



HEALTHY LIFESTYLE FOR A HOPEFUL FUTURE

Austria - Catalonia, Spain - Iceland - Italy - Poland - Sweden



Erasmus+ 2015/18



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Introduction

The main aim of this strategic partnership is cultivating healthy life style in our schools and among our target groups in a way improving their skills in 8 key competencies of EU framework. Enhancing basic skills is fundamental for the project because in our schools it is observed that students are lack of competencies in some of basic skills; such as communication in foreign languages, social entrepreneurship, digital competencies, cultural awareness etc. Although they are quite interested in technology for communication issues they are lack of competencies using technology for producing materials, creating websites, blogs, designing materials, booklets, making films , multimedia presentations etc. They also need to learn how to make a scientific research and how to present a scientific research and its results. That is why we choose this priority to improve our students in these basic skills and grow up more confident and equipped individuals as EU citizens. In this partnership most of the partner schools are in the disadvantaged regions of our countries/ cities with the high percentages of early school leaving. In our project by cultivating healthy lifestyle in our schools and among the target group of the project. We will keep our young far away from the threats of negative environment such as addiction and bad habits and motivate them being responsible students. We believe that, our project will have a contribution to lessen the early school leaving of our young.

The range of activities in the project "Healthy life style for hopeful future" will involve the young people aged 14-17 years old, who live in threats of obesity, addictions and unhealthy life style.

We are aware that this is the last moment to introduce young people to good habits because they are still very susceptible to suggestions. These students are soon graduating and will conduct their lives in different ways in the future. Therefore, it is the last opportunity for teachers and tutors to have an impact to raise their awareness of the importance of being physically active, having healthy eating habits and lifestyle for teenagers today. Our project will thus involve lectures, meetings with authorities in the area of health, nutrition and physical activity. We will take into consideration the preventive activities that are necessary to support to young people to make healthier decisions based on knowledge to build a sustainable lifestyle in a long term perspective.

The media in many European countries often signal negative messages about high rates of youth unemployment in a competitive globalized world. Increased knowledge and critical thinking among teens about the influence of societal factors on their mental health and, at the same time, boosting their self-confidence through social and physical activities will build a more positive outlook on their own belief in shaping their own future lives. Furthermore, many spare time activities among teens today take place in a virtual reality, leading to a sedentary lifestyle in front of computers. The social media make girls especially vulnerable to harassment, which undermines their self-esteem, whereas boys more often are subjected to harassment when gaming.

It has become a challenge for youth today to balance the time in front of computers with time spent outdoors and parents have problems how to control this new reality. Many young



people struggle with time management since the social pressure is strong to be constantly available on smart phones, updating social forums, affecting school work and sleeping habits in a negative way.

Hence, there are clear indications that the teenagers' lifestyles today are unhealthy in western societies. Obesity, drugs, game addictions are such main threats to teenagers from all nations in Europe. Every day we hear that taking drugs ruins lives of young people and their families who are not aware of their dangers. Moreover, young people are often touched with the problem of obesity. Unfortunately, fast food and drinks high in sugar have a crucial place in their diet. According to WHO, 23% of European teenagers suffer from obesity which may lead to the serious healthy problems in the future, including depression. About 30% smoke and 50% don't do any sport. On the other hand, teenagers being at risk of constantly being exposed to twisted body ideals in the media, further undermining their self-esteem and even leading to eating disorders such as bulimia and anorexia.

Our project will meet these expectations and will support the families in the educational activities.

Otherwise, there is a serious risk that without physical activity, without healthy life style, being addicted to drugs and boosters, instead of being a healthy, happy member of a society - teenagers may become passive, depressive, unhappy and lonely individuals.

This project is an awareness of threats to young people and showing them alternative ways of spending their leisure time.

We intend to achieve the following goals:

- students will improve their faulty ability of sharing ideas and expressing their point of view. Project activities during international meetings will strengthen their self-confidence and develop interpersonal communication skills which will lessen school failure.
- students will acquire new IT skills and improve their existing ones while searching for relevant data and presenting results in different computer programs and consequently laying out multimedia products.
- when presenting research outcome they will use graphs/diagrams and discuss the results using technical and scientific vocabulary.
- students and teachers will improve their English language competence regarding technical and sports terminology while enhancing their communicative skills.
- students will develop creative problem- solving techniques both independently and through team work which will be an investment for their future careers.
- by multicultural workshops students will learn that despite cultural diversities we all have the same goal as responsible European citizens.
- teachers will strengthen their competence about teaching sport and social subjects such as cultural studies, nutritional matters and global issues focusing on the assumption that a healthy life makes a better citizen.
- on the parenting side families will be able to support their kids in becoming responsible citizens providing the hosting students with a safe and sound



environment meaning of this action, bringing expertise together within the organisation.

2. Increasing the awareness of the healthy lifestyle for the whole school community which will be checked and measured at the beginning and the end of the school year.
3. Widening the range of the project for families and friends who are not members of the school community, collaborating with organisations locally.
4. Making each theoretical input followed by a practical outcome.
5. Disseminating the project for the highest number of addressees in our countries through the new technologies by updating its learning outcomes to the public (blog, website).
6. Developing language competences, though active participation students will be able to take the floor on the international forum, preparing themselves for future working life
7. Making teenagers aware of the fact that in order to change the world, they have to start from themselves, from small actions which will improve their mental and physical conditions and consequently make them aware of the responsibility of being European citizens.
8. In the projects carried out so far, young people used their acquired knowledg to widen up their horizons and improve the language competences. However, in our project , besides the aforementioned purposes, they will change and develop their behaviours, their lives. They will acquire new habits, will change their lifestyle, will aim at newgoals such as the building up of the profile of a young, healthy, creative and active European citizen.

Memories from our first Teacher's meeting in Iceland

October 27th to November 1st 2015



It was a great adventure, Iceland was chosen as a prelude for our first common project meeting of Erasmus+. We did not know each other before and so the curiosity about land and people was great. Of course, we informed us about the host country, and knew that in the rough Iceland ice and fire meets. However, it was more than that we were taken by the charm of this island in Europe's high North characterized by an untamed and fascinating nature. The landscape of Iceland is wild and romantic at the same time: steep cliffs that drop precipitously into narrow fjords, deep gorges, vast glacier with its moraines, black sandy deserts, volcanoes and boiling geysers (an Icelandic word) dominate the island.



From Keflavik airport we were taken by bus to Olafsvik to our hotel.

Next day we had a sightseeing tour to a National Park. We reached Saxholl, an old crater, walked along the Black Beach and entered a cave.



On Wednesday we had some meetings and made a tour to a school in the countryside Lysuholl where we went swimming. In the evening we were allowed to try the Icelandic speciality called Hákarl ['hau:kʰartl̥] which consists of fermented meat of the Greenland Shark. Smell and taste of the fish are very intense.



The last day we spent with the golden circle tour: Behind Reykjavík, one of the most impressive scenic routes in Europe stretches and we could go around it in just one day: past volcanic craters, hot springs and ancient cultural heritage. Here are three of the most famous sights of Iceland on one route: The National Park of Thingvellir, the geysers Strokkur and Geysir, and one of the most beautiful waterfalls of the country - Gullfoss.



Too quickly the time passed in a wonderful country with friendly people who became friends.



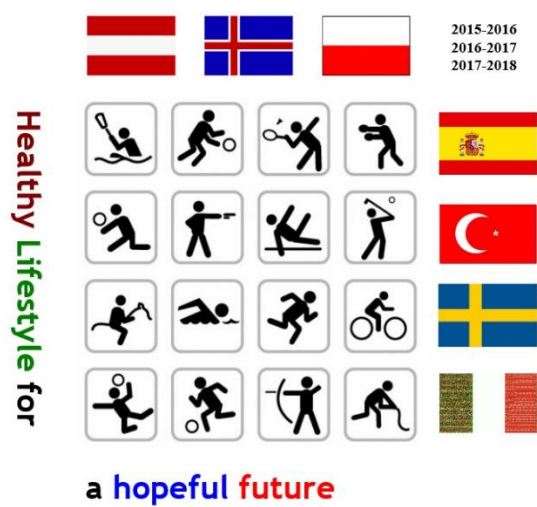
Thank you so much for these fantastic impressions.

Logo Competition

Italy



Austria





Iceland



Poland





healthy lifestyle for a hopeful future



**ERASMUS +
2015 - 2018**

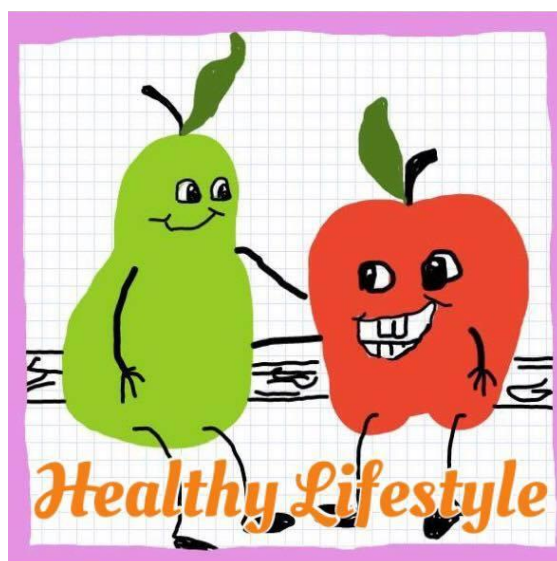


Catalonia



**HEALTHY LIFESTYLE
FOR A HOPEFUL FUTURE**

Sweden





Year 1 (2015-2016) - Healthy nutrition

Italian Erasmus corner



Austria - Grain bread



Austria - Kitchen hygiene



Hygiene Rules!



Wash your hands before you start cooking.



Wash your hands after you have touched raw food.



Wash your hands after you have blown your nose.



Wash your hands after you have touched the bin.



Wash your hands after you have been to the toilet.



Use a plastic spoon to taste your food.



Make sure the working surface is kept clean & tidy.



Throw away any food that has fallen on the floor.



Wash any equipment that has fallen on the floor.



Make sure anything spilled on the floor is wiped up immediately

Poland - Christmas card





Poland - Making healthy cookies





Poland - Healthy food campaign







Catalonia - Healthy breakfast day







Italy - April 5th to 11th 2016

Memories from Austria

On Tuesday, when we arrived at the local airport in Naples, the pupils went home with their hosts, which were very friendly, mine even took my suitcase to the car and he held my door open. I think this was a very nice gesture. In the evening the students + their hosts met up in a very nice ice-cream shop. The ice-cream was delicious! We had a conversation with several students from different countries, it was a very nice day.

On Wednesday at about 8 o'clock, we arrived at our school. We had quite a long break before our workshop started, which was nice. We had a good opportunity to socialise with other students. Then, about an hour later, the "workshop" finally started. It was quite long but then again well done and interesting. After the workshop we went into the school-building. It was, let's say, very interesting. I think the school would be so much nicer if they'd keep it clean. Just my opinion, though. After the tour, some pupils went to play volleyball, and some went into the computer-lab to do a brochure about food. Let's say it didn't work that well since most of the students weren't prepared at all (me included) 😊.

On Thursday we had a trip to the coast of Amalfi. It is so beautiful! We had about half an hour of free time, which we spent with our teachers. We sat down in a cute little restaurant, where we were invited by our teachers. It was very nice, and the food was sooo good! After our little break we had to get back in our bus, to go back. And, guess what, on the way to Pompeji we stopped at a restaurant. I was about to blow up, to say the least. I've been sitting around a table with Matthias and Kerstin, my fellow Austrian students, and with Tilde, a really nice Swedish girl. When everyone finished, we got back into the bus and we drove to Pompeji. We had a guided tour there, I really think that it's a beautiful place, full of history. I think I share my opinion with everyone: We were just too tired to listen. After the tour ended and the weather changed from sunshine into raining, we sat down in a little café not far away from Pompeji. It was a nice and interesting day.

On Friday we had a tour through a company that plants tomatoes. I think I don't have to mention that it was a bit boring. But at least we got seeds as a present. After that, we had a baking workshop at Villa Minieri, the hotel of our teachers.

On Saturday we had our sports day at the beach. We were told that we'd play volleyball, but there was a little problem: They only had one volleyball-court. We had to play in shifts, which was quite nice, because we could relax on the beach and the others did sporty activities. Not bad if you ask me. ;-)

On the last day we visited the old town of Naples. We had a tour, which was mostly about churches. Then we had some free time to go shopping. I also got to know some new people. In the afternoon, we got back to the families. At about 7 o'clock, we drove to Villa Minieri to have a mind-blowing dinner. After the dinner we went to the disco at Villa Minieri. It was nice to dance and have a nice way to say goodbye to everyone.



On Monday we went straight away to the airport. So many sad and crying faces, it was so sad to just leave them behind.

I hope I'll see them again soon. I miss them so much.

Kerstin Arthofer

Erasmus+

Healthy lifestyle for a hopeful future

On Tuesday we were at the airport and the students went to the families. The families were very friendly and helpful. Tuesday evening we cooked with the families and met the other people in the city.

On Wednesday we went to school with the students and we had interesting workshops about Mediterranean cooking. All people saw the school from Italy, but I think the school is a little bit dirty. In the afternoon some groups played volleyball and the other groups made a book about cooking. We wrote a short text about cooking and which hygiene in the kitchen we need.

On Thursday we visited the coast of Amalfi. It was very beautiful, but we had not got much time to visit the coast. In the afternoon we visited "Pompeii", but I think it was not interesting for students. But Thursday was the best day in this project, we saw the interesting things in Italy.

On Friday we visited a company of tomatoes and the hygiene in this company was not good. I was shocked about the company. We had an interesting workshop about cooking. We made some cookies with the cook of the Villa Minieri.

On Saturday we had a sport day on the beach but it was not a sport day. We made not some sports on the beach. We relaxed at the beach and chilled at the water. But it was a wonderful day on the beach.

On the last day we visited the old town and we saw some churches in this town. We had free time to go shopping and then we went back to the families.

At the evening we went again to the villa Minieri and we ended the project with a big dinner.

In this week in Italy we ate too much and we had too much food. It was a great week in Italy and I miss some people from the other countries.



Healthy lifestyle for a hopeful future

Erasmus + (2015-2018)

First day: (arriving at the airport)

For me the first day was really excited! I met a lot of new friends and saw my host family for the first time. I and Raffaele got a great Dinner by his mother. Then we. Went out to meet friends at an ice-cream place. It was very nice and funny.

Second day: (Welcome ceremony at school/workshop for students)

The second day started with a long and interesting welcome ceremony at the school in Afragola. The ceremony was the most time pretty interesting. I understood the most things. Then we got a great lunch of typical Italian food. It was great. Really love the Italian food. After Eating I played volleyball in the workshop. It was pretty cool too.

Third day: (Visit Amalfi/Pompeii ruins)

We started from school travelling by bus to our teacher's hotel. Sadly our bus was very old so it was very hot in the bus. When we arrived the teachers place the bus had to stop because there was a problem with the back door of the bus. I felt a little bit angry because of this problem. But I was very happy when we arrived the famous Amalfi coast. The wonderful blue sea and the beautiful coast of the volcano stones looked so great.

After a great lunch in Vietri, we travelled to the ruins of Pompeii. I was really excited because I love old towns and ruins. The big houses of stone and the streets were very fascinating.

Fourth Day: (Visit of a Country Club/ Workshop at the Villa Minieri)

On Friday we visited a country club in Sarno. At we got a presentation about the factory and the seeds they produces. It was very interesting. We also visited the tomato factory, there we got some bread with tasty tomato sauce. The lunch on Friday was my favourite meal of the whole week. I really love Italian food, but this meal was better than I expected. The fresh cheese, the tasty noodles, and the great tomatoes it was so delicious. After the great lunch we travelled to our teacher's hotel. There we cooked some tasty ecological cookies. It was very interesting, but I`m not very good in cooking.

Fifth day: (Sports day at the beach)

I really loved the sports day at the Army beach. It was a little bit cold but it didn't matter. My teacher and I also went into the water for first. It was really cool. We also played Volley Ball and football at the beach. Our Austrian group also made a huge hole in the sand and me and my German teacher sat inside. It was so funny and we made a lot of photos. When we left the Army beach it started raining, so we had a very good time management.



