



Erasmus Portfolio

Milena Bogdanovic

1. Erasmus logo

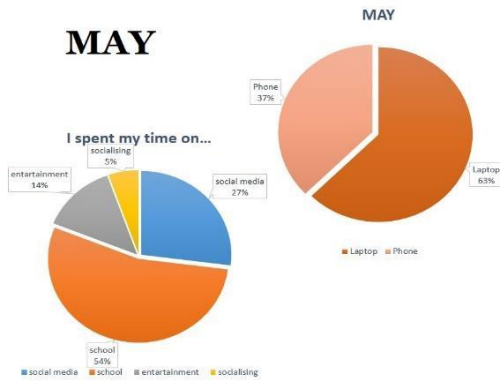


2. My Internet Diary — presentation

In May, due to the end of the year, I had to do a lot of finishing projects and getting my grades higher. I used apps such as YouTube, Instagram, Duolingo and various sources I found on the Internet.

In total I have spent 81,5 hours online, which gives the average of 20 hours a week, and an average around 3 hours a day.

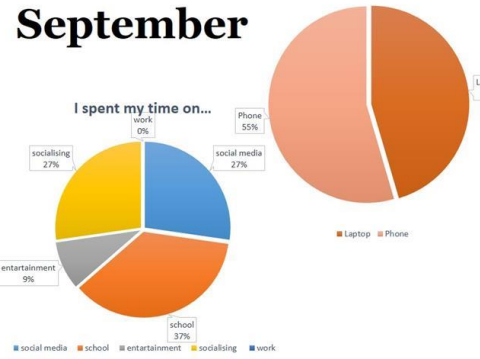
63% spent on my laptop, 37% on my phone.



In September, I started with school and stopped working, therefore my screen time was slightly down. I was mostly trying to catch up with my classmates and doing homework. The apps that I used the most: Instagram, WhatsApp, Word and Youtube.

In total I have spent 78 hours online, which gives the average of 19,5 hours a week, and an average 2.7 hours a day

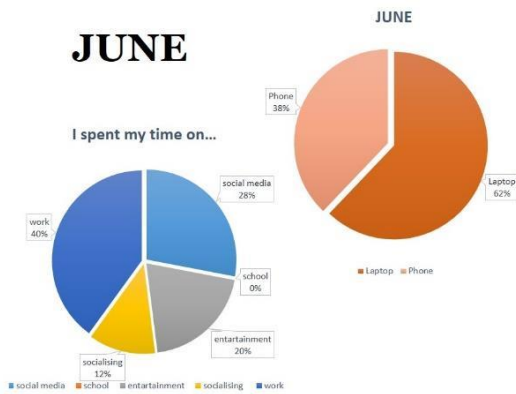
Of which 45% were spent on my laptop & 55% on my phone.



In June, because we finished school I started working, and mostly my work was around marketing and working on the computer. I mostly used Canva, PhotoShop, PhotoScape X, Facebook and Instagram

In total I have spent 86 hours online, which gives the average of 21,5 hours a week, and an average around 3 hours a day.

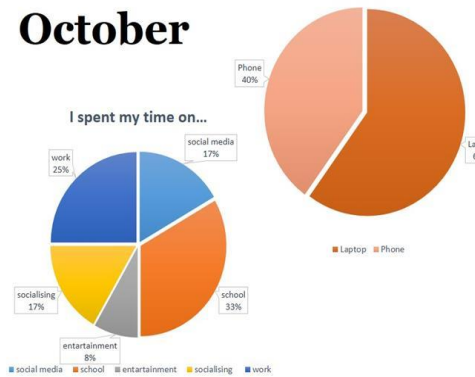
62% spent on my laptop, 38% on my phone.



In September, I had a lot of studying to do, therefore my screen time was very low. Started doing some part-time job as a youth worker and had a lot of preparing for that. The apps that I used the most: WhatsApp, Word and Youtube.

In total I have spent 75 hours online, which gives the average of 18,8 hours a week, and an average 2.6 hours a day

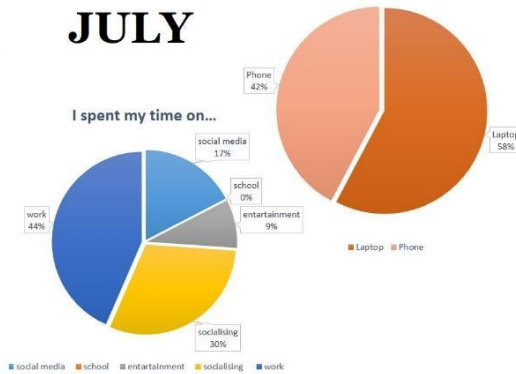
Of which 60% were spent on my laptop & 40% on my phone.



