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## WE ARE eMAG #42

eMAG is an independent non-profit magazine published twice a year, by students, for students. It is part of a University of Augsburg Language Center course. Everything related to the production of the magazine is conducted in English. The aim of eMAG is to entertain and inform the university community about international, intercultural and local topics in the English language. We regularly publish articles on our website [www.emag-augsburg.de](http://www.emag-augsburg.de). The content of individual articles does not necessarily reflect the team's views and opinions.

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# Table of Contents



Dear Reader	4	<b>Whole Wide World</b>	23
		A Silent Battle	24
<b>Keep It Local</b>	5	The Beatles Geniality Unraveled	25
Running A Restaurant	6	Travel FOMO	26
Exploring The City	7	A Comeback Stronger Than A 90s Trend	27
UnBEARable	8	Just Do It Yourself	28
City VS Country Life	9	Symbiosis In Class	29
On The Brink Of Extinction	10	Incoming Call	30
Back To Basics	11		
		<b>Mental Health</b>	31
<b>Superheroes</b>	13	Immigration and Mental Health	32
The Hero With The Whistle	14	Chasing The Pump	33
Need Some Help?	15	Feeling Lost After Loss	34
Everyday Heroes	16	Waste of Time?	35
The Melody Of High School	17	You Really Should't Say That	36
This Was A Poet — It Is That	18		
<b>Watch / Read / Listen</b>	19	Last Page	38
<b>Interview Time:</b> Peter James	20		



# Dear Reader,

As an eventful semester comes to an end, we are proud to present to you the forty-second issue of eMAG. In these pages, you will find twenty-four engaging, entertaining and informative articles on a variety of topics ranging from alpine bear populations to zoom hangouts, and from Emily Dickinson to Taylor Swift – I think it's fair to say that we have something for everyone!

It's no small feat putting together a publication like this: we've been hard at work all semester writing articles, taking pictures and designing layouts, and finally putting it all together. Sometimes, it took creative solutions to clear the hurdles put before us; but looking at the magazine we created, I think it was well worth our efforts.

On behalf of our team, I wish you the best of luck with this semester's term papers and exams – whether you're writing or grading them – and a lovely, relaxing summer break.

Happy reading!

*Luce*

Editor-in-Chief

PS: if you'd like to be a part of eMAG on a volunteer basis, contact us at [join.emag.aux@gmail.com](mailto:join.emag.aux@gmail.com) – enthusiastic participants are always welcome!



***KEEP***  
***IT***  
***LOCAL***

# Running a Restaurant

## Advantages and Disadvantages

*Literally everybody who I've talked to so far thinks that owning a restaurant is chill as I can always eat what I want and don't have to cook for myself. But trust me when I say: there is more to it!*

My family currently owns a restaurant in Wertingen that is called "Siebzehn" – yes, like the number 17, because it's my dad's lucky number. Before that, we had an Italian restaurant in Höchstädt that was called "Lanzino" for about 17 years. In all these years, we have experienced all kinds of facets of owning a restaurant and being self-employed.

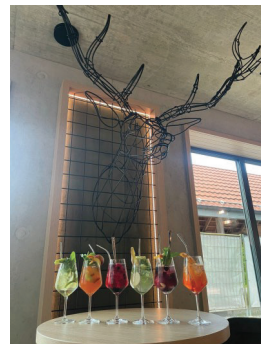
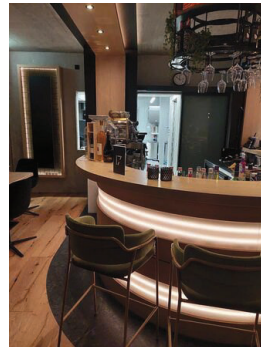
The hardest time was during COVID-19 as we had to turn our usual concept upside down and suddenly had to become a delivery service. We absolutely had no experience with this and were jumping into the deep end. Overnight, my friends and family were working at our restaurant to help us out with the delivery as it was too much to handle on our own. Everyone had to use their private cars because we couldn't afford to buy extra cars. The whole situation was mentally exhausting. We couldn't allow ourselves to have even one day off.

After times of crisis, the next problem was just around the corner. Because of the economic uncertainty due to COVID and the ongoing Ukraine war, inflation forced us to increase our prices. This was and still is very difficult, as on the one hand, we want to have affordable prices to attract guests, but on the other hand, we don't want to make financial losses regarding the profit we live off, pay rent, do shopping for the restaurant and pay our employees. This shows the fine line between making guests happy and making money. Unfortunately, a lot of people don't think about the reasons and will only take into account the rising prices.

But enough about the negative side of owning a restaurant. Let's talk about the good things like being independent with regard to vacation and organization. We can always decide

when and how long we're going to take a break without having to ask someone in higher position. Not only in terms of vacation can we close whenever we want, but also in terms of unexpected incidents. When something happens within the family, it's easily possible to close the restaurant for one day by just hanging a sign outside that says: "closed today". Such spontaneity is possible because only friends and family work with us, so communication has always been easy.

All in all, my family and I wouldn't change a thing, even if there was a chance. It's the passion and love for this job that keep us going. Why change your job when you see that people really appreciate what you do? The compliments are always worth the hard work we invest.



# Exploring the City

## Leisure Activities in Augsburg

*Nestled in the heart of Bavaria, Augsburg is a vibrant city that offers a lot of leisure activities for both locals and visitors. Known for its rich history, stunning architecture and vibrant student life, it covers a wide range of interests. This makes Augsburg an ideal destination for young people seeking exciting experiences. So let's explore some of the must-visit attractions and activities that this city has to offer.*



One of Augsburg's most beloved leisure spots is Hofgarten, a picturesque park located in the city center near the cathedral. The green park provides a serene escape from the bustling city atmosphere. Moreover, Hofgarten features beautiful flowers and peaceful ponds. Consequently it's the perfect spot to get some rest, have a picnic or simply enjoy a nice stroll while soaking

up the sun.

Another fascinating attraction in Augsburg is the Fuggerei, the world's oldest social housing complex. Established in the 16th century by the wealthy Fugger family, it provides insight into the city's history and social structure. People with low incomes can live there for 88 cents a year in rent and three daily prayers. Visitors can explore the well-preserved houses, stroll along the streets and get a glimpse into the lives of its residents. The Fuggerei is not only a cultural attraction but also a testament to Augsburg's commitment to social welfare.



When it comes to relaxation and recreation, the old Stadtbad offers a refreshing experience. It opened in March 1903 and is located near the town hall. The historic indoor swimming

pool combines stunning Art Nouveau architecture mixed with modern parts. Whenever you want to take a refreshing swim, unwind in the saunas and steam rooms, or simply relax by the poolside, this is the perfect place to head for.

For those seeking a unique rooftop experience, the Sonnendeck is a place to be. Perched atop a multi-storey parking garage, this urban oasis offers a breathtaking panoramic view of Augsburg's skyline. With its cozy seating areas, vibrant ambiance and occasional live music events, the Sonnendeck has become a popular hangout spot for locals and visitors. It's a perfect place to enjoy a drink, socialize with friends and take in the city's beauty from above.



A secret tip is the Golden Glimmer Bar which is located at the Schmiedberg, a rather dreary place. Between construction sites, traffic and dirty sidewalks, you hardly notice the Bar during the day. However, in the evening, it unfolds its charm and the glitter name keeps its promise. The interior design is kept simple with small retro accents because the focus is on the drinks. The bartenders take their job seriously and spend a lot of time lovingly shaking classic cocktails and their own creations. Nevertheless, the audience remains down-to-earth. Occasionally, there is also music and dancing on the weekends.

In conclusion, Augsburg offers a wide range of leisure activities that cater for various interests. Whenever you are a nature lover, history enthusiast, sports fan or simply someone who enjoys soaking up the local culture, this city has something for everyone.



# UnBEARable

## Are Bears a Danger in Bavaria?

“Jogger killed in Italy” – was the headline many newspapers published on Wednesday 5<sup>th</sup> of April 2023. The sister of nuisance-bear Bruno, which was shot near Spitzingsee after killing a human in 2006, attacked a jogger in South Tyrol.

13<sup>th</sup> May 2023: a bear was recorded on an animal camera in Traunstein, only 190 km from Augsburg.

22<sup>th</sup> May 2023: a bear was seen in the Allgäu, near Bad Hindelang.

Many farmers are scared for their livestock as wolves pose a threat sometimes and now there are bears, too. Confining their animals at night as well as taking herd protection measures will be necessary.

The nearest bear population to Augsburg is located in Trentino, South Tyrol. In the Alps there are about 900 specimens living in Slovenia and about 100 in Italy. But sometimes traces are found in Bavaria or Tyrol. In general, bears are quite reclusive and restrained animals that usually flee when they hear or smell people. In fact, their visual sense isn't very distinctive.

