



## TOPICS

Writing your CV  
 Innovative App Aids Early  
 Detectoin of Parkinson’s  
 Disease – Team  
 PROGNOSIS, Greece  
 Karma Recharger  
 Are ypu prepared to start  
 your own business?  
 PLAY A GAME!

## POPULAR TAGS

CV, SKILLS, YOUTH,  
 EXCHANGE, EVS, PASS,  
 TRAVEL, STUDY, WORK,  
 INTERNSHIP, START-UP,  
 BUSINESS

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## WRITING YOUR CV

Many people are doing mistakes while writing their CV and we would like to help them correct their mistakes the best we can. Your CV is a mirror of you and your personality and the only apparatus your future boss has to judge you by and chose you over someone else equally eligible for the position of your application. The one thing you might not now is that your future boss spends only six seconds to evaluate you, to learn about your skills, competence and your persona.

Here is what you should do:

1. BE CREATIVE

Write something that singles you out from other applicant, that makes you interesting to the employers.

2. WRITE ALL OF YOUR SKILLS

Expand your skills and write all of them on your CV, they are a big part of your work performance and it is what sets you apart from your colleagues, and this is why your (future) boss will remember you.

3. CONCISION AND CLARITY IS YOUR FRIEND

Don’t write everything from kindergarden, just include essentials important for the position you are applying to and keep the structure meaning don’t mix your hobbies with previous experiences or education with other skills, etc.

List your experiences and education in chronological order from the most recent because your boss finds your most recent activities more interesting than the past ones. They show who you are and who you are now.

4. ADD YOUTHPASSES, VOLUNTEER WORK ETC.

Volunteer work shows that you care about what you do, and not how much money you get. Youth Passes are useful because it shows what skills you gained and improved, expansion of your experience and knowledge, and the most important – it shows that you can work in teams!

5. ADAPT YOUR CV FOR YOUR FUTURE JOB

You have to make your CV presentable for the job you’re applying for. Everything you say on your CV has to be in order to make yourself ‘right’ for the job.

Here is what you shouldn’t do:

1. LIE



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Don't lie on your resume! Person who is interviewing you will know that you lied and that is something that disqualifies you from this job immediately. People mostly lie about their foreign language knowledge, but most of the time someone will check your language skills and know you lied. The first revealed lie on your CV makes your entire CV questionable.

### 2. DON'T OVEREXAGGERATE

Exaggeration makes you arrogant. Don't be arrogant, be modest and realistic. Your skills are easily checked and should all be included therefore exaggeration and lies are presenting you in all the worst ways to the person interviewing you.

### 3. DON'T OVERLOAD IT

If you have degrees don't include your high school degree. The fact that you have an university degree it is understood that you finished high school. Let's assume you did a semester abroad with Erasmus Plus mobility program, you will write that under the university program that send you there. Opening a new bullet for this will just overload your CV and make it seem like you quit your studies to went to another country for a semester and came back. Language schools you went to should be included under Language skills, not in education.

### 4. DON'T BE TO DETAILED WITH YOUR HOBBIES

This is the one part of your CV you should be vague about. And think it through. The fact that you play video games in your spare time will not show you as a diligent person because most of the people view playing video games as childish and frivolous unless you're applying for a job in a gaming industry. Include sports that you play, cultural activities and interests, and anything else that you might thing will help you land the job.

AND REMEMBER..... your CV will only get you to the interviewWRITING your cv

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## INOVATIVE APP AIDS EARLY DETECTION OF PARKINSON'S DISEASE – TEAM PROGNOSIS, GREECE

Parkinson's is the second most common neurodegenerative disease that affects millions of people worldwide (4% of those over the age of 80). The symptoms are tremor,



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speech difficulties, slowed movement etc. Prognosis is a team of passionate students of the Faculty of Engineering and Computer Science. In concert with the doctors' community they propose a new approach to the early Parkinson's Disease detection and intervention, by introducing new ways of care services and health self-managing tools.

### About Project

Prognosis proposes an intelligent ICT-based approach for early PD symptoms detection and early intervention in older adult's everyday life, promoting active and healthy ageing, by introducing new ways of health self-managing tools, set within a collaborative care context with health professionals. The structure of Prognosis involves a pool of participants more than +50 years that form the Prognosis community. Specifically, the main aim of PROGNOSIS is to create an ICT-based, unobtrusive behavioural analysis approach for capturing, as early as possible, the PD symptoms appearance and to apply ICT-based interventions countering identified risks based on early PD detection, relating to progressive frailty, falls and emotional shift towards depression.

As we know, Parkinson's disease is a slow progressive condition, with a usual onset in the middle to older age. It presents with motor symptoms (such as tremor of the hands and arms, stiffness of the muscles and slowness of movements) and non-motor symptoms (such as sleep problems, pain, changes in mood, constipation and olfactory disturbances). The disease can be treated symptomatically by multidisciplinary care including medication and supportive therapies, but cannot be cured. Despite our knowledge that some symptoms can predate the diagnosis for years, no specific system exists for earlier detection of the disease when prodromal symptoms start to develop. iPROGNOSIS is a mobile app that works with the Microsoft Band to provide early detection and early intervention for Parkinson's. The PROGNOSIS app collects data – such as voice and movement – to promote active and healthy aging and introduce new tools for health self-management.