Sixth day: (Visit the old town/ Farewell ceremony at the teachers hotel)

On Sunday we saw at first some very old churches in Naples. It was very interesting and fascinating but also a little bit boring. After a guide tour through the old town of Naples, we had a free afternoon. I think this was a very cool idea because I bought some nice things for my girlfriend. But all in all I was very happy to arrive back at our host families. Then Raffaele and I made us ready for the farewell ceremony at the teacher's hotel. He even gave me a smoking jacket for this evening. At the teacher's hotel we got a great Dinner with many things to eat. It was really tasty and we had a lot of fun. After Eating we had a cool disco. The disco was really great and the music cool too.

All in all this was a very interesting and cool week. I learnt a lot and got many new friends. Sometimes the Italian time management was a little bit special, but hey!?... Every country has its own peculiarities.

Thanks for the Great week!

Matthias Sperl Austria Group

Memories from Catalonia

ACTIVITIES:

1. Activities related to the main topic Healthy Lifestyle:

WORKSHOPS

Some workshops were organized for the students:

1. Mediterranean Croutons: the students had to prepare the croutons at school, but some teachers did this, so this activity was a taste of such a good dish.
2. Ecological cookies: students were taken to a hotel kitchen where they could prepare the delicious cookies, they learnt a new way to prepare such a common snack.



WORKING SESSIONS:

There was a teachers' working sessions when many ideas could be shared and many decisions taken. The meeting was really worth and necessary.

There was also a students' working session so as to organize the booklet about nutrition, and although not all the students could attend (as there was another activity going on), students could share some of the experiences and activities they had been doing in their own schools.



SEMINARS

1. Mediterranean cooking: During the welcome ceremony, we were given a talk on mediterranean cooking: the typical products in the area, how they use them, and about the importance of such products

2. Healthy nutrition: a nutritionist gave us a talk about the importance of a balanced diet, also during the welcome ceremony.



3. Mediterranean food seminar: the talk in the seeds factory consisted of giving us information about the factory itself and how they process the seeds. There was also a visit to a barn where tomatoes are processed during the tomatoes season.



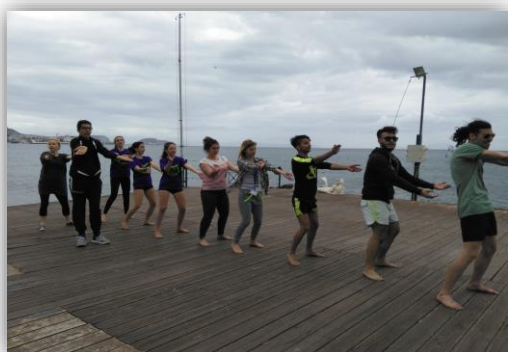
Visiting how the seeds are processed



Tasting tomato sauce on toasts

OTHER ACTIVITIES:

SPORT ACTIVITIES. We all went to the beach where students could practice different sports: volleyball, tennis, football and some dancing.



This was a good experience for all, as they could share some unforgettable moments and could get to know each other a little better.

VISIT TO AMALFI

We all went to Amalfi where we spent an hour. We could also see the coast and villages on the way.

All of us could visit the fantastic village and have a walk along the nice narrow streets. Moreover, the way along the coast offered us spectacular sights.

VISIT TO POMPEI

We could see the town which was covered by lava so many years ago. We could understand and see how the village was and learn about this fantastic place.

The guide gave us a good explanation about the history of the place.





VISIT TO OLD TOWN IN NAPLES

There was a guide who showed us some of the churches in the Old Town in Naples and some of the main streets. We had a good taste of the city, students enjoyed the day and the experience.

ACCOMODATION

Students: the students visiting Italy were staying at Italian students' houses and their families. The families were really caring and our students were absolutely thankful for this, this was one of the best experiences for them. Teachers: stayed at Villa Minieri, a really nice and comfortable place to stay, great.

These are some of the photographs at the airport. All of them sad to separate, all of them happy to have had the opportunity to meet.





Icelandic memories from Italy

Three teachers from Grunnskóli Snæfellsbæjar went to Italy to participate in the first mobility in the program “Healthy lifestyle for a hopeful future”.

The trip was from April 5th to April 11th 2016.

The first day was pretty long, we left from Ólafsvík at 18:30 on Monday and arrived at the hotel in Nola in Italy around midnight on Tuesday.

Day two began with a ceremony in the school in Afragola. The host families had prepared lunch for us, Italian feast. After the lunch we organized the project this year. What to do and when to finish them.

Day three was travel day. First we went to see Amalifi and then the Pompeii ruin. What an amazing day!

Day four we got to go see a tomato factory and learn about growing tomatoes.

Day five was the beach day. We got to be around the kids this day and have fun with them. Learned how to play beach tennis, beach volleyball and beach football. This was a really fun day. We got to know the kids a little better.

Day six, the last day. We went to see the old town in Naples. We walked around with a guide who told us about the town and showed us two churches. After that we got some free time to walk around and enjoy the area. In the evening there was a farewell ceremony at the hotel in Nola where all the teachers and students had dinner together. It was so much fun.

Thank you so much for the hospitality and we look forward to seeing you all again.

Brynja Mjöll, Elva Dröfn and Svandís Jóna

Polish Students memories from Naples

Trip to Naples was one of the best experience in my life. All of us met such great and nice people. First day was very difficult and hard because we had to spend all day with our new families without our friends. But it wasn't so scary like we thought. For the whole days we were together. Not only with friends from Poland but with from other countries too. We were spending all days together talking (in English of course), laughing, playing and just enjoying the time. The worst moment came when we had to say goodbye to Naples, Italy and our new friends who are part of us now. We feel like a big family. Hardly everyone was crying because we became someone important for us. We hope we'll meet again soon!

Agnieszka Makowska



A trip to Italy I'll remember very well. It is amazing how you can miss people from other country after one week. Everyone who took part in project was very friendly and had positive attitude. In Italy I really liked every place we were, such as Pompei or Amalfi. Of course, we tried traditional Italian food, which was amazing. I love that dinners in Italy consists of a lot of dishes. I liked also living with one of participant of Erasmus+ project and his family. This way I could experience differences between how people live everyday in Italy and in Poland. From this trip I learned a lot of things, such as some words in a lot of languages. I also improved my fluency in speaking English.

Kordian Dębiec

I spent the beginning of April with fantastic people from Naples and people from Erasmus project. Everyone was amazing. In my opinion every day was different and exciting but I will never forget the last day when everybody met together in "VILLA MINIERI" it was the last day of our stay in Italy. We became real friends and realized that this is the end of this incredible adventure.

Maja Stogowska





I couldn't wait for this trip to Naples, Italy, to meet with people from other countries. The journey was a bit tiring, as we had got up at 3 AM, flew to Munich and then to Naples, but it was worth it. It is always great experience to know new people, but this one was the greatest. Everyone was very friendly, we had fun while spending time with each other. Another fantastic thing about this trip was visiting such beautiful places like Amalfi, Pompei, Sarno and an old city as Naples. We ate a lot of Napolitan dishes such as Gnoch, Neapolitan pizza, mozzarella, ice cream and many others. For me, it was the best trip I have ever been to and I hope that we will meet each other again.

Martyna Chmielecka



Trip to Naples was an amazing experience. I was afraid that I won't get along with family I was going to live but they turned out to be nice and friendly. In Italy, people were great and I miss all of them. They took us for pizza and ice cream and then to restaurant. We saw how people are living in Italy. Italians eat big amounts of food and for me it was too much. I visited the beautiful places such as Pompeii and Amalfi. My ability to use the English language increased due to conversations with people from other countries. The most difficult thing was to leave all those people and places. I hope they will visit us in Poland soon!

Julia Karpisz

Memories from Sweden

We arrived at the international Airport of Naples **April the 5th**, and one of our strongest memories is the warm welcome that we got from the Italian host families and teachers. Everyone was there not just students and parent, but also grandparent's small children and even dogs, we felt so welcomed.



Our first day in Naples, **April the 6th**, started with a welcome ceremony in the main hall of the school, there was a lecture about nutrition and we were introduced to local sport profiles and strong song and dance performances of students. To top it off we were invited to a “garden party” at the school’s square. It was a warm, beautiful spring day and lots of tables had been put outside and were filled with delicious local Mediterranean food.

The next day we went to the famous Amalfi coast. The bus took us down huge slopes lined with lemon trees. The views were magnificent. It was a bit cold to go for a swim, but we were tempted.

On that same day we took a memorable excursion to Pompeii. It was interesting to learn about the “modern life” that inhabitants of Pompeii lived almost 2000 years ago. They had heating systems and modern cooking facilities. There was so much beautiful art on the walls and it's sad to think about that it all ended so fast.





April the 8th

We went to visit a tomato factory and seed factory. We were given samples of high quality seeds it will be interesting to see if they will grow in our cold climate. Lunch was served in a local farm where we once again were given local Mediterranean food.

During lunch we were also given a lecture about Mediterranean food.



In the evening it was to make our own dessert! We made and ate delicious ecological cookies.



In the end of our visit, **April the 9th**, we were invited to a day of sports. Tournaments took place at the seaside. It was volleyball and football and the Italian hosts were hard competition

but we still won the volleyball tournament! The weather was sunny and warm but the temperature in the water was still too cold for most of us.



April the 10th

It was time for our last day and a visit to the town of Naples. During the tour in the centre we looked at beautiful churches, went for a walk in the cute alleys of the town and had some ice-cream in one of the many little cafes.



Sadly, the farewell party with lots of delicious food and a cake made too look like the Erasmus logo. During the final dancing there were a lot of emotions and tears as we said goodbye to all our new friends.

Thank you, students, families and teachers of Naples, for a memorable visit and the warm hospitality that you showed us during this stay. We hope to see you all soon!

Students and teachers of Gymnasieskolan Spyken, Lund.



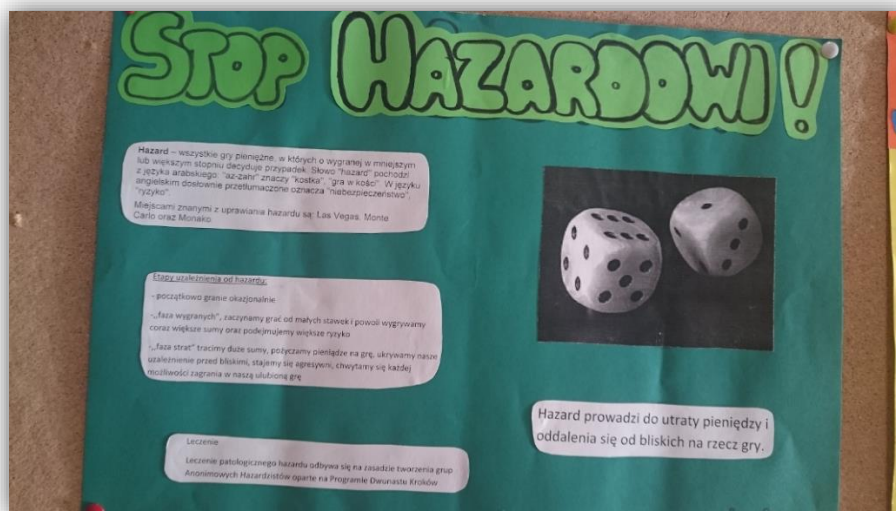
Year 2 (2016-2017) - Addiction

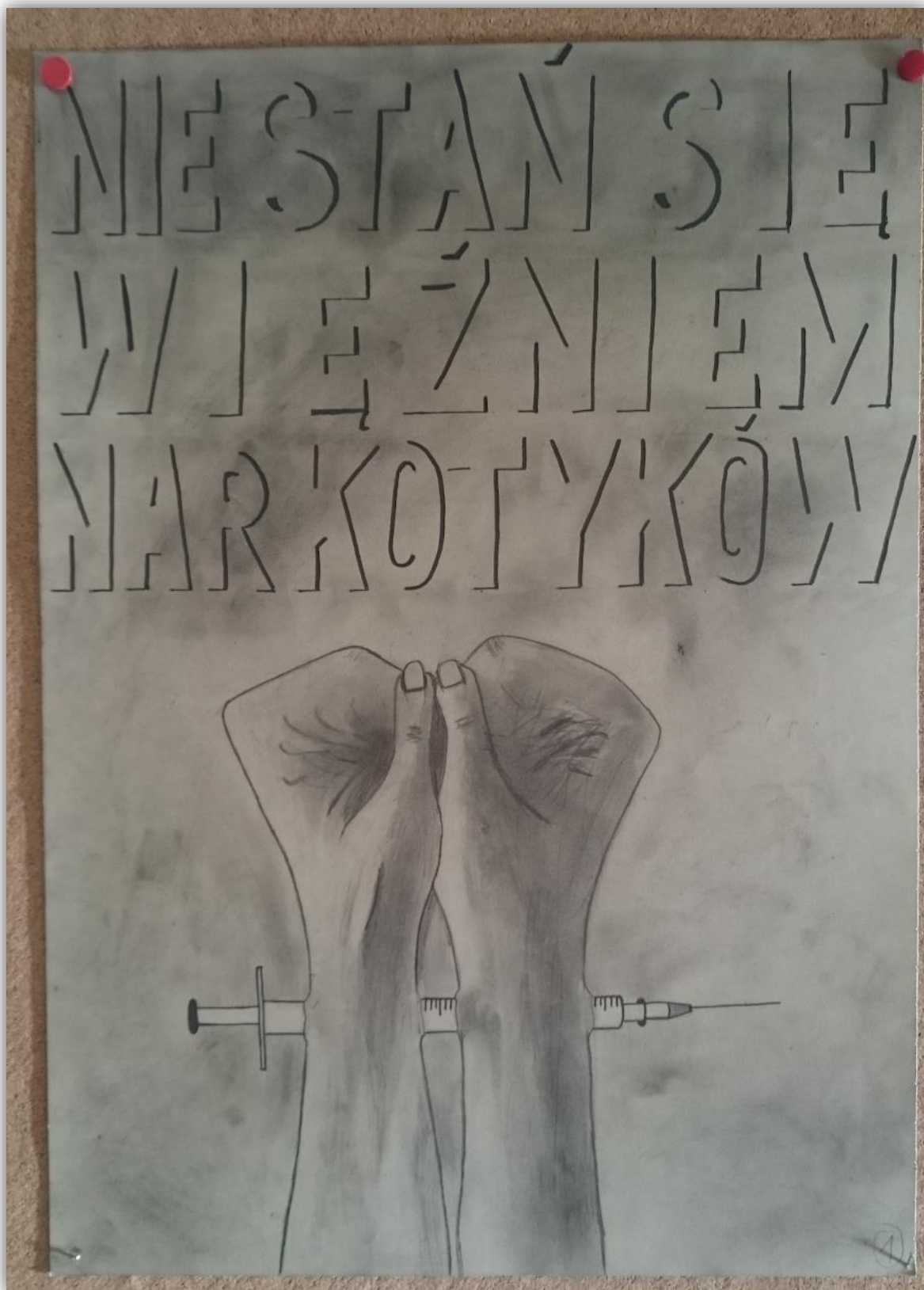
Italy





Poland









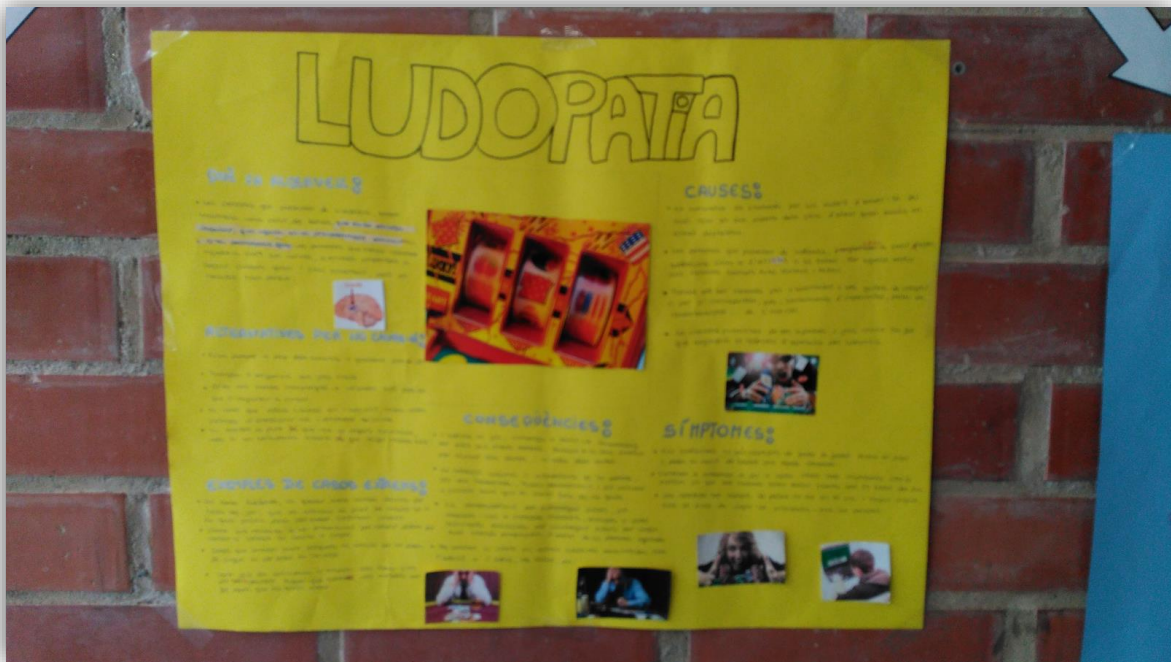
Poland - Theatre drama about the danger of taking drugs

