

O U T S I D E

T H E





WE ARE eMAG #41

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Dear Reader,

It's been a while, hasn't it? Between the pandemic and some technical challenges, we haven't been able to go to print since 2020! But now we're back, and I'm incredibly proud of what we've accomplished this term.

Since there will be a lot of you who have never held an eMAG before, let me give you a quick introduction: eMAG is an English-language magazine created by students of Augsburg University for students (and, of course, anyone who is interested). It was founded by Peter James in 2003, and when he retired in 2019, Professor Jehle took over as our course coordinator. As you can see, there's quite a bit of history to eMAG! I myself first joined the team in 2019 as a regular student, but decided to stay and become a member of the core team.

I would like to thank Professor Jehle and each and every member of eMAG for their hard work in producing a magazine that we can all be proud of.

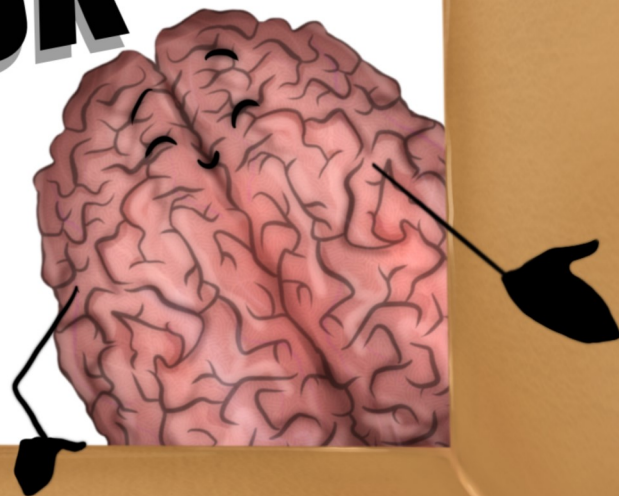
I had so much fun reading everyone's submissions (and even learned a thing or two!), and I hope you'll enjoy reading through our magazine.

Happy Reading!

Luce

Editor-in-Chief

**OUTSIDE THE
BOX**



Bring Back Being Bored

The Fine Art of Boredom

I remember lots of childhood situations where I was so bored, I could physically feel it. Back then, I despised these situations. My body seemed like it desperately wanted to do something exciting and nothing at all at the same time. It was as if my body was indecisive, my head just sitting on top, unable to think of anything, and I was stuck in the middle of this undynamic threesome.

Boredom Wanted

But where has that boredom gone? When I take the tram to university or the train to visit my parents, when I stand at traffic lights or check-outs or when I take a walk, I mostly see people staring at their smartphones. In my opinion, the popularity of social media has helped to abolish the art of boredom. Free minutes are used to look at photos, share videos or music, write messages. We get impressions of things that others do, of holidays that others spend somewhere. But is the moment we find ourselves in not worth the same attention?

The mind is elsewhere, sent from place to place. But the point is: your body is here. Exactly where you are standing or sitting or lying right now. Why is the desire to be somewhere else with the mind than with the body so great?

What Remains is Reality

We dream ourselves away and at the end of the tram ride we raise our eyes and what remains is reality. We are not at the beach; we are not with the person we just

wrote to. We are back where our body was. While the head took a trip, the body remained in the here and now, continued to embody us in the present and waited for the mind to come back.

Embrace Ordinarity

You might be thinking: "Isn't life too short for boredom?". I wouldn't say so. I think boredom makes us appreciate the moments that happen *when* they happen. So, give your boredom some respect and treasure the ordinary moments - dull as they may be. Because your life goes on, time passes - minute by minute - and it won't wait for you. So, why not try to find these images that you would be looking at right now in *your* life. Make them moments you experience yourself. Make them your own memories. Jump in that puddle, smile at strangers, keep eye contact, even if it's incredibly uncomfortable, simply *perceive* your environment. There are tons of options and every single one of them is possible from where you are in this very moment.

So, bring your head back to the present. Bring your focus to the things right in front of you.

Bring back being bored.

The Death of Cinema

The Covid-19 pandemic harmed a lot of businesses, especially those where people come together. Alongside restaurants, bars and clubs, cinemas had a very hard time to keep their heads above water. Not only did independent and smaller movie theatres fail to withstand the financial pressure, but big chains like Cineworld – America's second largest cinema company – were also forced to file for bankruptcy. And even now that the pandemic seems to come to an end, ticket sales are dwindling. Are we having a front row seat for the death of cinema?

So why do we have this problem in the first place? Besides Covid and its issues that hold back the crowds for obvious reasons, the standard atmosphere in the cinema leaves a lot to be desired. It is often very loud, with people on their phones (even during movies), and super busy particularly on the weekends. The screening rooms tend to be very dirty with popcorn leftovers on the floor and wet spots on the seats, and don't get me started on the bathrooms. For approximately 12€ a ticket, you can only watch the movie, which is a lot. Additional costs for popcorn, nachos, chips, and soda make the movie-going experience even more expensive. The presentation itself is fine, but not every movie needs the big screen to be fully entertaining. Only event movies from DC and Marvel seem to be worth it, but their declining quality does not justify a visit to the cinema anymore.

Is the cinema solely responsible for its death? Of course not. Please welcome to the stage the streaming giants:

Netflix, Disney+ and Amazon Prime. With up to five new movies and TV shows every week, there is a vast variety of content to be discovered that keeps you hooked, unlike the cinema with the same eight movies that play for a month. This comes with a very small fee which is much more appealing than a movie ticket or a – good old – DVD. Also, bigger movies, which play in the cinema first, will pretty soon arrive on the platform, so there is no real need to see it instantly. The customers aka we play another huge part. It's often more comfortable to watch the film in the comfort of our own space, with no limits of snacks and drinks. We can skip, rewind, and pause and don't feel guilty walking out of a movie because we don't like it but paid a lot of money to see it.

Can we – or indeed – should we revive the cinema? Personally, I stick to a no. In a competitive market such as the entertainment industry, a loss and loser is always unstoppable. (Remember Blockbuster, anyone?) There is simply no need to go to the cinema if the movie is not that big. But to be fair, there are some arguments against this. The nostalgic feeling you get in a cinema will always be a big draw for our older generations. And even though the event movie is flatlining at the moment, movies like "Spiderman: No Way Home" still prove that there is a lot of money to be made from movie goers. It really depends on us if watching the movie in a cinema is still desirable or not.

Productivity at University

Don't Panic — You Are Not Alone!

It isn't a surprise to anyone that the first steps into adulthood can be quite messy. Moving out of your parent's home and moving into your first flat can be overwhelming and even the first university experiences, such as putting together a class schedule and sticking to it can often be too much to handle.

Organization for Beginners

My fellow overthinkers will agree with me- that you can't really be productive, if your mind is occupied with additional, but irrelevant things. Journaling, regardless of on paper or in a digital journal, has helped me to put my thoughts in order, or even just act as an outlet for unnecessary ramblings, so I can focus on other, more important things.

I can be quite forgetful; consequently, writing tasks down, especially in a to-do list, has been helpful for me — it keeps me motivated to cross them off the list, and as a bonus I get a small serotonin boost when I do.

There are different ways to get your life organized. I am a firm believer, that the most important thing is to think about what exactly your priorities are. Of course, it would be lovely - if you could simultaneously be the life of the party, socialize and stay on top of your assignments, but at least for me, this simply isn't possible.

Structuring Your Daily Life

It all comes down to structuring your life, so you can be productive and concentrate on the important things.

When I was in school, my schedule was quite full and although very tiring, I knew that the structure helped me to somehow find a balance between the things I had to do and the things I wanted to do. A calendar can be a very useful and helpful tool which you can take anywhere, so you can write down any important dates, birthdays, and appointments. As I already mentioned, I am forgetful and if I don't write something important down right away, chances are, that I will have forgotten about it by tomorrow.