In July, I was still working and there was more work, so my screen time was up. Also I tried catching up with my friends more, so I was socializing more. The most used apps were still Canva, PhotoShop, PhotoScape X, Facebook, Instagram and WhatsApp.

In total I have spent 108 hours online, which gives the average of 27 hours a week, and an average around 4 hours a day.

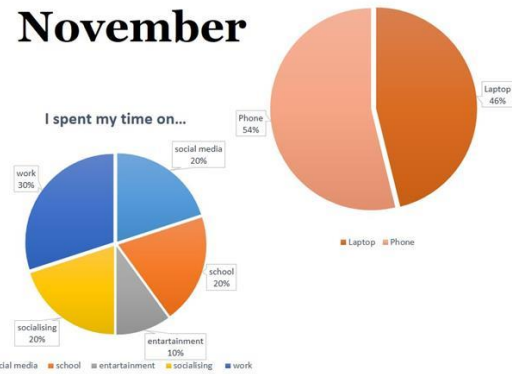
58% spent on my laptop, 42% on my phone.



In November, I didn't have much school related work. So I was mostly using the Internet as an entertainment I was still doing my little job. The apps that I used the most: WhatsApp, Canva, Netflix, Pinterest, Word and Youtube.

In total I have spent 82.5 hours online, which gives the average of 20.6 hours a week, and an average of 2.9 hours a day

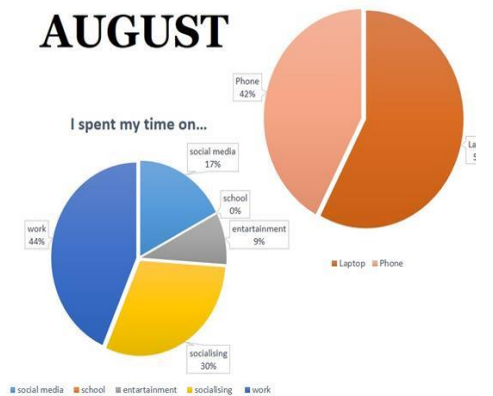
Of which 46% were spent on my laptop & 54% on my phone.



In August, I was still working so my screen time was almost identical as the previous month. I avoided social media and tried focusing more on entertainment like watching documentaries and films. The most used apps were Canva, PhotoShop, Instagram, WhatsApp and Netflix.

In total I have spent 106 hours online, which gives the average of 26.5 hours a week, and an average 3.7 hours a day

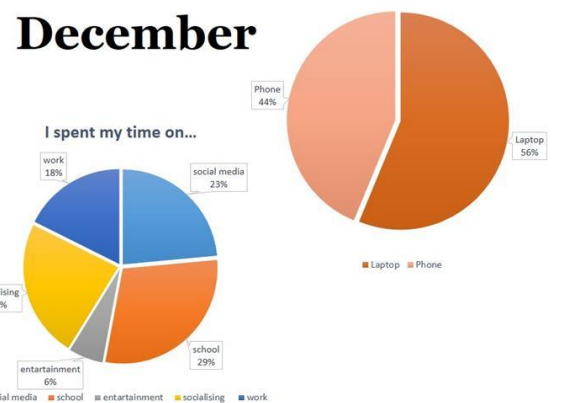
Of which 58% were spent on my laptop & 42% on my phone.



In December, the first half of it I was mostly using social media, the other half mostly doing work and school related things. However, I also tried some new apps like Notion and TV Time. The apps I used the most: WhatsApp, Canva, Netflix, Pinterest, Word and Youtube.

In total I have spent 79 hours online, which gives the average of 19.7 hours a week and an average of 2.9 hours a day

Of which 56% were spent on my laptop & 44% on my phone.

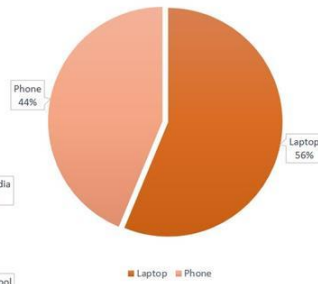
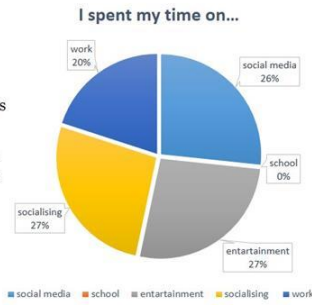


In January, we were on a winter break, therefore I used the Internet a lot. I was also finishing with my part-time job at this period of time. The apps I used the most: WhatsApp, Canva, Netflix, Pinterest, TikTok, Youtube and Instagram.

