last November.

They have yet to appoint a permanent replacement, with ex-Manchester United defender John O’Shea recently placed in interim charge for upcoming friendlies against Belgium and Switzerland.

Online bookmakers think O’Shea will have his work cut out, with Ireland rated as underdogs in the upcoming matches at the Aviva Stadium.

However, the latest football betting on who will be the next Ireland manager ranks O’Shea as the 9/4 favourite to be handed the job permanently.

Keane, who has also been touted as a possible contender, says whoever gets the job must have a clear idea about the best way to take Ireland forward.

“A new manager needs to come in now and put his own identity and philosophy on how he wants his team to play,” Keane told Betway.

“Are they going to be a pressing team, a team that tries to build from the back, or are they going to get in people’s faces? It depends on what manager comes in, what style he wants to implement and what personnel he brings into that group.”

If you are interested in natural language processing (NLP), the branch of machine learning that deals with understanding and generating human language, you might be looking for some reliable and engaging sources of information and inspiration. Fortunately, there are many blogs and podcasts that cover various aspects of NLP, from the latest research and applications to the best practices and challenges. In this article, we will recommend some of the best NLP blogs and podcasts for machine learning enthusiasts, whether you are a beginner, an expert, or somewhere in between.

 This an exciting time to be examining human evolution. Intriguing fossil and archaeological discoveries, combined with innovative techniques and DNA research, are transforming scientists' understanding of our ancient past.

We now know of more than 20 hominin species that are part of our family tree. At least half of these species are based on fossils unearthed in the last 30 years.

Museum scientists are at the forefront of research on the migration, characteristics and capabilities of these early human relatives, and the origin and cultural development of our species, *Homo sapiens*.

Trace the evolution of humans since our lineage split from that of chimpanzees, explore what we have in common with our ancient relatives and discover research that is helping to answer questions about our past and future.

Entering the gallery, visitors meet hominins like us and our extinct australopithecine relatives, comparing them to non-hominins like the chimpanzee to explore the differences.

The human lineage split from the chimpanzee lineage around seven million years ago. [**Fossil**](https://www.nhm.ac.uk/discover/what-is-a-fossil.html) evidence relating to the earliest hominins that lived after this split is scarce, but it provides important clues about how our ancient relatives lived.

From the six- to seven-million-year-old *Sahelanthropus tchadensis* skull found in Chad, we know that they had evolved small canines, while six-million-year-old *Orrorin tugenensis* leg bones show that they exhibited primitive bipedalism (walking on two legs).

Scientifically accurate *Homo neanderthalensis*model by Kennis & Kennis. Neanderthals survived in Europe until the species went extinct about 39,000 years ago.

Fossil specimens, casts and other objects on display provide a series of snapshots in time, offering visitors glimpses of our ancient relatives' lives.

Exhibits include a flint handaxe possibly made by *Homo heidelbergensis* and a butchered rhino skull whose brains were extracted and eaten by ancient humans in Sussex, England around 500,000 years ago.

Visitors can investigate a Neanderthal burial and other clues about Neanderthal behaviour, such as innovative tools, which suggest minds capable of creativity and invention.

Coming face to face with a scientifically accurate Neanderthal model, visitors will see how physically adapted they were to cold climates.

The tiny *Homo floresiensis* highlights another way in which our ancient relatives adapted to their environment, becoming smaller in response to the limited resources available in the island environment of Flores, Indonesia - a process known as island dwarfism.

The final part of the gallery explores how our species, *Homo sapiens*, originated in Africa, before dispersing around the world and becoming the only surviving species of human left today.

Modern humans evolved in Africa around 200,000 years ago. They have a higher and more rounded brain case, smaller faces and brow ridges, and a more prominent chin than other ancient humans.

Casts on display include modern humans fossils found in Africa (about 195,000 years old), Israel (around 100,000 years old) and Australia (around 12,000 years old).

These fossils show that rather than springing fully formed from Africa, typical modern human characteristics instead built up over time. They also suggest that there may have been at least two waves of migration out of Africa - one dating back to around 100,000 years ago and another to around 60,000 years ago.

Outside of Africa, we are all descendants of those who left in that second wave of migration.

Everyone who comes to Switzerland wants to take a picture with these sweet Swiss cows who are eating grass in, sometimes, crazy places. There is no stopping them. It is no wonder to see a cow eating somewhere in the mountain pass at 2,400 m elevation. They are literally everywhere.

Swiss people really love their cows as with their help they can produce the best swiss milk, swiss cheese, swiss chocolate, and many other food products Switzerland is famous for. And you must thank the cows for that.

The Swiss milk is probably the best in the world as cows spend days and days high up in the mountains and eat the grass which is growing that high up. Swiss cows are not put into some small pastures and fed corn. No, they eat the purest grass in the world. If you are lucky, you can see some shepherds leading cows into the pastures through cities (that actually happens quite a lot) – so all the traffic stops and everyone just tries to take out their cameras as fast as possible.

If you want to get a picture of a Swiss cow – best is to not drive on a highway but go into some smaller villages, off-road even. There’s almost a 100% chance you are going to see cows in Grindelwald, Oberalp Pass, Adelboden, and many other smaller places.

Everyone knows an expression “Works like a Swiss clock” – and what works like a Swiss clock? Swiss trains.

Switzerland has the most-developed train network in the world. Trains go almost anywhere. There are very few places Swiss trains can not reach. You can go to small villages, straight to the Swiss Alps and many other places.

Some trains help you explore the beauty of Switzerland even more, such as the cogwheel trains which go up steep mountains: Pilatus for example. Cogwheel train there has to conquer even 48 percent gradient.

Some of the most famous train lines in Switzerland include the Bernina and the Albula – part of the Rhaetian Bahn. The Bernina Express, one of the highest trains running across the Alps and apparently, the steepest in the world, starts from Chur in Graubunden, through Davos, St.Moritz before finally crossing over into Italy. **The railway line from Thusis to Tirano has UNESCO World Heritage status and is a delightful experience.** In fact, the Bernina Express is one of the two most popular Swiss tourism experiences.

If you come to Switzerland – that is a must. Swiss fondue is almost everywhere and if you are a cheese lover, you will absolutely relish this.

To put it simply, Swiss fondue is a melted delicious cheese which you can eat with bread and some other fruits or vegetables. The fondue is always standing over the fire (so it doesn’t freeze back and is always liquid). You grab a special fondue fork, take a piece of bread onto it and soak it into cheese. You are going to love it from the first bite. It’s really really good.