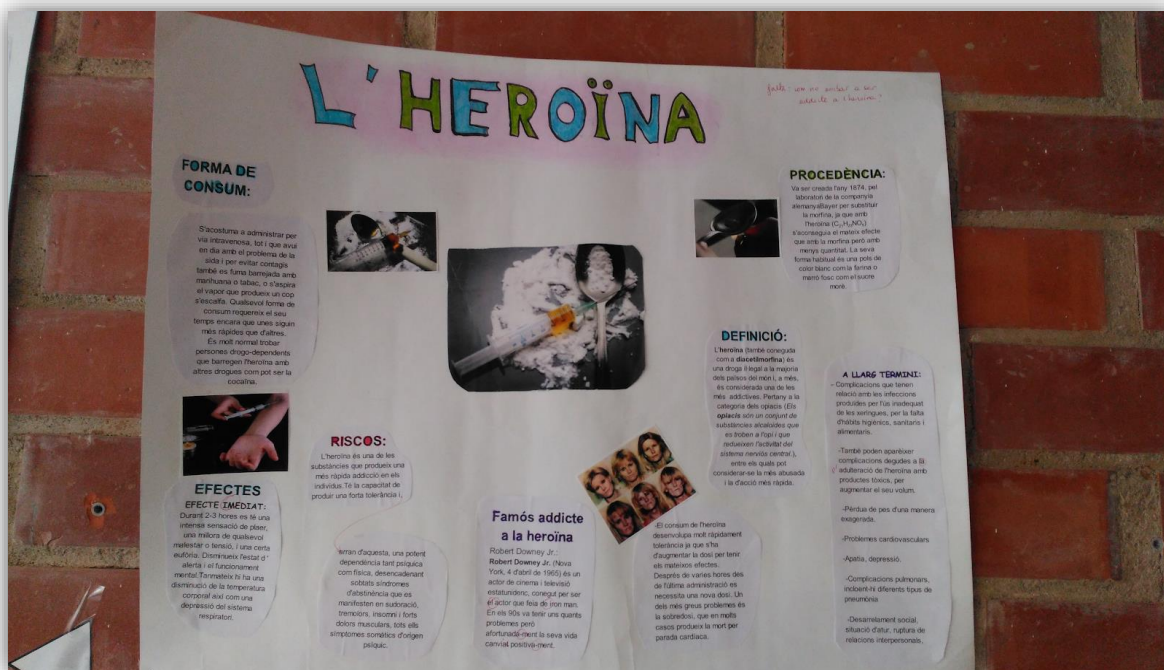


Catalonia - Workshop on self-esteem and nutrition



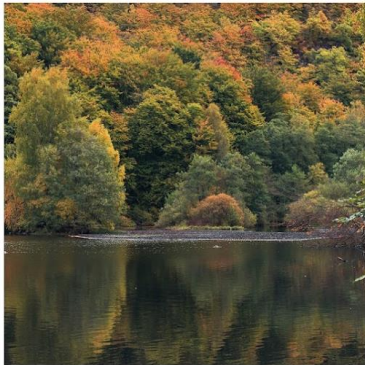
Posters







Sweden - Alternative kicks





Sweden-from 2nd to 8th of October 2016

Austrian memories



First of all Sweden is a very beautiful country. The program of the trips were planed very well and was very interesting. Especially the hiking tour was very nice, but also the guided city tour in Malmö. Nevertheless the laser doom was the funniest activity. After this stay Sweden I want to there again.

The food has tasted also well and the presentations were also very funny and informative. I think that it was not so great that we were in groups with respectively one member of each nation,

because for me it would have been better to have a college to ask for words and be more motivated to have friends in the group.

My host were very friendly, she took me to school every morning. She cooked very well. And she can dance very well!

I will never forget this trip.

JAN

SWEDEN from 2nd-8th October 2016



I liked Sweden very much because my family was very nice, and we had so much fun with students from other countries, I liked the students from Catalonia, Poland, Sweden and the Italians

Sunday 2nd October:

I met my family at the station in Lund and we went to their home to eat something, then Evelina my host showed me my room... oh how lucky - I had an apartment of my own. On Tuesday and on Friday the owner come and slept in the apartment.

Monday 3rd October:

This was the first day we had school from 8:30 to 4:00 pm and we had begun with a workshop about addiction that means alcohol, drugs... and I liked that because in each countries there were different problems. After school I went home with Evelina and at night we watched "Fack ju Goethe and Fack ju Goethe 2". We both laughed a lot.

**Tuesday 4th October:**

School again with workshops and then we went home and at night we watched typical Swedish movies...

Wednesday 5th October:

We had to do yoga, I did not like it because I was not good in practicing. After yoga we ate Indian vegan food -I liked the taste of curry.

Thursday 6th October:

We went hiking to the National Forrest but all students didn't find the right way so all went back to the lake at the starting point and did some cookingbut Mattias and I went to the restaurant and we had Burgers there. In the evening we visited Malmö and went to the Laser Dome. It was great!!

Friday 7th October:

We had a revision of the week and after then we had "ficka" - it's coffee with cake or cinnamon rolls and then we did the presentation about alcohol. And on the evening we made a party at school with a life band and a lot of delicious food!

Saturday 8th October:

We got up very early to go to the train station in Lund to get the train to Copenhagen Airport, and fly to Frankfurt and then back home to Linz.

It was the best week I've ever had in my life because I had to speak English a lot, and I have seen more of the world... I like this week very much. But I didn't like hiking so much and Friday because I think I will never see these people again and this hurts!

Wish you all the best

Michael Furtner

Reports from Nina, Melissa, Denise



Sweden is a very beautiful country, although I only was there for a week, it was very nice.

Flying was really funny - it was the first time I had the chance to do it, at the airport we ran crisscross.

The weather was unfortunately not nice, but cold and rainy. We had almost no free time, but full program. The food was fantastic, the kitchen is quite different from ours.

We all understood ourselves very well, concerning the workshops it was not so easy for us. At the beginning it was very difficult to speak and understand English. Fortunately, we have supported each other. I would like very much to go back to Sweden, but also with our teachers and myfriends.#

I like Sweden very much! I was surprised that the Swedish people can speak English so well.



On Monday we had a little city walk with the students of Spyken.



On Tuesday we had a lecture by Peter Jacobsson „Dare to be“.

In the afternoon we went to Malmö there we had a guided tour.

After the tour we had the chance to see the exhibition of the “body worlds.”

On Wednesday we had yoga lesson after the yoga lesson we had lots of workshops in Hemsgården.



On Thursday we had a hiking tour into the national park. In the evening we played in a lase dome.





On Friday we had our presentations about addiction. The whole week we had to work on a presentations with the other people from Poland, Catalonia, Italy and Sweden.

The best things in Sweden were Malmö, yoga, hiking and the party.

My host girl was very strange. She was never really punctual and well, not cooperative

I lived about 50km away from school, had to take the bus and the train several times a day. But it also was a good experience.

Although Sweden was very cold and windy it was one of my coolest, never forgettable experience.

Thank you for being there!!!



It was very nice to be in Sweden.

It was the first flight for me in my life!!! I felt nervous ...

Pretty good for me was the speed-dating we had on Monday. So you could get in contact to other students from other countries.

The topic „addictions" was very interesting and we have also had a lot of fun with the other students to elaborate the theme.

But best of all I liked Yoga. Although some of the exercises were difficult but it was very funny.

Starting on Wednesday, I got homesick, since I've never been so far away from home. In our national teams I felt a little bit better, because the people were here with me.

My host family was very friendly. The mother of my host has made me pancakes. The food there is similar to ours in Austria. They cook almost the same way as we do but the food looks a bit different.

Friday was my favorite day of this week, because we had to present the results in teams, of our elaborations of the theme of "addiction". In the afternoon I went to Lund with two friends. The closing party was the highlight of the week. The food there was very tasty the cake was delicious. Dancing, talking, having fun ..and at eleven o'clock, everyone was crying because it was such a beautiful week and we could not believe that it was all over now.

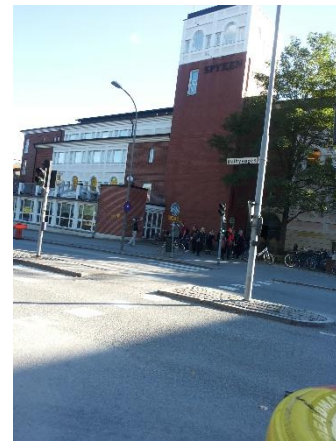
For me, Sweden was a whole new experience. I think it'd be great if I could again participate in something like that, in spite of homesickness.

We wish you all the best !!!



Icelandic memories from Sweden

In the beginning of our project meeting the Spyken school choir made a great impression as they entered the hall singing in the welcome ceremony. We had a very warm welcome at Spyken and from the first day I think all the Erasmus group felt at home and everyone was focused on working as well as having a good time. It was quite impressive to see how well the students work was organized. They were split into five groups from the first day and they worked very hard all the time on their assignments.



The speed date for pupils as well as for the teachers was great fun. It was nice to talk to the students and get to know them a little. You had to discuss different topics with different persons. The competition of the spaghetti tower building for the teachers was interesting. To see how we became very competitive and hard working group – and working together to the same goal, winning. There is only one winner and luckily my team, Polland, Iceland and a part of Catalonia won the competition!

The lecture given by Peter Jacobson, a former addict, was very educating and appealed to both the pupils as well as the teachers. His advice was „ *you have to live with yourself your whole life so you have to talk nicely to yourself and stop tearing you down* “. He really got everyone's attention and was very honest about his life.

City walk in Lund with one of the history teacher was very informative and then you realized how old the town is and rich in history.

Visiting the harbour area of Malmö and being informed about the ideology behind its structure was very interesting. Our guide was very professional and made us interested in asking questions. Attending the exhibition *Body Worlds* was quite interesting but at the same time a bit scary. Seeing the fetus in different stages as well as seeing a body in „slices“ was something new for me. The individual specimens showing bodies in different positions related to what kind of sport they were practising gave us the insight of how the body works. The primary goal of *Body Worlds* is health education and therefore it was very appropriate to visit this exhibition during our mobility in Sweden since it is connected to our project and emphasizes the importance of healthy lifestyle which we are trying to adopt.

The hiking tour in the national park Söderasen started as an easy walk through the forest. The whole group was divided in smaller groups of pupils and one group of teachers. But our maps were not totally up to date so the groups of pupils got lost but luckily the teachers group had natives as their leaders so they could find their way to the destination. Mobile phones couldn't be used because there was no internet connection so the pupils couldn't be reached. To make a long story short





everyone turned back to the starting point where we cooked our meal with the ingredients we were provided in the beginning of the tour. So this story had a happy ending.

Project presentation of the campaigns the pupils had worked on for the week was absolutely fantastic. How they introduced their campaign and slogans and how well they could deliver their knowledge on the matter was admirable. I think the pupils realized that they can have impact on their life as well as on the others around them.

The teachers attending the meeting stayed at a good hotel close to Spyken and was very well situated in the city of Lund.

Bodil invited the teachers to her home and we really enjoyed to have the opportunity to visit a swedish home and to have a typical swedish dinner. Thanks.

In the end of this project meeting all of us had become an Erasmus family and our friendship will last for a long time to come !

Elfa E. Ármannsdóttir Iceland

Italian Memories

First Erasmus Day, the trip



For some of us it's been the first experience with an aeroplane so you can imagine the fear and the excitement that was among us. We woke up at a very early time, so we were like zombies in the airport, we thought that we could get some rest in the airplane, but we were so excited that we didn't sleep at all. We first arrived in Paris, then we moved to Copenhagen, then we took the train to Lund. We had so much fun, in that time, cause we were starting to know each other better then

before, we were starting a close friendship.

But anyway, the closer we were getting, the more scared we were, because we never had an experience like that. Being hosted is something that we never felt, so we were scared in some way, a way that even now we're not able to tell. We finally arrived, with the stomach in our throats, for the excitement. We finally arrived, and a so gentle, kind and warm family was welcoming us. We finally arrived home.

The Second day: getting started



This second day, which was actually the first day of activities, started in a very strange way: it rained so much; not the best way to start, uh? But we didn't care, we were amazed by the beauty that was surrounding us. We arrived at 8:30 am, with a big surprise waiting for us: a snack buffet (fika), with a

fulfilled bag containing lots of useful objects. We moved, then, in the main hall, a majestic room with seats, a stage, and a big glass wall, in a perfect church style. There was a big presentation, with the announcement of our activities. A surprising chorus then broke in the hall, singing for us, enchanting us. Then we had a little break, that was a prelude to a nice game: the fast presentation. In that occasion, we had the occasion to meet each other in a very short time. A brilliant way to start new friendships! We had, then, another break, when



we had the occasion to explore the school; after that we moved into a classroom, where we've been divided in international groups. We had a little lesson about how drugs effect our mind, with a consecutive briefing concerning our future activities as groups.

Then we split up, into national groups, and we had the occasion to visit the city, Lund, with two nice students. We saw the main church, the shops, and the big, magic, park. Then we came back to school, where our hosts were awaiting for us. We came home, full of emotions and expectations about the future days.

The Third Day: Malmo



We're not gonna lie: most of us knew Malmo because it was the birth place of the famous Zlatan Ibrahimovic. And we were kinda influenced by that. Just a little. But anyway, we started the day in the school, having some meetings between groups, just to establish our program. We ate, and around 1:00 PM we were already at the train station, taking the train to Malmo. We arrived, and what was expecting us was something that even now we're not able to define: a concentrate of technology, modernity, and ecology.

Just amazing! We had a complex view of the harbour-zone, with accurate descriptions of the history of the place. (Our guide was amazing, we've got to say that too). Then we moved to the sea, visiting some residential areas, admiring lots of buildings, such as the Turning Torso. We then moved to Hyllie, another zone belonging to Malmo, to visit the „Body Worlds“ exhibition, a theme museum, about our bodies, and how actually drugs effect our systems. It was scary and interesting at the same time, but in the end we had a lot of fun. After that, we had some free time, that we used for shopping – of course-! We were at the Emporia, a labyrinth disguised as a shopping centre. Pure evil! Eventually, we got out, don't worry. We ended our day in a beautiful way, we've got to say.

The Fourth Day: Hemgarden, Indian Food, and Yoga (The Good, the Bad, the Ugly)

Oh, this day. Our bodies are still hurting. But we'll try to describe it better: we had a little briefing among us, as always, and then we walked, for about 10 minutes, to a yoga center, where we had our first Yoga lesson ever. We expected something relaxing. We were wrong.

We just had an intense lesson, with the most desperate position, it was like a torture for some of us, but in the end it was worth. Then we moved to a really close Indian restaurant, where we had some Indian vegan food. Yoga was better, believe us! But anyway, we have to taste, we have to try, we are young, we have to do it. Anyway, then, we moved to the Hemgarden, one of the best we could have ever been. We just had no limits for our imagination; can you imagine that? Your imagination, just freed, without any obstacle. It's still chilling us, even now, while writing. We painted, we drew, we made some awesome pins, we made some great murales, we printed, and eventually we took some professional photos! It was really impressive! Personally we felt really free, and in peace with ourselves. Really an experience that everyone should do at least once in the lifetime.

The Fifth Day: Lost in the Forest, incoming in cinemas this winter



We think that the title explains it all, but it would be much funnier to explain it better. The day started in a great way: with no walking, just a bus trip. We arrived in a national park, Soderasen, a really surprising place, full of simple, but precious things. We felt really close to the nature, to ourselves. Teachers split us in groups, then they gave us the maps. All good till that moment, if

it wasn't for a little detail: the maps were wrong. And we, obviously, got lost. Yuppie! But anyway, we managed to find a way out, don't worry! We just gathered in a common place, and tried to figure the situation out, we actually came out with a simple conclusion: we had to come back at the starting point.

