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**English**

Übersetzung: Mara Achleitner

# Vienna

## The Capital of Austria

PAGE 24–25

Vienna is one of nine states in Austria. It's also the largest city and the capital. Which states border Vienna? Find out on page 20!

### St. Stephen's Cathedral

In the center of Vienna stands a famous landmark of the city: St. Stephen's Cathedral, affectionately called "Steffl" by the Viennese. It's almost 900 years old and has almost burned down twice. The South Tower stands 137 meters high. The "Türmerstube" (tower room), of the South Tower is reached by climbing 343 stairs. From this room, one can enjoy the best view over Vienna. An audio guide for children leads young visitors with fascinating stories through the cathedral.



**Area:** 414.6 km<sup>2</sup>  
(1/200 of Austria)

**Population:** 1.9 million  
(almost 1/4 of Austria)

**Capital:** Vienna

**Official Language:** German

### Danube Island

Especially in summer, the Viennese enjoy meeting friends on the Danube Island. The 21 kilometer-long island was artificially created, but one can't tell by looking at it. From St. Stephen's Cathedral, the Danube Island can be reached in only a few minutes on the subway. Bicycling, beach volleyball, swimming and picnicking are popular activities.

### Prater and Giant Ferris Wheel

The Viennese Prater is a huge park. One area, the "Wurstelprater", has roller coasters and many other attractions. 120 years ago, the amusement park's landmark was built: the Giant Ferris Wheel. It's known as the "Riesenrad". From a height of almost 65 meters, one can look out across the entire city. The diameter of the iron wheel is over 60 meters. The ferris wheel is open year-round.

### Schönbrunn

The exhibit "experience (hi)stories live" at the Schönbrunn Palace Children's Museum's allows visitors to experience everyday life of earlier times. You can discover how people used makeup and why they used fans. If you want, you can try on a princess-style dress and also a wig.

### Spanish Riding School

The Spanish Riding School is the oldest riding school in the world. The famous stallions are "Lipizzaner" horses. The ballet of the white horses is loved by many. A "piaffe" is when a horse trots in one place. A "pirouette" is performed when the horse turns around itself while galloping. A "capriole" is when the horse leaps from the ground and kicks out with its hind legs.

### Vienna Zoo

At over 260 years old, the Vienna Zoo is the oldest zoo in the world. More than 700 species of animals live here. The "Nature Experience Path" shows the world of fish, birds and aquatic animals in Austria. Children enjoy trying out the "fire salamander" climbing wall and crawling across the "spiderweb".

# Vorarlberg

## The “Ländle” in the West

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Vorarlberg lies in the west of Austria. Which state borders Vorarlberg? You'll find the answer on this page.

### History

The “Ländle” (“little country”) as Vorarlberger refer to their state, didn't always belong to Austria. Earlier, it was a part of Bavaria. 100 years ago, the Vorarlberger wanted to become a part of Switzerland, because at that time, it was not clear if Austria would remain an independent country. Austria did, however, retain its independence and Vorarlberg has since remained a part of Austria.



### Arlberg and Lake Constance

Vorarlberg is Austria's westernmost state. It is divided from the state of Tyrol by the Arlberg mountain range. In the West, the Rhein River creates the border to Switzerland. The largest lake in Austria lies in Vorarlberg: Lake Constance. Three countries border Lake Constance: Germany, Switzerland and Austria. Many people visit this area on vacation. One can cycle around the entire lake: the bike path is 260 km long.

**Area:** 2601 km<sup>2</sup>  
(1/32 of Austria)

**Population:** 391,741  
(1/22 of Austria)

**Capital:** Bregenz  
**Official language:** German

### Food and Drink

The Vorarlberger like to cook with flour, milk and potatoes. “Spätzle” (little dumplings) are created with flour. “Bergkäse” and “Räskäse” are made out of milk. The cheeses are grated on top of the “Spätzle”. Spätzle with cheese and apple sauce is called “Käsknöpfle”. The children love “Griebel”, a porridge made from cornmeal. Vorarlberger also eat soup with strips of pancake. In the rest of Austria this is called “Frittatensuppe” but in Vorarlberg, they call it “Flädlesuppe”.