Why are there any bears around here at all? -

Project “Life Ursus” is a reintroduction project of the Adamello-Brenta Nature Park, the Autonomous Province of Trento and the National Wildlife Institute INFS. In 1997, only 3 bears were still living in the Brenta Group, so they decided to introduce ten bears from Slovenia and to reintroduce them into the area in the Adamello-Brenta Nature Park once used by the Soleurs. The aim of this project is to restore a self-sustaining natural bear population and within 20 - 40 years a population of 40 - 60 brown bears should be

reached. Well, seems as if plans have gone quite too well as nowadays there are about 100 bears around. At two and a half years the young bears look for their own haunts. Whereas females stay in areas near their mother, males tend to cover longer distances. That's why some European brown bears are seen in Bavaria. Normally, they live a friendly, peaceful and secluded life in the forest. Due to their distinct sense of hearing and smelling they recognize humans very early. But sometimes a contact can happen. An attack or sham attack can be very dangerous so please follow the following rules:

### How to behave when facing a bear:

- 1) Stand still, show respect and keep distance
- 2) Do not run away
- 3) Speak and move your hands slowly, to make you present
- 4) Keep an eye on the bear and retreat slowly and in a controlled manner
- 5) Leave the bear a chance to escape

### How to behave when being attacked:

- 1) Pretend to be dead before contact
- 2) Lie on the ground, interlock your fingers at the back of your neck, and shield your head with your arms
- 3) Remain still until the bear stops the attack
- 4) Bears are excellent climbers and can run up to 50 km/h à don't try to escape a bear by climbing a tree or running away unless you can get to a safe place (such as your car) just a few yards away



# City Versus Country Life

## Finding the Right Place For You

*Are you thinking about moving to a new place, but can't decide whether you want to live in the city or the countryside? Both options have their pros and cons, so it's important to weigh them carefully before making a decision. Here's a breakdown of what you can expect from each lifestyle.*

### Living in a city

If you're a social butterfly who loves being in the middle of the action, then city life might be perfect for you. Cities offer endless entertainment options, from shopping to eating out to seeing a show. Plus, with a higher population density, you're bound to meet people from all walks of life. One of the biggest advantages of city living is the abundance of job opportunities. With so many businesses and companies concentrated in one place, you're sure to find something that suits your skills and interests. And if you don't feel like driving, public transportation options like buses and subways make it easy to get around. Of course, city life isn't perfect. With so many people packed into a small space, it can be noisy and crowded. Housing prices tend to be higher than in the country, and other expenses like food and transportation can add up quickly. Air pollution is also a concern in many cities, which can have a negative impact on your health.

### Living in the countryside

If you prefer a quieter lifestyle with lots of fresh air and open spaces, then the countryside might be more your speed. Housing tends to be much cheaper in rural areas, and you'll have plenty of room to stretch out. Outdoor activities like hiking, fishing, and hunting are often more accessible, and you'll get to enjoy beautiful scenery every day. One of the biggest drawbacks of living in the countryside is the lack of job opportunities. Unless you work remotely or are retired, you might struggle to find work that pays well. And with fewer people around, it can be harder to make friends or meet new people. On the plus side, countryside living can be much more

peaceful and relaxing than city life. You won't have to deal with traffic or crowds, and you'll get to enjoy a slower pace of life. Plus, you'll be more in tune with nature, which can have a positive impact on your mental health.

### So, which lifestyle is right for you?

It really depends on your personality, interests, and priorities. If you're someone who craves excitement and social interaction, then the city might be your best bet. On the other hand, if you prefer a quieter, more laid-back lifestyle, then the countryside might be a better fit. It's worth noting, however, that there are plenty of places that offer the best of both worlds. Suburbs and small towns are often located within commuting distance of a major city, giving you access to urban amenities without the high cost of living. And with the rise of remote work, more and more people are able to live in the countryside while still maintaining a successful career. Ultimately, the decision of where to live depends on a wide range of factors. But by weighing the pros and cons of each lifestyle, you can make an informed choice that will make you happy in the long run.

# On the Brink of Extinction

## The Death of the Indie Bookshop?

*When was the last time you bought a book in a bookshop and not online? Not on Amazon or your Kindle, not by ordering a bunch of them at once and pressing “click & collect” for good conscious? And if you have actually bought a book in a physical bookshop recently, did you do it in your local indie bookshop? Or did you go to one that is part of a big chain because you saw their viral videos on your For You page and they “just have more to offer”?*

Due to the pandemic many bookshops had to close their doors for weeks or even months at a time. While for bigger shops and those that are part of larger chains it might have been easier to survive this challenging time, for many of our local and independent bookshops it was very difficult and for some even almost impossible to survive. Many never recovered; not only because they could not open their doors for customers for a long time, but because the already huge trend of online shopping became an even bigger and more threatening problem during those times. People are creatures of habit and comfort and buying books online with guaranteed next day delivery or only having to pack your Kindle and nothing more often sounds more appealing than having to get up and go to a bookshop and having to talk to people.

### Rebirth

On top of the growing online shopping trend and the shift from paper to eBooks, audiobooks have also be-

come more popular since a lot of them are actually already included in many streaming platforms or available with different online subscriptions. Apps like Audible have grown immensely in popularity over the last few years and it seems like almost every social media influencer is trying to get you to use their promo code and start an Audible account.

With all these different and easily accessible options, simply dropping into town and picking up a book in your local bookshop seems a lot more time-consuming, which is why people actually crave an experience. As a result, many store owners are forced to provide more than just books to attract customers. Book cafés, readings and signings, themes, and, of course, social media representation have become more and more important. For many indie bookshop owners, it is a big challenge to keep up with rapidly changing trends.

All in all: yes, ordering books online can be easier from time to time and also more accessible to a wide range of customers. However, it will not be able to replace the cultural and historical importance bookshops have and the feeling of browsing or reading in an actual bookshop and having a bookseller recommend different options and help you find what you are looking for. So the next time you are looking for some new reading material, maybe consider dropping by your local bookshop before typing the book's title into a search bar.



# Back to Basics

## Introduction to Campus Life

*To all my freshmen, newbies and fellow students:*

*Hello and welcome (again) to Campus - a place where both dreams and nightmares of social anxiety come true. So, if you find yourself freaking out over how to actually make friends and settle into campus life: Don't worry, you're not alone – and here's what to do.*

### **Socialising:**

As hard as finding the right lecture halls, signing up for exams and keeping up with all the work may seem, make sure to remind yourself you're not alone – which is why you want to find some comrades in suffering, also known as future friends that will make you look forward to spending time on campus. "How do I do that?", you might ask – Well, first and foremost make sure to join the WhatsApp groups of all your courses (usually on Digicampus → Course → Blubber). It's the best way to keep up with classroom material as well as exchange with other students. Also, check out activities organised by university or student associations. You'll find countless posters displayed on campus, ranging from pub quizzes and Unikino to live theatres. Additionally, I recommend signing up for the 'Hochschulsport', which I found to be the best opportunity to meet new people outside of lecture halls. There really is something for everyone!

### **Take free courses:**

Besides taking part in fun activities, there are several other opportunities to make spending time on campus worthwhile. Don't hesitate to make use of additional courses offered by

the university if you still have free slots in your timetable – you would be surprised by the amount of enjoyable courses, especially those that are not obligatory. For one thing, it is a perfectly fine way to meet new people who might share your interests. Plus, rumour has it that attending such courses also benefits your so-called Wahlbereich. Why not collect some credit points while learning a new language at the language centre?

### **Studying:**

While finding friends and partying might (understandably) be your number one priority, you should not forget about putting at least some effort in trying to understand what you're actually studying. To save precious time that could be invested in fun things instead, make sure to be attentive and take notes during your lectures. Going to the library has proven to be the best way to prevent procrastination and forces you to actually get something done. Also, think about joining or organising a study group – voilà: socialising and studying in one.

### **Conclusion:**

I know, I know: Approaching new people and jumping into cold water – easier said than done. Been there, done that. Just remind yourself that everyone starts out a little bit lost on campus and would be glad to be talked to. Be confident – either, it ends in a great friendship, or you have a little fun story to tell. And until then – fake it til' you make it!





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# The Hero With A Whistle

## Work and Life as a Soccer Coach

What does a soccer coach do? The tasks of soccer coaches vary strongly, depending on the organizational structures of their clubs. Usually, a soccer coach is involved in managing the acquisition of players, the scheduling of matches as well as the preparation and execution of training plans. Additionally, they organize team activities and talk with potential sponsors to afford new jerseys, equipment or to finance team events. You have to take into account that most non-professional soccer coaches do that in addition to their regular 9 to 5, forty hours a week job, to which it adds up to ten hours additional time spent.

Good soccer coaches usually fit into a certain profile. Most importantly, they have fun

working with young people, and are able to excite and motivate them for the beautiful game. Not to forget, they possess tactical skills and a good understanding of the game. For the administrative part, a bit of organizational competences are required too.