Let Some Steam Off

Hobbies are a way to let some steam off and focus on other things. Depending on the person you are, whether you are introverted or extroverted and most importantly your own interests, a new hobby can mean a variety of things. When I moved to Augsburg, I wasn't sure if I was going to find new friends in the beginning, and therefore had to find some things to keep myself occupied. I've always been a bookworm and it turned out, that I also really enjoy crocheting, and doing jigsaw puzzles.

The time at university is one of the rare instances in life, when you are relatively free to do anything, you like and undoubtedly being productive all the time is a rather unrealistic goal. Finding a healthy balance and focusing on the things that make you feel good is more important than always being on top of everything.

Zootopia

Not for the animals

The zoo seems like one of the most popular destinations for families. It's a thing for everybody and especially kids love to go there to see all the wild animals and learn a lot about them. But what do children really learn? That lions hunt their food on a cord like a playful domesticated kitten would do with a toy mouse or that it's natural for orcas to be trapped in a basin that is just a tiny bit bigger than their body length? Ultimately, zoos are businesses. Their aim is to make money and they achieve that by entertaining people. Hence, they normalize the idea that animals are there for entertainment purposes and present them in a very unrealistic way compared to wildlife. Children get a completely wrong impression of zoos so that they can never develop true respect for animals.

The Physical and Psychological Damage of the Animals' Health

Studies and research have shown that zoos can't offer habitats that are appropriate to most species. For example, polar bears only get one millionth of the space they actually need. The African elephant lives three times longer in the wild. It's not the only species that dies prematurely in captivity. Other animals suffer from malnutrition. Therefore, it's no question that these extreme conditions have an impact on the animals. The psychological suffering can be described by the term *zoochosis*. "Zoochosis is a form of psychosis that develops in animals held captive in zoos" (idausa.org). It's "characterized by repetitive and obsessive

behaviours including vomiting, excessive grooming, coprophagia and self-mutilation" (ecocation.org). It's triggered by the unnatural conditions the animals live in. Most of the animals are scared of screaming crowds and the flash of cameras, but that is exactly what they have to face in their daily lives. They're confronted with a lot of actions that cause stress with no control over their environment.

Alternative Solution to Stopping Animal Extinction

Considering the extinction rates of animals, zoos should aim at conservation. However, it's often the case that "less than 3 percent of the budgets of [...] zoos go toward conservation efforts" (David Hancocks, nationalgeographic.com) and we should keep in mind that not all efforts of conservation are successful. A huge problem and at the same time reason for why we need zoos is the habitat destruction. Animals lose their home due to pollution, interference and change in the ecosystem processes. Additionally, poaching poses a massive problem. In Africa thousands of endangered species are killed by poachers on a daily basis. It's not only a danger to the animals but for humans as well because "some criminals even go as far as assassinating people to cover their tracks" (petpedia.co). A solution to all that can be found in National Parks. They provide not only a healthier and more appropriate life for the animals, but also keep them safe because they are protected from poaching.

What's Your Type?

An Introduction to MBTI

You don't believe in zodiac signs, but still like personality tests, that help you understand people's behavior and communication style better? Then keep on reading!

What Is MBTI

The handy tool that can help you to analyze yourself and the people around you better is called MBTI, short form for "Myers Briggs Type Indicator". Based on the investigations of the psychiatrist Carl G. Jung, MBTI serves as an instrument to identify a person's personality type, including their communicative strategies, abilities, strengths and tendencies in decision-making. After honestly answering about 50 questions, you will be shown a four-capital-letter combination as a result, that represents one of the 16 different MBTI-personalities.

Your MBTI Type

There are four categories, that determine your MBTI- type. Every category consists of two opposing concepts, of which one will be truer to you, than the other. Keep in mind, that every person, somehow embodies all those concepts. Yet everyone has certain priorities and preferences in behaving and that is exactly what the questionnaire is meant to figure out: Your predominant tendencies in how you interact, think and make decisions.

Risks and Dangers

Applying theories like the MBTI-personality test to type human beings around you, always goes along with the danger of putting people into boxes. Even though none of the MBTI-personality descriptions are written in an offensive way, stereotyping the world civilization into 16 different personality types in a narrow-minded and ego-centric way is dangerous. You can run the risk of misjudging an individual, ignoring their personal uniqueness and therefore discriminating against them, although you had good intentions. So, keep in mind: humans are

more than their personality description.

Short Explanation of the Different Concepts:

- ⇒ Either **I** (Introversion) or **E** (Extroversion): (E)s are energized by social gatherings, they tend to be highly enthusiastic, open minded and great at communicating. The (I) alludes to people, who are good listeners, prefer smaller groups and appreciate time alone.
- ⇒ Either **N** (Intuition) or **S** (Sensing): The (S) refers to people that are rather down to earth in a practical, realistic and factual way. People who identify with (N) often have their heads in the clouds and can be characterized as rather imaginative, abstract and idealistic.



- ⇒ Either **T** (Thinking) or **F** (Feeling): The (T) incorporates the concept of critical thinkers, who act mostly objectively and rationally when it comes to decision making. (F) people in contrast to that, are particularly led by their heart, their emotions and passions.
- ⇒ Either **J** (Judging) or **P** (Perceiving): (J)s are well structured, organized and good at making plans, while (P)s, are characterized by a rather spontaneous, relaxed and flexible way of life.

If you don't fail to think outside the box and act responsibly, you can benefit from the ideas and concepts of MBTI in almost every situation of your daily life.

Green Energy in Australia

The Potential That is Slept on

This winter, many of us were afraid we'd have to sit in our flats, freezing, with layers of clothes on and a blanket over our shoulders. Of course, this has to do with special circumstances, but it has also raised a question inside me. Why are we, people in Germany, advised to save as much energy as possible, when other countries don't worry about this problem at all?

When I went to Australia this summer, I took part in a tour led by a German-Australian tour guide. Since we were German and could talk in our mother tongue, we started talking about similarities and differences of both countries and ended up discussing the energy production. Our guide told us about his perception of the fact that the production of electricity there still uses lots of fossil resources. As a student of English and geography, it is important to me that we try to protect our planet more. There would be so much potential to implement renewable energy production stations in Australia. Unfortunately, this topic is not really discussed among the Australian citizens or the government, as my local tour guide told me as we walked up a hill in order to see the lighthouse of Byron Bay. Of course, there are climate activists as well, but many people "down under" are not as affected by climate change or energy shortages like many Europeans are due to the fact that they have fewer cold periods throughout the year and that they have their own oil deposits, for example.

So Much Unused Space You Can't Even See the End of it

Australia is the second driest country in the world after Antarctica. Consequently, about 40% of its land uninhabitable for humans. There is lots of unused area in the outback and some of it could be used to produce solar energy, if all parties (i.e. the government and the citizens, especially the indigenous people, who big parts of the inland belong to)

approve of the project. Some installations already exist, but there could be a lot more. Another possibility to produce green energy would be wind energy at Australia's west coast, as many regions there are very windy. If huge parts of the land aren't inhabited anyways, nobody can complain about the solar cells ruining the view or anything. They probably wouldn't even be noticed by the majority of the citizens. But what hinders companies from building those kinds of power plants?

Money Over Climate Protection

As always, money is the most important factor and billions of it would be needed to build new transmission lines, not even including the solar and wind farms. This gets reinforced by the fact that the distances between the production sites and the centers of consumption often are many hundred kilometers apart. As long as there is no urgent need to change the energy supply chain, it won't change by itself.

Let's Unite to Protect Our Planet!