In total I have spent 118 hours online, which gives the average of 29.5 hours a week, and an average of 4.2 hours a day

Of which 56% were spent on my laptop & 44% on my phone.

January

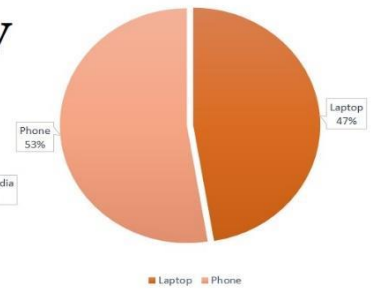
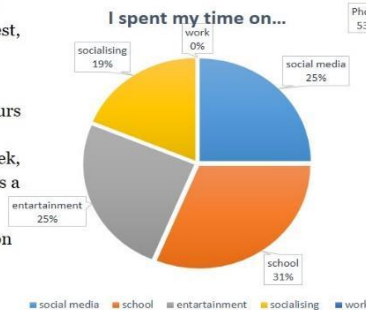


In February, I was doing a lot of school related work but I was procrastinating a lot as well. I also ordered a lot of products from the internet. The apps I used the most: WhatsApp, Netflix, Pinterest, TikTok, Instagram and AliExpress.

In total I have spent 95 hours online, which gives the average of 23.5 hours a week, and an average of 3.4 hours a day

Of which 47% were spent on my laptop & 53% on my phone.

February

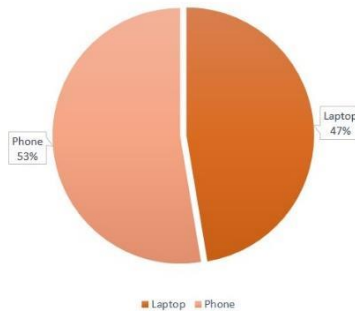
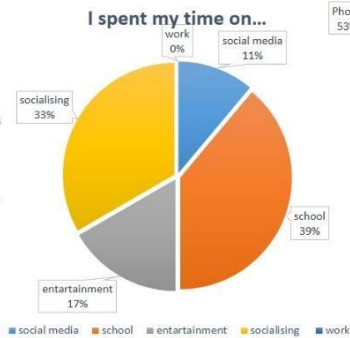


In March, I had a lot of schoolwork and meetings. We were having study groups with my friend or even used some apps to study together. The apps I used the most: WhatsApp, PhotoMath, Discord, Gmail, TikTok, Instagram and Facebook.

In total I have spent 96 hours online, which gives the average of 24 hours a week, and an average of 3.5 hours a day

Of which 47% were spent on my laptop & 53% on my phone.

March

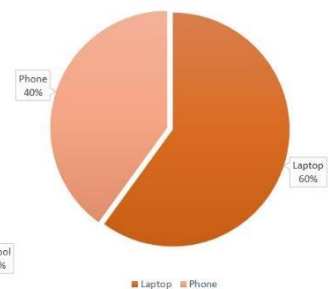
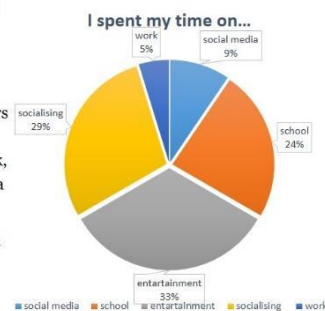


In April, I was mostly using social media as an entertainment with my friends. We would watch films together and sometimes even play games. The apps I used the most: WhatsApp, PhotoMath, Discord, Gmail and Instagram.

In total I have spent 89 hours online, which gives the average of 22.2 hours a week, and an average of 3.1 hours a day

Of which 60% were spent on my laptop & 40% on my phone.

April




3. CyberSecurity – presentation



Milena Bogdanovic and
Jasmina Denkovska

Students, Teachers
and CyberSecurity



JASMINA DENKOVSKA

- IT teacher
- Coordinator for the project

MILENA BOGDANOVIC

- High-school student in „Goce Delchev”



WHY ARE WE HERE?



USE AS STUDENTS



CONCERNS AS TEACHERS



HOW TO MAKE
A PC SAFE?

A German security specialist presented its already famous “2 rules” of total security

THE 2 RULES OF HERBERT

THE 2 RULES OF HERBERT



Rule number 1

Don't buy
a
computer!

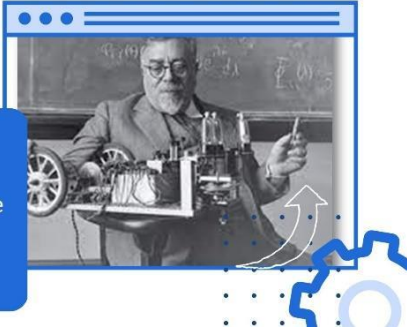


Rule number 2

If you
purchased a
computer, do
not turn it on!