But what makes a coach so important is the character of team sports in general. In my opinion children can learn more life lessons in one year of playing and training in a soccer team than in the equal time in school. First, people who play in a team learn the importance of teamwork, to have respect for one another, and how to deal with victory and defeat. They also learn that it takes everyone to reach a common goal, and how important it is to follow your dreams and not give up even if the going gets tough. Besides those facts, there are the great experiences players make, some of which they will never forget. I still remember touching the Champions League trophy when my team and I visited it before the Champions League final 2012 in Munich.

But what role does the coach play in that? Well, first of all it's

mostly him or her who organizes these activities. Additionally, there's the use and implementation of team building activities into regular training sessions. It's as easy as doing relay races, doing push ups or sit ups together, or various team challenges. Apart from all that on-pitch stuff, the coach is a person players can come to, seeking advice or talking about matters they do not want to discuss with others.

To sum it up, the job of a soccer coach is far more than just standing on the sideline at games and shouting commands at the players. I have been doing it for two years now and it's been an absolute pleasure seeing my players become better and develop strong friendships. I often get

asked: "Why do you train these guys?" to which I can answer: "Because someone once did it for me, and I am deeply grateful for that." At this stage I can only encourage anybody, who has ever thought about being a soccer coach to give it a shot.



# Need Some Help?

## Organizations That Can Come to Your Rescue

As a student, we face numerous challenges, like academic pressure, financial burdens or finding a career path that is right for us and having a successful transition into the professional world. Fortunately, there are organizations that are specifically there for supporting us in such difficult times and that offer unique resources and services aimed at enhancing students' well-being and helping us to master such challenges.

### Alcohol & Drug Helpline

We all know it: With the start of life as a student, partying becomes very popular, including alcohol and drug consumption. A helpful contact for students with questions about drug consumption is the "Alcohol & Drug Helpline". This hotline offers a confidential service to get information and support. Whether you have simple questions or concerns or need assistance in finding additional resources, the helpline is here for you. The team is well-trained and understands that life as a student comes with various challenges.

You can contact them anytime anonymously via phone at 0800 787 797 or find more information on their website

[alcoholdrughelp.org.nz](http://alcoholdrughelp.org.nz)

### B!st

Being a student implies taking good care of many things like your finances, student housing, mental health or legal issues. If you need advice in those fields, "b!st" is there to help you. It is the counselling center of the "Studierendenwerk Augsburg".

Unfortunately, there is no telephone number or e-mail address to be found, so if you want to seek help, visit them here:

*Am Silbermannpark 1a, 86161 Augsburg,*

*Silbermann-Villa, 2nd floor*

### Career Service

But not only the present life at university can worry a student - the future can also seem pretty scary. There are many students that struggle with deciding on a career path or are afraid of the challenges work life entails. That is totally understandable after many years of being steeped in theory at university. For cases like this, there is the Career Service of the University of Augsburg.

You can contact them...

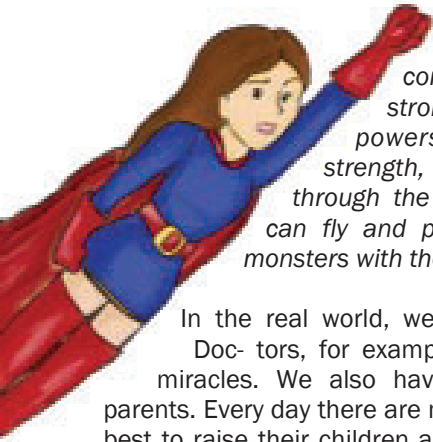
- ➔ In person: BCM (Büro-Center-Messe), Alter Postweg 101, 7th floor
- ➔ Via E-Mail: [careerservice@uni-augsburg.de](mailto:careerservice@uni-augsburg.de)
- ➔ Via Telephone: +49 821 598-3088

They sometimes also host different talks and events that can be helpful regarding your career or networking.

As we can see, no matter what concerns us, if there is no friend or family to turn to, there is always an organization that is more than happy to help and be there for us. Real-life superheroes! All we can do now is to not be afraid or too proud to seek help and use the service the organizations offer. The organizations are specifically there to help us and be there for us. We are not alone, no matter what issue we may have.

# Everyday Heroes

## Is everyone secretly a superhero?



*When we think about superheroes, the first image that comes to our mind are mostly big, strong men and women with magical powers like laser eyes, ultimate strength, colorful lightning bolts shooting through the hands - men and women who can fly and protect the population from big monsters with their superpowers.*

In the real world, we have superheroes everywhere.

Doctors, for example, spend every day performing miracles. We also have superheroes in the form of parents. Every day there are mothers and fathers who do their best to raise their children and be there for them – to name just a few examples. And I don't think any of you have ever seen lasers coming out of your eyes and lightning coming out of your fingers or wearing a cape. Because they don't need to.

What about you? Were you wearing a cape when you helped someone and made their day better without even realizing it? Just because superheroes in movies have magical powers and wear fancy costumes doesn't mean that's the only way you can be one yourself. It can be small words, small gestures that can mean the world to another person. You are certainly also a superhero to your friends, your family, just by being there for them. You are a superhero to your dog when you give him the same food for the hundredth time and take him for a walk.

Do you remember the old lady who can only walk very slowly with her walker to cross the street safely, the day you threw the ball back over the high garden wall for the children to continue playing? The time you let that man pay first at the supermarket cash out because he had only a few minutes before he had to go back to his office and last week when you helped the mother with two children carry her stroller upstairs?

Maybe you were her personal superhero at that moment, without even thinking about it. The moment when you thought you were just being a little help, or maybe you didn't think anything of it, may have been a huge help to them, or even exactly what they needed that day and made their day better.

Every day there are superheroes, maybe you have had such an experience. Maybe you have already met your personal superhero. Or you did something that you didn't realize had a great positive impact on the other person. To this person you were a superhero for sure. Sometimes it's the little things that help. Keep it up. Try to help people through small and big gestures and allow help from others so that we can have a world full of Everyday Superheroes.





# The Melody of High School

## A Singing Instructor Becomes A Personal Hero

*I honestly can't remember a day in my life that I didn't sing. For as long as I can remember, I listened to music and got on my parents' nerves for humming melodies anywhere we went. So, it was clear that I would join the choir at my local high school once I went there. And that was when Ms. O, the choir teacher at my school, got introduced to my life. And what can I say, I had a blast singing with my friends after a long day of school and practicing songs for the school's concert at the end of each term until I graduated.*

I always noticed how much better I felt after choir and how afterwards everyone was always in a happy and chatty mood. So, I started wondering what the reason for that was. One evening while watching TV with my siblings, this little documentary about a social experiment came on where a group of people gathered during winter to start a choir to see if it would help with the ominous winter blues. Turns out that singing definitely helps with your overall wellbeing.

### The science behind singing

You may be wondering now, how is that? Isn't singing just producing sounds with your mouth that sound good if you're a decent singer? Let me tell you, there is far more going on in the body than you can imagine.

To be able to sing, you have to engage your whole body, especially your core muscles as well as your legs because you have to stand up straight. Basically, it's a bit like sport. You won't break a sweat as if you would when doing a heavy workout, but you are still using the same muscles. And by now we probably all know how much sport benefits your mental health. Another thing that's great about singing is that you use your breath in a controlled way. That does not only improve your lung capacity and your stamina, but controlled breathing also reduces stress. Singing makes your brain release endorphins, the hormones your brain produces that make you happy. As already mentioned, you have to breathe deeply and in a con-

trolled way which activates the parasympathetic nervous system, which counteracts stress and helps with relaxation.

### My (super)hero

Ms. O not only created the perfect environment for my friends and me to sing and enjoy music. She also organized rehearsal weeks that got us out of school for about a week each year, like a field trip would. What I appreciate most about her work is that she did all of this on top of being a full-time teacher. She was so passionate about music that, now looking back, the singing sessions were honestly one of the best things of my school time. So what qualifies a person better for the title of personal hero than the passion to make a difference in teenagers' lives? I don't know what else would, and that's why Ms. O is my personal superhero.

my personal superhero.