We did it, and we got some rest (that was a great achievement, for us, after 3 hours of walk!). After that, we had, we think, one of the most interesting activities: cooking with our bare abilities (and the tools the school gave us). We had some issues with that, since we were not used to that, but with some teamwork, we won this match too. Mr Andreas, one of the Austrian teachers, eventually built up a bonfire, all on his own, allowing us to warm up. Thanks, Mr Andreas! The excursion ended in the same way it started: with a bus trip. We relaxed, and enjoyed the charming views that were all around us. We came back at Spyken, waiting for our hosts, in order to get back home. But the day wasn't over yet!

We decided to go playing at the „Laserdome“, a place where you can fight laser wars. We were – all of us- tired and exhausted for the long walks we had. Did it stop us? Absolutely not! We just destroyed ourselves in that game, but the fun we had, oh, if only we could travel back in time... It was a hard day. It was a confused day. It was an interesting day. It was maybe the best.



The Sixth Day: Farewells and Tears

You know, by writing our memories, our brain automatically goes back in time, reminding us our sensations and feelings. The other days were funny and interesting. This day was sad and painful. I'll let you imagine our status right now.

Anyways, so it came: the Last day. It was like a death sentence, for us. We all knew that we were going to face it, but we always tried to forget about it, but doing that, we just complicated the situation even more than it was originally.

It was the presentations day: we had to introduce our personal campaign against an addiction, and our aims to prevent and to educate the eventual followers. We all had 4 hours to gather the ideas, and to put everything together. Some of us came up with a facebook page, some others with some videos, some other with some images. Do you remember the Hemgarden experience? Yeah, we felt the same. For the second time, we had almost no limits to our creativity, shaping our ideas through lots of mediums. It was amazing (what a news!) We did it, eventually. We were having this big ceremony, and everyone was scared and excited (most of us even lost the voice, for a second!), but it was the completion of a project, the final product of our teamwork: something really important, at least for us, so it was worth. A lot. After doing that, we had some thanksgiving, with lots of congratulations, to everybody, for the good work done.

We ate, just after that, and then we had some free time before the big farewell party. It was on us how to use it. We, the italian students, tried to convince everyone to put an elegant dress for that occasion, so, most of the students hurried up to find some fancy clothes to put on.



(Don't blame us just because we care about elegance!)



We all managed to do it, or, at least, almost...Austrian boys were wearing some Toy Story masks. They were the best, we have to admit it!

The party started at 7:00 PM. We were expecting something simple, but we were wrong. Again! For the tenth time! The school organized everything: the music, the food, the atmosphere. Everything was perfect. There were two musicians playing songs; they were fantastic! They played some classic rock songs in a lounge-blues way! Just imagine that: Led Zeppelin and Prince in a lounge sound. We were actually dancing on a Led Zeppelin song. This thing was enough to blow our minds up. But the best was yet to come. They started to burn the stage by playing some Swedish songs, something more rhythmic: all in a sudden, we were all dancing! Everyone, even the teachers! It was a magic moment: we all felt part of something bigger; we were not students, we were not teachers, we were all friends.

Moreover, the food was great; there was something for every taste, in order to satisfy everyone.

After a while, the musicians left the stage, allowing us to put on some of our music: then the delirium started. We played lots and lots of pop songs, and everybody was losing itself to dance. Something really difficult to describe!

We felt immortal, for those moments. We felt omnipotent. We felt free of any problem.

The party was going to end, and we noticed that. The music stopped, the loudness too. We realised.

-We'd like to let you know, now, that we're struggling to find the right words for that. We're struggling to overcome the feelings-

We realised that we had to go. We were leaving the place as much tears were leaving our eyes. We started to hug each one, almost trying to grab them forever with us. Like an endless hug.

We were at the end of a dream, we were about to wake up, to come back to reality. It was so painful. And we mean it, it was like leaving a part of your heart there, in Lund.

In the end, we left the school, coming back to our homes, to get some rest, to get some peace from all that sadness.

It was over.

Sweden has been, for us, like a daydream: a unique experience, with unique people. We're feeling very grateful for all the love you gave us, and we hope we gave you at least half of the love we received.

Thanks for every smile, thanks for every tear.

With love, Francesco, Miryam, Salvatore, Luigi and Sabatino.

Catalonia Memories

MEMORY OF THE MOBILITY TO SWEDEN by the teachers From IES Pere Fontdevila (Gironella) CATALONIA

3rd October

This was our first working day. At 8,30 we were given a very nice welcome ceremony, with the school choir and some explanations about the plan of the week. Here, we were told how the working sessions would be: students would be working on preparing a campaign to fight against addictions, so they would be the whole week trying to organize this campaign.



Later, we got an interesting lecture which was followed by group work. The groups were wisely organized as each group had a student from each country. They had to talk and share the different results of the problems of addiction in their schools. This was the first step as a group and the results were very good. This gave the students the atmosphere to speak in English and share the different opinions on addictions.

4th October

The day started again with Teambuilding. There was an interesting lecture on “dare to be” by Peter Jacobsson, an ex-drug addict. This made a valuable explanation of his personal experience, a good example to listen to. He was great.



After lunch, we all left to Malmö by train. We visited the Western Harbour and could enjoy the guided tour lead by the teacher Maria Skóldborn. We also visited the exhibition of human bodies “Body Worlds”, where students could see the biology of our body, what may happen to our body depending on our lifestyle.

5th October

After a good introduction to that day activities, where students were informed about the aim of the day, they could start the day with a yoga-mindfulness class at the Raja Yoga studio.

Yoga is a useful practise for our minds and should be included into education. Yoga may give some students the possibility to find a tool to improve their personal

conditions, to learn a way to concentrate and being at ease with themselves. So, this was another wisely prepared activity which students enjoyed.

In the afternoon, students had the fantastic opportunity to visit a center in Lund, Hemgarden. This center is a foundation for young people who want to get organized with a future purpose. They can just hang out there or can use the different tools they have so as to print t-shirts, design posters, etc... so they may use their own abilities to create their own concert or project of any kind. Teachers found this an amazing experience for our students, as this can't be found in our country. We could later talk about this with them, getting ideas so as to improve our social background. Of course, places such as this, help young people to move towards a healthy direction far from addictions. Students created their own products for their campaign.



6th October

Students and teachers went to a hiking tour to the National Park, Soderasen . The Swedish teachers had organized everything carefully (the packed food to be cooked in the picnic area in the forest, the hike ...). Students had to follow instructions from a map and the whole hike was great, both students and teachers enjoyed the scenery, the possibility to see another landscape different from ours, having again the opportunity to share the experience in their groups, and learning about maps. Being in nature is one of the most important options to fight against addictions, as this gives you the way to experience life and happiness without toxic elements, and sport is of course a way to live nature.



Preparing the meal in the picnic area

After such a wonderful day in nature, we took the bus back to Lund, where the students could join in groups to make a reflexion on the activity after having the Fika.

7th October

This was the last day of the stay. Students had to meet with their groups again so as to finish the presentation to be done later on, an oral presentation to show their results. Teachers found the presentations great, as all the students could explain a part and demonstrated they had been working on the chosen campaign against addictions.

In the evening, we celebrated the farewell party at Spyken. It was an awesome dinner at the teachers' room, with live music first and Swedish and international music later to dance. This is a good part the students always enjoy.





OTHER THINGS TO BE CONSIDERED:

We really appreciate the help and participation of all the staff of Swedish teachers, they were really involved and helpful, making all of us feel at home.

We loved the way the Swedish school works, where we could realize the good atmosphere among the teachers and students. Everything was carefully planned and well done.

Both students and teachers were offered snacks very often, carefully prepared according to the healthy diet, which we value a lot.

We have an extremely positive evaluation on the way other students from the Swedish school got organised: a staff of students were leading the activities, one different for every activity, this was something we find very important because many students get involved and learn how to leader a group at the same time.

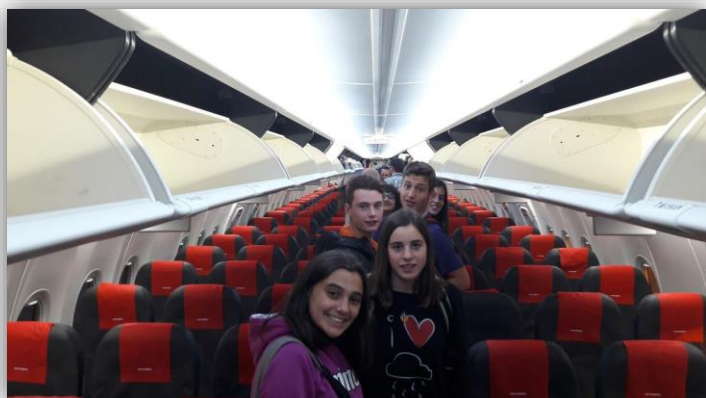
The seminars were cleverly chosen, the speakers gave good messages and our students got really impressed with the explanations.

Most of the host families were also great, in spite of the fact that the host students were not involved in the working sessions. Although this was a little strange for us at first, we later could understand the positive side of this, as more students could get somehow involved in the project.

On the whole, we, both students and teachers, learnt a lot out of the experience, and we feel grateful to have had such an opportunity.

MEMORY of Sweden

SUNDAY:



We arrived at the airport at about 11. We took a train to Denmark towards Lund, where we met with the Austrians. The route of the train, passing a bridge over the sea and later going inside the sea. When we arrived at the station, the Swedish were waiting for us, who welcomed us and we went to their houses to settle us. We had a nice welcome.

MONDAY:



We woke up, we had breakfast and we went to the High School. There, Swedish teachers made a small presentation about the different activities that we had to do during the week. First we went into a room where they made the groups for jobs. Each group was formed by students of each country and each group worked with a different addiction. We had to prepare a presentation on the last day. We ate in the dining room, but we did not like the food much. After lunch we continue to work and later took us to a tourist route to see the most beautiful places in Lund.

During the break, some other students offered us healthy food, what they call Fikha, it was fantastic and the people were very nice.



TUESDAY:

We arrived at the high school and a former drug addict gave us a lecture which consisted of several parts: he explained the reasons why he had been addicted and gave us solutions to get out. At 11 o'clock we began working with our team. At 12 o'clock we went to have lunch and, at 1 o'clock we took the train to Malmö, where a teacher gave us a tour that ended in a museum where we went to see an exhibition called Body World. When we left the museum we went to a shopping mall called Emporia and some had dinner there and others took the train and went home for dinner.

WEDNESDAY:





We arrived at the high school and a former drug addict gave us a lecture which consisted of several parts: he explained the reasons why he had been addicted and gave us solutions to get out. He was great and very interesting.

At 11 o'clock we began working with our team. At 12 o'clock we went to have lunch and, at 1 o'clock we took the train to Malmö, where a teacher gave us a tour that ended in a museum where we went to see an exhibition called Body World. When we left the museum we went to a shopping mall called Emporia and some had dinner there and others took the train and went home for dinner.



THURSDAY

In the morning, we took the bus and we went to have a walk to Söderasen. We made a guidance equipment. Unfortunately we got lost. The hike was fun and we enjoyed it a lot. Finally we ended up in the place alla together where we had lunch.

At 3 we went to school and came back to think over the day with our groups. We had dinner at home with our family and teachers had dinner together in an Asian restaurant.

FRIDAY



In the morning, we did a presentation on the hall. Each team went to a different room to work best. Before lunch we finished our project. We had lunch at 12 in the dining room and then we stayed in the hall for presentations of the various campaigns. Together, we talked about the week and the different experiences, about what we had learnt, and Bodil (coordinator of the ERASMUS Sweden) all congratulated us for our work.

In the afternoon, we went shopping "souvenirs" in Lund and then went home to get changed and smart for the last dinner party. The celebration began at 8am and ended at 11. We said goodbye, we hope to meet them again in Catalonia in the next meeting.

SATURDAY

It was the last day and we were all very sad because we had to leave. Everyone was with his/her family visiting the area. At one o'clock we had to go by train to the airport. There, we had lunch. Then we looked for the door through which we entered the plane. The flight was slightly moving but when we gathered with our families we were very happy.

On the whole, our experience in Lund was extraordinary, we enjoyed every single thing and will always be something we will remember.



Polish memories

Nine day-long trip to Sweden was very cool.

Every day we had lessons at school. We arrived at the school with our "hosts" who we stayed with.

We were able to check our language skills both in houses in which we lived as well as on the classes at the school which were held in international groups.

The subject of lessons were addictions. At the end of our stay in Sweden, we had to do a project - presentations, to choose one addiction, to describe them and to justify why we chose this addiction.

I liked this stay in Sweden very much. I was able to get to know the new culture and new people who were very nice and friendly.

I made new friends with people from the others countries who I am in touch to this day.

I really would like to go for such a trip one more time.

Ada Kunath

I was in Lund in Sweden on Erasmus + project. I think that was the best trip in my life.

I met a lot of new people from different countries like Spain, Austria, Sweden and Italy. In my opinion I had a perfect occasion to talk in English and compare how life looks in a different country. I could know better a foreign culture and a tradition too. In Sweden I had lots of lessons about drugs and I learnt about them. It was very interesting. One day my friends and I spent time on Yoga and we all relaxed. Another day we went to Malmö and saw very high buildings. That was amazing!

I think that was a wonderful experience. I will never forget it.

I recommend trips like this to everyone.

Weronika

Piotrowska

Last month we went to Sweden for our Erasmus+ project. This week was the best school trip I've ever been on. For this 7 days I learnt new things and met new people. I am very happy, that I developed my language skills. I met so many nice people there and now I still have contact with some of them. All of our workshops were very interesting and exciting. I think, I liked yoga the most. I'm very proud of my Polish group. Everybody was so active and their English was very good. For me Erasmus+ project was a very nice experience and I am very sad, that I can't go for the next trip to Spain.

Hubert Maj

I just loved being in Sweden. I met new people from different countries. I visited a little part of Sweden which I liked very much. I ate traditional Swedish Meatballs, Kanelbulle. Once all of us practiced yoga which was great. The most I enjoyed was living with my Swedish family. They were very nice to me. I saw how the Swedes live in their daily life. I also enjoyed our every day walk to the school. It was different from ours because the building was huge. It's

nice that we had classes with people of other nationalities. All the time I could improve my English. I've made new friends. I'll remember this stay for long.

Natalia Wisz



Erasmus Project was the best thing that ever happened to me. It was wonderful week with amazing people from many countries. It was not only great fun, but also lessons about addictions and their consequences.

This week was full of experiences, I think that all of us tried something new. We went hiking, trained yoga, went to so many new places. For me, the most exciting and stressful at the same time was living in my host house. Just imagine it, you are in foreign country, with foreign people and you have to live with them in one house. What's more you don't know their language, so you can use only English. Sounds a little bit horrible, isn't it? But my host's family was so warm and so lovely, I really like them. I spend with them so much time, and it was really good moments. At first day I was terrified, but I loved them more and more with every second. I met so many amazing people at this exchange, and with some of them I still stay in touch.



Erasmus Project was the best lesson of English and life, that I ever had. I miss all of these people so much, and I hope that I'll have chance to meet with them.

Klaudia Kosznik





Catalonia March 26th – April 1st 2017

Icelandic Memories from Catalonia

We arrived very late in Barcelona. Luckily Tama was there, waiting for us, and took us to Berga. It was nice being in Catalonia. We got a very warm welcome. Gironella is a small town and we felt like home there, coming from a small town ourselves. It was very quiet and attractive.

As usual the students were working hard, focused on the project's theme – addiction. It was nice to see how well they got along and seemed to become great friends.

Our hiking tour to Queralt was amazing. We got wonderful weather; sun was shining and the view over the surrounding area was fantastic. The steep mountain was a bit hard to climb but a good workout!



The trip to Barcelona was very interesting. Had a tour guide with us and visited some historical places. Learning experience. Also we had great time doing some shopping. The students campaign at the Place de Catalonia was great.

Visiting the Castellàs was interesting and to observe how they made these human towers and how they rehearsed by standing on each others shoulders close to the wall where they had a safe grip to the wall. When the children climbed up the human tower to reach the top we found it hard to look, fearing that they would fall. We don't practise a sport like this in our country. We were like small children holding our hands in front of our eyes, so afraid of them falling down but at the same time we peaked of course. We wanted to see how they managed to reach the top. It was unbelievable to watch this. You can't help admiring all the participants for their concentration and specific cooperation while they worked very close together on their common goal – to make the highest human tower they could manage.