Especially in terms of the climate crisis, some things could be so much easier: If countries like Australia which have a lot more of the necessities to produce electricity sustainably than other countries could contribute a little bit more to our climate, more harmful sources of energy like coal power might be phased out. In my opinion, it is important that the countries worldwide act together to decrease climate change. One day, I would like to be able to show my children or grandchildren a beautiful and healthy world, and not pictures of how it used to be.

And let's be honest. Don't we all find koalas cute and who wouldn't appreciate their survival?

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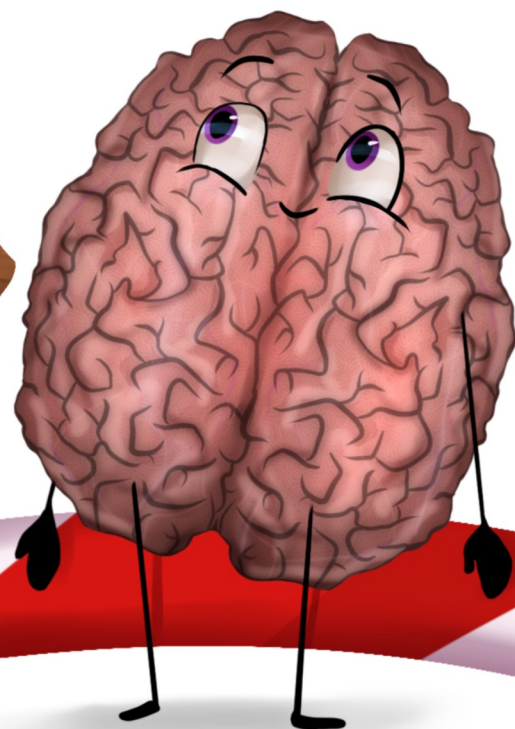
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Stupid, Antisocial, and Lazy?

The Problems of the Middle School

The general opinion about middle schools (the so-called Mittelschulen) and their pupils in Bavaria hasn't changed a lot over the past ten years. Society still has its prejudices towards this type of school. This leads to parents being worried about their children's future when it comes to the middle school recommendation in primary school or – what we experience right now in even greater dimensions – the tremendous lack of teachers.

Stupid, antisocial, and lazy. Words that appear in most people's heads when they think of middle schools. And even as a prospective middle school teacher, people often feel sorry for me and ask me if I don't want to reconsider my decision. Like I'll regret it in the future. But are they right? Or is this form of education just extremely misunderstood most of the time?

So, do I regret my choice to become a middle school teacher?

Stereotypes and Their Effects

Funnily enough, middle school pupils do not see themselves as negatively as they think everyone else does. However, they are completely aware of the general mindset of people and think that they're seen as "brainless and not able to achieve anything". This phenomenon appears all around the country irrespectively of class. Teachers also show prejudices towards their pupils and the same is true with students who never or barely got in touch with middle school pupils. But what does this behaviour lead to? In order to protect themselves against stigmatization these pupils shy away from situations in which performance is demanded. This means, the stronger the pupils are influenced by their negative image, the less motivated they are when it

comes to hard work, additional tasks, and also joy at school. All this ends in a vicious cycle of people with no personal experience judging and pupils being influenced by their bad reputation, behaving as expected and thus confirming to the society's assumption. The lack of teachers therefore can also be explained by the strongly negative image of this school type.

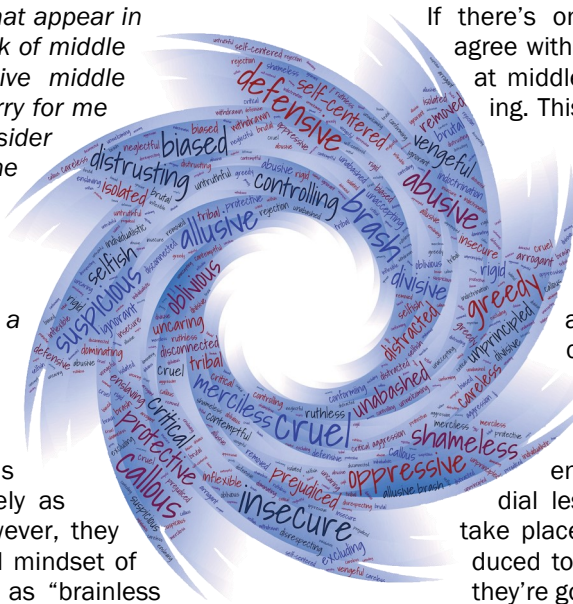
Lack of Teachers – Lack of Opportunity

If there's one thing almost everyone seems to agree with, it's that education of social manners at middle schools is a core element of teaching. This is managed throughout the so-called class leader system, a system in which one teacher teaches the same class for a whole day without changing rooms as most people from other school types are used to. This ensures a personal bond to a teacher and the opportunity to communicate certain social manners.

But what if there are no teachers anymore? Sometimes you get a substitute teacher, if you're lucky, or entire lessons get cancelled. Even remedial lessons and German pre-courses can't take place, which are the ones originally introduced to encourage weaker pupils – and now they're gone.

So, the Answer Is...

No. I do not regret giving our misunderstood young ones a chance to escape the endless circle and take life into their own hands. And I think everyone should make their own experiences before blindly listening to other people's judgments.



Step out of your comfort zone

Social life as a student

Comfort zone: a situation in which you feel comfortable and you don't have to do anything new or difficult.

After a long period of corona semesters, I think we've all built up our own comfort zone. No university life, no clubbing, no bar hopping, no social life. In fact, our life consisted of zoom meetings, meeting only our closest friends and binge-watching shows. Now, going back to "normal life", it's just hard sometimes to step out of our comfort zone and do something new.

To give you a push to step out of your comfort zone, I'd like to make you aware of some events which you can attend in Augsburg.

Student Dinner

You like to watch the German show "Das perfekte Dinner" and always wanted to take part in something like that? Well, this is the perfect event for you! If you'd like to take part in the student dinner, you will have three courses at three different places during this evening. You will be in teams of two (e.g., you and your best friend) and are responsible for one course, for example the starter. After you have registered for the student dinner, you will get the information about which course you have to prepare. By the end of the student dinner, you will have met about 12 or more students because with every course you will get to know another new team. When you've finished your dinner you can go to the after-show-party and meet again all of the student dinner attendees. I think this is a very special way to get to know other people and step out of

your comfort zone. Go for it, what's the worst that could happen?

Imagefilm Student Dinner:



Sports classes at Augsburg University

If you're more into sports, I can recommend the sports classes offered by Augsburg University. There is a wide range of sports from ball sports like soccer, basketball, and volleyball to multi-functional training like core workouts, HIIT and indoor biking to more special classes like underwater rugby and many, many more. Usually you have to register for the classes at the beginning of the semester, but sometimes there are spots left. Have a look at the website: <https://hsa.sport.uni-augsburg.de/index.php/de/>

Herewith you can step out of your comfort zone twice. On the one hand, you can defeat your inner temptation and on the other hand, you can meet many new people!

You're not going to meet anyone by staying in your room, so give yourself a little push and sign up! Besides, long friendships can develop here!

From Farmer to Brewer

Why a pig fattening farm became a brewery

If you drive through Königsbrunn since May this year you will find a new sign close to the road in front of a pig fattening farm inviting people to have a look at the freshly opened store within the brewery. But why is an animal farm selling beer? If you stop by you will be welcomed by Joachim Seckler, a young farmer who made his dream come true and built up his own brewery.

Why change a running system ?

It all started after he took over the pig fattening business from his father in 2014. Joachim continued in the branch, but always had in mind to build up something on his own, without exactly knowing in which direction it should go. After doing a course for hobby brewers he got interested in manufacturing beer and started to brew as a hobby in his basement. Within two years the idea of rebuilding the farm into a craft beer brewery germinated inside him. He began building a laboratory for doing research to set up a bigger brewing plant on the property. This decision was supported by more and more emerging difficulties in animal husbandry and his lack of will to continue the business in this way.