# „This Was A Poet – It Is That“

## Dickinson Re-imagined

*Emily Dickinson is among the main known American poets. Her poetry is original, unusual and enigmatic to say the least. Interpretations and analyses of her poems are numerous and essential parts of every academic literature syllabus. But why should Dickinson's work only be accessible to those counting meters and elaborating on tropes?*

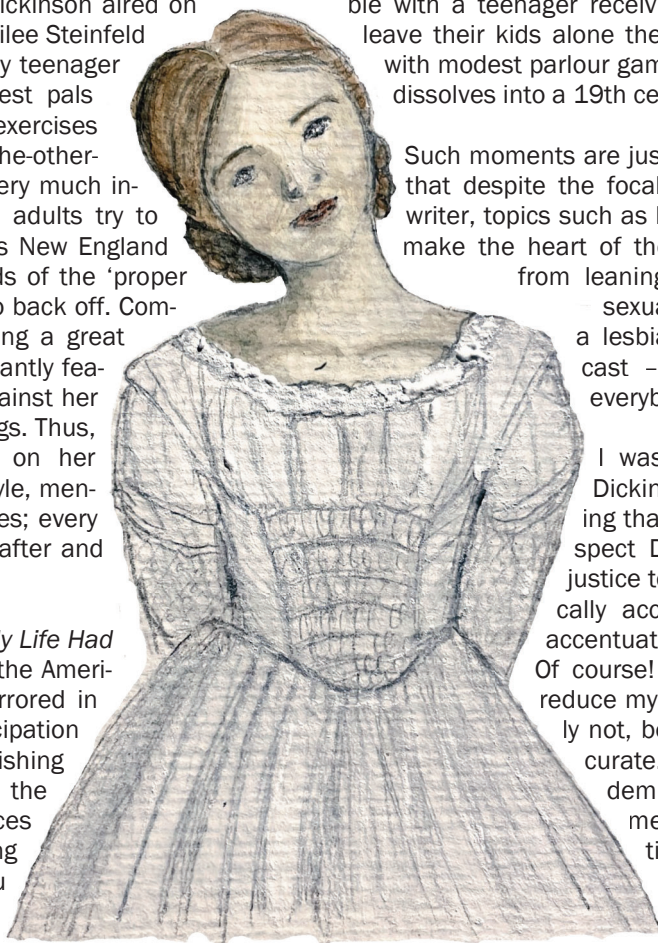
In November 2019, the series Dickinson aired on Apple TV+ in which Emily alias Hailee Steinfeld is a sarcastic, feminist and quirky teenager who not only happens to be best pals with 'Death' personified but exercises such an amount of I'm-not-like-the-other-girls energy that one is indeed very much inclined to believe her. While the adults try to represent the customs of 1850's New England and remind Emily and her friends of the 'proper conduct' she tells them literary to back off. Completely preoccupied with becoming a great writer Dickinson's poetry is constantly featured as the greatest weapon against her nosy and opinionated surroundings. Thus, the viewer accompanies Emily on her journey of developing her own style, mentality and beliefs over 30 episodes; every single one appropriately named after and based upon a poem.

For example, the episode titled *My Life Had Stood a Loaded Gun* references the American Civil War which is being mirrored in Emily's own 'war' for self-emancipation from her family while also establishing her identity as writer. Despite the historical and literary references (including Emily's disappointing visit to *Walden's* Henry Thoreau or a morning jog with *Little Wom-*

*en's* Louisa May Alcott) it is Dickinson's focus on family dynamic that leads to the most hilarious scenes: in order to avoid household chores Emily fakes an illness, her mother, burnt out by her perseverant though apparently useless attempts to marry Emily off, organises a Spa-Day or sister Vinny's freaking out over her Christmas present: the next instalment of Charles Dickens's *Bleak House* – perhaps comparable with a teenager receiving an iPhone. When the parents leave their kids alone the obligatory house party may start with modest parlour games and Quadrille dancing but then dissolves into a 19th century disco.

Such moments are just super relatable and demonstrate that despite the focal point being Emily's making of a writer, topics such as love, friendship, family and identity make the heart of the show. It also doesn't shy away from leaning completely into her ambiguous sexual orientation but instead features a lesbian romance as well as a diverse cast – making it accessible to literally everybody.

I was, admittedly, very sceptical of a Dickinson-made-modern show, anticipating that the production team would disrespect Dickinson's person and not doing justice to her work. So, is the series historically accurate? Hardly. Are many details accentuated or things just entirely made-up? Of course! But, most importantly, does this reduce my enjoyment of the show? Absolutely not, because it isn't supposed to be accurate. If I want objectivity, I consult academic articles, biographies and documentaries. Dickinson in the meantime is more concerned with re-imagining the famous poet living as teenager of the 21st century.



# Watch / Read / Listen

## The Little Mermaid

Representation matters! Even before the official release of Disney's new real life movie version of their old classic 'The little Mermaid' from 1989, heated discussions were found all over the internet. But what is the Problem? A lot of people seem to feel offended by the fact that Halle Bailey, the actress who portrayed our beloved, in the original version white Arielle is black. This racial backlash even led to abysmal box office numbers in China and South Korea. The actress herself told the Face "As a Black person, you just expect it and it's not really a shock anymore". Unfortunately, anti-Blackness is a common feature amongst Americans, yet this hate about a Black Ariel is about so much more than just a controversial recasting of an old cartoon character. As the guardian stated: "The fact that some people can only imagine a Black girl playing Ariel as the end result of some nefarious plot to force children to see more Black people on screen is precisely why I'm glad that this Ariel is Black."



© Disney Entertainment

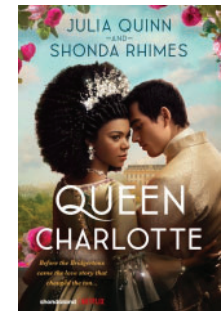
## Queen Charlotte by Julia Quinn, Shonda Rhimes

Dearest Reader,

It has come to my attention that a new book by Julia Quinn has appeared on the market. This jewel is the prequel to the well-known Bridgerton books, featuring the three pillars of life: love, tears and drama. Follow along as the newly crowned Queen Charlotte tries to find her place in monarchy and marriage. For those of you that can't get enough: Together with Shonda Rhimes the author has created a new spin off, to make greedy readers fever for the upcoming series adaption of the fourth book of the beloved Bridgerton universe. This time it's Colin's turn to fulfill his families' duties by finding his perfect love match. So, stay tuned till this year's winter season, when the new episodes will be out on Netflix!

Yours truly,

Lady Whistledown



© Julia Quinn, Shonda Rhimes

## Es ist Abend und wir sitzen bei mir - AnnenMayKantereit

*Es ist Abend und wir sitzen bei mir* is the fourth studio album of the German indie-pop band AnnenMayKantereit, who have started out as three street musicians and have gradually worked their way up to international success. This latest album deals with the challenges of daily life; suggesting a temporary escape through the means of music. Which is exactly why we recommend giving the fifteen different songs a try, especially in view of the upcoming and dreaded exam period: Be it a vibrant session of *Lass es kreisen* with beer and friends after having finished your paper, *Erdbeerkuchen* as a sweet and cosy reward or *Heute Abend wird es regnen* for melancholic late-night vibes. Don't hesitate to check it out – there's something for everyone!



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# „Giving students the opportunity

## Interview with the eMag founder Peter James

### Why did you choose the University of Augsburg or Augsburg in general?

Well, my wife is German. My wife is a teacher, and she works at a school here in Augsburg. When I came to Augsburg in 1997, she was about to get the status of a civil servant. And so I gave up what I was doing in Spain - I was working at a university - and came here. So, I came to Augsburg because of her. And then at some point I heard a rumor that there was an opportunity for a job at the university. I initially had a two-year contract and then I was made permanent. That was a big, a huge thing for me. And so I was teaching for over twenty years. I retired in December 2019. I think I really enjoyed teaching most of the time.

### When and where did you come up with the idea of eMag?

It was in July 2002 and I asked the then head of department, Rudolf Westermayr, and told him I had this idea. He approved, so I met some students and published the first magazine at the end of the winter term, February 2003.

I've always been very interested in projects in education and had already done similar things a. Giving the students an opportunity to be in charge was a big thing. In education the learners should take on as much responsibility as possible.

### What was eMag like when you first started it? Was it anything like today's eMag?

It was crazy in the first term because obviously we were making things up as we went along. At one point, the 90 minutes in class were not enough to manage the system and so students started meeting outside of class because there was so much to do.

### How has it evolved from then to now?

The website, for example, was much later. We needed three attempts to set one up. It was very complicated. The day before yesterday I had a look at all the wonderful articles online; I think it's amazing, don't you? If I were personally

interested in coming here to the University of Augsburg or in any way interested, I would think oh wow that's pretty cool that the university has a magazine in English. I can't quite remember why we changed to the small format but it was a brilliant idea, because it saved paper and it gave the magazine a distinctive appearance. First it was DIN A4. I think that was one milestone, one important development of the magazine.



Left to right: 1st edition, 10th edition, last years edition

### Can you tell us more about the measures it took you to establish eMag?

It wasn't really that hard. People came, students that were interested, and signed up. I don't know how many students are in this class today but I think it's because it is real. In university you have seminars and lectures, which is OK, but this is different because it is real. You are writing something that somebody is going to read if it is clearly presented and interesting, or not...

Also, one thing I would like to mention is that it's not just a question about writing good sentences or getting all the grammar right. The article has to be coherent and cohesive, because one idea clearly has to lead to the next.

