



ENSEMBLE SCOLAIRE NOTRE DAME - CASTRES - FR  
EDUCAnet - Střední odborná škola Pardubice - Rybitví - CZ  
Werner-von-Siemens-Gymnasium - München - DE  
Liceo Statale Carlo Troya- Andria-Puglia-Italy  
Lewisham College - London - GB  
ISMONT HALIL BILDIRICI TEKNİK VE ENDUSTRI MESLEK LİSESİ  
Sakarya - Turkey

SMS: SOCIAL MEDIA & SCHOOL

# COMENIUS SMS

*SOCIAL MEDIA & SCHOOL*



ALTERNATIVE MAGAZINE N° 3

FRANCE - REPUBLIC CZECH - ITALY  
GERMANY - TURKEY - ENGLAND

- ◆ Buttons in social media
- ◆ Holiday schemes of the city of Munich
- ◆ How our school is framed
- ◆ Five different interviews
- ◆ Alternative HOBBIES
- ◆ Health Problem related to the use of computer
- ◆ Living without internet in Castres



Our beauticians students go every year , do a workshop " hands care " at the residence of pensions people.



Throughout the year our students prepare a great moment of solidarity. This is the telethon ! They organise the dances, the songs and the show to raise funds for an organization that helps people suffering from rare diseases .



We recognize that social networks have beneficial sides that allow communication and connection between people. But we know for a fact that abuse can make associates and aggressive people. For this reason, in our school , we invite people who show to our students the dangers and we give them some alternatives to avoid falling into the trap of abuse of social networks. We are very pleased to take part in this Comenius !! The students appreciate the several meetings with other students from other countries. But above all , through their workshops , they have come to realize that we should not abuse of the technology, and that human communication is the best form of communication that exist.

Castres is the city of Rugby.  
Most of the boys play this game,  
and the girls like watching it.



Every year in La Garrigue, a small village near Castres, all the residents switch off TV and social media for a week. People invite their neighbors for playing cards or others social games.



The city of Castres allows children to participate in social and educational activities : artistic , scientific and technical , recreational , physical and sports all of the year for free. The theme of the summer " around art " will allow them to participate in a hip-hop course or explore the animation. The sports activities like archery and mountain biking , as well as the type canyoning trips or cultural , are scheduled for the months of July and August.

Every two years the theatrical company of our high school is involved in a very important regional festival. Last year they won the 2nd place on the podium.



**FACEBOOK**

Do you know every person on your friend list? Are they your 'friends'?

- ◆ Limit your Contact list.
- ◆ \*You can not have 1000 friends!



Do not add many people for the sake of 'like's.

Do you know who exactly sees your posts?

Do not make your posts open to public, you can also limit person by person like "Ayse can see this, John can not see this"

Do you really have the Right to Post it?

Do not violate anyone's privacy.

Do not take photos without Their consent And do not post it without their consent.



There are buttons other than 'share', 'like',



## *Holiday Play schemes of the city of Munich*

**Holiday Play schemes** operate during the school holidays and will offer a programme of activities including arts and crafts, sports, music and drama, team games and outings

### WORKSHOPS

Tinkering New Year Lucky Charms  
Hip-Hop dancing  
African rhythm & beat – Music safari  
learning about African music and singing and playing their beats  
Inventing board games  
Joking kitchen  
creating & inventing our own jokes

### CAMPS:

trip to a country hostel  
farm holidays  
skitrip to the Alps  
Beachcamp Tuscany  
adventure park  
camping in a castle  
canoing

### OUTINGS:

toboggan  
exploring expedition to the planetarium  
which animal live on the earth?  
Of what planets does our solar system consists of?  
horse riding with a sled  
Stone Age museum

The Munich youth trips are organized by the city of Munich. Only kids from Munich can join the trips. You also need a „Holiday pass“, which costs 13 euro each year. The children on the trips are between 5 and 15 years old.

All trips are divided into four age Groups, so you always go with Kids in your age. If families haven't got enough money for a trip, they can get a financial support from the city of Munich.

### There are two kinds of trips:

#### One day trips:

Each trip costs 8 Euro. They take place at the Christmas, Easter and summer holidays. At midday the children go to a place at the surrounding countryside of Munich, where they learn something. For lunch they go to a restaurant. At the afternoon they do something active like swimming, riding,... There are also one-day-workshops e.g circus-workshop, Hip-Hop-workshop,...

#### Weekly trips:

The trips costs between 140 and 400 euro. They take place at the easter, summer and carnival holidays. The duration of the trips is one or two weeks. Between 25 and 40 children join a trip. Mostly boys and girls are mixed, but there are often trips only with girls or boys. Every holidays are about 20 trips. There are different types: Farm-holidays, Sport Camps, Camping-holidays and Adventure Camps.