Visiting the Fundació Alicia, research center of nutrition and having an introduction on its purpose and research was very educational and it was admirable to visit it. Knowing it's famous and respected worldwide.

Susanna was so kind to invite the teachers to her summerhouse and we really enjoyed our stay there having typical Catalan meal which was delicious. We also got to meet her adorable cat.

Erasmus project meetings are educating both for pupils and the teachers and it always widens our horizon to visit other countries and schools as well as other people – and we learned to eat tapas!

Thanks to all the Catalans that made our stay so pleasant and memorable!

Elfa and Margrét Lára



Italian memories

On Monday

The first day started with the visit to the old Church of Gironella, where a conference about Gironella, the traditions and customs of Catalonia took place. Then, the choir of High Schools sang some songs. After that, we went to the High School to talk about the final work and distribute the work-groups. Then we took part in an orientation race with our groups which was organized by Tama, the teacher of Physical Education of the school. So we enjoyed the most characteristic places of Gironella.



At lunch time we had "Paella" that is a traditional Valencian dish. We had lunch all together in the school gym. In the afternoon, we were divided and worked in some groups on our project, a performance about a play to be performed. "We really like Gironella, it's a beautiful town and we think that it's very welcoming and quiet."



On Tuesday

The second day we did an excursion to Queralt. The bus left us at “Fumanya” and we started our route to Queralt. During this way there were three small chapels. In two of these there was a QR code activity. In the first one, we had to make up a song about Cathars. The second activity was to build human towers orientated to the different cardinal points. Then, at the top, we had another activity in which we had to know a place with a map. Then we had two more activities: the first about Queralt and the second about Land Art.



After that, we returned to Gironella. In the afternoon we had an activity about cocktails without alcohol, so we made three different cocktails: Roy Rogers, Kiwi and San Francisco. “The hiking to Queralt was really funny. It was really amazing to see the view from the mountain.”

On Wednesday

On the third day we went to the Capital of Catalunya, Barcelona. First of all we saw the “Arch of Triumph” and after that, we went on a guided tour around the town: we visited Montjuic and while we were on the bus we could see the beach, Barceloneta, the “Hotel Vela”, the harbour. In Montjuic we could see all Barcelona and the Olympic Stadium. Then, the teachers visited “Sagrada Familia” and we headed to the Stadium of FC Barcelona, Camp Nou; we could see all the trophies, the field and its museum.



After that, we went shopping to “Portal del’Angel” and we had lunch there. Then we had to represent the performance we had prepared at school. All the performances had to be about addictions and alternatives to them. Then, we took the bus to come back home: we were really tired. “In our performance we advised other people not to get into addictions and it is very important in this period where especially the young people are easy to influence.”



On Thursday

On Thursday the Erasmus students went to prepare and learn to cook healthy food in Fundació Alicia, the most important center about food research. "Ali" means food and we learned how to eat in a healthier way. "Cia" stands for science and as a matter of fact, eating well is a serious concern.

After cooking pizza and chocolate, Toni Massanès, the director of this important foundation, showed us a video about the origin of some types of food.

On that night, once back to Gironella, we enjoyed a fantastic night out to a restaurant named "La Destileria".

It was in a typical Catalan style and we ate different dishes: carpaccio of pig foot, taulad' embotits and the "escalivada". After dinner the students enjoyed dancing and we had a lot of fun.

On Friday

It was our last day and in the morning we were in the school lab to present our works prepared by our groups during the week.

All of us had to show a video of a story about addictions and their consequences. It was beautiful because all the videos were original and well done.

In the afternoon, the families took us to school and we reached the airport. "Once back home we were happy and grateful for having had the opportunity of sharing this precious project."





Austria - Erasmus+ Project: Catalonia /April 2017

Monday:

After meeting the students of the other countries in front of IES Pere Fontdevila, the High School, we walked to the old church of Gironella, where we had a conference about the town and the traditions of Catalonia. The headmaster and the major of Gironella had a short speech and after that the choir of the High School sang some songs. Then we went back to the High School, where we got some information about the final group work and we got distribute into the work groups. In every group was one student of each country. Then we had with our groups an orientation race in Gironella. We could see the most important places of the town. As we had finished the race we had lunch at school. We had a traditional Valencian dish called "paella". After lunch time we started with our group work. The group work was a performance which consisted a video, where somebody of the group is addicted, and we had to find some alternatives for his or her addiction. Some hours later we had a presentation of LandArt by two art students of Batxillerat. This was very interesting.

Tuesday:

The day started with a hiking tour. By bus we went to Fumanya which is located in Berga. Then we walked up to Queralt. During the way we had some activities. One activity was to make a song about Cathars and another was to build some human towers when we arrived at the top of the mountain. After that the next activity was to look at some photos and show where this place on the map is. The way down there were also some activities. For example we had to do a test of the different trees in Queralt or to do LandArt.

After lunch with our hosts we had to do some group work and some hours later we had a workshop of making cocktails without alcohol. We could taste every cocktail afterwards. I think the workshop was OK but I think it would have been more interesting if we could have made them on our own.

Wednesday:

This day we visited Barcelona, the capital city of Catalonia. We had a bus tour through the city and we saw the beach and many others famous places. One of these places was the Olympic Stadium where the Olympic Games took place in 1992. Then the some teachers visited "Sagrada Familia" and the others visited the stadium of the famous football team FC Barcelona. The stadium is called Camp Nou. There we could see all the trophies, the field and the cabin of the players. As a football fan was this very interesting for me. After the visit we had lunch in Barcelona and afterwards we went shopping in the different shops of "Portal de l'Angel". After our free time we had to perform our performances on "Placa Catalunya" which we also prepared in the lessons of group work. These performances were about addictions. The sense of this was to advice the people there not to get into addictions but nobody was interested in it. Not even one of this hundreds pigeons there. But all in all it was a great day.

Thursday:

In the morning we went by bus to a small town called Sant Benet de Bages. There we went to



Fundacio Alicia which is a famous foundation where some scientists investigate food and how to eat healthier. In a workshop we were shown how to make pizza and chocolate. After cooking we could eat what we had prepared before. Then the director of the foundation, Toni Massanes, showed us a video about the work that the people there do. Then we went back to the High School where we had to do group work another time.

In the evening we had the farewell dinner because the Italians were leaving on Friday afternoon. We went to a restaurant called "La Destileria" which is located in Gironella. There we ate different dishes which were very good. After the meal we could dance in a room if we wanted and at midnight we went back to our hosts.

Friday:

Luckily the day started at 9 am so we could sleep one hour longer than the other days. But it started with another lesson of group work but this time we were preparing for our final presentation. Then every group had to present their work in this week. While presenting our final work we got recorded by a camera.

As we had finished this we had a dancing workshop. There we learned a traditional dance of Catalonia. I or better said all Austrian students were not really fond of dancing.

In the evening we went again by bus to Berga where we visited the Castellers, which are very famous in Catalonia, and watched them training the human towers. That was very interesting because if their tower goes higher and higher then young kids climb up to the top just like little monkeys. Then we had dinner with them. After then we went to a small disco where they only were playing traditional music and where we danced or better said the teachers danced.

At the end of the evening the teachers of all countries sang a rewritten song with the melody of "Mamma Mia" to the organizing teacher- mostly for Susanna !!

After saying "Goodbye" to the other students this very wonderful week ended.

We will never forget this Erasmus meeting. Thank you all so much for this wonderful and sustainable experiences we were able to make. !!!!

Written by- SARAH, Lukas, Tobias, Sebastian, Nico



Polish memories

Igor Wojciechowski

Hi, I want to write a shortreview of "Erasmus+ project" in Gironella.

First thing, I want to talk about is the atmosphere – the grogram was very goot (especially group project!) and people were fatastic! I learned a lot about Catalnoia, Sweden and Austria and I'm still in touch with my close friends from Rother Countries.

Second thing I want to write about is the weather. All week it was very sunny and warm. Thanks to it, we had an opportunity to see Catalonia same as we were there in summer!

The Orly weakness of that week was that, the disco took place on the last 2 days – I think it should be at the beginnig to make us feel more comfortable with each other.

To sum up – It was the greatest experience in my life and I would do everything to taka a part in "Erasmus+" again!

Marta Matusiak

We started our trip to Gironella at 11AM, 26th March. After a few hours on the plane we arrived at our destination. On Monday we went to an old church, after listening to school choir we were eating breakfast, getting to know each other and looking at the nice view of Queralt. Then we came back to high school to participate in orientation race. Next day we went to Queralt, on our way we needed to do some activities just like building a human tower, on our way we saw three small chapels. In the afternoon we had an activity of cocktails without alcohol. Wednesday was the best for me because we went to the Capital city of Catalonia, Barcelona. We saw the most famous things in Barcelona just like Camp Nou or Arch of Triomph. After lunch we had to make the performance on the square in the middle of city. On the fourth day we went to Fundacio Alicia which is place where scientists work to make food better and healthier. On Friday night we went to Berga to see human towers and after that we went to the disco where we could spend time together For the last time. I would like this trip t be longer, I spent such a wonderful time there. It was an amazing oportunity to meet new people and live in a totally differnet house with different traditions. I am so glad I was there. My dream is to repeat this unforgettable experience.

Maximilian Dikti

Between 26th March to 1st April there was a trip to Catalonia from Erasmus + Project. We lived all week with families from Gironella in Catalonia and doing quests for our Project. My family was really nice and I really like them. We worked with people from Catalonia, Italy, Sweden and Austria. We also visited Barcelona and climbed Sierra de Queralt. In Barelona we did performance in internationalgroups about addictions on Plaça de Catalunya. We also visited Camp Nou, the FC Barcelona stadium. That was great fun!At last day of our trip we go

to Berga to see Human Towers and went to dance club. Next day we went for plane and back to home. I really like all people I met and I want to see them again.

Maximilian Mrowka

In April I went with my 4 classmates on Erasmus project to Catalonia to city Gironella. We spent there a lot of good time and learned a lot of things. We were living with Catalan families so we could learn their traditions and look how their typical day looks like. The purpose of this project was to teach all nationalities that were there with us, what is healthy lifestyle. We visited many famous places like Barcelona or Alicia Foundation. What I liked the most is that we have lessons with many new people and we could meet and teach each other and make new friends. I really liked the whole week because there wasn't anytime that we were bored and I really hope that we will meet again here in Poland.

Tomasz Kamiński

Week in Catalonia was great. It was full of amazing activities and sightseeing, knowing each other and integrating. Weather was beautiful. It's a pity that weather in Poland is so bad, compared to Catalonia. People here are very kind and hospitable. During this week we met four different nationalities: Catalan, Swedish, Italian and Austrian. We communicated by speaking English. It was fun! I hope we will meet soon because I made fantastic friends. Catalonia is a beautiful country, everyone should visit it! Join the Erasmus+ project and have a fantastic trip like I did!



Swedish memories

On Monday morning March 27 we woke up in our host families in Gironella and then school started about 8 am. We all gathered outside the school Insitut Pere Fontdevila and we were taken to an old church where there was a huge welcome ceremony. The school orchestra and choir were playing and singing and also the mayor greeted us welcome! We were pupils from Sweden, Poland, Austria and Spain that had come together for a week to work with the project about Healthy Lifestyle. It was a great start but it was freezing cold in the morning. It got better as we learned to know each other in different kinds of icebreakers and a village race and then we had the most fantastic lunch: paella! After that we had meetings about the assignment of the week and we were organized into international teams. We listened to a lecture about Landart to get some inspiration for our assignment tomorrow in the Queralt and finally after a very long day we could head for home.



Tuesday March 28 In Queralt

There was a bus waiting for us at school when we arrived in the morning and it took us to the pre-Pyrenees area of Queralt. We were to spend the whole day hiking and having a great time with our international friends. It was sunny and it got quite hot and warm and as we were climbing there were different kinds of stops where we should do teambuilding activities. When we reached the peak we had a fantastic view of Gironella far far below and in the horizon we could see the famous mountain of Montserrat close to Barcelona. Later in the afternoon we were back in school preparing the assignment in workshops about how to prepare non-alcoholic drinks! A good ending to a good day!



Wednesday March 29: In Barcelona



Today we visited Camp Nou, one of the most fantastic and famous places in the world. We went by bus for a few hours before we arrived at Camp Nou and some were singing and cheering along the ride! We first stopped at the Triumph Arch and took a group picture of all of the pupils and teachers from Sweden, Poland, Spain, Austria and Iceland. Then we passed La Sagrada Familia the cathedral built by Gaudi at a distance and it looked amazing. We could not stop by because of the traffic so instead we stopped at a smaller arena where many soccer teams have played and everyone got off the bus once again for taking pictures. Finally we arrived at Camp Nou and went to see the special museum with famous players and world cup nominations. The collection was enormous and you learnt a lot about football. The rest of the day we spent in Placa Catalunya where we performed short plays about addiction and alternative kicks. We had prepared fliers about it so we handed them out to people passing by with more or less success! We also got some time for shopping before leaving home at 8 pm, very tired but happy.

Thursday March 28: In Fundacion Alicia

Today we visited an organisation that focus on researching on healthy food and it is called Fundacion Alicia. We left early by bus from school and we were told that we were going to do some cooking at Fundacion Alicia and we were all looking forward to that. The Fundacion Alicia had a lot of big buildings for different purposes and by the entrance all of us visitors were invited to special rooms. In the first room there was an introduction about what kind of research they do and we watched a documentary about healthy foods. Then we visited the special kitchens where nutritional diets are prepared for people with different kinds of disabilities. At last we got into our kitchen where we baked pizzas and desserts - the best meal ever! Unfortunately the Italians were going to leave on the Friday so this day ended with a big farewell party in a restaurant in Gironella. Bye bye Italian friends!

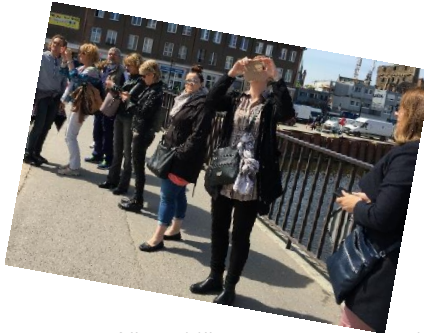
Poland May 22nd –27th 2017

Austrian memories after the stay in Poland

You can get to know a country by getting information from a tourist guide. If you are content with it, you know the facts, data, numbers and individual images. However, an

emotional
visited
through
the people.
makes it

areas
human



relationship with the
places comes only
direct contact with
Getting to know
possible that we
remember individual
and, of course, the
being.



f the pronunciation of "cześć" is too heavy, one can also use the English equivalent "hello". Everyone understands, because the English language is well taught (thanks to good teachers). The efforts of Little Magda to teach us a bit of the Polish language were funny but far too difficult for us (you certainly had more fun!)

The visits to Gdansk and Sopot will remain unforgettable. Two incomparably beautiful cities, we would never have expected. The sporting part, the cycling tour was a lot of fun and brought us the area even closer! The evenings we were allowed to take part and the hospitality, which was so self-evident for you, remain also unforgettable. Many thanks for that.



The visit of Malbork castle was a highlight for me, especially the song "Halleluja", sung by the teachers' choir ERASMUS +, a mystical atmosphere came up!! It was hard to say "Good Bye", but we will meet again, that makes it easier.

Magda and team, you were wonderful !!!

THANK YOU SO MUCH !!

Helena , Andreas



Notes from Andreas:

As I worked in the field of tourism I always keep an eye on gastro organisations, hotels, restaurants, food and people in the countries.

Poland was really surprising for me by being a modern and open minded country .

People are looking forward to the future and have a very positive attitude.

Especially the school we were visiting, their teachers and the headmaster did a perfect job in organisation and planning the meeting. I would like to thank all the teachers for giving us such an amazing time in Gdynia.