# to be in charge“

### What's the greatest or most exciting memory you have when it comes to your time at eMag?

I would say the informal contact with students, the opportunity to sit down over coffee and work on the magazine but at the same time learn about students and get to know them. And it was marvelous to see how students grew into the task. I think it was a bit daunting for the editors to be in charge and sit in front of a class, but it was great to see each individual's growth. I think students derived a sense of satisfaction – and everything in English! I thought quite possibly some of you will be going to work in an English-speaking environment; perhaps that's a really interesting experience to do that.



### What advice would you give to students who work or will work for eMag in the future?

The advice is manifested in the systems. Presumably what Günter Jehle inherited, the way he organizes things. The wisdom accumulates, the overall experience – 17 years and all the mistakes and all the problems; the system developed organically. I would encourage you to reflect about the process of learning you're involved in together. Not only to do with eMag, but to reflect about the process of learning. Be-

cause I think it's a difficult thing to do. I would say language learning is so amazing, being able to speak and use a foreign language well, at an advanced level, is potentially life changing. I think that is amazingly cool. To me language learning is a lifelong activity. You do a lot of things in class but the bulk



Left to right: Lina Kudicke, Peter James, Johanna Back

of what you do to learn is outside, maintaining a regular frequent contact by reading and listening; you are ultimately responsible and don't lose sight of it since language learning can change your life if you are motivated and hard-working over a long period of time. Say "I want to go to class, I want to learn and I want to maximize opportunities."

### We heard that you are a big fan of the FCA, what is it that you like so much about it?

And even in difficult times, yes. I have always liked football. It is typical for British people, English people. I used to go to the stadium when they were in the 2. Bundesliga. I was very much involved in the youth football in Göggingen and I remember seeing the kids getting so excited about FCA. I am a member and I have a season ticket.

# Kohlkombinat



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**W H O L E  
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# A Silent Battle

## Life With Endometriosis

*“Endometriosis is a condition in which tissue similar to the lining of the uterus grows outside the uterus. It can cause severe pain [...]. The cause of endometriosis is unknown. There is no known way to prevent endometriosis. There is no cure, but its symptoms can be treated with medicines or, in some cases, surgery. [...] Endometriosis affects roughly 10% ( i.e. 190 million) of reproductive age woman and girls globally.” – WHO*

A lot of women are fighting a silent fight. Hanna L. speaks up to spread awareness and to help others struggling not to feel alone with a chronic illness.

### **Hanna, when did you notice your pain was not normal?**

Actually very early. I used to have severe pain when I had my period from the start, but for years I thought it was normal and every woman had this kind of pain.

### **Symptoms are individual, but I would like to know what your symptoms are?**

I suffer from extreme labor-like cramping abdominal pain, nausea, pain during bowel movements and urination, exhaustion, intestinal cramps, lower back pain and pain radiating down my legs. The symptoms are particularly bad before and during my period and during ovulation.

### **Did the doctors and the people around you take you seriously?**

When the pain got worse in the course of time, I couldn't bear it anymore so I knew I had to do something besides taking stronger painkillers.

When I was younger, doctors didn't really take me seriously, but I was lucky because one doctor had the suspicion it could be endometriosis. The people around me have always taken me seriously, but it isn't always easy to explain how I feel.

### **How long did it take to get a diagnosis and how did you feel then?**

It took about four to six years. This was the moment where I really felt relieved and knew I was not exaggerating. I got many answers at first but then felt despaired and began to fear the future after I realized it's a chronic illness which can't be healed.

### **How does it affect your everyday life and how do you cope with it?**

My everyday life has changed a lot, many doctor visits and operations are regular.

Because of the pain I am always very exhausted. At work for example I couldn't concentrate and therefore made mistakes. I often have to cancel meetings with friends and family. Pain therapy and acupuncture help me cope with it, beside that, breathing exercises, going for strolls, good friends and listening to my body is essential for me.

### **What's your wish for your future and what message do you have?**

Better treatment and diagnostic options without surgery would be a big wish and more awareness for women's health in general. I wish women with severe menstrual pain and pain in general were taken seriously - severe pain is never normal even if it's period pain! Personally I wish to accept my chronic illness, to be able to deal with it better and to find better relief for my symptoms.

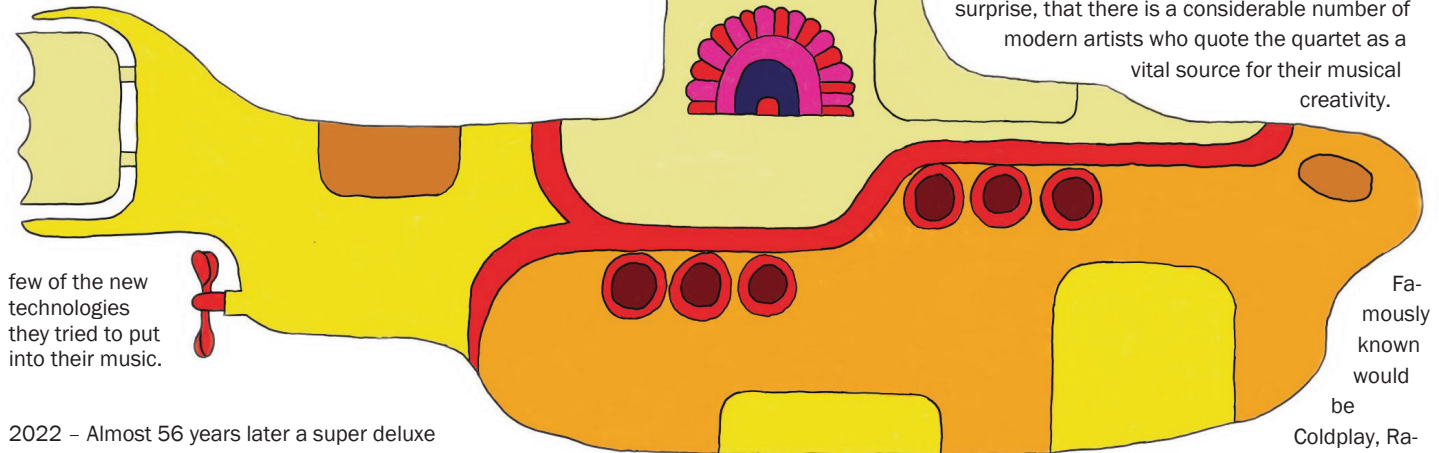


# The Beatles' geniality unraveled

## - *Revolver* super deluxe edition 2022

1966 – not only the infamous Wembley goal conspiracy shook the British nation. Towards the end of the Beatlemania a new, different, and innovative album appeared and the Fab Four changed their boy-band image into something rather sophisticated. With their seventh and arguably best album *Revolver*, the Beatles advanced into new territory. Their original trademark of pop and beat music evolved into more Rock 'n' Roll with influences of Psychedelic Rock, Classical music, and Indian sounds to create a genre fusion. The most recognized songs of this album are Taxman, Eleanor Rigby, and Yellow Submarine, where especially the latter two caused a lot of rumors about their background.

In the mid 60s drugs became hip, also with the Beatles. Especially LSD influenced their songs, like 'Tomorrow never knows' with its off-key psychedelic rock note. At the same time, the Beatles were experimenting in the studio. Automatic double tracking, reversed tapes, close audio mixing, and instruments outside of their standard live set-up were only a



few of the new technologies they tried to put into their music.

2022 – Almost 56 years later a super deluxe edition of *Revolver* enters the market. The boxset includes the original mono mix, demos, bonus movie material and around 40 exclusive session recordings of first tries and experiments of the songs. But why? With the steady development of our technological horizon, the urge appeared in Giles Martin, son of long time Beatles Producer George Martin, to create a crystal-clear sounding version of this magnificent album, by remixing the songs using an AI software.

But why is all of that still important today? Maybe because of the fact that eleven times a Beatles album was on Rolling Stones' list of the 500 most influential albums of all time, including being in the top ten four times and having their album *Sgt. Pepper's Lonely Hearts Club Band* being crowned as number one.

So, it doesn't come as a surprise that the super deluxe edition of *Revolver* hit number one on the German charts. But what makes this album so exceptional is that you come John, Paul, George, and Ringo so close, as you hear their conversations. You may know the songs by heart, but now you can hear rudimentary initial versions and their development over various stages into the final hallmark of music. This lifts it far atop of all the current polished, computer-aided music without corners and edges. So, it's hardly a surprise, that there is a considerable number of modern artists who quote the quartet as a vital source for their musical creativity.

Famously known would be Coldplay, Radiohead, Oasis, or The Flaming Lips. Therefore, the *Revolver* super deluxe version brings us into intimate contact with both the songs and the members of one of the world's most popular and influential bands of all time. The Rolling Stone Magazines states that 'it's also essential to comprehending the Beatles' genius without taking it for granted.'