**Pilates is an excellent way to rehabilitate RSI, for someone more efficient than paracetamol to cure pain.**

### Pilates Postures



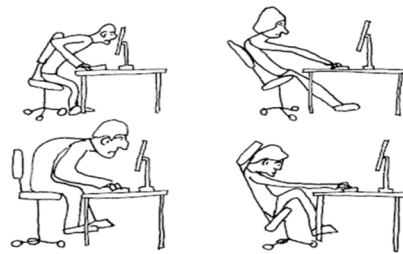
*"I must be right. Never an aspirin. Never injured a day in my life. The whole country, the whole world, should be doing my exercises. They'd be happier."*

- Joseph Pilates

When Joseph Pilates made that statement in 1965 at the age of 86, he never imagined the need for Pilates for our current lifestyle.

### HEALTH PROBLEMS RELATED TO THE USE OF COMPUTERS

- If computers are not used properly, a lot of health problems may arise .
- these problems may be avoided if people use computers appropriately.



BAD POSTURE EXAMPLES  
courtesy of The Cartoon Blog

#### •CAUSES

- Insufficient breaks
- Prolonged or excessive use
- Glare (brightness) from the screen
- Reflection on the screen (sunlight)

#### •PRECAUTIONS:

- Take frequent breaks
- Use antiglare screen
- Use curtains on windows
- Blink the eyes regularly
- Eyes must be in line with monitor



#### BACK ACHE & WRIST PAIN

- CAUSES:**
- Wrong posture
  - Excessive use

- PREVENTION:**
- Take regular breaks.
  - Adopt the right posture and use back rest.
  - Use footrests and adjustable chairs



#### WHAT IS RSI?

Repetitive strain injuries (RSIs) are "injuries may be caused by repetitive tasks, forceful exertions, or awkward positions".

It is a collective name for a variety of disorders affecting the neck, the shoulders and upper limbs.



## HOW OUR SCHOOL IS FRAMED in ITALY

During these years our school, "Liceo Carlo Troya", has tried to involve all the students in different school and extra activities. These activities help to grow and to integrate those who have just arrived in the institute and that don't know the high school life yet.

For instance some of these activities concern the active and direct participation of all the students who are called to answer and to discuss about different themes: women murders (the phenomenon of feminicide), the Holocaust and other massacres, theatre and cinema, also considering the different periods of the year (like Christmas). Once a month the students take part to these assemblies.

The association "Viva!", instead teaches the students the rules of first aid, using a puppet and a defibrillator for demonstration. Moreover, students are involved in some extra school activities, like linguistic stages.

For example, some classes spent a week in Valencia (Spain) and in Paris (France), but the students also visited important Italian cities like Florence, Siena and Assisi.



They have the chance to meet modern Italian writers that show and present us their works like Valerio Massimo Manfredi ("Il mio nome è Nessuno"), Andrea de Carlo ("Due di due"), Dacia Maraini ("Chiara d'Assisi") and also important foreign professors like Gerard de Lille with his work "L'economia di Dio".

Last summer, some students had the opportunity to go to Spain and England, thanks to the PON project. These travels give the chance of a language certification, also reachable with lessons, in fact many students from our school got the DELF certification for levels B1 and B2.

The students also meet different associations, which try to awake their conscience regarding the help to those who are less lucky than us, giving food or clothes. In this way, they are always informed about what happens in our town.

Finally , our school guarantees large variety of activities to give full value to its students, both individually and school community.



## Interview with Florian Mazreku (15 years old, grade 11)

### Who or what was/is your inspiration to draw?

*My inspiration was my cousin, who drew with me earlier. He could draw very well and I admired him.*

### What techniques do you use?

*I would't say that I use certain techniques. I just try to mix many colours so that I create a good effect.*

### How much time do you spend drawing per week?

*Lately I have drawn very little. I never really spend much of my time with drawing. There are sometimes moments when I have good motives in my mind, but often there is also nothing.*

### When did you start drawing?

*I have drawn since I was child. I started real drawing probably at the age of 4 or 5.*

### Have you always been drawing that well?

*I never have and still don't draw that well. There are so many people who draw much better than me.*

### Do you plan to continue drawing on a vocational level?

*I've thought about that but I want to do something with electronical drawing.*

### Do you just draw Manga?

*Earlier, yes. Today I try to draw also as I said graffiti and also animal themes.*

### Do you devise sometimes your own themes?

*With manga figures really seldom, but when I draw graffiti then yes*



## „Fit in the park“

- The city council of Munich promotes free fitness for everyone
- They provide qualified coaches at 4 parks in the city
- There is a variety from Qui Gong to Zumba and Pilates



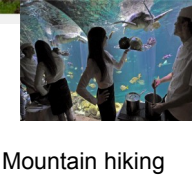
<http://s1.portal.muenchen.de/imagin>

## daily trips

- Tierpark Hellabrunn (Zoo)

