

happier YOUth AMSTERDAM 2023



YOUR INTERNET FOOTPRINT

ADVANTAGES

- easy access to info
- stay in contact with friends, family etc

DISADVANTAGES

- what you post, stays forever
- cyberbullying
- fake news



Thursday

- Creative workshop
- Anne Frank Huis
- Bowling



The Amsterdam program



Table of contents

1 The internet

2 Selfie and Capoeira

3 Ice-skating and
Canal tour

4 Workshop



Advantages & disadvantages

The advantages of not having internet are that you are more focussed on the people around you and spend more quality time with them.

On the other hand the disadvantages are that you cannot communicate with friends or family living in other places. For example we could not keep in contact with the people of Erasmus.

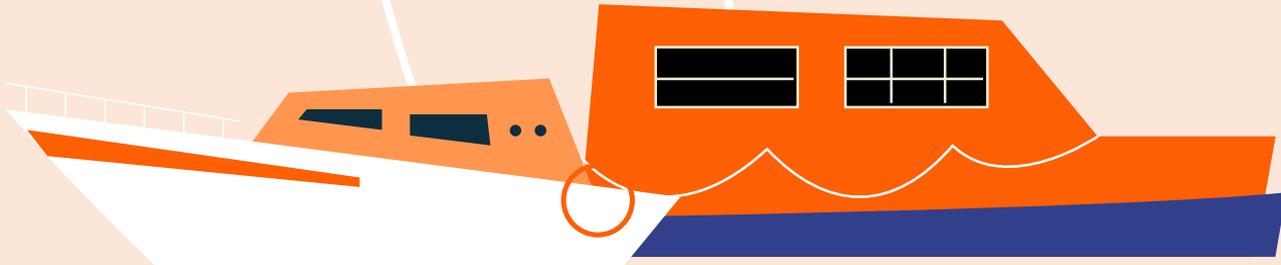
Ice-skating and Canal tour



We had very nice ice and the weather was also beautiful, and gladly no injuries 😊🧊



Nice views, the canals were beautiful.



Selfie and Capoeira

Selfie

- Van Gogh
- Creative interpretation

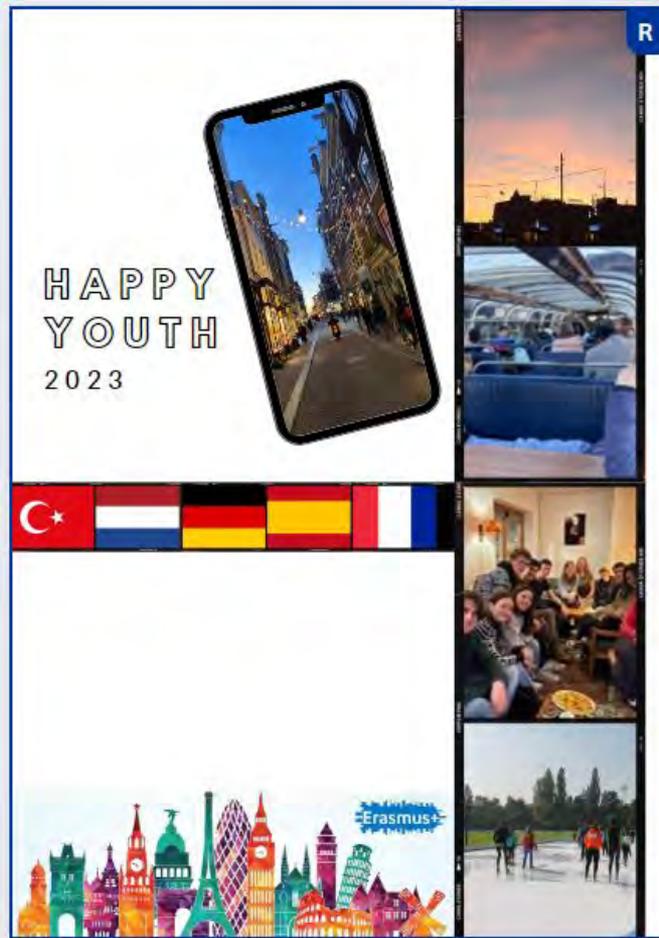
Capoeira

- Interesting
- Out of comfort zone

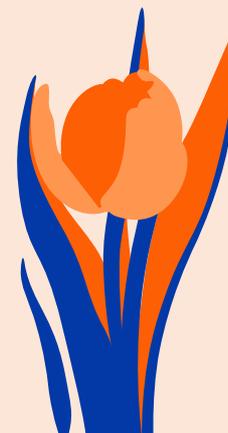


Workshops





Poster



Discovering Amsterdam

This week made us discover amsterdam culture and history.



Personal story on the internet

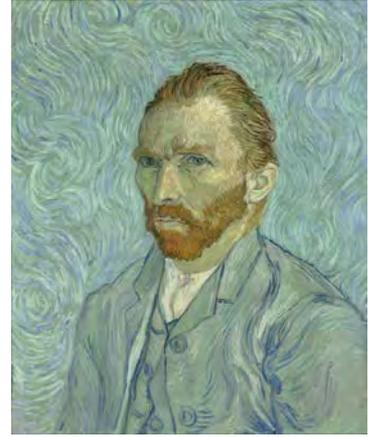
Internet is a really good place to get all sorts of information.

But it can also be really dangerous as we saw on monday.

You have to be careful what you text on the internet and even if by texting on the internet we feel more connected, in reality internet is taking us away. And that's why we should learn more about using the internet.

How to disconnect from the internet

Thanks to some activities we realized how it's difficult to disconnect from the internet but also how we can enjoy more the moment we spend together.



Discovering everyone's culture

During thursday festival we also discovered every nations locals games.



koekhappen



spijkerpoepen

Live better in a better world

During our stay in Amsterdam we discovered that it is possible to use less car and more bicycle and public transport. It is also possible to repair/custom our used clothes as we saw on thursday activity.

