



LIMITED BUT OPEN-MINDED

Erasmus+ Evaluation and Dissemination Event
Lublin, 7th March 2024

LUBLIN - POLAND = SANTARÉM - PORTUGAL





LIMITED BUT OPEN-MINDED



Mentimeter - Our connotation about Erasmus+

www.menti.com

code **57378558**



LIMITED BUT OPEN-MINDED



The idea of applying to the Erasmus+ Programme of the Foundation for the Development of the Education System was born out of the need to improve the mental and physical condition of students and not only students during and after the pandemic. Let me remind you that the team started working on the application in autumn 2021. We conducted a research on school community, including the students and parents. Their results showed us that there is a large group of students experiencing low mood, lack of motivation, concentration problems, withdrawal, and even eating disorders. We had consulted scientific publications in this respect and our students reflected the patterns shown by the research of the Institute of Integrated Prevention commissioned by the Ministry of National Education for the years 2020-2021 and by the research conducted at the Adam Mickiewicz University in Poznań.

Professor Jacek Pyżalski pointed out that during the pandemic interpersonal relations suffered the most, of which we were also aware. Therefore, we evaluated the educational and preventive programme, obligatorily introducing reintegration activities for class teams and the entire school community. We were also looking for another way to liven up the school environment, wake it up from stagnation, give it a new quality, and this is what the Erasmus+ programme turned out to offer.

We were looking for a partner who had similar experience and needs. We did not have a lot of experience in implementing Erasmus+ projects ourselves, but we had done a lot of work in the eTwinning forum, and there, working with the teachers of the Alexandre Herculano School from Santarém, we decided to carry out such a large project together. In addition, our partner had had experience in the implementation of Erasmus+ projects under the ;School Education campaign.

We were brought together by similarities. The Alexandre Herculano School Group in Portugal educates over 1000 students and employs about 160 teachers. The school we have been working with has a diverse educational offer, including art, theatre, multimedia, music and sport. Like us, it has several gyms and is located close to natural areas. It also has huge experience in working with students of different nationalities, ethnic and social groups, different cultures, with young people with special educational needs. This diverse student environment has given rise to the need to promote a tolerant approach to every human being, integration and ensuring equal opportunities among peers, which is also close to our hearts. We included such students in the project's activities. Among them were students with the experience of migration, refugees, in Poland from Ukraine, in Portugal from Angola, Brazil and also Ukraine.

In addition to what we have in common, what makes us different was also important and interesting, because it could bring a new quality to working with students. In preparation for participation in the project, we had built a team of people with different competences: linguistic, organizational, but also of various passions, e.g. gardening and handicrafts, interested in theatre and modern technologies. It was created by a library teacher as a coordinator, two English teachers, a Polish teacher and me, a history teacher. We were supported by teachers of computer science, physical education, geography, biology and music. On the Portuguese side, there was an English teacher and at the same time a vice director, a library teacher, a geography teacher and an IT specialist, and a physical education teacher. We wrote the application in stages over a period of about two months, working together, often communicating via What's up with the partner school. Primary School No. 30 became the coordinator of the project, and the Alexandre Herculano School in Santarém became a partner in Action K 210 Small-scale partnerships in the school education sector. experiences, this applies to both students and teachers.

The name "Limited but Open-minded" refers not only to the time of the Covid 19 pandemic, when our freedom was literally limited (the first online meetings were still held with masks on our faces), but also to our internal limitations, to breaking barriers, to being open to new experiences, this applies to both students and teachers.

We have agreed that the participants of the project will be students aged 12-15, due to the planned mobilities. We involved pupils with different educational potential, including young people receiving psychological and pedagogical support, re-emigrants and immigrants. We focused on older students, also because we wanted to provide them with *useful knowledge and develop it* for the right choice of secondary school and for adult life, but the lasting effects of the program will benefit the whole school.

While working on the idea of the project itself, we relied on our personal resources and experience, but also gained new knowledge and skills through participation in training and self-education. We took into account the team of teachers, the accommodation base, the educational offer of the local community, the natural values of the Lublin region and, similarly, the environmental values of the Santarém region in Portugal.