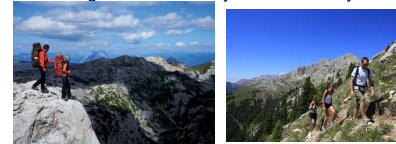


- Sea life



## Mountain hiking

- Because of the nearness to the Alps teenagers from Munich have the opportunity to hike
- The highest mountain is just 123 km away from



## “Bayern-Ticket“

- Munich Teenagers can also visit many Bavarian cultural cities very cheaply
- The „Deutsche Bahn“ sells cheap group tickets for Bavaria
- a group of 5 people only pay 27 € for the whole day



## bathing lakes

- Munich also has got many lakes in the urban area
- Teenagers often meet up there with their friends in the summer



## sport clubs

- Munich has more than 100 sport clubs
- most of them offer more than 1 sport



## Skatespots

- Munich also has 35 skateparks



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You can also find artists among us, such as actors,

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Partying is a part of our lives, especially costume parties, these are great fun.

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INTERVIEW with

**Jakub Nešický,**  
age: 17, football player  
**Kuba Hrebenár,**  
age: 17, football player



**How long have you been playing football?**

Jakub: For about twelve years.  
Kuba: A little bit shorter, for about ten or eleven years.

**Why did you start playing football?**

Jakub: Because my friends from the kindergarden start playing so I wanted to try it.  
Kuba: Because I like team sports and all the games with balls.



**Are you not interested in any other sports?**

Jakub: As a child, I played also ice-hockey, for about four years. But now I only play football.  
Kuba: At primary school, I tried handball and also basketball.

**How often do you have to train?**

Jakub: Usually three or four times a week, the training takes about 2 hours.  
Kuba: The same as Jakub.

**How much time do you spend by playing football?**

Jakub: At the weekends, we usually play matches. When I don't have trainings, I go jogging or train with a ball.

Kuba: About ten hours a week.

**How difficult is to become a football player (successful football player)?**

Jakub: I think it is very hard, time consuming. You have to sacrifice your entire free time.

Kuba: The most important thing is to have talent – to become successful.

**Which football club do you support?**

Jakub: Manchester City.

Kuba: Chelsea.



**How much does football interfere with your school duties?**

Jakub: These days it doesn't at all. In the past, just a little bit.

Kuba: I can always find some time for school. 😊

**Do you have any football ideal? What's your „football dream“?**

Jakub: I like Marek Hamšík, he plays for Neapol. I don't have any football dream any more. Nowadays I play football only for fun.

Kuba: Probably Tomáš Řepka, he used to play for Westham United and Fiorentina. I would like to get into our first football league ☺. But honestly, I have already grown up from any dreams.

**You study information technology at school... Why didn't you choose any sport school?**

Jakub: My friends gave me an advice to study information technology so I tried it.

Kuba: My school result weren't so good to study for example sport lyceum. I didn't rely on making living out of football.

**How do your schoolmates feel about you playing football? Are they supportive?**

Jakub: Our class is OK.

Kuba: The same as Jakub. In our class, there are more footballers, so it's fine.





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# Alternative Hobbies

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When we don't play PC games, we are outside playing ice hockey and hockeyball,

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Floorball is getting popular and popular, even among girls.

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Since our childhood, bikes have been part of our adolescence. The older ones are crazy about motorbikes.

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During summer time, swimming and diving is a need.

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A great activity is going CAMPING.

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Hiking, jogging

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In summer, we can't wait for winter and skiing and snowboarding.

**Have you ever been seriously injured? Aren't you worried about your health?**

Jakub: This spring, I had a quite serious knee injury. I couldn't play for three months. I am used to injuries. ☺

Kuba: I was lucky as for injuries. I've never been seriously injured. And I am not afraid. I think my friends and my family are afraid much more than me.

**Are there any advantages and**

**disadvantages to be a football player?**

Jakub: Football gave me many new friends and new experience. On the other hand, it took me many years of my life and my free time that I could spend by doing other stuff.

Kuba: I've learnt to be part of a team. It gave me some physical fitness. I do it in my free time, I don't just sit at home. Football took me only free time, nothing else .



**What do you think of your schoolmates who do not do any sport at all?**

Jakub: Everybody is interested in something else. If they don't do it, it's their issue.

Kuba: I don't care. I don't want to tell them what to do. Everyone likes something different.

**Do you play some PC games, e.g. football games?**

Jakub: Of course, especially FIFA. I don't practically play any other games.

Kuba: I play FIFA, PRO EVOLUTION SOCCER.



**What about girls? Are they interested in football and footballers?**

Jakub: They are. They come to watch our matches. They are usually girlfriends of our team members.