WHAT IS CYBERSPACE?

Norbert Wiener, an American mathematician, was the first, in 1948, to speak about Cyberspace.



WHAT IS CYBERSPACE?

Complex environment, values and interests materializing an area of collective responsibility, which results from the interaction between people, information, information systems, technological equipment and digital networks, including the internet.



WHAT IS CYBERSPACE?

Set of measures and actions of prevention, monitoring, detection, reaction, analysis and correction which aim to maintain the desired security state and guarantee the confidentiality, integrity and availability of information, digital networks and information systems in cyberspace.



DIMENSIONS OF SAFETY

①
PHYSICAL
SECURITY

②
LOGICAL
SECURITY

③
BEST
PRACTICES

PHYSICAL SECURITY

•How to protect equipment and information against users who do not have authorization to access them.



LOGICAL SECURITY

•A set of resources run to protect the system, data and programs against attempts by unknown people or programs.



I HAVE NOTHING TO HIDE

- Automatic access to websites (e.g. bank accounts)
- Miscellaneous Documents
- Conversations with family and friends
- Photos
- Videos
- Lists of passwords



MAIN TYPES OF CYBERATTACKS



MALWARE

• Malicious software is any part of software that has been written to cause damage to data, devices, or people.



PHISHING

• Attacks usually carried out by emails apparently from trusted entities where people are invited to enter sensitive data.



PASSWORDS ATTACKS ●●●

•An attempt to obtain or decrypt a user's password for illegal use. Hackers can use cracking programs, dictionary attacks, and password sniffers in password attacks.



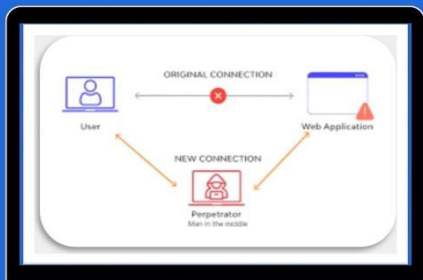
DDOS ●●●

•Distributed denial of services (DDoS) attacks are a subclass of denial of services (DoS) attacks. A DDoS attack involves multiple connected online devices, collectively known as a botnet, which are used to overwhelm a target website with fake traffic.



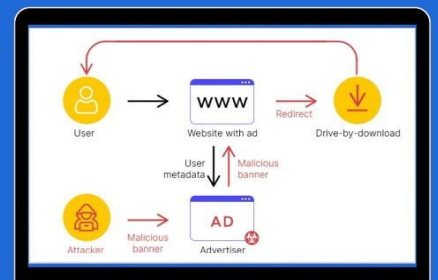
MAN IN THE MIDDLE ●●●

•Form of attack in which the data exchanged between two parties (e.g. you and your bank) are somehow intercepted, recorded and possibly altered by the attacker without the victims noticing.



DRIVE-BY DOWNLOAD ●●●

•Occurs when vulnerable computers get infected by just visiting a website, opening an e-mail attachment or clicking a link, or even clicking on a deceptive pop-up window. Findings from latest Microsoft Security Intelligence Report and many of its previous volumes reveal that Drive-by Exploits have become the top web security threat to worry about.



MALVERTISING ●●●

•Also known as malicious advertising, is the use of online, malicious advertisements to spread malware and compromise systems. Criminally-controlled adverts are used to intentionally infect people and businesses. These can be any ad on any site – often ones which you use as part of your everyday Internet usage.



ROGUE SOFTWARE ●●●

•Also called smitfraud or scareware, this type of software is defined as malware. It is designed specifically to damage or disrupt a computer system. In this case, not only is the software going to disrupt your system, it's going to try and trick you into making a purchase using your credit card.



WHAT DO YOU THINK?

We already know that the internet is not a safe place, we should be careful about the information we share with it.

•How would you protect yourself from the CyberAttacks?




4. Macedonia — country overview

North Macedonia


History

In ancient times, the Kingdom of Macedon, led by famous figures like Alexander the Great, dominated much of the known world. Over the centuries, the region was ruled by various empires and nations, including the Roman Empire, Byzantine Empire, Ottoman Empire, and Yugoslavia. Macedonia was part of the Kingdom of Yugoslavia until it gained independence in 1991.



Geography

Macedonia is a region located in southeastern Europe, with a diverse geography. The landscape of Macedonia is characterized by high peaks, such as Mount Korab, which is the highest point in the region. There are also several large lakes, including Lake Ohrid and Lake Prespa, which are shared by multiple countries.