# The Wanderlust Dilemma

## The Issue of Travel FOMO

*Have you ever experienced FOMO — the Fear of Missing Out — like I often have? Then according to an Eventbrite study, you are one out of 69% people who have experienced FOMO.<sup>1</sup> FOMO is the pervasive feeling of anxiety and unease that arises from the fear of missing out on experiences, events or opportunities that others may have. It's especially challenging for young people, who are often in a phase of self-discovery and exploration. Particularly wanderlust tends to be higher among younger adults due to a combination of factors such as a greater sense of adventure, fewer responsibilities and the desire to explore the world before settling into more stable stages in life. For this reason, travel FOMO is a widespread phenomenon of the younger generation.*

### The Impact of Social Media on Travel FOMO

Who hasn't recently seen one of those Instagram stories taken out of a plane window? Social media has become a prominent platform for triggering travel FOMO — it's often even seen as its origin. When opening Instagram, Facebook, TikTok or BeReal, you are constantly bombarded with updates, photos and experiences from friends or influencers, including travel adventures. The constant exposure to others' seemingly perfect travel experiences fosters the feeling that you are missing out and need to keep up, creating a constant cycle of comparison. This may even result in investing extra effort in your social media posts to trick yourself into thinking you're having a better time than you actually are. Therefore, it's crucial for individuals to prioritize authentic travel experiences over the pursuit of validation through social media.

### The Pandemic's Influence on Travel FOMO

The global pandemic due to Covid-19 has had a significant impact on travel FOMO. With travel restrictions, border closures and safety concerns, many people had to put their travel plans on hold or even cancel them. I was one of them: After finishing school in 2020, I wanted to spend a gap year in Australia. But my plans were shattered due to the border closure — and most of my friends faced similar disappointments. The inability to travel freely increased the fear of missing out on valuable memories and personal growth opportunities. Now, as the world is recovering from the pandemic, especially the younger generation wants to make up for their missed opportunities. They want to explore the world and conquer their travel FOMO.

Travel FOMO can be extremely overwhelming in our digital age, especially with the added complexities brought by the pandemic. However, by recognizing the illusion of social media, practicing self-awareness and embracing the present moment we can try to control the fear of missing out.

Remember that life is a personal journey and each adventure holds its own unique rewards, regardless of what others may have already experienced or are doing right now. So, dear reader, go out there to see the world and create memories that are meaningful and fulfilling to YOU!

<sup>1</sup>[https://eventbrite-s3.s3.amazonaws.com/marketing/Millennials\\_Research/Gen\\_PR\\_Final.pdf](https://eventbrite-s3.s3.amazonaws.com/marketing/Millennials_Research/Gen_PR_Final.pdf)



# A Comeback Stronger Than a 90s Trend

## Breaking Records Through the Eras

*Taylor Swift - from a country music girl to one of the biggest names in pop music. After a few controversial years surrounding the Kanye West debacle and her private life, she has successfully rebranded herself. In her ongoing 'Eras' Tour, the singer performs songs from all her ten albums and is already breaking records.*

### Ticket sales

The tour is expected to gross around \$591 million U.S. dollars for the U.S. leg of the tour only, breaking the all-time female record set before by Madonna's Sticky & Sweet Tour. Adding on to that, Taylor Swift is also breaking multiple venue-based records by selling out stadia several days in a row. Ticket pre-sale for the tour started on November 15<sup>th</sup> with over 2.4 million tickets sold, which broke the record for the most concert tickets sold by an artist in a single day. Due to extremely high demand, the Ticketmaster website crashed and caused fans to go on a pitchfork-hunt against the company. This led to several lawsuits against Ticketmaster and later even the U.S. Senate examined the fiasco with a hearing in January.

### Breaking record after record

But not only ticket sales are reason for the tour's impact, besides that the singer is breaking one record after another. One example is Taylor Swift being the first woman to have ever headlined Allegiant Stadium in Las Vegas. Not only this, but after her first few shows, five of her albums entered the top 40 of the UK Albums Chart and seven albums the top 40 of U.S. Billboard 200 chart, making her the first living artist to

achieve that. The opening night of the tour with an audience of over 69,000 people also broke Madonna's record for most attended female concert in U.S. history. It is speculated that her over 3 hour-long-concert may trigger the competition for even longer shows. The tour is also likely to boost tourism and local businesses by millions of dollars in the host cities.

### City tributes

Several cities Taylor Swift performed in paid tribute to the singer, which also created a friendly little competition. The city of Glendale changed its name temporarily to "Swift City" in honor of the tour's opening nights. A couple of weekends later the Mayor of Tampa, Jane Castor, invited Taylor to be honorary mayor for a day and presented her with a key to the city. The city of Arlington celebrated the tour by renaming the street outside the Stadium to "Taylor Swift Way" for a day and Houston followed suit by renaming the Stadium to "NRG Stadium (Taylor's Version)". But these are only a few examples as the list gets longer every weekend.

These tributes and achievements show that with only a few weeks on tour and one sold out stadium after another, Taylor's fame and success keep on growing. I guess Karma really is her boyfriend.

# Just Do It Yourself

## Why AI Can't Solve Everything

*Your professor at uni wants you to write an essay for your seminar but you have absolutely no clue what to do? Your uncle turns 60 in a few weeks and you don't know what to write inside his greeting card? No worries! How good it is to live in the era of modern technologies and AI! Why use our own mind when tools like chatGPT do it all for us? Why spend lots of time being creative when AI does it within seconds? Well, here are some reasons why...*

### Being creative means thinking outside the box

There's nothing more annoying and frustrating than sitting in front of a task and not being able to solve it immediately. In the era of newest AI technologies, the easiest and most comfortable way to solve any kind of problem is to pass it over to chatGPT. It will show you the most evident and plausible solution within a few moments. But wait a second ... Why not invest some more time and try to do it yourself? Why not ask a fellow student to discuss it? If you had done so, you'd probably be surprised that both you and your fellow's ideas might differ from the ones that AI provided you with. That's simply because every human being has their own way of thinking about a subject – everyone has their own individual perspective on it. From this kind of creativity arose the most revolutionary and groundbreaking inventions of all time – and this all without the help of AI. True to the motto: DIY! Maybe you'll become one of those

great inventors too if you only spend some more time on your tasks from this time on

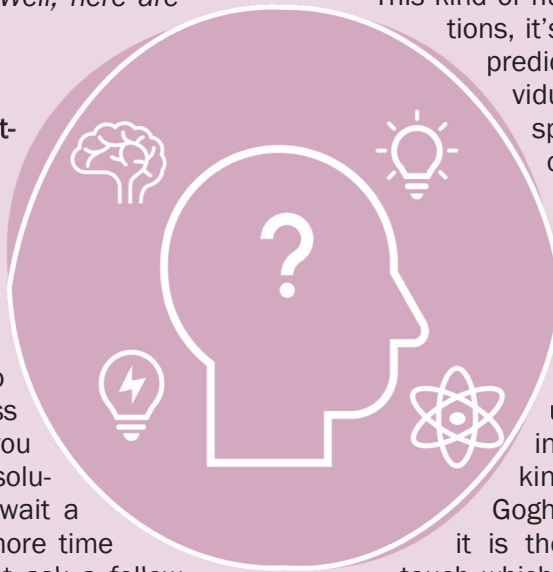
### AI – Picasso 2.0 ?

Apart from the ability of dealing with problems and finding solutions to them, creativity is most often defined as the creation of art – be it music, paintings or literature.

This kind of human creativity emerges from emotions, it's not explicable sometimes, it's unpredictable. In a nutshell: it is highly individual and conveys emotions to its spectator. Needless to say, AI can create art as well. Still, anything AI creates is programmed, logical, accurate and predictable – it doesn't have any personal or individual tone. Therefore, it is not original to any extent.

What makes art so special and unique though, is exactly this very individual tone. If we think of any kind of great artist – let it be Van Gogh or Monet or Turner for example – it is their personal note, their individual touch which makes their paintings admired by so many people. That's something AI will never be able to do.

Though AI is useful in many domains, it cannot (and should not) make real human creativity obsolete. Our ability to think and to create is a blessing for us human beings – we should not let it degenerate. Let's use our own mind before falling back on AI!





# Symbiosis in Class

## Relationship between student & teacher plays a crucial role

*Often, a child's family blames their bad grades in school on the teacher, claiming that it's their job to educate the children. Over the years the teacher has become the scapegoat – whereas before people would scold their children, nowadays they scold the teacher instead. Teachers must earn the trust of their students – and once they've secured that trust they have to protect it at all costs. In the same way, the teacher has to learn how to trust each individual student.*

*Indeed, the teacher does play a big role, but one shouldn't forget how the students play into it as well. After all, students and teachers need to collaborate to make lessons successful. To this end, the relationship between students and teachers is absolutely crucial – if students and teachers don't get along, it bodes ill for the education and personal development of the student.*

### Disruptions in Class

Disruptions in class can have many reasons. One of them is a disrupted relationship between student and teacher. This often happens if the teacher uses the wrong methods to address student interruptions. The teacher might have called a student out or even mocked them in front of the entire class. By this the student – and possibly other students, who might consider the teacher's behavior unfair – loses trust in the teacher and could continue to be disruptive in various, maybe even more intentional ways. Communication is key – the teacher should make the student understand why certain actions make them feel uncomfortable or why they want certain forms of behavior to stop. And students should be ready to talk to their teacher to receive constructive criticism and maybe even confide in them about what caused their behavior in the first place.