Kuba: I guess they are. It depends on the girls.

**What if your future girlfriend wouldn't like football at all?**

Jakub: I wouldn't force her. If she likes me, she wouldn't mind.

Kuba: The same as Jakub.



*Thank you for the interview.  
We wish you success in football,  
school and personal life*

**An Interview with Marsha Sontoso  
(17 years old, grade 12)**

**I heard that you have a really exciting hobby. Can you tell me something about them?**

*I play the Ukulele.*

**Wow, so you probably practise a lot?**

*Yes, I practise an hour a day and once a week I have got a piano lesson.*

**Do you also play in a band?**

*Yes, we have got a school band and we rehearse regularly and also have some concerts.*

**What about your family? Are you all talented?**

*Yes, all my family members play the piano, too.*

**Do you also play other instruments?**

*Yes, I play the piano, violin, flute, saxophon and guitar.*



**An Interview with Robin Hübner  
(17 years old, grade 11)**  
Hobby: graffiti

How long have you been spraying graffiti?

I have been spraying graffiti for four years.

How did you come up with the idea to make graffiti?

I like the style of this art. I like the idea of spraying graffiti and I really represent this idea.

What's tagging?

Tagging derives from "Tag", which is a kind of nick name for a sprayer, for example ,lup' or ,Plus1'.

At Tagging you spray your Tag everywhere at your city. The sense of this is, that you get famous because of your Tags everywhere.

Where are legal areas at Munich?

One is at a slaughterhouse at Poccistreet. There's a noise protection wall for the trains, where you can spray your graffiti legally.

What's about the costs?

One spray can is about 2-4 euro. There are two different sizes of spray cans: 300ml and 500ml.

Is street art illegal?

Yes, but it hasn't to be done illegally at the street. Drawing your graffiti on paper also is really famous.



INTERVIEW with  
**Martin Schreiner,**  
age: 17,  
hobbies : *acting and singing*



**How long have you been acting?**

I think since I've been 8 years old.

**Why did you start?**

When I saw a theatre play Night at Karlštejn, I realized how much I would like to play and my mother took me to a dramatic group. After a month I was chosen to play The Full Monty in our local theatre.

**Aren't you interested in any other free time activity?**

Sometimes I go jumping to the fitness centre but since I don't have so much time, I'm not really interested in anything else.



I played there little Nathan.

Afterwards, I've had many opportunities to play in this theatre.



**How often do you have rehearsals?**

It depends... Just before the premiere, there is so-called overhaul week when we all have to participate in rehearsals and we also have dress rehearsals. Otherwise, before each show, there is one rehearsal for about 2 hours. Except of the theatre, I also attend a dramatic group and there we rehearse few times a week – that's individual.

**How often do you play?**

Sometimes I have more performances, sometimes less. Usually about three to four times a month. In December I am about to play in seven plays.

**How much time do you devote to this hobby?**

Since this „profession“ requires a lot of time, I spend most of my free time by playing.

**How difficult is it to “break through“?****Do you have any acting ideal?**

I don't have any particular ideal but I really like a Czech musical actor Marián Vojtek. As for singing, my ideals are Christina Aguilera and Sam Smith.

**How much does acting interfere with your school duties?**

Enormously. I don't have so much time to study and to go to school.

**Can you talk with your schoolmates about acting or do they prefer some other activities?**

Yes, I can. Sometimes we exchange our experience. I tell them my stories from the theatre and they tell me their football stories or what happened at the McDonald's. ☺ Sometimes it's really funny.

It is hard to say. Everyone of us is different but I think that to reach the top is very, very hard.

**What makes a successful actor? Which skills?**

Work, work and work. Everyone has their own skills...

**What film have you seen recently and really caught you?**

Probably Burlesque. It's a film where Christina Aguilera plays a „redneck“ going to LA. Her performance was absolutely stunning.

**Do you use modern technologies for your hobby?**

Yes. A mobile and a laptop

**Let's say that you can meet your ideal, what would be your first questions?**

Could we sing together, please? ☺

**Would you like to make living as an actor?**

Definitely yes. It's a very fulfilling job... You can't do it without your heart.

**Why didn't you try to study some school of drama?**

You can sometimes find yourself struggling to find a job, so my father was right when he told me to finish some „normal“, i.e. proper school. ☺

**What does the acting take you and what does it give?**

It takes a lot of time but that's OK because I really enjoy it. It gives me much new experience and the possibility to try several characters.

**Do your parents support your decision to become an actor?**

Yes, they do. My mum a bit more than my dad but it's quite understandable. He is not so much into theatre.

**What about girls? Are they fond of theatre?**

It depends on the particular girls. Usually half of them are fond of theatre and the rest is not.

Thank you for the interview and we wish you successful acting career, good results at school and happiness in your personal life.