Our main goal was to improve the mental and physical condition of school communities after the hardship of work and remote (*distant*) and hybrid learning. Its important elements have been the reintegration of school groups and international groups, the promotion of a healthy lifestyle, and the strengthening of awareness of environmental protection. We wanted to create situations in which students would cooperate, develop creativity, be open to other cultures, overcome language barriers, and use technology responsibly.

Together with our partners from Portugal, we have developed tasks for four interrelated areas, which we named: "Let's get to know each other", "In contact with nature", "Healthy lifestyle", "Cultural heritage". They were in line with the main priorities of the European Union.

On March 22nd, 2022, we submitted an application to the Foundation for the Development of the Education System, which received a positive opinion.

After signing the agreement with the National Agency of the Erasmus+ Programme, we were able to start the implementation, and one of the first activities was a preparatory visit to Portugal, with our partner in December 2022. Then we established direct contact with each other, we visited three different institutions from the Alexandre Herculano School Group and got to know the system of science and education in Portugal. First of all, we worked on team building, discussed educational activities, arranged their detailed schedule, raised the issues of project financing, and the result of our work was a contract between the partner countries, in which we defined the rights and obligations of the schools participating in the project.

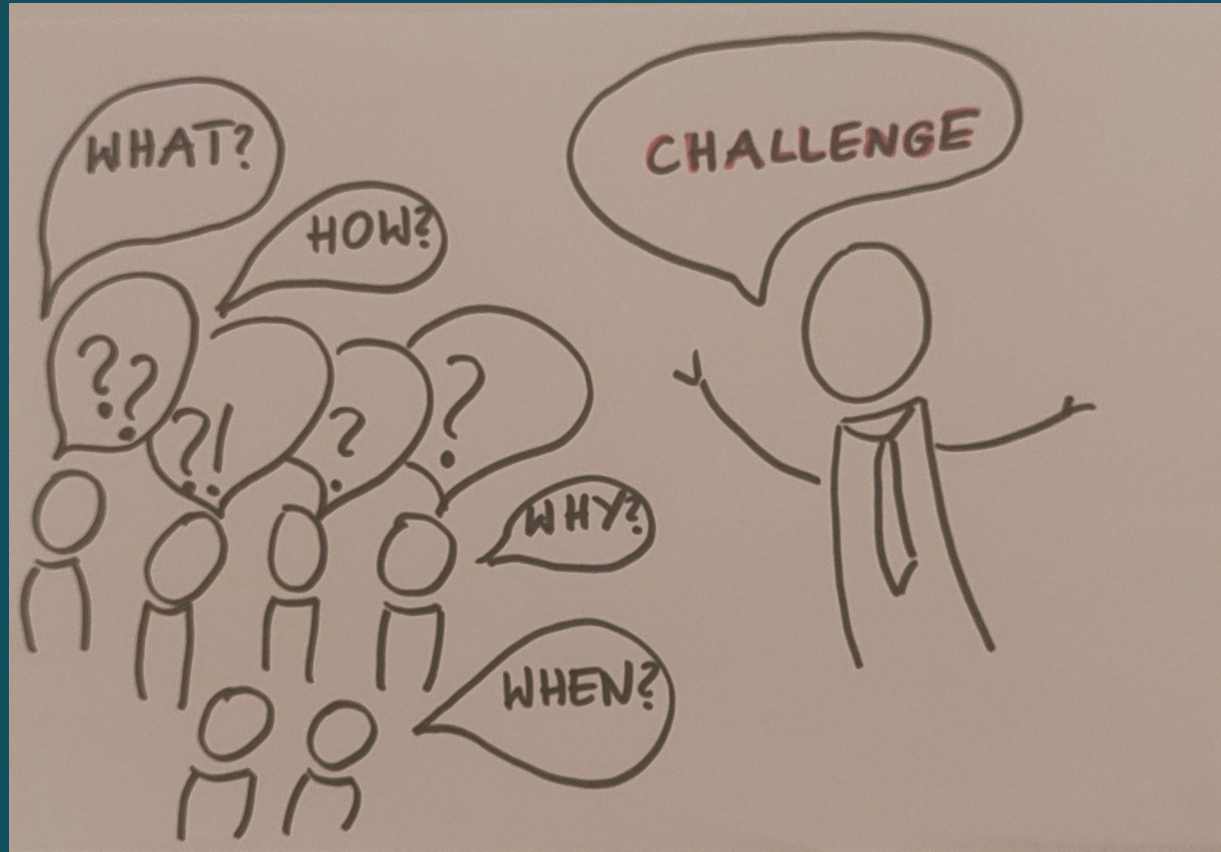
GETTING TO KNOW EACH OTHER

How did it start?

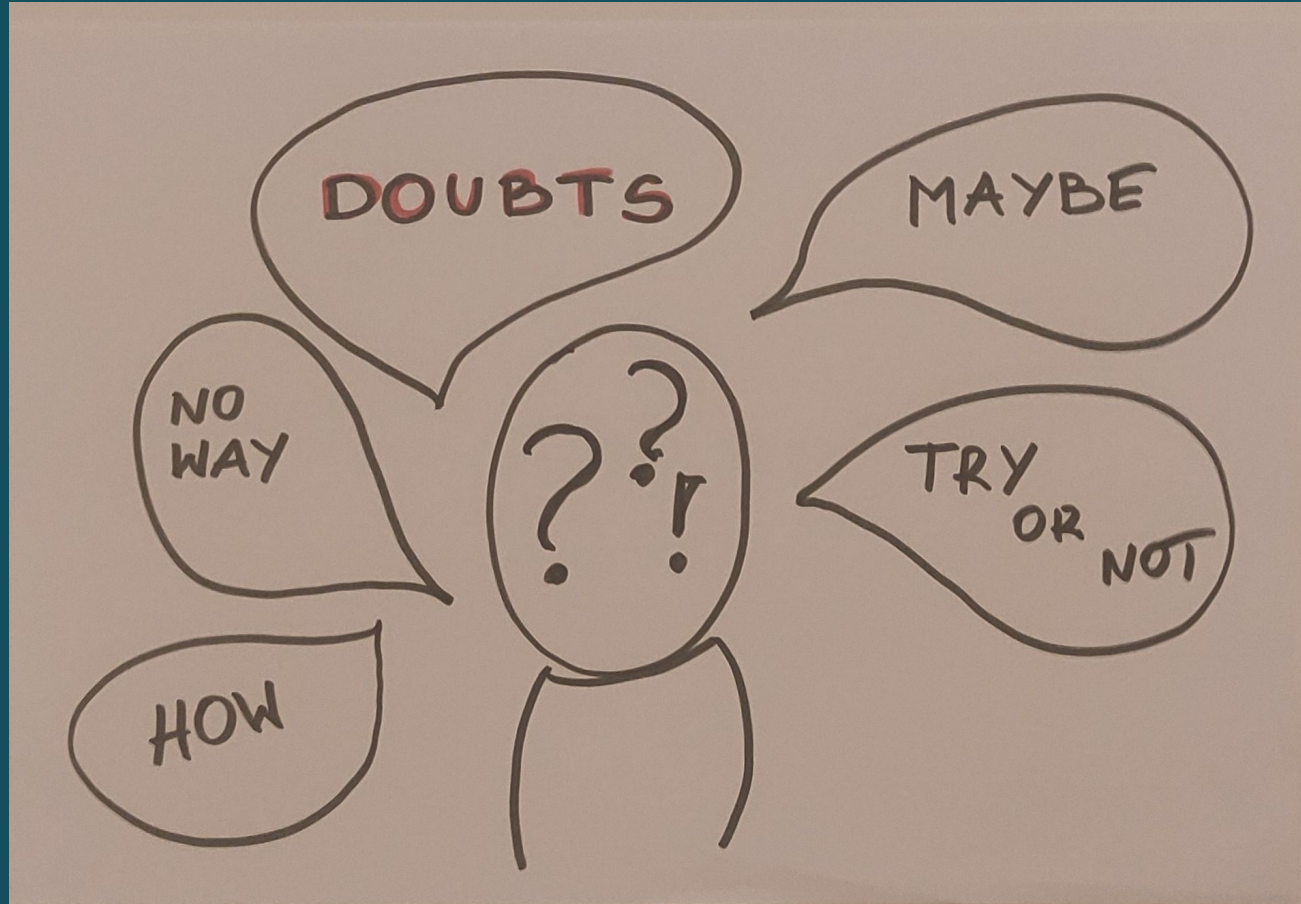
A short story...
from the teachers' point of view