Currently Joachim is producing about 4000 litres a month and selling his beer on his homepage and in small shops and supermarkets in and around Augsburg but would like to go up to an annual production of 5000 hectolitres a year.

Regionality is of particular importance

All the ingredients he buys are where possible regional and up to 95% bought in Bavaria.

"It's hard," Seckler tells, "Keeping all purchases local. By creating something new, and that's what makes my beer interesting, you have to buy things like brewing yeast sometimes in America or other places. But that is the smallest part."

This thought of being regional is a very important point for him. At the moment he has already began to change the farming sector of his business and started to grow malt with the aim for the future to produce everything he needs for the business on his own.

Plans for the Future

This year he got a building permit to set up a gastronomy to be a destination for day-trippers from all directions and all ages. Seckler never wanted to stop having animals on his farm, but for him it is important that they have a happy life, so he decided for the future to keep local mixed animals herds, creating his own little petting zoo for the kids. Furthermore he also started to produce non-alcoholic beverages. At the moment a vertical farming operation is in progress using the old stables to grow all the ingredients besides the sugar to create his own lemonades.

Joachim shows with the Köbi -Brewery, that hard work and courage to do something new can lead to an excellent result. And anyone who has tasted his beer will say nothing else. From there, get you a Köbi and cheers !



Local Produce

An Interview with Armin Salzmann

How often do you check where your food is from? There is a good chance that half of the things in your fridge were grown or produced outside the EU. It's cheap and omnipresent – so why change anything at all? German winters are hard and the vegetable palette is reduced to kale, root vegetables and food which can be stored well.

However, there are countless benefits of locally sourced food. It helps you to develop a sense for seasons and makes you appreciate the first strawberries in May or your favourite variety of apples during August. You can even choose to support a local farmer and benefit from organically grown fruit and vegetables throughout the year.

One of these producers lives and works in Augsburg and I got lucky enough to ask him a few questions on the ups and downs of being an organic farmer. His farm is just outside of Augsburg and he grows whatever the season has to offer, but his all time favourite vegetable – if he ever had to choose one – is a Kohlrabi and tomatoes and cucumbers. As you might imagine, he definitely struggles to name a winner...

When did you start your own business and has it been strictly organic ever since?

It all started as a family project with my brother, but fifteen years ago I decided to start my own business. There was no doubt to ever sell or produce non-biological vegetables.

Is it hard to bring the limits of growing seasonal products to people's attention – especially during winter?

Usually people who buy my products know about the seasons and normally I tell them right from the start that March and April are going to be tough months. All the stored food is almost gone at this point and hardly anything grows in the fields.

How has producing organic food altered your view on supermarkets?

I don't know where to begin. The supermarkets buy cheap items which often bring a reduced shelf life along. That's why cucumbers from Spain are oftentimes sold really cheap, because the next day they will be thrown out and finding any vegetable which has not – at least – been harvested eight days ago might as well be the miracle of the century. Sometimes farmers have to store their harvest up to two weeks, until the buyers find a price which suits their needs to satisfy the hunt for the cheapest cucumber.

Do you experience appreciation towards the work you do every day?

There is hardly any contact with customers, however since I started selling vegetable boxes on a weekly basis, a lot of customers have sent positive feedback.

The usual feedback I get is by the supermarkets regarding any kind of problem to keep me and other producers on a short leash and have a reason to justify the absurdly cheap prices they want to pay. By the way that is the main reason why there are only three farms left in Augsburg and over thirty-five have quit in the last decades.

Dear Armin Salzmann, thanks a lot for your time. I know it's precious!

Paramedics

Doctor, Nurse or Taxi driver???

Being a paramedic (German: Notfallsanitäter) is one of the most systemically relevant and simultaneously exhausting jobs in Germany. Working in shifts from 6 to 6 (depending on the station's regulations), having to witness terrible blows of fate, being physically and verbally attacked by the patients and the inevitable risk of being exposed to numerous infectious diseases – and still they are here and ready to fight for our lives when we need them.

There are a few myths and some misinformation which make a paramedic's work even more exhausting and stressful:

Paramedics (Notfallsanitäter) are not the same as emergency medical assistants (Rettungssanitäter)

Paramedics have to pass three years of apprenticeship and an oral, written and practical state examination. Afterwards they are fully responsible for treating the patients.

The emergency medical assistant on the other hand has to pass a several-month-long course and assists the paramedic.

There is no doctor in the ambulance

If a patient dials 112, usually a paramedic will arrive together with the emergency medical assistant or trainee. An emergency doctor will be consulted only if necessary, otherwise there is no doctor with them. That means: If you are in an emergency and seriously ill or injured, dial 112 and you will be in very capable hands. But if you only want a doctor to look at you, then you have to either dial 116117 or go to your general practitioner and not dial 112.

Paramedics have to deal with a lot of such calls where there is no life-threatening emergency and the patient just wants a doctor to look at them quickly. Keep in mind that you are then keeping the ambulance team from getting to a patient who is fighting for their lives and not getting the help they need in time.

No priority treatment at the hospital

If you think you'll get treated faster at the hospital when you arrive in an ambulance, you are wrong. As the hospital has an algorithm where every patient is ranked based on the urgency of treatment, you might just have to wait several hours if you have cut your finger on a piece of paper - even if you came in an ambulance.

You don't talk to your paramedic when calling 112

Dialling 112, you talk to an employee in a coordinating office - not with the paramedic who will be treating you afterwards. Oftentimes, the paramedic has only been provided with a few keywords about your case, so don't expect them to know your full life and medical history.

All in all, if there is an emergency and even if you are not sure there really is one, you can call 112 – better safe than sorry. At the same time, renewing your first-aid course wouldn't hurt either and would help you to distinguish between an emergency and a medical issue you could easily go to your general practitioner with.

Trivia Time!

Which London detective has entered the public domain this year?

Who won the Nobel Prize for Literature in 2022?

Which city is hosting the Special Olympics 2023?

The upcoming Disney movie in which Halle Bailey plays the main character is based on a story by which writer?

How many articles are there in this copy of eMAG?

MENTAL HEALTH



How to Talk to a Grieving Friend

There are days when the sun is shining, the birds are chirping and the bees are buzzing, when grief and loss seem far away. But death can sometimes strike out of even the bluest of skies. This turns the lives of the deceased's loved ones upside down – often leaving friends at a loss how to help. Many are uncertain and only haltingly reach out, simply because they don't know what to do.

Our Society Often Shies Away from Death

I decided to talk to grief counsellor Lillian Weigelt, Master of Education, who specializes in trauma and grief. When asked why caring for someone in grief can feel so daunting, she gives two explanations: “In our society, loss and grief tends be ignored until one is confronted with it. Then, one is out of one's depth and doesn't know how to react. Additionally, we live in an achievement-oriented society. We are used to being productive, to overcome obstacles and to find solutions to challenges – but there is no solution to grief, no way to out-perform mourning”. So, as a first step, you should determine whether you yourself can bear this ambiguity as well as the other's (and maybe your own) suffering. If you feel up to the task, the best thing you can do is to just be there for them. Don't offer for them to “call if you need anything” but ask if they want you to sort lunch on a specific day. Lend an ear to their feelings. Call or text to let them know they are on your mind. Practical support FTW!

Your Support Shouldn't End after a Week Because Their Grief Won't

“You should also consider that for most, grieving is a long, sometimes life-long, process. Still, support often peters out

after a couple of weeks or months”, states Weigelt. “If you know that, for example, the anniversary of their loved one's death is coming up, plan a nice dinner with them, or a visit to the cemetery. Show them they are not alone in remembering.” The importance of commemorating the deceased coincides with the current understanding of the grieving process as reshaping relationships known as continuing bonds. In contrast to ‘letting go’ of a loved one, as was touted for many decades, the idea of continuing bonds is to find a new form of togetherness.