### Self-Concept

Another important aspect of the relationship between student and teacher is the self-concept students develop with the help of their teacher. The term self-concept describes the self-reflected view onto one's own (here: academic) skills. Teachers should always try to have an overview of how every student thinks of themselves and try to avoid comparing the students with each other. Rather, they should compare the student with themselves and their progress in the subject and in general over time.

If the teacher manages to keep up a healthy self-concept for the students, the students will show great improvements and motivation. The self-enhancement effect will find its way and their interest and motivation will increase. That way, they will learn more effectively, use more strategies and develop their own studying style.

Of course, teachers can expect the students to be respectful, but both sides must learn how to trust each other. Trust will make their bond strong and allow them to work together effectively. Though often underestimated, this relationship plays a big role.



# Incoming Call

## Forming and Maintaining Connections in a Time of Social Distancing

*The COVID-19 pandemic has brought various challenges to our social lives, primarily the lack of ability to interact in person with friends, acquaintances, fellow students, and especially those who have just begun their academic journey. Activities such as going to a club or bar or going to a friend's house to play board games became impossible. However, the lack of such great things has resulted in the rise of online platforms such as Discord, Skype, Teamspeak, and Zoom. These apps served as a temporary substitute and later a supplement for social activities and meeting friends and the like.*



This situation also gave rise to certain online games, especially “Among Us.” It is a game that skyrocketed in popularity. This game, similar to “Werewolf” or “Mafia,” involves and thrives on social interaction, convincing friends or even new people to vote in your favor. Aside from giving you the chance to virtually meet your friends, the game is also just a lot of fun. The game became widely popular on streaming platforms like Twitch, and although it dropped in popularity recently, it is still played frequently. Similarly, apps like Discord rose to the occasion and made many aspects of our social lives possible by ena-

bling us to stay in contact via chat rooms, video calls, text messages, and the like. Obviously, these platforms became less popular over time after the lockdown ended, but they are still being used and help people like me stay in touch with various friends. Although now the obstacles of meeting in person are less health-related and have more to do with physical distance, these apps help make friends and maintain friendships from across the world.

Furthermore, these apps, especially Zoom, were essential for keeping work in certain aspects of society going, but they were also often used for fun and to goof off. Additionally, this shift to virtual interactions also increased our appreciation for in-person meetings. The option to connect through a variety of physical and electronic means reminded us of the unique value that personal encounters hold. As restrictions eased, people began meeting in person, recognizing the fun of face-to-face interactions. The evolution of social online platforms did not replace traditional forms of connection but rather complemented them.

In conclusion, the rise of these online games and services during the pandemic helped maintain a modicum of social interactions. Platforms like Discord and online games such as “Among Us” became temporary substitutes, allowing individuals to connect and engage despite being several time zones away. These platforms, along with video conferencing tools like Zoom, enhanced our ability to stay in touch with loved ones and colleagues. While nothing can truly replace the great times that can be had during face-to-face interactions, the emergence of these platforms served as a reminder of the power of digital connections and the fun times that can be had with them.



# *Mental Health*



# Immigration and Mental Health

*We live in a generation where it's getting more and more normal to talk openly about mental health. In the past many people had to hide or avoid it because of social norms. As we raise awareness for mental health, a big group of people are being left out. In 2019, around 272 million international migrants had to start a new life in a different country; a place where they don't understand the language, the culture or the social norms. Hoping for a better life, escaping from traumatic experiences and looking for a reason to live. During the process of migration, they make traumatic experiences, but are expected to "act normal" and "calm down".*

Migration is divided into three stages: pre-migration, migration and post-migration. After going through this difficult journey, many immigrants, refugees and irregular migrants of special concerns and needs suffer under mental illnesses. However, they are recognized mostly in the post-migration stage since these people are in a survival mode during the process of fleeing, finding a new home, a job and starting a new life.

Many people who never experienced displacement think that all of these people have the same experienced in life. Seeing that other people think they understand you, but in fact the only problem they have is buying a pair of new shoes, but your is surviving, makes you feel like misunderstood and lonely. It's difficult to make social connections, if you feel misunderstood. People, who never experienced these type of traumas can mostly not empathize with the immigrants and think that help

for mental health is irrelevant, since the immigrants "survived". But how much surviving is it, when living hurts so much? Sleepless nights of fear, anxiety and depression; missing your loved ones, your culture and your childhood. Now knowing if this new place will ever feel like home for you. On top of that, you're facing racism. These many factors can lead to mental illness.

Mental health is as important as physical health. Many immigrants suffer from depression, anxiety and post-traumatic stress disorder. But a lack of access to mental health services because of barriers such as difficulties with the new language, differences in the new culture and more are leading to bigger problems, like separation from the local people and losing the will to survive.

We see this problem in many countries, where there are many terror groups. Most of the terror groups have immigrants that felt separated for a very long time, but feel safe and understood in these groups. With the lack of knowledge, education and language, these people can be influenced very easily. Unfortunately, it's happening in other parts of the world, which is why we need to raise awareness for this issue and provide acute mental health services.



# Chasing the Pump

## The Gym's Effect on One's Mental Health

All gym rats have at least one thing in common: they all want to look sexy. Especially the Pump plays an important role here because that is the state the muscles are the most swollen in and are burning like hell (if you do it right). However, the Pump often has its negative effects on the mental health of the gym-going individual. Especially with the fitness industry trending the past few years, through social media, the rise of gym supplements and clothing brands, individuals are constantly comparing themselves to standards the industry is setting. In a lot of cases this leads to mental health issues like body dysmorphia.

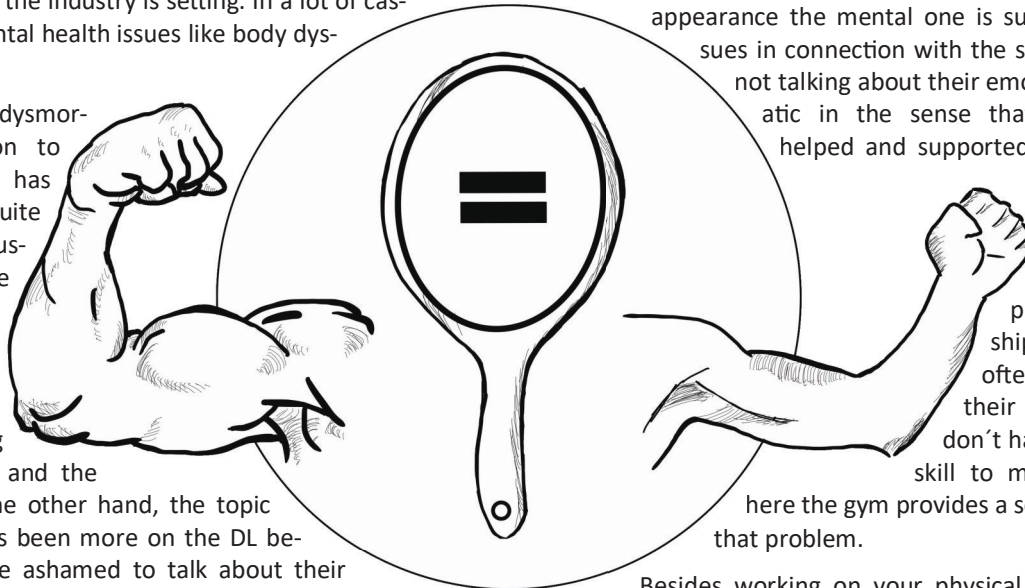
The topic of body dysmorphia in connection to the female body has been around for quite some time: discussions about female body standards, products helping women to achieve the body of their dreams, the thing about top models and the list goes on. On the other hand, the topic for men has always been more on the DL because they're more ashamed to talk about their feelings since that's the girly thing to do. In a sense there is a kind of equality in the point that body dysmorphia concerns all people going to the gym. The problem here lies within the nonexistent conversation about body image issues within men. But why is this so relatable and underrepresented with men?

As already mentioned, the fitness industry nowadays mostly sets physical standards in what a "physically fit" body should look like: always pumped up and swollen with veins popping out of

everywhere. If you look at Instagram & Co. there are no fitness related pictures with people not being pumped up and in good lighting. But reality is somewhat different as the Pump is always a temporary side effect of training and not an infinite source of validation. And this often leads to a wrong self-image and false expectations about going to the gym.