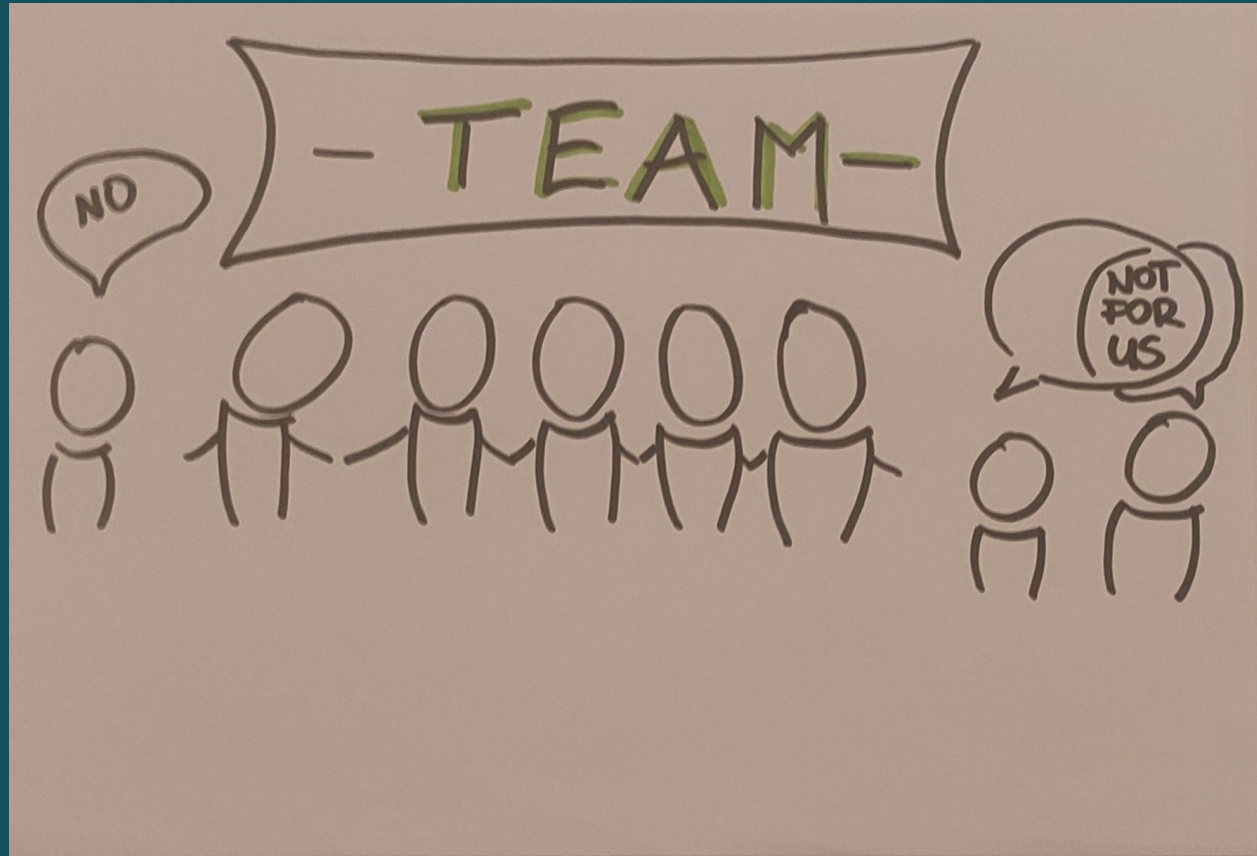
The headteacher suggested that we take up a challenge- an Erasmus+ project.