The project PROGNOSIS, aims to collect data from a wide participant group including healthy volunteers and patients with Parkinson's disease in order to develop tests for the early detection of Parkinson's disease. The research focuses on the early identification of specific symptoms (motor and non-motor) which could accelerate a clinical diagnosis of the disease. Furthermore, the project will develop strategies to help improve and maintain the quality of life of patients with Parkinson's.

### How this study works?

With the iPrognosis app, they would like to obtain data from your interaction with your smartphone. These general data, namely GData, comprise analyses of speech, movement, and non-motor symptoms like mood. They were identified based on our existing knowledge of motor and non-motor symptoms of Parkinson's. To participate in this study, you will be asked to provide electronic informed consent. Following this, the iPrognosis app will run on your smartphone, silently in the background, free of charge



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and will capture your use and interaction with your smartphone during daily activities. This will not interfere with how you would normally use your phone or its daily functioning.

At some point during the study, our medical partners may contact you regarding a study follow up. You can opt out from this during the consent process. For you personally, there might be a benefit being contacted by our medical partners as, if possibly motor and non-motor symptoms not yet noticed by yourself, are detected by the app. If you agree with being contacted by the app, an individual medical evaluation in one of the i-PROGNOSIS medical centers is offered. Hereby any detected symptoms are controlled and evaluated by a movement disorders specialist based on state of the art medical knowledge as well as any findings explained to you. Hereby, any wrong conclusions are avoided.

What is the aim of the study?

The aim of this study is to investigate whether the data collected can help to identify patterns that are associated with already known motor and non-motor symptoms of Parkinson's. The data gathered from this study will help to develop an optimized app and corresponding computer programs which can recognise changes in behaviour related to motor and non-motor symptoms, which might be indicative of early Parkinson's.

What data will be collected?

The first time you use the app, they will ask you if you are healthy, have a family history of Parkinson's or if you have been diagnosed with Parkinson's. They will also ask you for your date of birth, your gender, your level of education and how long you use a smartphone.

Thereafter, the GData captured in the background by the iPrognosis app include:

- Characteristics of your voice when making a phone call. The personal content of your call is never stored.
- How steady you hold your phone during calls or typing, using device sensors, such as the accelerometer.
- Keystrokes-related data when you type using the iPrognosis Keyboard. What you type is never recorded.
- The distance you covered each day, if you have location services activated and carry your phone around.
- Emotional content from your stored text messages. The content of your messages is not stored.
- Facial expressions from your stored photos. Photos never leave your device.

You can change which data are recorded in the app Settings.

Conclusion

In conclusion, the app iPrognosis will help to detect the possibility of a Parkinson's disease, by collecting data such as voice and movement. The users will be given a wristband that collects the data, such as the pulse speed. The user can save voice



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commands and of there are any changes to their tone of voice the app will detect it. The research focuses on the early identification of specific symptoms which could accelerate a clinical diagnosis of the disease.

## KARMA RECHARGER

Each of us need help in our lives. But to be honest, there is less people that want to help the others. This fact made a small group in Slovakia work on a mobile application that will motivate people, mainly youth to participate in voluntary work. They came up with a system that connects volunteers with NGOs and organization teams of events that occur in the city. The added value and motivation for volunteers are karma points. Karma points can be used at various places in the city. For example, you can pay with them at the coffee store or use them as tickets to the theatre, cinema or museum.

Production of the video in real life was not that easy. Because of the problems that occurred were the start-upers forced to change the team and that caused lose of the motivation, energy and financial sources. That was why the team decided to participate in a Generation2020 project. At the beginning the managers of the project chose the young active people to bring to the start-up new energy, motivation, ideas and to think out of box. Fortunately, I had a chance to be a part of the this team, the KARMA RECHARGER team. Our task was not to create and deal with that all, just how the application of volunteers and organizations should look like and how to make it the easiest way possible. We were also looking for the organizations that need volunteers and the ones, that could donate the coupons or sales in their spots. We had a teambuilding meetings with mentors, meetings oriented at analysis, such as SWOT, meetings with organizations and investors and changing the tasks with other teams of the project, to give different perspective to the tasks. We planned all the activities and found the appropriate structure to continue and go with the start-up to public. After a few months, everything fall apart. That was probably the most important moment during the start-up, the change from idea the reality. We lost the support of our partner, the city, because they needed it sooner and found the finances. They just used the idea of building system with providing the benefits more for volunteers than the organizations. We needed to make a statement. We could fight for that idea or give up after 5 years of work. The decision was thanks to fate to continue in frightening. Team



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negotiated with the city representatives and decided to cooperate for the strong competences of both sides.

