

Introduction

My name is Boglárka Hegyi and I was born on 3rd August, 1996 in Várpalota.

I lived there for six years, but I started primary school in village Rum, where we moved to. In the second grade I started playing the recorder at the music school in Sárvár and a year later I started to take drama lessons, too.

I studied in Rum for three years, then I changed school and continued my studies in Sárvár. I had extra English lessons there, which means I had English every day.

Finishing primary school I chose Miklós Jurisich Bilingual Grammar School, to improve my English. Now I live in the dormitory of this school. I'm very happy to study here and I really like the bilingual lessons. I think it was a good choice to come here, because the teachers are really good in my opinion and I like the way they teach, too.

It is also good, that there are projects in which we can get to know other people from different countries, their culture, habits and world view as well. I think it is a great possibility to practice and improve my English. I would like to take part in a project sometime.

Two years ago, my former school organized a trip to France and England in which I took part. They organize this trip for the students who are interested in the the history of famous places of London. I visited London too, and I really enjoyed the journey. I met many kinds of people and I could speak with native speakers as well. That was a great experience.

In my free time I like playing the recorder, reading books and running. I like cooking as well, and I always try new recipies.

I took drama lessons and did the athletics for four years. I attended to the choir of my former school for two years. I have played the recorder for nine years, and I achieved really good qualifications in music competitions. I prefer to play the recorder in chamber orchestra.

I also like doing exercises eg: yoga, athletics, and I want to try some extreme sports one day, such as rafting.

I often make a wonder of the nature. I think it's important to save animals from dying out, to protect our existing environment. Me and my family like the plants, flowers and animals as well. We have a big garden and grow as many plants in an organic way as possible. We go on trips nearly every month.



We have some pets, too. Our black dog is called Sába. She is very friendly and clever. I take her for a walk in my free time and I like playing with her very much. I also have a brown and white guinea pig, called Mazsi . He is very cute and nice. My brother has rabbits too.

Some words about my family :I live in a large family, there are five of us: me, my parents and my younger brothers. My parents work in Szombathely. Mum is a teacher at a secondary school and my dad does office work at the police station .

One of my brothers is called Márton. He is four years younger than me. He has extra English lessons, but his favourite subject is PE. He is really good at sports, especially in football, running, athletics. My other brother is two years younger than me, he is called Benedek. He also studies in Sárvár and has extra lessons in English. He loves animals very much. I think he'll become a vet.

About my plans for the future: I don't know exactly what I will I learn afterwards, but I'm sure, that I would like to learn languages and use English in my job. In the future I would like to travel to different countries to get to know a lot of peoples, habits and cultures. I think it's very important to use and speak languages , to learn about our world as much as possible. I am very curious!

Isolation

What does 'isolation' mean?

In general it means disconnection, being separated from other people or from the community. In psychology and sociology it means the lack of social life and personal relations. We have a strong need to connect with others, to feel loved and understood by them.

Isolation can be occurred by different reasons (because of health problems, social, geographical, political or language problems etc.)

Everybody needs connections with the surroundings. These connections maintain our physical, emotional, and mental health, in a word: wellbeing. If a person becomes alienated from his/her environment, grows cold toward the others he/she can become isolated. Isolation is not good for anybody. New researches show that loneliness and social isolation can lead to different health problems (eg. heart disease, brain problems, depression, poor self-esteem, etc.)

I think large families are happier than the others. The children in a large family naturally learn how to be considerate with others and that they can't be always in the centre of attention. For them the family is a large unit in which every single member stands by the other whatever happens. They can share their sorrows and their joys too. They have the advantage of never feeling lonely, isolated. A child brought up in a large family wouldn't dream of sending an elderly relative to an old people's home.

They know it is the family's duty to look after an old parent or relative. Unfortunately in Hungary there are less newborn babies, less large families likewise all over the world, mainly in the developed countries. The different generations of the family live far from each other, have less connections.

Living in vital relationship with the others is essential to human life!
There are different types of isolation. Here are some of them.

Isolation in health care

In health care isolation refers to various measures taken to prevent diseases from being spread from a patient to other patients, nurses, doctors or visitors. Various forms of isolation exist. Isolation is most commonly used when a patient has a viral illness. Special equipment is used in the treatment of patients on the various forms of isolation. These most commonly include masks, gloves and gowns.

Unfortunately isolation in health care includes the problems of handicapped people as well.

For example: people with impaired hearing, blind people, and physically challenged or handicapped people can be isolated from the rest of the society because of their health problems.

To abolish this isolation, they need help from society to live a full life. E.g. blind people need Braille written books or seeing-eye dogs, people with impaired hearing need hearing aid, physically challenged people need ramps or slopes to achieve different places. And finally and first of all they need a lot of consideration. In this way these people won't be excluded from different aspects of everyday life.

Isolated peoples –lost tribes

There are some peoples living in isolation from the outside world. Uncontacted peoples - also referred to as isolated peoples or lost tribes- are communities who live or have lived (either by choice or by circumstance) without significant contact with civilization. Most uncontacted communities are located in forested areas in South America and New Guinea.

Isolation in politics

Isolation in politics means the policy of isolating one's country from the affairs of other nations by declining to enter foreign trade, international agreements, economic commitments etc.

Switzerland is well known for staying neutral in foreign relations. The Swiss did not participate in either World War I. or World War II. Switzerland also joined the United Nations much later than most other countries, and is not a member of the European Union.

Linguistic isolation

This type of isolation is a big problem in Hungary I think. Most people in our country can't speak any foreign languages well, comparing to other European countries.

The structure of Hungarian language is very special, so just a few people can speak it as a foreign language all over the world. It's very important to take care of our mother tongue and to learn and

speaking foreign languages at the same time. In my opinion speaking languages and travelling is very interesting and useful. You can get to know other countries, other peoples in this way. To avoid the problem of linguistic isolation, people should learn foreign languages and speak their own language much better, as well. It's sad, that a lot of people can not speak and use correctly their mother tongue either.