You Can't Force Help on Anyone - It Never Ever Works

This kind of internal reorganization cannot be rushed or controlled from the outside and is often meandering in its progression. But if you feel like a friend or family member might need professional assistance, there are ways to tell them respectfully. Therapy or self-help groups can only work if the grieving person wants to participate – pressure is never effective. Weigelt proposes to “rather be open about your worries and present professional help as an opportunity, always there if it is needed”.

Most of these groups are funded by donations and free for participants – check out NAKOS (nakos.de) as a first step to find self-help groups in your region. In case of an acute psychological crisis, call or text the ‘Telefonseelsorge’ (0800-1110111, telefonseelsorge.de) to get immediate help free of charge. But above all, remember: To effectively support a mourning friend, you yourself might endure sorrow and pain with them. So always make sure to take care of yourself, to take care of others.

Telefonseelsorge

0800 111 0 111, 0800 111 0
222, or 116 123

or chat via
online.telefonseelsorge.de

Parental Mental Health

When Parents are not well, Children suffer too

When a parent is mentally ill, it affects the whole family, especially the children - every day becomes unpredictable, there is no reliable daily routine, life gets mixed up... But help is usually only available when they themselves become ill or show behavioral problems.

Elena's Story

"When I get home from university, I take care of the household and make sure everything runs smoothly at home. Mom just had another bout of depression, one of the worst in a long time. Things are not going well between my parents; my father is more annoyed with mom than concerned. He's the kind of person who thinks there's no such thing as mental illness anyway. I don't want to burden my brother either. Because of his chronic illness, stress can be very dangerous for him. So, I do it all by myself. The little free time I have left I usually spend at home because I can't leave my mother alone for too long. Who knows if she might not hurt herself".

These words uttered by my friend, let's call her Elena, burned themselves into my brain. Until that moment, I had no idea what is going on at her house. She said she doesn't like talking about it because she doesn't want to embarrass her mother. Elena is 20 years old, already an adult, and yet her mother's illness affects her so much. How must it then be for young children in similar situations – confronted daily with depression, panic attacks, schizophrenia, psychosis, anxiety disorders, etc. in their own home?

Dimensions of the Burdens

The extent to which children are burdened depends on how severe the illness is, how it manifests and what kind of environment they find themselves in. Often, children must support their parents and take on additional tasks, as in Elena's case. Even very young children may already bear a lot of responsibility and do the things that their parents can't do themselves. Additionally, there is a feeling of powerlessness and guilt: the children would like to help their parents but can't. At the same time, their own coping mechanisms and understanding are barely mature. These children have to grow up faster and their childhood gets entirely lost in the process. Also, and worst of all, child abuse is more common among children of mentally ill parents, and they are more likely to develop mental health problems themselves, creating a vicious cycle.

Who can be blamed?

But the parents of these children are not monsters, they are sick. Most of them are aware of their illness and do not deliberately burden their children. The guilty conscience they have when they know they are burdening their own children often even aggravates their condition. But they have no strength to help themselves or can't deal with the stigma attached to seeking therapy. If Elena is already too ashamed to tell her friends, how hard must it be for parents to admit that they are sick and seek professional help? Elena is not angry at her mother, "it's not her fault". She is angry at the system that is failing her and all the affected children and their parents.



The Pitfalls of Fitting into Fashion Trends

Fashionable – a recurring cycle of in and out

Over the last few years rummaging through your parents' old clothes might have paid off with some new additional pieces that have returned onto the fashion horizon. The fashion cycle revolves around twenty years. Designers and apparel enthusiasts count on the resurfacing of long gone looks to make the past hot again. One could watch the 1990s and 2000s take over wardrobes all over the world in the contemporary collections of mainstream clothing lines as well as the popular sources of the fashion world, such as Vogue.

The Reclaimed Reign of “Heroin Chic”

Blessing or curse? Low-rise jeans, bras as tops or velour sweatsuits might sound appealing to some. However, their legacy throws a shadow – a skinny shadow with an even bigger significance. The wave of new-found treasures from the “good old days” washes old, suppressed body image issues onto the societal shores. “Heroin Chic” with its ideal of a “grunge” look haunted the 90s fashion and model scene. It is just one of many problematic notions describing unrealistic beauty standards that pressured millions of young people to hate their shape. Teenagers all over the world strove for bodies resembling the ones of supermodels such as Kate Moss or Gia Carangi and not uncommonly starved themselves for it. “The skinnier the better” served as the unofficial slogan that led to the rise of eating disorders and an entire generation into years of feeling uncomfortable inside

of their “untrendy” bodies.

Now, more than two decades later, heroin chic has crept back into pop cultural sources – right beside images of stars. With Bella Hadid’s rise to a supermodel and the Kardashian siblings’ once iconic curves almost vanished, their thin figures find their way onto phone screens all over the world: always glamorous, never without trend-setting outfits. And once again: young people copy their looks and idolize their bodies.

Old trends, new era?

How does the body positivity movement put years of work into the crafting of a more accepting environment – their fight evident in Hollywood, on social media platforms and in daily life – but we still end up praising toxic body images as the ideal? Even though some celebrities have spoken up against this new-found trend, its aftermath is still imprinted in the depth of social media. And still, this return of 1990s and 2000s fashion might be a chance. A chance for lasting change. Maybe this generation can learn from the mistakes of the past and revolutionize faulty expectations on bodies. Why not sport the clothes from the past with the pride older generation seemed to lack? Maybe, this way Heroin Chic will one day become Chic Heroine.

Imposter Syndrome

And How To Overcome It

Have you ever thought that your success is the result of luck rather than skill or hard work? Or do you find yourself doubting your competence and fear that you will eventually be exposed as a fraud? Well, fear not, you may have imposter syndrome.

But What is Imposter Syndrome?

Although it is not recognized as an official mental health disorder it certainly affects many people. The phenomenon is characterized as a feeling of inadequacy, incompetence, and fraudulence despite having success or performing well. You might ask yourself: “Well, isn’t that just self-doubt?” Not necessarily. Occasional self-doubt is common amongst a majority of people and usually occurs in challenging or frightening situations. What differentiates self-doubt and Imposter Syndrome is the frequency and the reasons. Therefore, persistent and “contextually unreasonable” anxiety is an indicator for Imposter Syndrome.

Which People Are Affected?

People of every age, profession, gender, or background can be affected by Imposter Syndrome, but especially people of ethnic minorities and those who tend to have pessimistic, perfectionist traits and low self-esteem are more prone to be affected than other people.

What Are the Symptoms?

People who suffer from Imposter Syndrome have difficulties

assessing their competence and skills. As a result, they tend to attribute their success to favourable circumstances rather than their own abilities. They are inclined to be overly critical of their work and judge themselves very harshly. Furthermore, the fear of being exposed as a fraud may manifest itself in setting unattainable goals in order to prove oneself to others. This either creates an overachiever or fuels into a vicious cycle of not living up to those standards, which in turn enhances the feeling of inadequacy.

So How Can You Overcome It?

The short answer is: Nix your beliefs. Easier said than done, since the Imposter Syndrome can be caused by various reasons, e.g., family upbringing, mental health conditions, or personality traits. Nonetheless, being aware of having imposter thoughts is the first step into the right direction. Now to the long answer: It may seem counter-productive but start questioning yourself. This time not your skills, but your beliefs. In order to free yourself from these deeply ingrained thoughts, you need to work on your self-assessment. Making a list of your achievements can help you gain a more objective perspective. Setting smaller and more attainable goals reduces the pressure and results in quicker and more frequent feelings of success. Additionally,

try to shift the focus from others to yourself and concentrate on your own development. Remember: Comparison is the thief of joy (and here most certainly of self-confidence). Keep in mind that it may take a while to overcome the syndrome. So, bear with it and be compassionate with yourself.