Although the start-up had completely different views and expectations, they decided to hold the thought even after losing the money, power and importance. They gave up a little but thanks to it the message is still alive.

## ARE YOU PREPARED TO START YOUR OWN BUSINESS?

Starting your own business is very popular these days. Actually, it has never been more exciting. In an era of start-ups you can use your potential, motivation and opportunity to build a great business based on your brainchild. Some people just want to gain more freedom; others try to be entrepreneurs to be more financially independent and some really just want to make the world a little better with their invention. To start your business you will have to put your career, personal finances and even your mental health at stake. Those risks and challenges are usually worth it, if you are prepared for them. Probably a lot of people will give you their advices. Internet will give you even more of them. But do not overthink and overanalyse everything. If you want to start your own business, do that. Here, we put some tips and dangers you should be ready for by the professionals in the entrepreneurial field.

The basic danger is the risk of product. You have to choose the product that market really needs. The next necessarily thing is to be able to explain the importance of your product or service. The next danger is the financial one. Losing your capital is a reality you might face and this act might be too risky for some people. We hope you do not belong to that group. First-time entrepreneurs are fortunate to have tools such as Kickstarter and Indiegogo that enable crowdfunding to get money in the bank. In addition, friends and family, angel investors and traditional VCs are all fertile sources of this necessary life blood. Do not forget that team work is always better that the individual. In your business you should not just rely on yourself, but you need a team that can do anything to gain the goal.

We are not here to discourage you, so here we put some of the most important skills and knowledge that you need. Offer what people want to buy, not just what you want to sell. Always orient on the market, what are the needs. Cash flow is the lifeblood of business, and is absolutely essential to feed bottom-line profits. So you



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need to find ways to jump start cash flow immediately. Always look for a new ways to use to keep the costs low. Speaking about money, when planning, always overestimate expenses and underestimate revenues. The most important thing to start a business is to have a good and detailed plan. Begin with analysis of the market {for example SWOT} and what are your goals with it. Also do not forget to make it legal. All of us had business ideas, but to make it a reality you have to be hand in hand with the laws. If you are creative, motivated and organized, here comes the question...are you ready to start it? The personal evaluation can save you from disaster, but you have to be realistic. Do not forget that there are no mysteries in business or in life, there's just information you don't know yet. We hope you are ready to start to do what you love, the business that will fulfil you and make your dreams come true.

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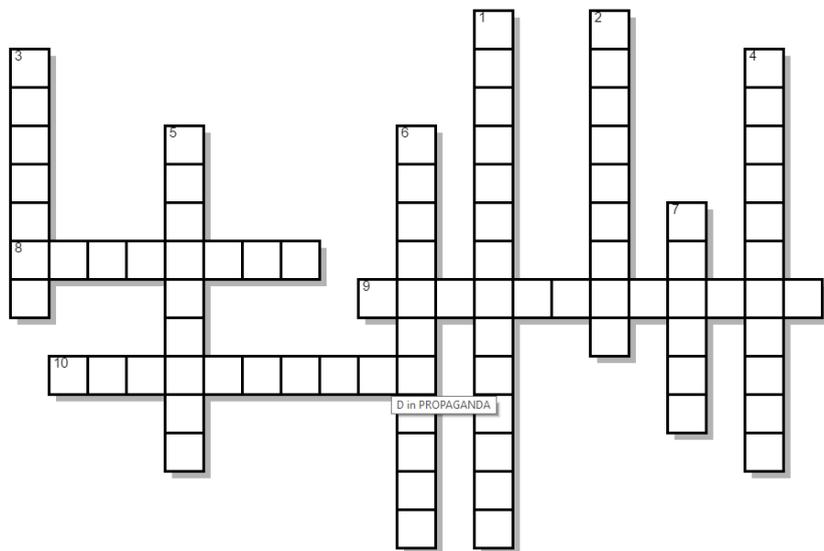
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1. Strict adherence to a moral code, reflected in transparent honesty and complete harmony in what one thinks, says, and does.
2. Act or instance of requesting or seeking bid, business, or information. Unlike an offer, a solicitation is not a clear indication of the intention to enter into a binding agreement
3. Classification of a mass of data (obtained from research or survey) into categories and sub-categories on the basis of one or more chosen criteria.
4. Formal proceeding in which a party exercises its legal right in a court, usually by means of a writ.
5. Elementary assumption, concept, doctrine, maxim, or proposition generally held to be fundamental or true for a body of knowledge, conduct, procedure, or system of reasoning, and used as a basis for prediction and action.
6. A degree or level of freedom and discretion allowed to an employee over his or her job.
7. A message designed to persuade its intended audience to think and behave in a certain manner.
8. A very large, usually diversified, firm.
9. Being the best or of the greatest value, sometimes under certain parameters or restrictions.
10. A system of broad principles or rules from which specific methods or procedures may be derived to interpret or solve different problems within the scope of a particular discipline.

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