

# Indesign Course Assignments

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# Assignment nr. 1

Set up the text provided, to look like the original setup of the text:

The texts and images can be found at:  
[www.wayka.dk/illuind/file2.zip](http://www.wayka.dk/illuind/file2.zip)

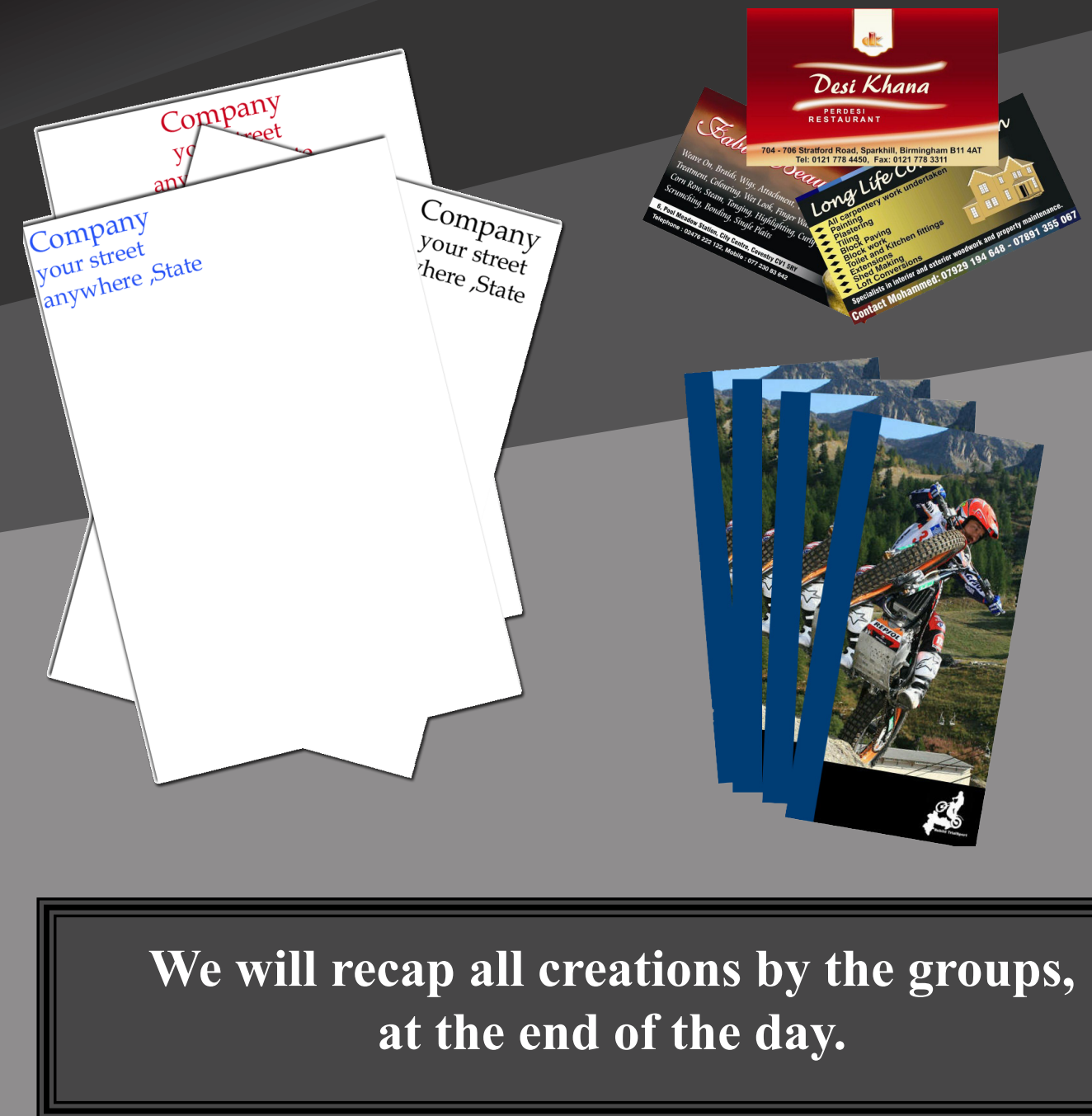


See the full size  
images on page 4 - 7

# Assignment nr. 2

Create official and press documents for your fictional company:

- An A4 Letterhead document
- A Business card for 3 different employees
- A Brochure with all necessary information about your company



We will recap all creations by the groups,  
at the end of the day.