Exhausted and Fed Up

Are Teachers Being Driven into Occupational Burnout?

It was my first week of studying to be a teacher when I excitedly attended my first class in pedagogics, a topic that had been of interest to me for years. After a short introduction, the lecturer welcomed us to ask any questions that we may have and one of my classmates asked about the correlation of therapy and the status of civil servant. They simply answered: 'It's better for you not to start therapy, as it will definitely lower your chances of being given that status... Except if you're about to kill yourself, maybe then you should seek professional help', completely disregarding the huge effect this could have on students struggling with their mental health.

Mental health as a risk factor

The state's reasoning behind this is that mental illness is seen as a risk factor: If you seek treatment once, they consider you to be more likely to seek it again sometime in the future, only this time at the state's expense.

But who decides whether you're likely to go to therapy in the future and, therefore, influences your whole professional career? It's one doctor, not even a mental healthcare professional, after a whole hour of consultation and going through your medical record. And oftentimes, treatable and even already treated illnesses are considered unacceptable. But are you really more likely to go to therapy after a finished treatment for a specific problem?

The message to students: don't get any help at all rather than to get a diagnosis (even if you would finish treatment well before you actually start teaching)

This seems particularly paradoxical when considering the high occupational burnout rate in teachers: statements like that will often cause students to wait to seek medical treatment or not get any at all, which can lead to fatal consequences like the worsening of symptoms or chronic illnesses later in life. These can then lead to said occupational burnout and thus to an inability to work, ultimately resulting in higher costs to the state.

I personally strongly believe that it is better to treat mental illnesses from the start instead of letting negative thoughts and feelings pile up until they worsen. I think that if students were encouraged to seek professional help instead of being discouraged from day one, and if mental healthcare became more accessible and less stigmatized, mental health in teachers could easily be improved while keeping the costs to the state at an even lower level.





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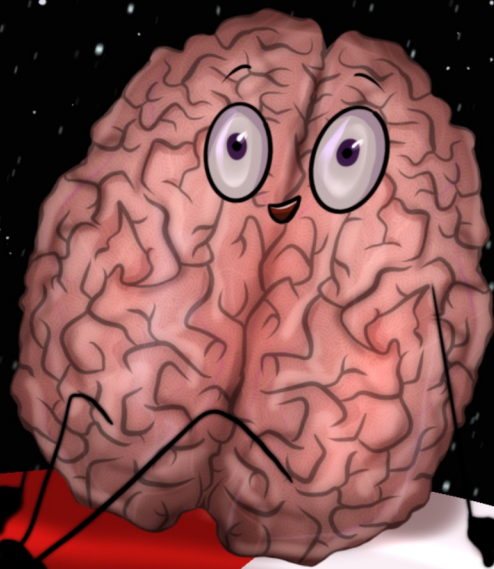
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WHOLE

WIDE



WORLD

Life As a Migrant

“Where are you from?” This is the first question I get when I introduce myself in Germany with an unusual name. Yes, I’m not 100% German and yes, I have a migrant background. You might know I have a migration background by my looks. I have dark brown hair and brown eyes.

Life has never been easy for me especially with learning two fundamentally different languages. At home my parents would only speak Turkish and at school I needed to speak German, which was very difficult for me because my parents couldn’t perfectly speak German. The result: I couldn’t pronounce words correctly or I would have difficulties with the German articles – which I still have sometimes. Due to my language “barrier” I never felt home anywhere. Although I can speak Turkish fluently, I still struggle and the same with the German language. So people from Turkey know that I am not from Turkey and vice versa.

As a child I used to think it was bad to have a migrant background because people laughed at me when I mispronounced certain words, which I can now understand since they were new for the German too. Today I can proudly say that I have a migrant background. Not only have I learned two different cultures I have acquired the knowledge of a whole lifestyle.

I not only experienced the two festivals typical of Turkey – Ramadan and “Kurban Bayram” - but also the enormous festivals which are celebrated in Germany. Turkish festivals are unusual compared to German ones. You get

in touch with the eldest members of the family and wish them happy Ramadan because you have fasted all month – and get money from your grandparents as a reward which is the part I enjoy the most. This experience expanded my knowledge and made me want to know about other cultures which is very simple nowadays. Wherever you go you see lots of restaurants. Some are Asian, some Italian, Spanish, Turkish, Indian and whatever you can think of. There you get to know new people and their way of life.

Another benefit I have is that I can learn vocabulary words and phrases with ease. If the English or Spanish word I learn sound like German or Turkish, it will stick in my mind. Therefore, I have never had a bad grade in vocabulary tests. Nevertheless, I grapple with the different grammars. That’s the only thing I haven’t been able to come to terms with and which I am still working on.

Something I still struggle to this day with is being a child that comes from parents who immigrated. I sometimes feel an identity crisis from not knowing where I belong to.

While visiting my home country, people perceive me as "German" and in Germany I am often considered as a foreigner. My identity is never fully German or never fully Turkish which leads to myself not knowing what I really am. But I feel like I can adapt to every culture I have learned so far. And that is what makes me special in my way.

Travelling Solo

Tips for Travelling Alone

This is how I started to travel alone....

My first trip was to Boston and it was actually not planned as a solo-travel-trip, but then my friend could not come with me and I was alone three days before departure. Although I was very skeptical about going on this trip alone, I let my friends convince me and I never regretted this decision.

Boston was beautiful and I really enjoyed exploring the city at my own pace on the first day. In the evening, I quickly made friends in the hostel and was no longer alone on the trip the next day.

Since that experience, I've traveled alone from time to time. My best trip was a week in Seattle where I had a wonderful time and made friends that I still am in touch with today.

Hostels, couch surfing, safety...

As I already mentioned, I mostly stayed at hostels. Partly because you can quickly make friends there, and partly because I simply felt more comfortable as a woman in such "official" accommodations. Occasionally I have also stayed in Airbnbs. Here, however, I have always made sure to book only with female hosts, that the apartment is centrally located and that someone knew where I was at all times. I would recommend this to any solo traveler. Especially when you feel uncomfortable, always share your location with a friend.

I also know a few people who have had very good experiences with couch surfing, however I have only tried it with a friend so far. It was not a bad experience, but I was very glad that I was not alone.

In addition, I always had a plan B in mind – if I had a bad feeling at an accommodation, I knew where the next larger hotel could be found. I relied on hotel chains, since I know what exactly awaits me there.

Why I love and recommend traveling solo...

I love traveling alone because I am free in my decisions. I can decide the destination, travel time and travel duration without regard to fellow travelers. At the destination, I also have free choice what I do, which attractions I visit and when, when and where I eat or take a break...

In addition, it's also much easier for me to meet new people and I get to talk to a lot more people when I'm traveling by myself.

By traveling alone, my self-confidence has increased significantly as I was forced to leave my comfort zone more than once.

I know that this doesn't sound very "appealing" for everyone and I have to admit that at the beginning it cost me more than a bit to board a plane alone but somehow I managed - and since then I love this time out from everyday life and the flexibility I gained.

So go ahead and try it! You can start with a weekend trip, and if you like it, extend the time.

Are you looking for a cheap way to explore Europe during your semester break? - Then you've come to the right place!

With an Interrail ticket you can explore 33 countries by train. Plus, you'll never have to stand in line at the ticket machines to buy your ticket. The Interrail ticket is an all-in-one rail pass. You can easily travel through Europe while your ticket is always in your pocket on your smartphone. Furthermore, you can spontaneously change your plans if you have fallen in love with a particular place. If you plan a longer stay there, you can easily take the next train that fits into your schedule. With the right app, you can view timetables, save your trips, or reserve a seat.