The repercussions for your brain chemistry are not talked about enough even though going to the gym helps with your physical appearance the mental one is suffering. These issues in connection with the stigma about men not talking about their emotions is problematic in the sense that they can't be helped and supported. Another occurrence resulting of this stigma are the problems with male interpersonal relationships because men often tend to neglect their friendships or don't have the necessary skill to make friends. But here the gym provides a solution to at least that problem.

Besides working on your physical health, the gym allows people to have a community where they find like-minded gym rats who can become your friends, which can counteract the mental health issues most might have. To really grasp a gym rat you need to know the problem one can encounter on their fitness journey. So go! Ask your gym friends how they feel! Make them really understand that it's ok to talk about their mental health! It will be beneficial for chasing their Pump responsibly.



# Feeling lost after a loss

## How to support a grieving child

*Everyone has to deal with loss at some point in their life. It's a difficult situation for anyone and especially children can have a hard time processing the death of a pet, family member or friend. Here are some tips on how you can support a grieving child.*

### **What you should know**

Children grieve differently than adults. So as grown-ups, we have to be there and guide them through this. However, there are a few things to be aware of. Children have nothing to compare this situation to; they need reassurance that what they are feeling is valid – all of it! Remember there is no right or wrong way to grieve. So be supportive when the child is sad or angry, but also let them have fun and play. Grieving doesn't mean crying all the time and especially children need to take breaks from all their negative emotions.

Children also tend to put their own grief on hold until their support person has recovered again. So, if you are grieving as well, let the child know that although you're having a hard time, you're there for them.

### **Talking to a grieving child**

Talking about death is such a big taboo in our society that even as adults we often shy away from the conversation. Explaining death to a child can be especially difficult. Try to remember that children have a good sense of how much they can process at a time. Don't underestimate them! Children tend to stop asking questions when they feel it's becoming too much for them. So, answer all their questions as honestly as possible.

On the other hand don't force the conversation on them. They

should feel safe and comfortable with you. You can start a conversation and let them know you're available to listen to them, but if they don't want to talk, don't push them. All you can do is offer them your support.

Another difficult question for parents or caregivers is whether you should tell teachers, sports coaches or friends. The answer is simple: ask the child if they want to let other people know. As said before children have a very good sense of what they need. If they want their teachers to know, tell them. If they don't want others to know, respect that decision. The worst thing you can do is tell people behind the child's back.

### **Resources**

If you're unsure of what to say or do, there are lots of things to help you out. A great book to start a conversation and read with the child is "Weil du mir so fehlst" by Ayşe Bosse. I also recommend listening to the interview with Ralph Caspers on the "endlich" podcast. It can also be a good idea to look for support groups in your city/area (in Augsburg, look up Lacrima). But as always, talk to the child first and ask what they would like.



# Waste of time?

## How reading improves mental health

Opinions on reading differ drastically. Maybe you are reading this article thinking you are not very eager to spend your free time reading a random book. Although you should be as it has far more to it than just staying at home and missing out on all the fun stuff others are doing. It not only improves your mental health, but also boosts your social skills more than you might think.

Watching TV is very popular amongst our generation and a convenient possibility to dive into another world to forget about the problems and stress of real life. The same thing goes for reading as well, except the visuals are not presented for you. You have to use your imagination in order to enter a new world, which is like going to the gym for your brain. Apart from that, studies have shown that reading enables you to actually feel the emotions of the characters of a story as if they were your own. This means you can indulge in the pain of a character as much as you can experience falling in love over and over again. You get to know different characters, their personalities and beliefs, learn about their passions and struggles, which boosts interpersonal understanding in real life and might help to empathise with people around you. TV mostly emphasizes actions through visuals, whereas written words are often able to transport emotions and thoughts much more thoroughly.

Reading therapy, also known as *bibliotherapy*, has become a well-known method to cope with mental health issues, espe-

cially depression and anxiety. Experiencing similar struggles to one's own through reading can help to reflect on your mental health. Reading reduces stress very effectively, as you're able to escape everyday life and therefore the problems that may cause anxiety or discomfort, even if it's only for a few minutes a day. Apart from that, reading is said to reduce the chance of getting Alzheimer's, especially if you start reading at a young age.



Scrolling through your phone right before going to bed is known to be a bad habit, so have you thought about exchanging your phone with a book? Including reading in your night time routine not only reduces your screen time, but also problems with falling asleep. Good sleep automatically correlates with how motivated we are during the day.

After telling you about how reading can improve your mental health, you might be thinking that reading just isn't any fun, because whenever you read a mandatory book in school, you absolutely hated the process. That is possibly a result of just reading the wrong books for you. Think about reading books as you would pick out a show or film to watch. Everyone likes different genres and there is a book for every taste out there. Don't be scared to try out different genres until you find a book with a blurb so intriguing that you feel like you have to dive in. Happy reading!



# You Really Shouldn't Say That

## Misuse of Terms Used in the Psychological Field

Have you ever found yourself in a situation when you're talking with your friends and one of them drops a sentence like "I'm so OCD — that's why my room is always clean" or maybe "I've let my intrusive thoughts win and I've finally bleached my eyebrows" or even better "Oh, that's your ex? Wasn't he a narcissistic manipulator anyway?" I'm sure you have because this way of talking is so common nowadays.

I have another question for you. Did you find the thing those sentences have in common? Those are all examples of how psychological terms are used or, more accurately, misused in modern day-to-day life. It's so engrained in our brains that it flows out of our mouths naturally without us even considering what harm this way of talking is causing. It spreads so fast thanks to our good old friends Instagram, Twitter and our latest friend TikTok. For their younger audience, it's even more harmful to learn such a use of psychological terms because they are more easily impressed.

It's spoken fluently and mostly by people who do not have such disorders totally disregarding the harm it causes those battling OCD, PTSD, depression, anxiety and many more. It spreads misconceptions causing more discrimination from people who never had to deal with those disorders towards those suffering from them. Lastly it can even cause people with those disorders to judge themselves based on the widely spread, but false, beliefs about mental disorders. One must spread awareness to stop this misuse of psychological terms.

For example, sometimes when someone talks about something they want to do but are too afraid to because of

the judgement they could face, but then end up doing it anyway, like impulsively bleaching your eyebrows, they often use the term "I let my intrusive thoughts win". This sentence claims that intrusive thoughts are wishes one has deep down but also ones that you want to oppress because they are something that would be judged or something taboo. This view or conception of intrusive thoughts, a symptom directly

related to, for instance, OCD, is extremely harmful and false. The definition of intrusive thoughts is unwelcome, involuntary thoughts, images, or unpleasant ideas that may become an obsession, are upsetting or distressing, and can feel difficult to manage or eliminate. That's the first definition that appears when you Google it. To be more precise, they're thoughts that are unwanted and extremely shocking for the person thinking them, so much that they can obsess over those thoughts, and to ease their distress they may start to do compulsions which may end up in a vicious cycle of obsession. Those initial thoughts can range from "I'm kind of afraid that I would cheat on my partner" to "Maybe I could actually commit a murder someday".

Those thoughts are fears, things that you wouldn't do, but by obsessing over them, the fear grows, and you start doubting yourself, and it can get so severe that those people close themselves up in their house in fear of hurting other people.

Finally, you can understand why the misconception of the term intrusive thoughts can be so harmful. It's because those thoughts aren't deep down wishes but the thing one would never want to do and somehow one is still afraid that one day it could happen.

This is only one example of how the misuse of psychological terms can be harmful and there are many more.



# FRUCHTHOF *Ehinger*

Three green leaves are positioned to the right of the word 'Ehinger'.

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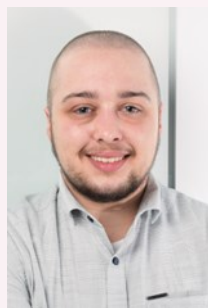
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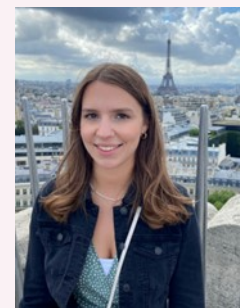


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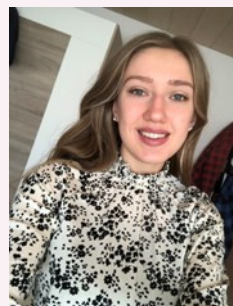
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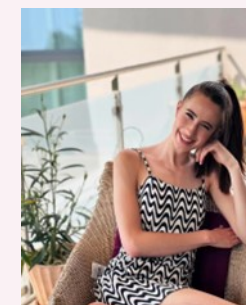
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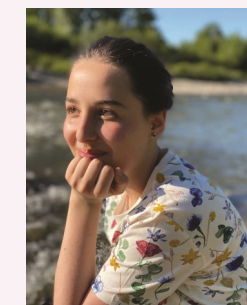
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