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# Volunteer Vacation Primer

Save a cheetah, build a school, teach a child, see the sights, hit the beach. By MANYA CHYLINSKI

No longer on the fringes of travel, voluntourism has attracted increasing numbers of travelers looking to learn new skills, meet people, and give back to the global community. In a recent Travelocity poll, 38 percent of respondents said they planned to volunteer while on vacation; that's up from just

6 percent in 2006. "People tell me that a vacation with us is the most meaningful experience of their lives," says David Minich of **Habitat for Humanity**. Here's how to plan one.

**•THE EXPERIENCE**  
Go with your interests when deciding whether to work with people, animals, or the environment. Most programs don't require you to have any special skills. Despite the short-term nature of these trips, you may complete a significant task, such as building adobe stoves in an Amazon village. "We're not solving all the world's problems," says **Globe Aware's** Kimberley Hayley-Coleman. "But volunteers do make a difference."

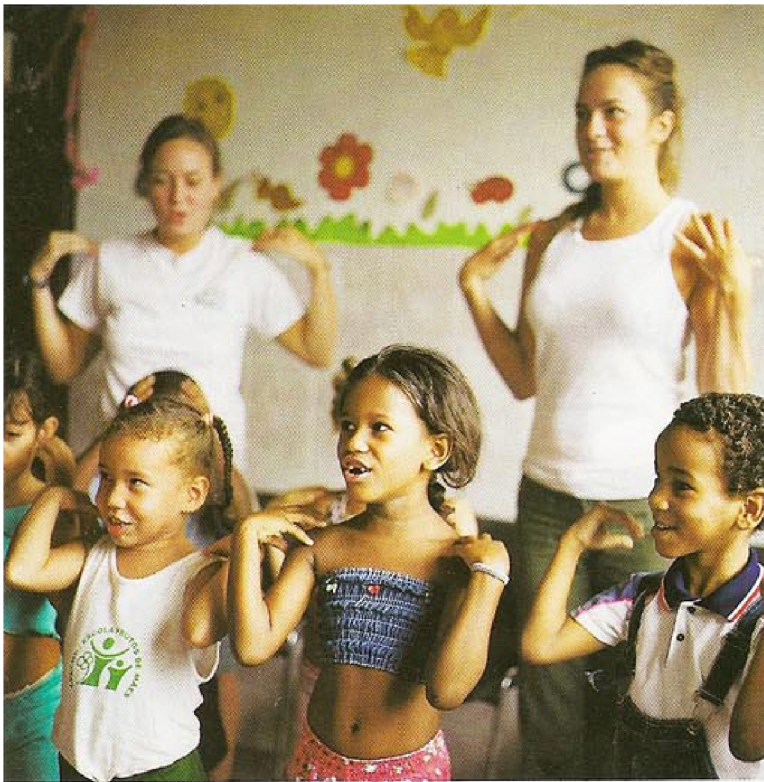


**•THE RIGHT BALANCE**  
Do you want a volunteer job with a little R&R? Or do you want a vacation with a dose of volunteering? Be honest with yourself and make sure the trip you choose has the right work/play balance. In general, nonprofit organizations focus on the work. **United Planet** volunteers in Cusco, Peru, work in clinics, orphanages, or after-school programs for street children, but also have opportunities to visit Machu Picchu. With **Travelcity's** new bite-size volunteer adventures, part of its Travel For Good program, volunteering is more of a side activity. For example, you can devote as little as an afternoon working in an animal shelter to assist with post-Katrina recovery.

**•THE SELF-EXAMINATION**  
Explore your motivations for volunteering. Not every program, location, or lodging option is right for everyone. Know your comfort level. An **Earthwatch** trip tracking dolphins in the Bahamas is a very different experience than digging foundations in rural Mexico with Habitat. "Ask yourself what you're hoping to get out of the experience," says Theresa Higgs of United Planet. "Sand be realistic."