There are two different types of passes: The One Country Pass and the Global Pass. If you choose the One Country Pass, you must choose one European country to stay in for the next 3-8 days. With the Global Pass you can explore all of Europe between 3-90 days. The most important feature on the Interrail homepage is that you can plan your individual trip. First, you pick where you want to start and think about what destinations would appeal to you. For instance, one route would be: Munich-Milan-Marseille-Lyon-Paris-London-Brussels-Munich. You can choose how long you stay in each city, or if you are just passing through to another destination.

If you can't decide, there are also pre-designed routes on the homepage. For example, there are routes that take you through the cheapest or the most Instagrammable cities in Europe. But you can also say you want to explore Western Europe or the Mediterranean area - anything is possible with this ticket.

Before you plan your sightseeing, hotels or even your shopping list, you should check the homepage to see if there might be a discount. Interrail has many partnerships throughout Europe so you can save even more on your trip. For example, you can save up to 10% at Disneyland Paris or get a 20% discount at the Colosseum.

With Interrail you also give something back to the world. Travel by train and you take care not only of your wallet, but also of your carbon dioxide footprint. You become part of sustainable tourism and choose an environmentally friendly future. During your trip you can support local businesses, cafes, boutiques and make a contribution to the region's economy.

Depending on the duration of the trip and the destination, prices vary and will generally be between 100€-680€. What you should pay attention to before you book your ticket is that you are a European citizen. Unfortunately, those who do not have a European passport are not allowed to buy the Interrail ticket. But don't worry - you can still buy the same ticket for the same price. In this event your ticket is called "Eurorail".

The Normalisation of True Crime

True crime has become a popular source of entertainment for many people in recent years. Every single famous case has been talked about what seems like a million times by thousands of true crime podcasts, shows, or YouTube channels. The Netflix show “Dahmer”, which portrays the life of the serial killer Jeffrey Dahmer, has even reached the record of being the second most watched English Netflix series of all time. We have been fascinated by the psychology of people who do unspeakable things, by the mysterious murders and stories that seem like fiction.

You might assume that everyone is extremely disgusted by someone who did such things to other humans, but history has proved that if serial killers are looking fairly good-looking, they may have a huge following of fans. These fans have written love letters to prison and visited their idols during the trial, dressed as the victims. This is extremely disrespectful towards the families of the victims, who were also present during the trials. Some serial killers have even married one of their fans in prison.

It doesn't help that the lives of serial killers have been brought to the big screen multiple times, one example being “Extremely Wicked, Shockingly Evil and Vile”, a movie starring teenage crush Zac Efron as the serial killer Ted Bundy.

Although famous killers like Ted Bundy or the Night Stalker Richard Ramirez used their good looks for their

crimes and it is more true to character to let them be portrayed by handsome actors, Hollywood is not doing a good job telling their stories.

Most movies and shows present the perspective of the killer while the victims always get left behind. The Dahmer series didn't even inform the families of the victims that this show was being made, really showing the priority of the studio. The victims' families are forced to see podcasts pop up every day, discussing how their loved ones died, and see pages on Tumblr, where their killers are praised and romanticized. This can be retraumatizing and exacerbate their grief. Although some shows like Dahmer paid the families of the victims some money,

most True Crime media is making good money with their stories without even considering supporting them. True crimes should be told from the perspective of the families, talking about the person they lost and what damage has been done to the world by losing them forever.

You shouldn't stop watching true crime if you enjoy it. Serial killers are fascinating, no doubt about that, but it should concern us how normalized this topic has become and we should pay respect to the grieving families by portraying murderers better on TV and telling the story of the victims together with their loved ones if they want to, rather than romanticizing the person who killed them. Keep in mind, True Crime is not fantasy, the stories are real and should be treated with more circumspection.



Hop på den grønne bølge!

Bicycle City Copenhagen

Say No to Your Car – Take Your Bike!

The city of Copenhagen sets a great example among European cities for what bicycle-friendly traffic can look like. Over the last twenty years, they have developed a bicycle-adapted infrastructure within the city centre of Copenhagen which includes wide bicycle lanes in both directions, sometimes even with two lanes, special traffic lights and safety precautions that protect the riders from the car traffic. Furthermore, you can spot large bike stations almost all around the city, so that it's quick and easy to park and pick up your bike basically everywhere.

Green City Copenhagen

Copenhagen tries to encourage people to ride their bike instead of cars, which adds greatly to the reduction of CO₂, aiming for an environmentally friendlier way of traffic that at the same time ensures the safety of every road user. Copenhagen has long gained its status as a leading example for green cities in Europe and the European Commission even awarded it with the European Green Capital prize, for their innovative ideas regarding the topics of green energy as well as environmentally friendly living. As a tourist, you quickly pick up those “green patterns” all around the city that add to the high quality of life Denmark repeatedly earns its name of. With the aims to be the world's best city for cyclists, Copenhagen wants to improve this quality of living even further.

Donkey Republic: “Hop On the Green Wave!”

To encourage people to say no to their car in the morning and to choose the bike instead, bicycle leasing firms have evolved all around European cities, allowing everyone to hop on that trend and make it affordable to move around by bike, even without owning one. “Hop på den grønne bølge!”. That's the slogan the Copenhagen based rental bike company “Donkey Republic”, who are known for their bright orange bicycles that can by now be spotted in almost every European city, advertises their business model with. Founded in Denmark, the company has experienced quick success and soon after they started spreading through many European cities.

How Does It Work?

The business model is pretty simple. You download an app on your phone, sign yourself up, select your payment method and basically start riding. Sounds easy. Actually, it is that easy. After signing up, users can locate the nearest Donkey Bike station, select the desired bike - that by the way all come with funny names - and unlock it via Bluetooth through the app. You can then ride the bike as long as you want and drop it off wherever there is a public bike station. The company offers two options. Users can either sign up for a membership and pay a monthly fee, or just pay for the individual time of riding, where the longer you ride, the cheaper it gets.

So, if you're doing a city trip in Europe, try a Donkey bike and hop på den grønne bølge!

Istanbul

Clash of Cultures

Istanbul. The bridge between the continents of Europe and Asia. What an interesting city to explore and its widespread diversity. Many ethnicities are located in this metropolis such as Turks, Kurds, Arabs, Afghans and Armenians, among others. Furthermore, different faiths as Islam or Christianity coexist there due to history and tradition. Besides Turkish, many citizens speak minority languages such as Kurdish, Arabic, or Armenian. However, cultural diversity in form of distinction between liberals and conservatives concludes in a 'clash of cultures'.

The ideologies of both sides differ in some areas like politics, religion, tradition, and society.

Politics

Regarding political issues, liberal people in Istanbul consider themselves secular. They identify with liberal parties in the parliament. For example, the majority party in the opposition, CHP (Republican People's Party), which shares Kemalist and social-democratic values, is one of their role models. On the other side, the majority of the Conservatives support the current rightwing and pro-Islamic government with the AKP (Justice and Development Party). Hence, a conflict in terms of politics is inevitable.

Religion

While conservative citizens of Istanbul tend to stick to their religion, in most cases Islam, and pursue their religious duties, the more secular part of the population considers their ideology as faithless and not believing in a higher power such as God. Especially religious differentiations are leading to arguments within the urban society.

Tradition

Similarly, traditional attitudes cause the foundation of cultural collisions. Conservative families in Istanbul possess common Turkish values and traditions which are crucial in every corner of their life like home, work, society, etc. For example, they appreciate virginity until marriage or traditional gender roles with working men and house-keeping women. However, these traditions are senseless and less significant for liberal people because they generally adopt Western traditions and follow their values.