Friday March 29 The last day in Gironella

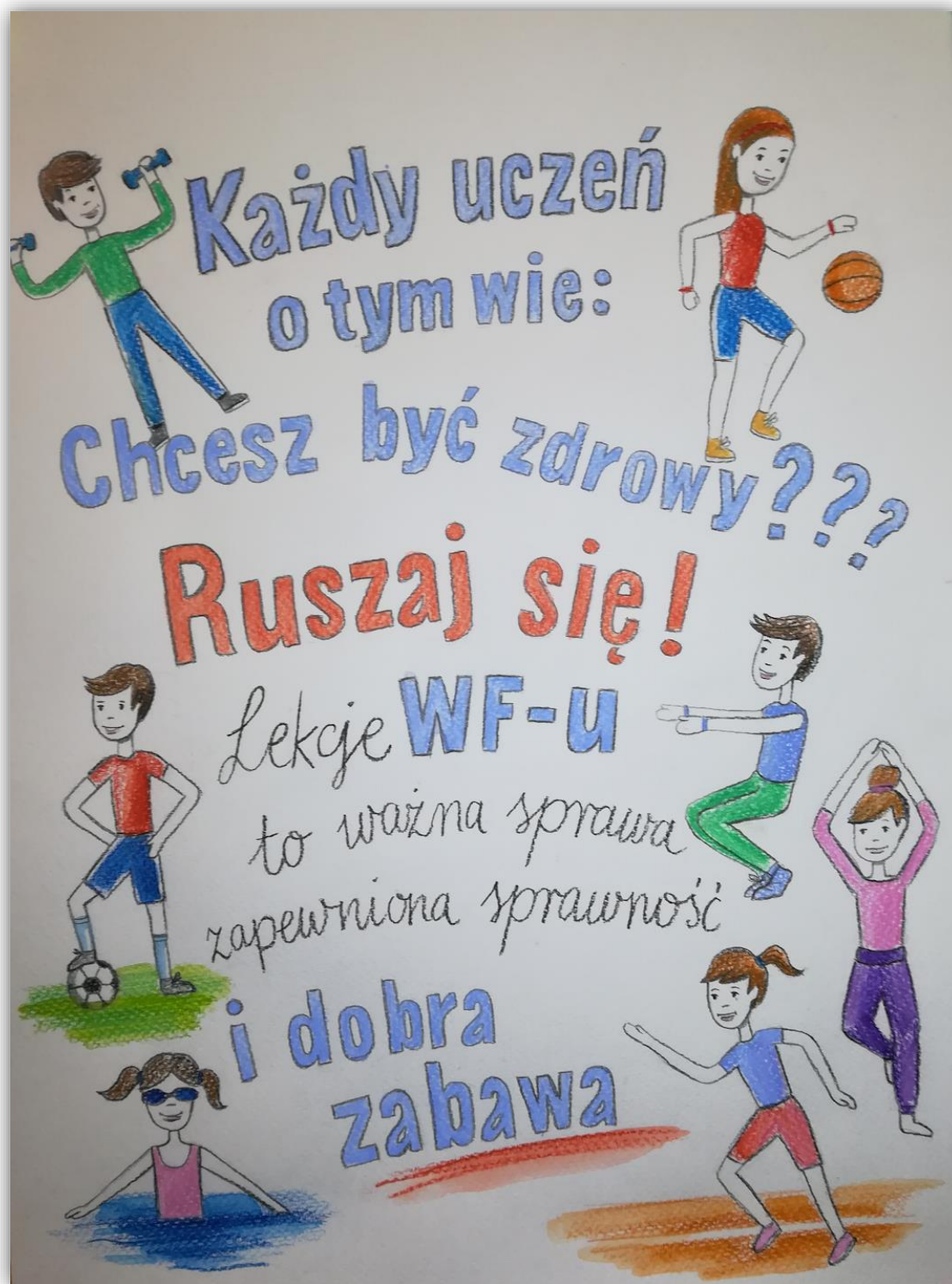
Waking up in the morning it was really hard to believe that it was the last day of the visit. Sadly enough it was the last day which also meant that all of the international teams were going present their projects about addiction and alternative kicks at school. Luckily we had some time in the morning to get together to discuss the last parts of the presentations. We felt a bit nervous about talking in front of the whole group because all in all I think we were about forty participants in the room. As the presentations went on we learnt about mobile addictions, alcoholism and smoking ,among other addictions, and how alternative kicks can help you for example doing sports, being outside in the nature and cooking healthy meals All of the groups produced a short movie which was great fun to watch and some were actually quite good! Yes, we learned a lot about the theme during this week and another good thing was that we had to speak English all the time in the international teams. As soon as the last group had presented their project we were invited to learn a special dance that we all should do together. Well, it was a bit tricky but we enjoyed it. At the end of the day we left for Berga, the bigger place where we had a short city walk before we ended up at the Human Towers place. And it is exactly what it is: people of different size and age go together to practice creating a human tower by standing very closely and/or climbing onto each others shoulders. You won't believe it until you have seen it! We had pizza with them and then we took the bus back to Gironella to stay the last night with our hosts. Ohh what a great week!



Year 3 (2017-2018) - Physical activities

Poland - Hike







Winter walk





Sunday afternoon in the stable



Italy

Famous athlete in school

**ISTITUTO TECNICO STATALE
CARLO ALBERTO DALLA CHIESA**

**KO AL BULLISMO
SCEGLI LO SPORT**

**"UN PUGILE COME AMICO"
CLEMENTE RUSSO**

**INCONTRA
ITS C. A. DALLA CHIESA - AFRAGOLA (NA)**

Lo sport è salute, è disciplina, è saper soffrire, è amicizia, è costruzione della regole, è anche un naturale antidoto contro le peggiori forme di violenza.

Con le regole e la disciplina si creano quelle giuste condizioni per un'aggregazione più ampia e stabile intorno ai valori educativi dove gli obiettivi sono: moderazione dell'aggressività, rispetto degli altri, ricerca della sicurezza del controllo.

L'obiettivo è quello di sensibilizzare i giovani sui temi legati al valore educativo dello sport e quindi al rispetto del fair play.

Gli atteggiamenti del bullismo sono figli di insicurezza, spesso si tende a pensare che il debole sia la vittima di questi comportamenti, ma in realtà sono i bulli che ricorrono alla violenza per camuffare la loro insicurezza.

Con il pugilato si aiutano i giovani a liberarsi della paura e scoprire le proprie potenzialità e sicurezza.

Il pugilato è uno sport autodisciplinare con delle regole molto precise, capace di sviluppare fierezza e rispetto dell'avversario.









Spesso chi subisce violenza vive nell'isolamento nella paura, per cui fare iniziative coinvolgendo studenti, insegnanti e genitori aiuta a tutti a riconoscere importanti campanelli d'allarme che possono contribuire a salvare una vittima.

Saluto: D.S. Prof. Vincenzo Montesano

Interviene: Clemente Russo
Presidente CR Coni Campania, Prof. Sergio Rancati
Delegato provinciale Coni Napoli, Ing. Agostino Felsani

Moderato: Giuseppe Radin

**09 APRILE
2018
ORE 10:00**

Poster-sport for people with diasabilty



SPORT IS FOR EVERYBODY
NOTHING IS IMPOSSIBLE

Erasmus+
2015-2018

ERASMUS+ PROJECT
"HEALTHY LIFESTYLE FOR A HOPEFUL FUTURE"
Codice Progetto: 2015-1-IT02-KA219-014939 1

People should be valued by their work and effort not by their physical disabilities

Logo of the Italian Ministry of Education, University and Research (MIUR) and the Italian Ministry of Health (Ministero della Sanità).

Catalonia

Poster

HEALTHY LIFESTYLE FOR A HOPEFUL FUTURE

ERASMUS +
2015/2018



YESTERDAY YOU SAID TOMORROW
START NOW





Erasmus

HEALTHY LIFESTYLE FOR
A HOPEFUL FUTURE

DOING SPORTS

*You don't need to be perfect.
Just be better than you
were yesterday*

EAT HEALTHY,
THINK BETTER





HEALTHY LIFESTYLE FOR A HOPEFUL FUTURE



Only he who can see
the invisible can do the impossible.

Don't give up



Persistence can change failure
into extraordinary achievement.

Austria November 13th – 18th 2017

Catalan, Spain - MEMORY OF OUR SHORT STAY IN AUSTRIA

Grieskirchen

Dates 13-18 November 2017

Our journey started 13th November. We remember that the students were really excited with the idea of going to Austria and spend some days meeting new people and having new experiences. Of course, the teachers shared the same excitement and were willing to start the journey too.



Unfortunately, one of the students lost the passport in the airport and this meant that we had to change our minds. Whereas Tama and the girl remained at the airport, the rest of the team got on the plane feeling really sorry for the others. Fortunately, things changed again when the girl found the passport. Tama and she decided to book another flight and meet us next day in Salzburg.

For the people that travelled to Austria, the day was tiring and long and when I finally arrived at the hotel, the staff was warm and friendly. It was what I needed.

On Tuesday, we started the trip to Salzburg after picking up Tama and the girl at the train station. We had a guided tour and we discovered a fantastic city. We also saw how our students started getting to know the other students.



On Wednesday, we had to work on the project, the meeting was productive. We followed the scheduled guidelines and went through some parts of the project. We also dealt with the difficulties and problems the countries faced when producing the tasks. We felt that we were working together and that we were part of a team.



Tama decided to take part in the workshops and helped there if the occasion required. We have to say that our students were delighted with the activities and were also impressed by the wonderful landscape in Austria.

On Friday we went to Linz, it was cold but the time we spent there was wonderful. We visited The Art Electronica Museum and went shopping, we also visited a charming café and had a nice afternoon for teachers and for students. Helena gave us the opportunity to share a wonderful atmosphere to speak and socialize.

In the evening we celebrated the farewell party in a fantastic castle. It was time for having dinner, time for music and dance. We enjoyed the night and we were pleased to see Andreas again.

We enjoyed the experience and we want to thank you for your help. We know we can trust on you. We are very grateful for everything you did for us. Thanks Austria.

Icelandic Memories from Austria



Our journey began very early on November 12th at 4 am. We arrived at Grieskirchen train station late that evening. Our lovely host, Helena, came to pick us up and drove us to our hotel in Geboltskirchen.

We loved the hotel, we had such a warm welcome from the owner there, Herbert. Small and beautiful place but we liked it. On Monday we took a taxi to the school, Poly technische schule. There we got to meet all the other teachers and students. Also we were able to watch the students play volleyball.



The trip to Salzburg was really nice. We had a guided tour and at the restaurant we got to try an Austrian desert. After the lunch we went to a very romantic coffee shop in Bad Ischl. We got very lucky with the weather during the stay, cold but so beautiful.

The trip to the spa was great. We enjoyed our stay there and we were very relaxed after the hot water. We would love to go there again.

While the students had workshops we had teachers' meetings where we had discussions about our project.



The visit to the Art Electronica museum was interesting. Our guide there, Johannes, was brilliant. We recommend that everyone visiting Linz should go to this museum.

We think one of the most fun we had during the stay was travelling to the Golf club Maria Teressa by tractor.

Erasmus project meetings are educating both for teachers and students. We get to learn about cultures and schools in other countries and of course get to know other people.



Thank you Austria for excellent time and the memories we made together.
Elfa, Elva Dröfn, Fadel and Margrét Lára.

Italian Memories



Memories: First Day

When we arrived we were enthusiastic about seeing a new country, no one of us had ever travelled outside Italy.

We were welcomed by the Austrian teachers and students in their school. The weather was very cold, but they were so friendly: as a matter of fact they had prepared a sort of buffet for all of us, and we received a t-shirt with our names printed on them as a present.

Then we went to the gym to start some sport activities.

Football, basketball, hockey, badminton were just few of them.

For the next 3-4 hours, we went on playing with other students and making new friends, even thanks to those t-shirts with our names.

Then when the school activities ended, the hosting parents came to pick us up.

Our hosting families lived far from each other, so we stayed at home after school. Our first day ended with some typical Austrian dishes and then we went to bed.



Second Day: Visit to Salzburg



On 14h November we went to Salzburg and we visited this beautiful city.

We saw some of the most important monuments in Salzburg.

In the morning we had a tourist guide that explained us the history of the town and of the most important monuments.

After that we had some free time and we decided to eat something together with other foreign students to deepen our friendship. In the afternoon we went back to school by bus and the hosting parents came to pick us up.

The Third Day: the SPA





On the third day we stayed at school to practice sport activities in the gym. We played some games to know each other 's name and games to increase self-confidence. For example we made a big circle and we passed a ball to someone else saying our name, then we had to remember the name of the person whom we passed the ball to.

It was very funny and encouraged international friendships. Then we had lunch at the Italian restaurant "Prosciutto" not far from school. After lunch we went to the SPA: we were looking forward to enjoying that time from the morning, because our hosts had showed us some photos about the pools, and we knew that they would have been very funny.

There were a lot of water slides but our favourite one was the pool which was partially in the open air.

We stayed all together and we had fun in the pool with waves. In the late afternoon we went back to our hosting families. We loved staying with them : we were appreciating their friendly hospitality more and more and we felt at ease.

The Fourth Day

On Thursday we woke up early and went to school like every day. After waiting for all the students and teachers at nine a.m. we went to a gym in Haag where we performed some self-confidence exercises, survival training and climbing on a wall .

We couldn't climb outdoors because the temperature was very low and we were really cold.

After that we went to Haag park where we walked up to the castle. On the way we saw a lot of interesting things and we also played with the snow with other students. At half past two we went to the city of Haag where we had lunch in a pub all together. After we went back to our hosting families where in the evening we had dinner and then went to bed.

The Last Day:Linz

On the last day in Austria, Friday, we went to Linz. We took a train at the train station in the morning with the whole project group. When we arrived, we went on foot to visit Ars Electronica centre, one of most famous technological museum in Europe. We learnt about unbelievable cutting-edge technologies, for example the Deep Space. The Deep space is a futuristic virtual anatomy theatre, and there we saw a documentary film about Rome. It was an incredible experience. The last night we went to the castle of Grieskirchen for a dinner with all the teachers and students joining the project. We ate different typical Austrian dishes, we danced and we had a lot of fun. The moment of the final greetings was very difficult for us, because we had created a beautiful friendship with the other students, but we were happy because this experience had changed our lives. Our special thanks to the Austrian teachers and students for this fantastic experience that made us feel happy!!!



Polish memories



Before going to Austria we expected many things. Some of us were excited, some were scared and other ones were treating it as a new experience. A few of us expected the project was going to be boring or maybe too exhausting to enjoy but the time we spent in this country proved us wrong.

On the first day we were greeted at school very nicely.

Austrian students showed us the building and told about their everyday school life. The first activity we had, was organized at the school gym. There we could play some team games and even meet our first foreign friends. At the end of the day we got picked up by our host families who gave us a delicious food and a warm bed where we could sleep.



On the second day we started integrating more with each other. Thanks to the T-shirts we could remember even the most difficult names of the students from other countries. We became friends with a lot of amazing people while playing games or going on trips.

Sightseeing of charming towns and cities like Salzburg, Bad Ischl and Vienna was unforgettable. Yes, Austria is beautiful.

The last day was very hard for all of us. Some of us cried while saying "goodbye", some were trying to have the best time in our last moments together but we all were glad that we took part in the Erasmus project. We won't forget the kindness of those, who spent time with us and we'll hope to meet each other again.

Thank you, dear Austrian friends for your hospitality and the unique atmosphere you created. We enjoyed every single moment staying in your country!

Polish Students: Monika, Nikola, Ola, Miłosz and Maciej



Swedish Memories

13/11 Monday - The first day

We woke up at 7 o'clock and got dressed for running, we ran for about 30 minutes and came home happy but tired. We ate a long breakfast and got ready to leave from the apartment that we stayed in. It was a big apartment in the middle of Wien. I liked it alot.

At 10 we took the bus to the train station where the train RJ 860 took us to Linz and then to Grieskirchen , it took about 2 hours. When we got to Grieskirchen we said hello to the Italians and the "boss" for the whole thing. Then we drove, in different cars, to the big school.

At 1 o'clock we changed clothes and we were all given a grey t-shirt with our name on it. Then it was time to play football, badminton, hockey and volleyball. Where we met the kids from the other countries and me and Tilde started to talk a lot with the polish girls, they were really fun.

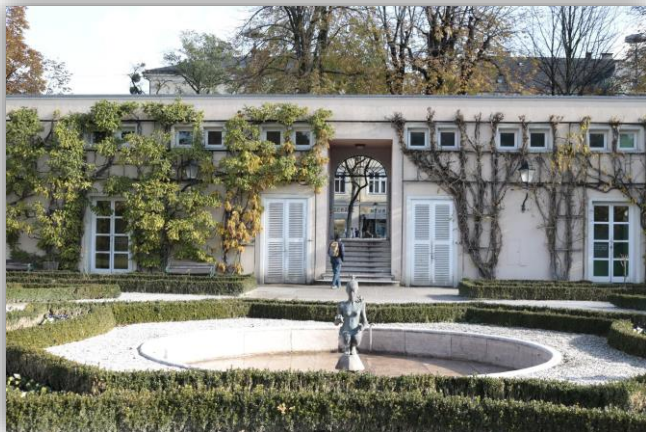
After the training we said hello to our hosts for the week and were taken home to them. I got offered food and then we took the car too Wels and drove go-carts and played biliard (I won).