**Don't assume your trip is tax-deductible, though some expenses for trips with U.S.-based nonprofits may be. Check with the IRS or your accountant before you book.**

**RESEARCHTOOLS** • The closest thing to an umbrella organization, with stringent membership requirements, is the International Volunteer Programs Association ([www.volunteerinternational.org](http://www.volunteerinternational.org)). • Check with the Better Business Bureau ([www.us.bbb.org](http://www.us.bbb.org)) to End reports on charities. • Confirm that an organization is registered 501(c)3 at [www.guidestar.org](http://www.guidestar.org).



Expectations can make or break someone's experience."

**•THE BACKGROUND CHECK**  
Many U.S.-based organizations work directly in other countries. Others are like brokers, working with local partners; these may have a different level of control and accountability over the program on the ground, so research the local partners too. Trip costs generally include

food, lodging, ground transportation, and planned excursions, but find out exactly what is and isn't included. Finally pick up the phone. The best way to learn about a trip is to ask both the organization and past volunteers.

**Helping hands: Teaching kids in Brazil (above), community work in Zambia (below): and doing maintenance work at Utah's Bryce Canyon (left).**



CROSS-CULTURAL SOLUTIONS (SCHOOL CHILDREN); AFRICAN IMPACT (VOLUNTEERS PAINTING); JEFFREY D. ALLRED/THE NEW YORK TIMES/REDUX (BRYCE CANYON); THOMAS NORTH/GETTY IMAGES (HAMMER)

## WHAT IT TAKES

RISKS & REWARDS



### ...To Swim 3,000 Miles Through the Jungle Martin Strel, 52, ultramarathon swimmer



■ ON APRIL 7, Slovene Martin Strel stumbled ashore in Belém, Brazil, after a 66-day, 3,000-plus-mile swim down the entire Amazon River. Near the end of his epic—when he

was suffering from severe fatigue, near third-degree sunburn, and dangerously high blood pressure—his medical team pleaded with him to take a few days' rest. But Strel, already renowned for stroking the lengths of the Mississippi, Danube, and Yangtze Rivers, pressed on. He swam for ten hours a day, eluding piranhas, candiru (tiny parasitic fish that can swim into the urethra), and even river pirates. Here he shares the skills that kept him treading dangerous water.

—Gregory Mone

**Think you can.** "After I swam the Yangtze [in 2004], people were telling me, 'Martin, you can swim the Amazon.' Then I talked to people who told me, 'Martin, don't do this. You will die.' That's a big challenge for me!"

**Beat the heat.** "I can swim the crawl for 10, 12, even 20 hours nonstop. But when the sun was strong, I swam the backstroke, and we made a mask that I could put over my face. That was much better. Otherwise the sun would have destroyed me. Then, near the end, there were huge tidal bores. Every six hours the tide changed, so I had to swim at night."

**Enjoy a cold one.** "I'd stay in the water Eve and a half to six hours, then get in the boat to eat and drink for half an hour. After lunch I needed two cups of red wine. After dinner too. And I drank maybe one or two cups of beer a day. Beer was good for my lips, to wash my mouth of all the mud in the water. Then I'd go in again and swim."

**Watch your mouth.** "When I swim like this, it's not possible to sleep at night. Two, three hours, maybe. But I can sleep in the water. I would fall asleep, swim like a snake for about

**BIG SPLASH:** Extreme swimmer Martin Strel protected his face from the Amazon sun with a custom-made mask during his 66-day journey.

**"Every day was the same: pain, pain, pain."**

two minutes, and then some water would rush in my mouth and I'd wake up."

**Psych up.** "I'm alone. It's not a competition. It's just a tight between me and this big river in the jungle. I constantly kept my mind running through stories while swimming, about my family, about what we'd done before: the Mississippi, the Danube. I

had many hallucinations too. Sometimes I tried to call animals from the jungle, 'Please help me. I'm so tired. I can't do this.'"

**Assess the risks.** "This river has many dangerous fish, but people in Brazil and Peru said, 'Martin, be careful: the most dangerous things in the Amazon are not fish, not crocodiles, but women.' They outnumber the men around here 20 to one. Apparently they get a little aggressive sometimes."

**Relish victory.** "Now I'm probably one of the happiest people in the world. Every afternoon I visit a spa and stay for two hours—sauna, Jacuzzi, massage. This is much easier than the Amazon. I like these days very much."