### St. Martin's Tower and Pfänder

Dornbirn is the largest city in Vorarlberg, but the capital is called Bregenz. The local mountain in Bregenz is the Pfänder (Elevation: 1064 m). One can reach the summit by foot or with the cable car. At the summit, there is a wildlife park with birds of prey from the Alps.

Bregenz' landmark is the St. Martin's Tower. Its enormous dome resembles an onion. In olden times, grain was stored inside of the tower. In the summer, many people visit the Bregenz Festival's theater and music events. Many performances take place on the world's largest lake stage.

### Animals in the Zoo

“inatura” is a modern museum. Here, one can touch and try out everything – kids are always welcome.

The most interesting animals of the “Ländle” live in the Doppelmayr Zoo in Wolfurt.

Giant turtles, porcupines, zebras, miniature donkeys and other animals have their homes here, including racoons, rheas and kangaroos. Parrots, cockatoos, parakeets, snowy owls and domestic birds (such as the pheasant) live in the outdoor cage at the pond. In the springtime when many animals are born, there is a lot of action to be seen.

## Every Day is an Adventure!

### Vacation at Camp Litz

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#### 19 children spent a week with the Red Cross for holidays and learning.

Learning to swim, building rafts. Crafting and experimentation. Tree-climbing and learning first aid. Making “Kaiserschmarren” and hiking with torches: 19 boys and girls from Syria, Afghanistan, Serbia and Austria spent a one week vacation with the Red Cross. Every day was an adventure. At the same, all of the children improved their German skills. “Camp Litz” at Attersee is a new vacation and learning camp of the Red Cross. Everyone enjoyed it so much that next year there will be two of these camps.



You're a teacher and would like to recommend that your student attends Camp Litz? [camplitz@roteskreuz.at](mailto:camplitz@roteskreuz.at)

## 70 Years AYRC

### What does the Youth Red Cross do?

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With the Youth Red Cross, you can take a bicycling examination – and also get a swimming badge or take a first aid course.

#### Really best friends?

Falling off of a skateboard. Bloody nose. Sunstroke while bathing. Do you know what to do? How to call an ambulance? First aid is very easy. Helfi will show you – also how to avoid accidents in the first place.

Most accidents happen at home. Or while playing or doing sports with friends. Being a friend means: I can help you – and you me!

[www.jugendrotkreuz.at/helfi](http://www.jugendrotkreuz.at/helfi)



## **During summer vacation**

Peter's joints are inflamed. He has Rheumatism, and that hurts. During summer vacation, he spends two weeks at Rheuma Camp. He has fun with other children who also have Rheumatism. Birgit uses a wheelchair. In Adventure Camp, she meets other children with disabilities and sees: I'm not alone!

Elfi's mother is sick. In Junior Camp, Elfi can forget about her daily life for two weeks and swim, shop and have fun. The Youth Red Cross helps many children with its summer camps.

[www.jugendrotkreuz.at/sommercamps](http://www.jugendrotkreuz.at/sommercamps)

## **Safe on the move**

At age 12, you are allowed to ride your bicycle alone on the street. Or you can take the bicycle examination by choice when you are 10. You can find out on the internet what you learn when doing this test: the meaning of traffic signs and markings on the road. What you need to have on your bicycle. Simply everything that you need to know in order to be safe on the road with a bicycle. This information can be ordered in English, German, Arabic and Dari. [www.radfahrprüfung.at](http://www.radfahrprüfung.at)

## **“Because I feel safer!”**

Learn to swim with the Youth Red Cross! Anna, age 9, talks about what she learned.

### **You are a “Fahrtenschwimmerin”. What is that?**

Anna: “Fahrtenschwimmer” are able to swim for 15 minutes, swim 10 meters underwater, jump off of a 3-meter diving board, dive two meters deep and pick up a brick from the bottom of the pool. If you also know the 10 bathing rules, you can get a swimming badge from the Youth Red Cross.

### **Were you able to swim before you did the swimming course?**

Not well. I wanted to be able to do it better.

### **Why?**

Because then I feel safer! And the bathing rules are useful: now I know that you shouldn't swim when you have an earache. And I don't let anyone convince me to do something that I'm not comfortable doing.

[www.jugendrotkreuz.at/schwimmen](http://www.jugendrotkreuz.at/schwimmen)