So long so good!

On the **tuesday (14/11)** we went to Salzburg for a guided tour of the city. Vi took the bus there for about 1.5h. It was very cold when we got of the bus, and we instantly got met by a tour guide that would show us around the city. We began with walking to a castle that nowadays

was used as offices for local politicians. In this picture you can see a side-building from the castle itself. The building was built in a U-form with a big garden with big grass patches, statues and a bunch of different flowers. Then we went over a long bridge that was full with padlocks. On the over side of the bridge you were almost instantly in the heart of the city. All stores had a hanging sign from their building with their logo on. I was like this long ago because a lot of



people couldn't read and therefore you hanged out one of those signs so they could understand. It was lit up with different christmas lights, just like "Lilla fiskaregatan" in Lund. Later we ate lunch on the same street before we went on to a big town square that had a big statue. It was a boy standing on top of a big golden ball. After this we got on the bus again and travelled to a neighbouring town called "Bad Ischl".

In Bad Ischl we went to a nice café which served a lot of different things, but maybe that was ordinary in Austria. After we had sat there for about an hour it was time to go home to Grieskirchen. On the way home we passed the Red Bull headquarters and we also passed a couple of large mountains.





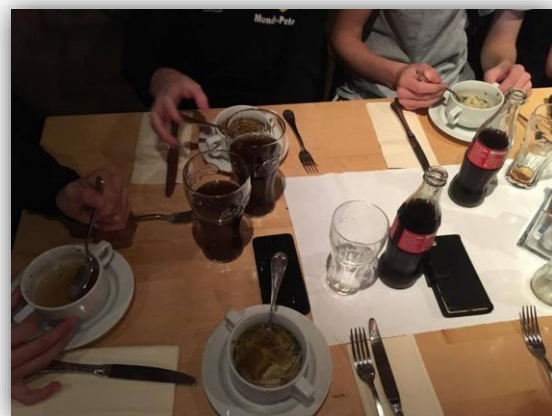
15/11 Wednesday - Workshop and waterpark

We woke up and got ready to take the bus to school, I was excited because today we were going to a waterpark. At the school we changed clothes and started to do coordination activities, that was interesting we had to think of different colours and names to do the exercises. After the coordinations games we were separated in two groups. The first group started with an obstacle course and the second group did circle training, which was quite hard it was many exercises where you had to be strong and fast. After 45 minutes we switched sides.

All the activities we did was really fun to do and I think we all just had a great time just being there and laugh together.

After we all went to eat lunch at a restaurant. Where we got noodle soup, dumplings and a fruit salad.

At 2 o'clock we took the train to the waterpark. We had such a great time, we went down on many slides and swam outside. But after 2 hours we had to head back.



Then the day was over!



Thursday 16/11

We woke up at 6 o'clock and ate breakfast. Then we took the bus to the school and we were there at 7:30. Then we left Grieskirchen and took another bus to a climbing hall in Haag. It was very cold in there. Before we started climbing, we did some trust exercises, because it's very important that we can trust each other, when you are practise climbing.

Then we divided the whole group into two groups. The first group did a cooperation exercise, where the hole group were going to climb over a wire without touching it and the other group warmed up and then started climbing the wall.



After those exercises, we went for a walk in the woods. It was a very beautiful nature and view but it was a little bit too cloudy, so we could not really see the view from the tower we were up in. We walked up and down in the hills and we did it for an hour.

After that, we went to a restaurant with only hamburgers and the burgers were really good and we were also very hungry after the walk and the climbing. When we finished the meal, we went back to Grieskirchen at 3 o'clock.

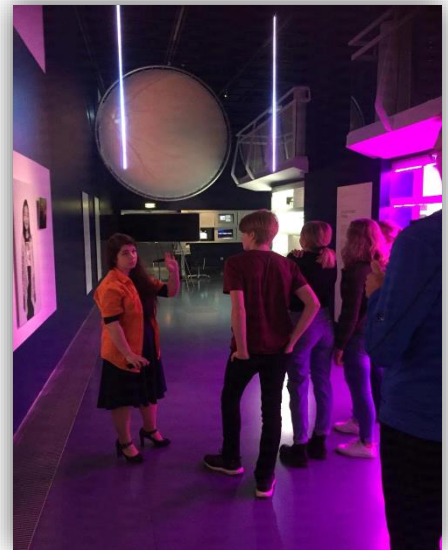
Back in Grieskirchen, me and Sebastian (the boy that I'm living with) went to a hall for some volleyball training with his friends and that was also really fun!



It was very fun to go climbing, so I really enjoyed the day!

Friday 17/11

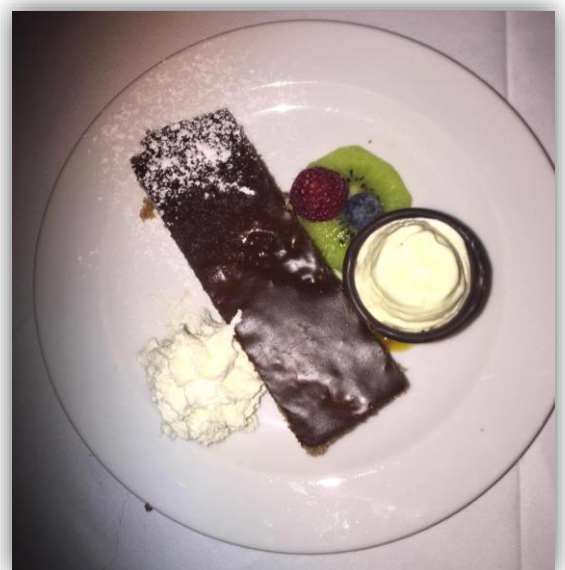
On the Friday we were in Linz we went to a museum called Ars Electronica Center but before that we just had a little walk around in Linz and we went to the church and the shopping street. The guide in Ars electronica Center showed us a lot of different technology both how our bodies are built and how a male and female body are different and how our eyes work and why we can see a complete photo from just two small lines of lights that always were changing so when we shook our heads we could see the full photo.



We also tried VR we could draw in 3D with different pencils, colors and effects, it was were cool and a lot of fun. After the museum we went to a Chinese buffé and had time for a little bit of shopping if we wanted. Then we took the train back to Grieskirschen.

At the evening we had dinner at a castle in Grieskirschen with everyone that were in Austria with the Erasmus exchange program. We had a good dinner and a fantastic dessert.

The night ended in dancing, stage diving, final photos and goodbyes. I think I can say this for everyone when I say we all had a great week that we never forget. We got new friends and new memories for life.



Poland – May 21st – 26th 2018

Icelandic Memories from Poland

We arrived at Gdansk airport and we had a very warm welcome by Edyta who came and picked us up. After spending some time in a traffic jam on our way to Gdynia we met all the teachers at a restaurant and it felt like home being there for the second time and meeting all the friends we have made through the years of the project.

The next day I went to Warzenko the survival camp along with the Erasmus group but Hilmar decided to stay in Gdynia and visit two schools there because in Grunnskóli Snæfellsbæjar we have many Polish pupils and one of the school had sent us a lot of Polish books for our pupils. Staying in a survival camp was a very good idea especially for the pupils because they were all together there. They were divided in international groups and they all got different tasks to work on together. The teachers could also participate in these groups if they preferred and that was fun.



The togetherness of being so close both pupils and teachers was very amusing. We all got to know each other better and interact and we became like a big Erasmus family. The instructors at the camp were excellent and they knew their job. There were many different things that pupils were doing but the sumo fighting was very interesting to watch because pupils and teachers they gave all they had in the fight and all of them

wanted to win but it was very hard wearing these costumes in the heat and fighting.

The orienteering was very exciting and the pupils gave all their effort in winning – very competitive groups. A famous Polish swimmer Mateusz Konopka visited us and showed most of his medals and they were many. He also told us what you need to do to become an outstanding swimmer and how much effort you have to give to reach your goal. He was a good role model for the pupils.

The visit to Gdansk and Sopot was interesting. These two places are worth visiting and we had good weather there as in all the days when we stayed in Poland.

Thank you Polish Erasmus team for the wonderful time we had in Poland and the memories we made together.

Elfa and Hilmar

Italian memories of Poland

21 May

After arriving at the airport, we left for Poland by plane, from the sky we saw the beautiful Polish landscape. At the exit of the airport there were the host families for the week. Before going home, we went to school to do some physical activity. Then from six to ten we went to the centre of Gdynia to see the port, the beach, the center and its main attractions.



22nd May

We woke up at 7.30 a.m. and at 9.45 a.m. we met all the other Polish students and all together we went to the hotel to pick up the teachers. Then we went to Warzenko, a survival camp. We had dinner at 2 p.m. and then we had 2 hours of free time, where we visited the whole camp.

We began the activities at 4.30 p.m. There were 4 groups, two of them did climbing wall and obstacle course, while the other two did archery and boat. At 6 p.m. we organised a campfire and we ate some sausages, then we sang all together and at 9 p.m. we went to sleep.



23rd May

On 23rd May the groups alternated their exercises. After physical activity we had some free time. Then we did an orienteering game, where everyone, in groups, had to score 12 points. The results of the competition were given us in the evening, when we went to the disco.

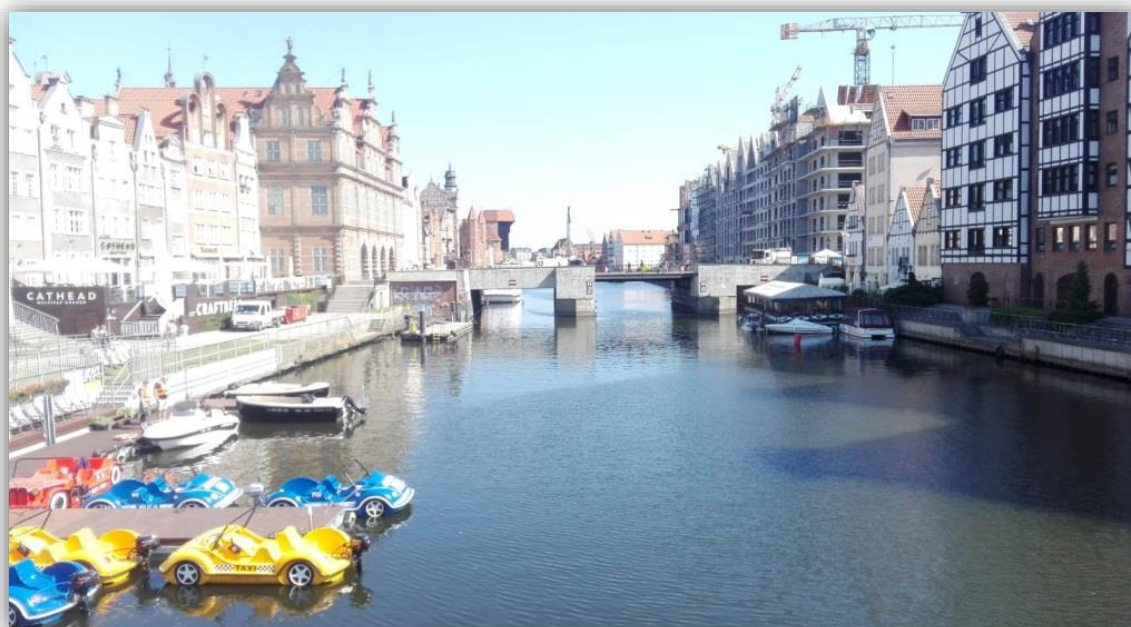
In the disco everyone danced and Simone played the guitar.

24th May

In the morning of the 24th May, the groups performed other five activities: launch of the boot, launch of the egg, hockey, blindfold boating and sumo fighting. At 1.00 p.m. we left the camp for the school. There we had lunch, and then we went to the hosts' houses. In the afternoon, at 4.00 p.m. we went to the beach for the last visit at the centre of the city and at the port.

25th May

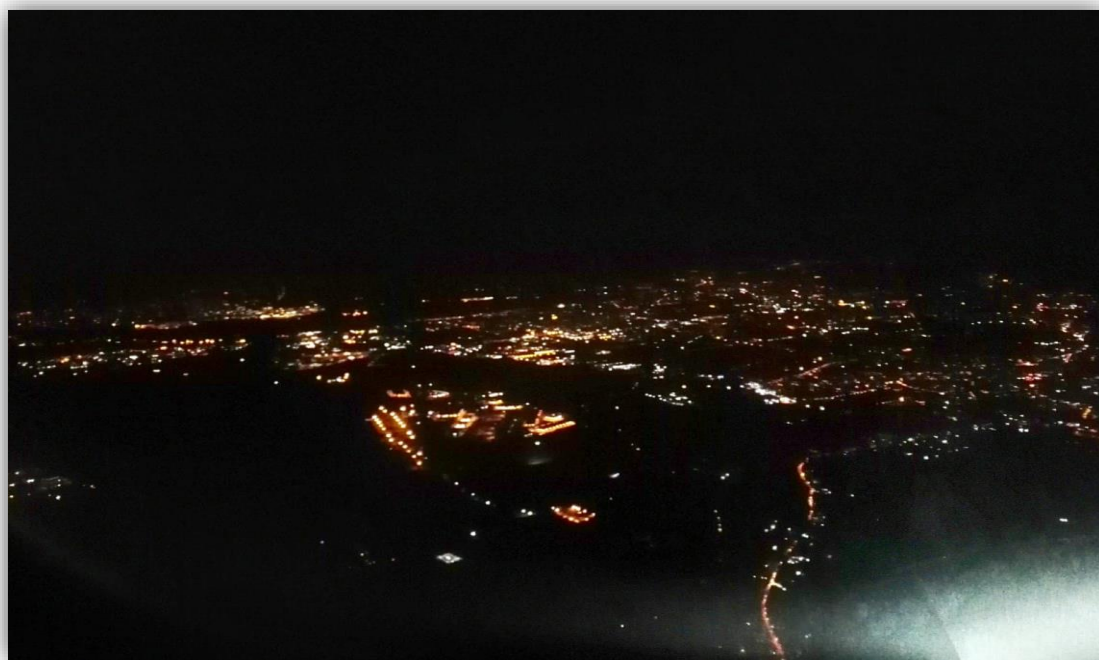
On 25th May, the meeting point was at the school at 10.00 a.m. We visited Gdansk and Sopot. We visited typical places and shops to buy souvenirs. At 1.00 p.m. we went to a restaurant, with a beautiful view on the sea. After this we went to school for the 30th school anniversary. In the evening there was a goodbye party at school, where we said goodbye to our European friends. Before going to our respective houses, our hosts brought us to eat a pizza together.





26th May

On the last day, we met at the airport at 8.00 a.m. where we said goodbye to our hosts. We took the plane to Bergamo at 10.50 a.m. and we landed at 12.30 a.m. Then we waited 8 hours at Bergamo airport. Our flight took off at 10.00 p.m. and we arrived in Naples at 11.00 p.m. We were tired but happy of such a fantastic experience we'll never forgive , probably the most impressive of our school time.





Austrian Memories: Poland May 2018

Day 1

On the first day of our journey, it was boring. We were sitting in the train nearly all day. We went from Wels to Vienna and from Vienna to Gdynia. When we arrived in Gdynia, we were happy to see our hosts, and their parents. We ate something and met friends. It was exciting to be there!!

Day 2

We got up at 7.20 a.m. then we had breakfast. After that we went to the Polish school we were shown the school. We met teachers and a few friends from yesterday but we also met many new interesting people from 4 nations. Our Erasmus group went to Warzenko, an outdoor camp. We had lunch there. After lunch, we started our activities. I went on a bout trip and played paintball with people from Sweden, Italy and Poland. It was easy to get in contact with these students and English was no problem for us. In the evening, it was very funny because we had to sing songs and grilled sausages in open fire.

Day 3

On the third day, our little group went climbing and we did the military activities. In the afternoon, we did a run. The weather was fine and we had the change to meet a popular swimmer from Poland. We enjoyed every minute of these fantastic camp activities and unforgettable memories are in our minds



Day 4

The last breakfast at Warzenko ... we felt great because we knew we would soon be back at Gdynia again, our favourite city in Poland. Back at Gdynia, we had free time all afternoon. We met friends again, we really liked them.