Climate

The climate varies depending on altitude and proximity to the Mediterranean, with lowlands having a Mediterranean climate and higher elevations having a more continental climate.



Culture

Macedonian folk music, dance, and costumes are an important part of the cultural heritage and are often featured in festivals and celebrations. Popular dishes include kebabs, moussaka, and stuffed peppers. Macedonian wine and rakija (fruit brandy) are also highly regarded.



5. Virtual Tour – Lisbon – presentation

Virtual Reality Tours - Lisbon

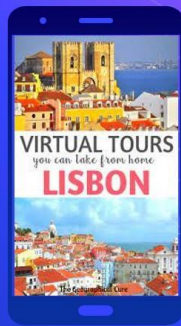


Lisbon is a visual feast, an alluring city of old world charm. Even if you're not there in person, you can still swoon in stunned admiration over Lisbon's sparkling facades, glamorous palaces, museums, and UNESCO-listed landmarks. Lisbon's a dreamy place and I dream of returning on another geographical cure.



2

In the meantime, traveling virtually is a splendid option these days, if you access the right resources. In this virtual travel guide to Lisbon, I'll point you to curated tours and exhibits, 360 degree tours, and videos to allow you to access and enjoy Lisbon's must see landmarks from home.



3

The Commerce Square

The Commerce Square in Lisbon (Praça do Comércio), also known as **Terreiro do Paço**, started by being property of the Kings of Portugal as their Palace. This is one of the biggest squares in Europe as it has more than 36.000 square meters. The Royal palace was destroyed during the 1755 earthquake, then this square was rebuilt as a central point of Marquês de Pombal's plan.



4



Commerce Square

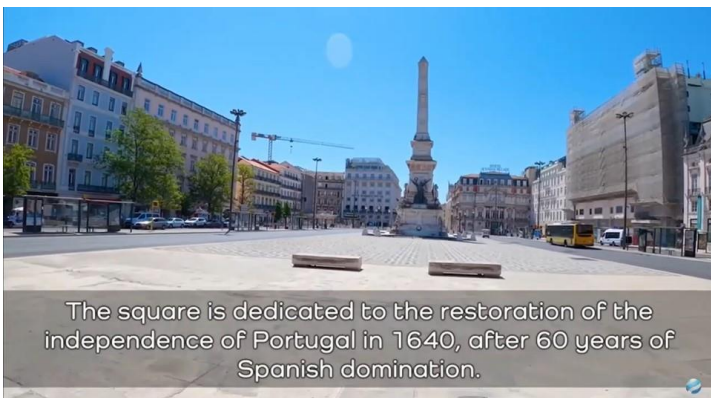
Restauradores Square

This large square commemorates the end of the Iberian Union, which restored the Portuguese crown after 60 years of a shared king with Spain.

In the center is a patterned pavement, surrounding a 30-meter high obelisk with two bronze figures on the pedestal depicting Victory and Freedom.



6



The square is dedicated to the restoration of the independence of Portugal in 1640, after 60 years of Spanish domination.

The Portas do Sol viewpoint

The Portas do Sol viewpoint is in the Alfama district. It belongs to the most visited places in Lisbon because it offers a wonderful view of the city. From here you can see, among others, the church and monastery of Saint Vincent, the dome of the National Pantheon and the Tagus River.

Portas do Sol is a place particularly popular among tourists and photographers. The standing ones are above Alfama's red roofs and have the view of Lisbon most viewed on postcards or folders. There is a figure of Saint Vincent, the city's patron. There is also a small kiosk-café where coffee and refreshing drinks are served



8



Santo Antonio Church

Next to the church is a small museum that's one of the branches of the Lisbon Museum. It presents a collection of paintings, sculpture, and manuscripts that evoke the popular worship of the saint.

On Saint Anthony's Day (June 13th), young couples stop at the church after the mass weddings that take place in the city's cathedral just around the corner.



10



Santo António Church is dedicated to the man born into a wealthy Lisbon family and later canonized as Saint Anthony of Padua.

Santa Justa Lift

The Lift has a stunning observation deck at the top and offers magnificent views over Baixa. Since it was opened to the public, it has become one of the most popular viewpoints in Lisbon.

Curiously, this lift can carry 20 people upwards, but can only take 15 people down. Nevertheless, when it was first inaugurated, it held up to 24 people.



12



Santa Justa Lift

Thank you for your attention!



14

6. Poster

<https://drive.google.com/file/d/1h12186YBphHyv4cg12FF44tn44gmBBZc/view?usp=sharing>