Society

Social differences show developments of both sides. The Liberals are mostly represented in the higher and upper classes with prestige and wealth. Many of them live in districts such as Nisantasi, Kadiköy, Bebek, or Besiktas, whereas the majority of conservative citizens belong to middle or lower social classes and have poorer living conditions. Mostly, they are located in quarters like Ümraniye, Fatih, and more.

Liberals and conservatives from Istanbul will argue due to these aspects as well in the future. Although Istanbul is suggested as a multicultural city, its people's viewpoints differ completely and lead to more conflicts. Solutions for this issue should be developed as quickly as possible.

Dress Codes in Schools

Different Teacher Styles around the Globe

As they say: “You are what you wear”. But does this also imply on Teachers and has it an effect on how they do their job?

In many jobs it is clear how to dress. For a job in a law firm, for example, you wear a suit and tie. Most office jobs require a semi-formal dress code. This is largely the same throughout the world.

There are no strict rules when it comes to dress codes for teachers in Germany – their outfit just needs to be appropriate for school. Most wear jeans and a T-shirt, a pullover, or sometimes also a hoodie. It's different in other countries, though: in the US and the UK, teachers' dress codes are more semi-formal. A button-down and formal pants are a suitable outfit for school. Especially women are not allowed to wear too short skirts. Skirts must be knee length. There is also no cleavage allowed. Shirt and button ups need to be covering the chest. In Turkey, it is similar – teachers are dressed more formally.

In China the dress code is business casual which is like a semi-formal dress code. It is extremely important how teachers dress, because they are very highly valued in China. Teachers are perceived as the fundament of the society, because they educate and shape children and their future. Therefore, they are built the fundament of today's and tomorrow's society.

The strictest dress code has Saudi Arabia where women are not allowed to show any skin and it is considered disrespectful if foreign women as well cover their hair. Men wear dress pants and dress-style shoes, jeans or

shorts are not allowed. Both women and men are not allowed to wear tight fitting clothes.

Dress-codes are always in relation to the culture and mindset of the country. More conservative countries have more conservative dress-codes for teachers.

But what kind of effect does this have on students? As mentioned in the beginning, dressing more formally makes people see you as more professional. The same goes for students. If the teacher is well-dressed, the atmosphere changes to a more professional, work-oriented one. Because of that, students are more likely to participate or at least be calmer and quieter and listen to the teacher. But it doesn't just affect the concentration, it also raises the quality of contributions. Because of the more professional setting, language and content get elevated because students feel like they need to adjust their contributions to the general setting.

The way of dressing also is also a contribution of respect to the job they obey. A teacher has a very important role in the society, because as mentioned before they are educating and forming children who are the fundament of tomorrow's society.

But it also influences teachers themselves because dressing more formally makes the teacher feel more professional. Consequently, they are more likely to plan their lessons more carefully and expect a higher level of contributions from students. All in all, the quality of teaching rises. They don't have to wear a suit and tie, but a shirt or blazer would change their appearance and motivate both themselves and their students.

The Limits of Activism

The protection of our environment is one of the most urgent issues of the 21st century. Unfortunately, according to many scientists all over the world, we are doing too little to save our environment. To be able to actually make a difference, it would be necessary to arrange meaningful eco-friendly adjustments in several domains, such as in the energy sector, mobility or industry. Unfortunately, this will not happen on its own. It's only through political action that the pressing arrangements can be implemented. The "inaction" of the governments frustrates many people and leads to the founding of dedicated activist groups, who want to attract attention to climate protection.

But there are some activist groups who protest in a way which makes their image questionable. In the last couple of months, the protests of climate activist groups Just Stop Oil and Letzte Generation have been observed all over the world. With actions, such as throwing soup at paintings of world-famous artists like Claude Monet or Vincent van Gogh, soiling buildings such as the chancellery in Berlin or gluing themselves onto the streets, they have attracted a great deal of attention. Unfortunately, this attention is not primarily dedicated to their actual goal, but rather to their controversial way of protesting.

Just Stop Oil and Letzte Generation take advantage of the right to protest by committing acts our laws define as criminal. They damage, or attempt to damage, buildings or works of art and therefore their protests cannot be seen as peaceful. The protesters make use of this

human and democratic right for questionable and even illegal actions.

Another reason for their controversiality is the disruption they cause. Not only do the repairs of the paintings and buildings cost money, time, and energy, but the roadblocks also cause many problems for regular people as these specific actions of Just Stop Oil and Letzte Generation interfere in their everyday lives: coming late to the workplace or missing an important event or appointment are only just a few outcomes of roadblocks. An even more likely and fatal result could be that the emergency system gets affected. Fire department trucks or ambulances could arrive with delay because of the restricted mobility. Moreover, the police force which must be present at the roadblock and must manage it has less time for more urgent matters or emergencies.

For those reasons, this way of activism should not be supported as it corrupts the noble cause of protesting for the sake of our climate by placing crimes in its heart.



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WATCH—READ—LISTEN

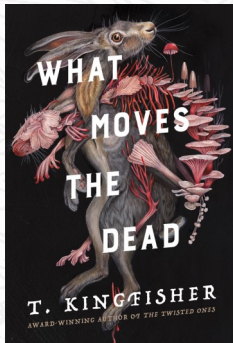
The Last of Us (2023)

This HBO series is based on Naughty Dog's 2013 hit video game of the same name. Twenty years after losing his daughter during the outbreak of a mutated cordyceps fungus (it's zombies, but cool zombie media doesn't say the z-word), Joel Miller is tasked with smuggling a mysterious young girl out of one of the last safe places in America, the Boston quarantine zone.

Of course, things don't go exactly according to plan. Fans of the game will enjoy how faithful this adaptation is while exploring new and exciting territory, while newcomers will be just as intrigued by this world and the story of two survivors learning to trust and care for each other in it.



© HBO Max



© Tor Nightfire

What Moves the Dead by T. Kingfisher

Based on Edgar Allan Poe's short story *The Fall of the House of Usher*, this horror novella is a quick but creepy read. When retired soldier Alex Easton hears their childhood friend Madeline Usher is dying, they rush to the Usher home to see her.

We won't spoil what they find there, but it's safe to say you won't be forgetting it any time soon! A read (or reread) of *The Fall of the House of Usher* isn't necessary, but does enhance the experience. You definitely won't look at mushrooms or hares the same way again after this one.

Midnights

Two years after the release of Taylor Swift's duology albums *folklore* and *evermore*, she has followed up with the concept album, *Midnights*, with all the songs being based on her late-night musings. Songs range from Swift's trademark pop hits to disco-inspired tracks. It's the lyrical high of *folklore* and *evermore* with a throwback to 1989's easy pop style.

Check out *Anti-Hero* and *Bejeweled* for those songs you can't stop hearing on your FYP or *Lavender Haze* and *Karma* for the songs you won't be able to get out of your head.



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MEET THE TEAM



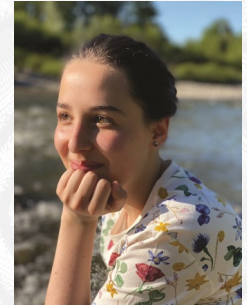
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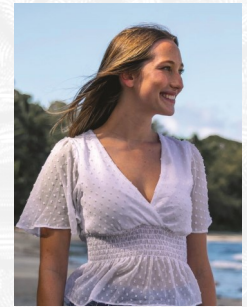
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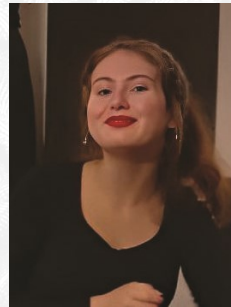
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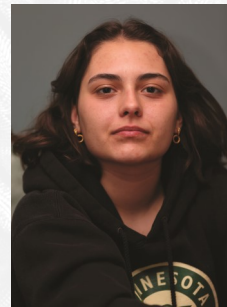
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