Day 5

All of the students in the project went to Gdansk and Sopot. Magda told us stories about these cities. It was interesting to hear the history of this area. Benjamin, Bastian Franz, Igor and Florian went to the beach of Sopot it was beautiful. After that we went back home to our host families. Wonderful impressions of an unknown Poland landscape !!



Day 6

We had to be at the airport at 1 p.m. We checked in and yeah... our plane was late, about 3 hours. Because of this, we missed our connection flight from Warsaw to Vienna. So we have got the change to stay one night longer at a wonderful hotel in Warsaw airport.

Day 7

We had to stand up early. I got up at 4:55 a.m. Then we had breakfast at the hotel and then we went to the airport next to the hotel. Certainly all worked out well this time and we were back home at 12 o'clock, midday.

Thank you for this impressions we took back home and the memories will never end.

In this one week in Poland, we have learned more English as in the years before.

THANK YOU TEACHERS FROM POLAND



Bastian, Benjamin, Florian, Franz and Leo

Andreas and Helena

We will never forget you !!



Swedish Memories

Monday

After sleeping and having breakfast, the boat arrived at 09:00 in Gdynia, Poland. Curious and excited for the upcoming week, we looked out the windows.



Waiting for us at the exit were a group of students, parents and teachers holding a sign that said: "Erasmus plus, Välkommen" (together with a Swedish flag) It was a really nice touch which made everyone smile.



This was where I first met my host Nikola, as well as her father. After greetings and hugs we went off to their home: a really colorful building!



Being a vegan I did not have any high expectation on my upcoming meals. However, when arriving at my new home, I was welcomed by a breakfast buffet. My host had bought me different types of vegan milk together with various bread, vegetables and cereal. Thenceforth they baked me a vegan pizza. All in all, this embracing of the vegan diet really made me feel welcomed!



After some popcorn and Netflix, it was time to see the school for the first time. Being a primary school, I met both six year olds along with fifteen year olds. It was a noisy atmosphere due to the high sealings and packed corridors between the classes.

Afterwards, we got to meet the other exchange students from the other countries while decorating our own t-shirts.





At 14:00 it was time for lunch. We were served chicken, mashed potatoes and creme fraiche mixed with cucumber together with some apple juice.



At 15:00 it was time for sports activities. We got divided into small teams with members from each country. We then proceeded to compete in different kinds of relay races. Afterwards the teams got split up when it was time for the next activity. Depending on whether one wanted to play basketball, football or Volleyball, new teams were created. I chose basketball and had a really good time.

Then me and my host went back home to her house. Thereafter showering and having a lovely dinner, we went off to meet a group of students at the beach. After two busses and some walking, we were shown the port before heading for the beach.

In conclusion, my host family are really kind and I look forward to more interesting conversations and activities! - Linnea



Tuesday

08:40



At about 8:30 I got woken up by my host, Magda, and we were then served breakfast by her mom. The meal consisted of slices of white bread, which I ate together with some cottage cheese and tomatoes. I was offered both tea and coffee, and when I asked for milk with my tea the host family was very surprised. Apparently you don't have milk with your tea in Poland like we usually do in Sweden.

09:54

Later on, at 10:00, all students were to meet at the school, in order to take the bus to the camp where we were spending the next two nights. Once everyone had gotten on the bus, we drove in to Gdynia where the teachers got picked up outside of their hotel.

13:07



We arrived at the "hostel" at about 11:30. After the arrival we were given some "free time", which we all pretty much spent on making our beds and trying to get comfortable in the new environment. At 13:00 lunch was served in the dining room downstairs. In Poland, lunch or "dinner" as they call it, is their biggest meal of the day.



The meal was one portion of soup, followed by a plate with a deep-fried, stuffed piece of chicken and fries.

15:07

At 15:00, having waited for the rain to stop, the real activities commenced! We were divided into groups of about 7 people, with whom we then participated in the different "workshops". My group began with the climbing wall, where you would receive one point for each person who climbed all the way to the top.



After that, there was a competition where the person able to climb on top of the most Coca Cola-boxes earned a certain amount of points.

15:30

The second activity of the day was called "military manoeuvres", lead by a man acting as a soldier.



We all had to go through an obstacle course, and were later educated in medical first aid by the same man.

18:41



18:30 was the time dinner, or "supper", was to be served. In Poland you usually eat bread for dinner but today we got to grill sausages over open fire, and I managed to get an extra one due to my friend Linnea being vegan.



Once the sausages were finished, there were some sandwiches to eat if you weren't full yet.



19:31



One part of the obstacle course we did earlier during the day was rolling through a net. We later on discovered that this net was also a perfect spot to hang out in, and all watched the sunset over the lake.

Elizabeth



Wednesday:

During our second day at the camp we luckily got to enjoy nice weather the whole day. We continued with the activities that started the day before. Elin, Elizabeth and Linnea are ready for the day!



During our stay at the camp there was a lot of kids dressed as minions nearby. They were incredibly cute!



Then the activities started! The first activity my group did was military manoeuvres. We went through a tough obstacle course and got to learn how to do CPR. And of course, we got to wear fancy military gear!



The second activity was climbing. We got to climb up a wall and some boxes that we had to stack on each other. Unfortunately I didn't get the chance to do it but it looked like it was lots of fun!



After the activities we got to eat delicious lunch. As usually here in Poland it started of with a soup. Me and Linnea were really happy that we got to enjoy a delicious vegan soup.



Our main meal consisted of potatoes, a paprika with a fried egg and salad. Yummy!





After lunch all of us got to listen to a polish swimmer. He competes at a very high level and has a lot of medals. It was very interesting to hear him talk about his journey and how it all began.



When he had free time me, Elizabeth, Linnea and Elin decided to explore the area and went on the search for a supermarket. It took a while but after approximately 40 minutes we found it! It was pretty small but it had everything you could possibly need. We bought some fruit and snacks that we thought we deserved.





At 6 it was time to eat again. We got some toast with cheese and a salad with broccoli and some other vegetables.

After supper we had a orientation course. The purpose was to memorise a map of where all of the 12 numbers were. At some numbers you had to do something in order to get the number. An example is jenga. Unfortunately my group failed the jenga and got an extra minute, but that didn't stop us from winning! We had the fastest time with 27 minutes. Unfortunately I didn't get any pictures from the orientation because I was way too busy trying to find all of the numbers. But here's a picture of the nice weather:



Later at 8pm we had a disco! We got to dance to some music and hang out with our friends. Sadly the swedes were too tired to stay the whole time so we went to one of our rooms and decided to just chat for a bit.

All in all the day was pretty good!
Here's the swedish team!



Tora

Thursday



The morning began with a view over the minions while sitting in the sun.



Waiting for the breakfast. 4G were very good at just this place.



9 ó clock we got breakfast. Bread with cheese, ham, tomatoes, jam and cucumbers and of course tea to drink.



After breakfast, we had a meeting with the Catalans. The theme in the discussion was nutrition.

Afterwards we did a lot of activities as sumo fighting, floorball, paddling with blindness, but we got a navigator who told us where to go, and at last we threw boots, the one who came the longest won. At the same station we also threw eggs to each other and you lost if you dropped it.



Before we went on the bus, we took a picture of all of those who were here during these three days.



In the evening we went to the beach, we just sat and talked, and some of us played volleyball.



Friday

9.00



We got back from the camp expecting a bit of rest but needless to say, we got quite the opposite. We were to get a light sleep before heading to the school at 9.00. We were immediately hauled on the bus and as to be expected, we

swedes quickly gathered in the front. On the way to Gdansk a polish teacher gave us a guided tour about the polish history.

10.00

At 10.00 o'clock we arrived at Gdansk. I was pleasantly surprised when we arrived at Gdansk. It was a beautiful city with many exotic and exciting cool houses. Me and Linnea quickly realized that you could travel up the gigantic tower and proceeded to do so. The top had a beautiful view of the city. To bad Linnea didn't see it because she was apparently afraid of heights. We kept exploring Gdansk until 12.15. at 12.15 we were to leave for Sopot

12.15

We went back to the bus and on the way to Sopot we got information and some history facts about the city we were about to see.

13.00

At 13.00 we arrived at Sopot and headed straight towards the restaurant by the beach where we were served a nice meal. Afterwards we went to the beach with waffles in hand and had the best time in Poland. Me and Elizabeth got ice cream to cause why not.



15.30

We went to the bus and headed back to the school. Elizabeth and I took the time to rest a bit before heading back to the scheduled disco at the school.

16.30

At the school we ate food and prepared for the disco. After a while we all went outside and played with a balloon.

21.00

When the disco was finally over the worst part of the trip took part, saying goodbye to all the people you've met. It was so sad and some even began to cry. When we finally parted ways my host and I went back to his house for the last time. When I went to bed that night I couldn't help but feel a bit empty and weird inside.

Ludwig

CATALAN MEMORIES OF THE MOBILITY TO POLAND

MONDAY 21st May

The teachers were picked up in the hotel late in the morning. Our students went directly to school from the host families. The students had a workshop on painting T-shirts with their names and nationalities.

After that, we had lunch at school.



In the afternoon, the students were practising some sports in the gym with PE teachers from Poland. They had a good experience because they could start knowing each other., as they were organized in groups mixing different nationalities. After 2 hours, by 4 pm, students went to the host families.



This fist day, was an introduction to the program, for the students to become familiar with the place and the other students.

At dinner time, teachers joined in a restaurant and had a nice time.

TUESDAY 22nd May

We left the hotel at 10 am by bus, where all the students were already. We were driven to the camp where we would spend the next 2 days.



The groups in the rooms were internationally distributed, which was a nice idea so as to promote a good relationship among the students. After having given the rooms and we had also arranged the beds, all of us had free time until lunch time.

At 1pm, we had lunch in the camp and just afterwards, we started the activities despite the thin rain.

The students were distributed into 6 groups, trying to have students from different countries in all the groups.

The 6 groups started a competition among them, so, there would be a winner at the end. The 6 activities below were done by the students in 2 days (that afternoon and the following morning, 3 each day).

The activities were the following ones:

1. Rock climbing
2. Box climbing
3. Military manoeuvres and first aid.
4. Sailing / rowing boats
5. Archery
6. Paintball



When the students had finished the activities, teachers started our meeting. In the meantime, students could enjoy some free time so as to enjoy the peaceful background.

Our teachers' meeting was successful and necessary because we had to arrange and decide some topics still remaining.

The dinner that evening was an open air one, with a camp fire where we could cook some sausages and ate some sandwiches.



We also enjoyed some music later, as each country sang a song in their own language and we also sang together some other songs. It was great fun and everybody had a really good time.

WEDNESDAY 23rd May

After breakfast, the students did the activities they hadn't done the previous afternoon. This lasted until 1 pm.

At 1 pm, we had lunch in the nice restaurant and then we started the activities straight away.

The first activity was a seminar: a famous Polish swimmer explained about his experiences as a champion to our students, and he also showed us how he swam in the lake. He encouraged them to go into this sport and to get into any sport as a way to be healthy.

Then, the students were given the instructions about the next activity, which was an orienteering race.



For this new activity, the groups were organized again, this time considering that each group had a student from every country for sure.

The activity consisted of: Each group had to study the map with the different points where they would find information about the activities or games. These activities or games were of different kinds, some were jumping along some boxes, trying to make a chain with them not touching the ground, another was making a castle with different wooden pieces, etc... Some trainers were guiding them in each point.

Students had a great fun with these activities because this was a very active activity.

In the meantime, students had another meeting.

By 7 pm, we had dinner and after dinner there was more fun:

First, we met in a wooden hut, where the prizes for the winners of the competition were given, but as some of them had got the same results, they still had to go through some other fun games.

Second, the winners were given the prizes and we could also enjoy some music played by the Italian students. It was also a fantastic experience.

To end with, all of us celebrated the end of the day with a disco, as dancing is always fun among young people and is also a healthy activity.

THURSDAY 24th May

In the morning, after breakfast, students started the last activities of the camp stay, also in groups:

1. Sumo fighting (so much fun)
2. Egg throwing
3. Rowing boats with your eyes covered and following the instructions of a captain.
4. Hockey



This also ended by giving prizes to those who had been the best. We also had some farewell words from the head of the team who had been monitoring all the activities.

In the whole, all of us did not only have an extraordinary time together, but also learnt many activities and games we can later on use in our schools.

At 1 pm we had lunch, and we already had our luggage ready to go. We left by 3 pm and went to Gdynia.

In Gdynia, students had lunch at school and then they went to the families. They went out with their host to visit around the town (the beach, the shops, etc...) and had dinner with the families.



Teachers had a free afternoon and evening, but some of us met so as to prepare some farewell songs for the Polish teachers. Also, we went to the beach where we could see many students enjoying themselves together in the beach.

FRIDAY 25th May

This was a day for visiting the 2 neighbouring towns of Gdansk and Sopot. So, teachers and students were taken there by bus. During the journey, Magdalena (the Polish coordinator) explained to us about the history of Poland and about the town we were about to visit. First

we visited Gdansk, and we had the extraordinary opportunity to visit this nice place, full of fantastic buildings and atmosphere. After that, we were taken to Sopot, also amazing place, where we had lunch. After lunch, we could stroll around the central area so as to know this quiet and beautiful town.





By 3 pm, we left for Gdynia again. We were taken to school. It happened that the school was celebrating its 30th anniversary that same day, so they had been having lots of activities for such a special occasion. We met many people, students and parents and teachers, in the playground, where we were introduced by the Polish teachers. There was a fantastic birthday cake for all the Erasmus participants which we could enjoy.

By 6 pm, we were invited to have dinner in the school, it was typical Polish food, really good. After the quick dinner, students had a hall for them to dance as in a disco.

All teachers, after dinner, went up to a room where we had a last meeting and watched the final winner videos of each country, and we also talked about the things which we were asked to take to the next Naples meeting (final works of the project, etc...).

After the disco and the teachers' meeting, we went back to the hotel and the students went back to the families.

This was the end of our stay in Poland, which all of us enjoyed and learned about this interesting country and its people. Both students and teachers have learned a lot of things, not only about Poland, but also about other people, other lifestyles, other food, other traditions,... all this make us all be richer and happier.

Italy June 4th –8th 2018

Austrian Memoires from Italy, the final meeting

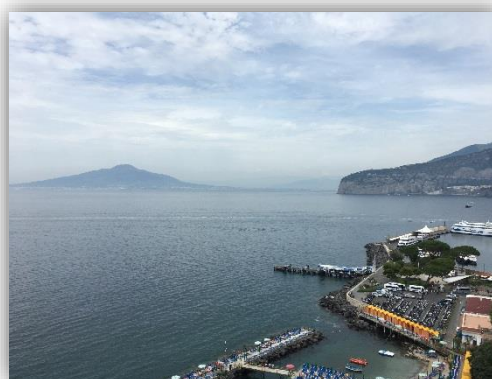
After three years of collaboration, the last meeting in Naples was planned and was held from 4th until 8th of June 2018.

On Tuesday, there was a big event at the school of our Italian partner in Afragola and they were doing an impressive review of the last 3 years of our Erasmus +project. It was impressive to see how much we have done within this period as a great team.

Our hotel again was the Villa Minieri, a place in which I was fallen in love on the first visit in April 2015. Thank you Ada, it was wonderful to have the possibility to be there.



Our visit to the archaeological sites of Ecolano and Paestum were impressive and makes understandable the history of this area. The train museum also had its charm.



For sure, I have not visited Sorrento for the last time, a lovely place to enjoy and to relax on the beach. A beautiful day to spend with friends of the partner countries.

The visit to Naples was again amazing. It gave me the possibility to learn more about the land and the people of this region, a way to inhale the Joie de Vivre in cafes and restaurants. The shopping possibilities were impressive (especially for me), a busy city with lots of contrasts.



Then the last evening came with a kind of melancholy. We enjoyed a delicious dinner at our hotel and we had to say goodbye. Since we had become all friends, it was hard to say goodbye. However, we knew that this was only the end of the project but not the last meeting within friends. We will meet again. Definitely..!!!!

Thank you Ileana for your hospitality and the enormous work you have had as a coordinator of this project. I have always appreciated you for your commitment and there was so much that have to be organized! You have done an excellent job; we have become an incredible team. Thank you for the last three years of working together in an Erasmus project. The best I have done!!



Love

Helena

Video conferences

Austria – Iceland



Austria - Catalonia



Austria – Poland





Austria - Sweden



Catalonia - Iceland



Iceland - Italy





Iceland - Poland



Italy – Austria



Italy - Catalonia





Italy – Poland



Poland - Catalonia



Poland - Sweden



Sweden – Iceland

