

About me

My name is Blanka Tóth. I am 16 years old and I live in Velem which is a small village situated next to the border of Hungary.

I am studying at the Jurisich Miklós Secondary Grammar School in Kőszeg, in the 11.D class. I am in a bilingual group and I study some subjects in English. I have a sister, who is 14 years old and a brother, who is 10 years old. I am playing the cello since I was 8 years old, and I still love it. I also play the piano for 4 years, and I am playing the guitar as well. I dance folkdance and I sing folksongs for 8 years. I am interested in reading books especially science-fiction stories, and historical novels. If someone asks me, which my favourite book is, I would say Ivanhoe by Sir Walter Scott. This novel takes place in the middle ages, and the main character is a knight called Wilfred of Ivanhoe. I like it, because I love the knighthood, and it is a romantic novel as well. I am keen on drawing. If I am bored, I draw something, for example anime characters, singers and sometimes imaginarily characters. I took part in some projects in Kőszeg, in Sherborne and in Chojna. In Kőszeg I was in two summer camp. In one there were people from Malta, Poland, Czech Republic, United Kingdom and Italy. The name of this project was Volare*U which means Voluntary Are You? The main idea of this camp was to talk about the importance of volunteering. In this project I made lots of new friends, and I learned how to work together with people from other nationalities. In this summer I was in the United Kingdom, in Sherborne. The theme of the project was the same as it was in Kőszeg, volunteering. It was interesting to see what it means for other countries. The name of the camp in this summer in Kőszeg was FACH- Far in Age Close in Heart. The topic of this project was the relationship between youth and elderly people. We worked in groups and talked about for example the age pyramids of the cities we were from. We also made interviews with elderly people talking about their childhood, and their life when they were young. At the end of both Hungarian projects we had a cultural performance where every country showed something special for instance dance or songs from home. I really enjoyed that I could see some parts of other cultures. The project in Poland (Chojna) was about sports, so we did lots of sports, for example nordic-walking, running, dancing, and some old sports from the countries we were from. We also made presentations about how popular sports are in our country.

I love these kinds of projects, because I can see other countries, get to know other cultures and make new friends.



Isolation

What does isolation mean? When I hear this word what first come to my mind is two meaning of isolation. One is social isolation and the other is geographic isolation.

Social isolation is an unconscious process, in which people hide those wishes and feelings, which they can't accept, and keep them deep inside. It is nearly impossible to access them. The thought or event remains in the mind, are recallable. People can talk about them, but without any emotions. Because of hiding their feelings, they can keep distance from other people and can become lonely. Isolation is a protective mechanism, it helps the self to keep the anxiety in an endurable level, but it comes at a price: it curtails the important experiences of their emotional content. Social isolation can lead to staying home for days or weeks at a time; having no communication with anyone including family or even the best friends; and willfully avoiding any contact with other humans when those opportunities do arise. Extended relationships, and especially close intimacy (both emotional and physical) are all missing. The feelings of loneliness, fear of others, or negative self-esteem can produce potentially very severe psychological injuries. Social isolation is potentially both a cause and a symptom of emotional or psychological challenges. Modern technology can be another reason for being isolated. Internet is today an important thing in life, and some people live their life on the internet chatting with virtual friends, and sitting in front of the computer all day. They don't meet their real friends, and slowly they lose their contacts to the people living around them. They work at home instead of working in an office with others, and because of that they become isolated. I think everybody must have real friends as well and not just virtual. A friend who you can meet and talk personally is much better, and you can avoid to became isolated.

The other meaning of isolation is geographic isolation. It refers to a situation where a group of people become separated by a physical barrier for example a lake, ocean, mountains, etc. Geographically isolated is for instance an island in the ocean. It can be either an advantage, or a disadvantage. It depends on the way of thinking. It can be an advantage, because there aren't big distances, and if there live not many people in the island, there aren't big cities. It is much better to live far away from the hustle and bustle of big cities. Disadvantages are that they can't travel easily from their island to the continent. It is bigger problem if the island is part of a country, because then they have to travel more if they have something to do in the capital city. In an island you don't always find the best suitable thing for you, and then you have to go to the continent to buy it. It costs much more to travel from an island, than use a car or the public transport in the mainland. Geographic isolation can be not just an island, but a farm, or a small village far from big cities, too. It is not so bad if you can be alone and enjoy the calmness and silence of the nature, instead of hearing the noises and the crowd of the city.

For me isolation has these two meanings. In my opinion it is important to get over the disadvantages of isolation, and help the isolated people to live a full life. I believe that everybody can help the others if he or she tries. It is just a question of intention.