

## About me

My name is Kőszegi Benradett, but I am called Betti by my friends. I live in the western part of Hungary, in a pretty little town, Kőszeg. I was born on 8 August, 1995, so I am 17 years old. I attend Jurisich Miklós Secondary Grammar School. I am in class 11. D, which is a bilingual class. This means that we learn some subjects in English, such as Mathematics, Physics, Chemistry and Geography.

I still live with my parents and my sister. We have a sweet little puppy as well. Her name is Dolly and she is a beagle. I often go for long walks with her in the neighbouring forests and after them both of us are exhausted.



I am not an outgoing type, in my free time I prefer staying at home or going to my grandparent's weekend cottage in the company of some books. Reading is my passion. I find it beneficial as it improves grammar, vocabulary, imagination, general knowledge, concentration, memory and writing skills. It keeps your mind fit and helps to relieve stress. You can read anywhere and anytime and you don't need any equipment except for a book.

As for me, good books are not the most action-packed stories. I appreciate the language and the atmosphere. That is the reason why I can hardly choose a favourite genre – every topic can be interesting if the writer is talented enough. For instance, I love the style of Murakami Haruki. His books are calm and sometimes confusing. But every single word is on the right place, he describes everything in his own way and at the end you just can't get away from the world he created.

Another hobby of mine is music. Life would be sad and boring without it. My musical taste is pretty colorful, too, sometimes it is difficult to define it. Let's see... I like, rock, old pop hits, jazz, rock and roll, underground, alternative, classical and folk music. I used to play the piano, as well. Nowadays I have less and less time for practicing, but I still love its relaxing voice.

After all, I like meeting new people and hope to have the opportunity to make new friends through this project!

# Isolation in Everyday Life

written by Kőszegi Bernadett

The word 'isolation' can be defined in plenty of different ways. Most people say that an isolated person or place is far from the crowd and the hustle of everyday life. For example, a remote, hidden village in the middle of the jungle seems to be isolated. But is this true?

Personally, I think isolation does not only depend on distance. It is rather a mental state. In this aspect, a village in the middle of nowhere seems to be the least isolated place all over the world. Everybody knows the others and they are in everyday contact with each other. Their success at hunting, growing crops and raising animals is depending on team work, so they practice a co-operative, well organised lifestyle. And this interdependence results in strong human relationships and convergence in their small society.

According to statistical figures, nowadays a big ratio of people live in big cities. These places offer a wide choice of educational and employment opportunities and entertainment facilities. That is the reason why they seem to be appealing, especially to the younger generations. These large metropolises are overcrowded with thousands of people but the atmosphere is usually impersonal. Thanks to the constant hustle, people don't have time to socialize, to get to know each other. The big amount of pressure on them causes stress, which results in rudeness and impatience. No wonder if people become more and more isolated.

Social isolation is the most dangerous and harmful to the person. "Man is by nature a social animal" – stated Aristotle rightly. But some people just can't socialize and make friends as easily as others due to their personality. They tend to be shy in big companies and feel uncomfortable at events. This doesn't mean that they don't want to take part in social activities, such as conversations or parties. However, others misunderstand these signs and consider them as weird, deviant or simply impolite. And because of the negative feedback, poor spirited people become more and more introverted, break off trying to find friends, which leads directly to isolation and loneliness. This can affect health as well. Socialising plays an essential role in our everyday life, and its lack can cause mainly mental but sometimes physical illnesses, for instance schizophrenia or eating disorders.

In general, isolation has a negative meaning. The dictionary gives the following definition for it: "Isolation is the state of feeling alone and without friends or help." In my opinion, a lonely life is a

sad life. And it is obvious that we have to help others, who are suffering from problems like that. Sometimes a single smile or a friendly greeting is enough. Being calm and patient is more effective than chattering and laughing out loud all the time. But at the same time you should radiate joy and happiness. The secret is to find the balance.