

Reports by Austrian Participants

The aim of the SIFA project meeting in Norway was to present different health problems related to excessive use of computers.

We worked in groups of five and in each group there was one student from each participating country.

Working together helped us to get to know other students and to realize the problems of excessive internet use.

The topics were physical problems, mental issues, sleeping problems and eating and exercising issues.

The end product of the workshops was a video and a photo story, which illustrated the problems and provided possible efforts to get a solution.

With much creativity, knowledge, discussions and great acting skills each movie and photo story was a great contribution to the project.

(Julia and Elnara)



“SIFA” week in Norway

On February 8th, 4 students (Matthias Schwärzler, Sebastian Höller, Elnara Zülfüqarova, Julia Schroll) and 2 teachers (Sabine Reiter, Martin Zeilinger) went on an one week trip to Bergen, Norway for an Erasmus+ project called „Safe Internet For All“.

During the week the students stayed at the homes of the Norwegian students they had already met in December in Austria. The main goal was to make people aware of the health risks of intense Internet consumption and to get to know new people from all over Europe. Apart from working in groups, the students were shown the marvellous country of Norway. The highlights of the week were the ride with the funicular “Fløibanen”, the aquarium, the Wasteland Lasertag Arena, and especially the fabulous Fjords.

Having had bad luck with the weather for the whole week, the sky was blue and the sun was shining at least on Saturday; so we finally got a picturesque view of the beautiful landscape. Summing up, we can say that the students found better ways of using the Internet and made new friends.

(Sebastian and Matthias)

