



DANUBE-CAMPS

Monday, 2019-07-29, page 1

STRONG & SAFE



AN ACTIVE START

Since we happen to have a professional P.E. teacher and trainer like Mr. Ferenc Kálovics on board, one of the Hungarian coaches, why don't we benefit from it during the camp? Before sitting in one place thinking on their daily Mission, a warming up exercise of half an hour is the best way to start an active day.

All teens can chose their own pace for the running section and the number of repetitions for the cardio exercises, therefore from the ones with casual endurance to the regular sportsmen everyone could find their motivation. Even sweat is better when shared!



TO SHARE OR NOT TO SHARE?

Since the missions include a lot of research and communication based using their smart-phones, the teens had the opportunity to learn about Internet safety from an expert, Ms. Barbara Buchegger, (saferinternet.at).

After questions on the internet-knowledge of the teens and about good and bad internet behaviour, it was clear that nearly everyone has faced cyberbullying, some of them had stolen passwords or hacked profiles, a few even experienced on-line sexual harassment.

A lively discussion followed on how to raise awareness and prevent such sometimes even illegal actions.

The teens created themselves rules and guidelines about how to set privacy settings on the most well-known social media sites (such as Instagram, Facebook, You-Tube, TikTok, Vi-ber etc.) in the from of a peer-teaching groupwork activity.

The second part of the seminar was about the now very common, yet annoying phenomenon:

Fake news! The youngsters solved an online quiz, which led them step by step through different levels on manipulations shown in the media.



DANUBE-CAMPS

VIDEOS & PLAY

HOW TO PRODUCE GOOD VIDEOS

Yesterday the teens made their first videos for the Danube-Camp.

Today they looked at them critically and came to conclusions that some of the videos do need improvement.

Since not all coaches are experienced in producing high-quality videos, a skillful teen from Serbia, Ognjen, was selected as a "teen-expert".

Together, they came to a list of avoidable and preferable properties for videos.

The quality of the video also depends on the App, which is used for production. In an amazing way, the teens came up with a lot of different Apps. They selected six of them to analyze and compare their qualities, price as well as easy usability for smartphones. They came to the conclusion that INSHOT is one of the best Apps to create a video on their smartphone for their purposes.



© Nicole Scharizer from Austria;
Tamás Gólya and Mary Bocsi from Hungary,
Coordinator: Peter Rebernik, Austria



Now was the time to do something totally different, not just always sitting and working and thinking.

WALK, PLAY, SWIM IN THE "AUBAD"

After packing our bags, we started walking along the wonderful river, usually called the "Blue Danube" to the "Aubad", a lake 15 minutes away.

How refreshing it is to glide the water-slides down into the lake!

Some preferred to stay safely in the shallow area.

Only the courageous ones swam to the island in the middle.

The baby ducks let the hearts melt and triggered a lot of photos for the Internet.

Three different countries were engaged in a heavy soccer-match.

However, besides playing volleyball, lying in the sun was also a preferred past-time activity.

What an informative and funny day, not only working in the halls and thinking but also relaxing in nature.