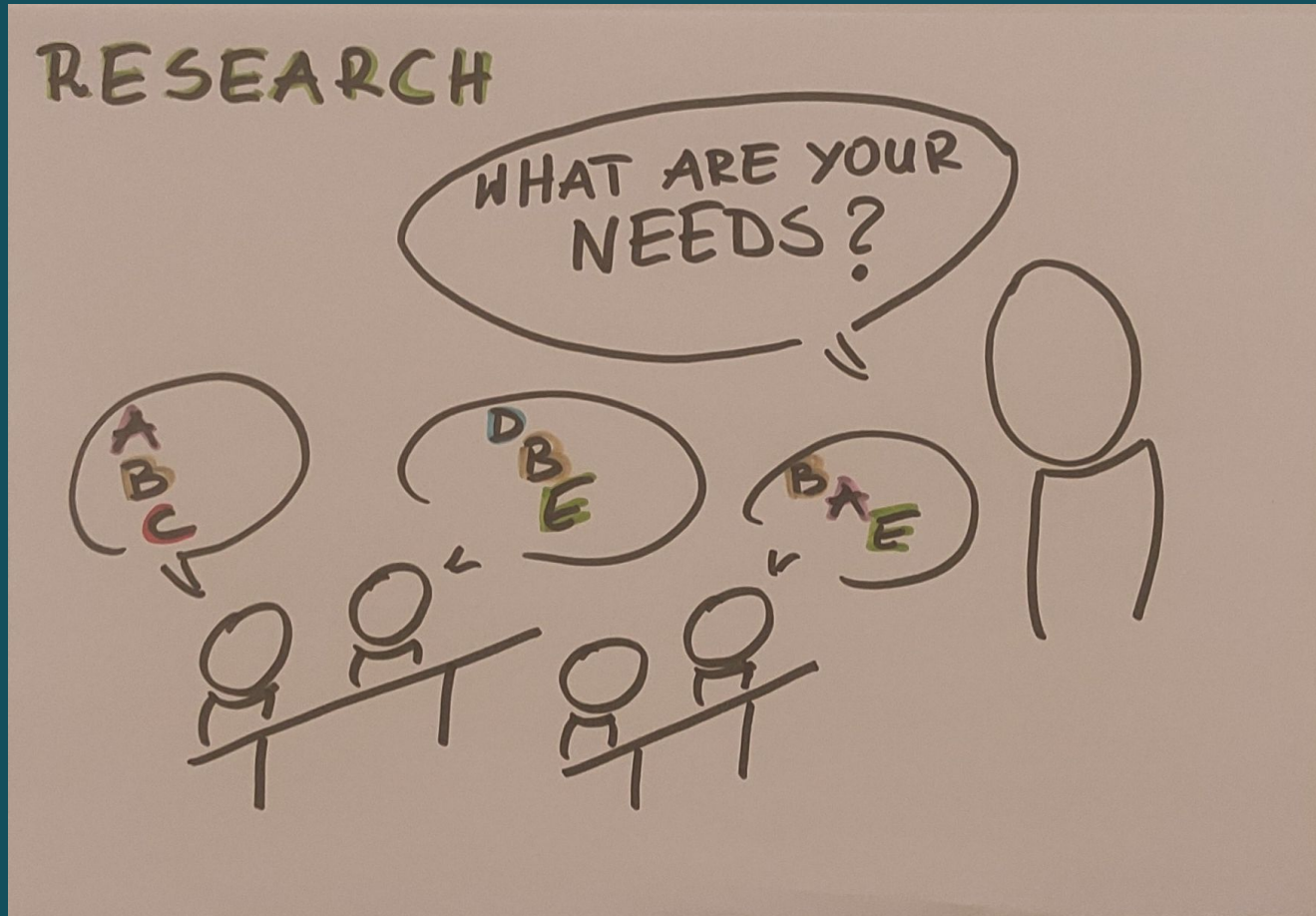
Can we handle it?



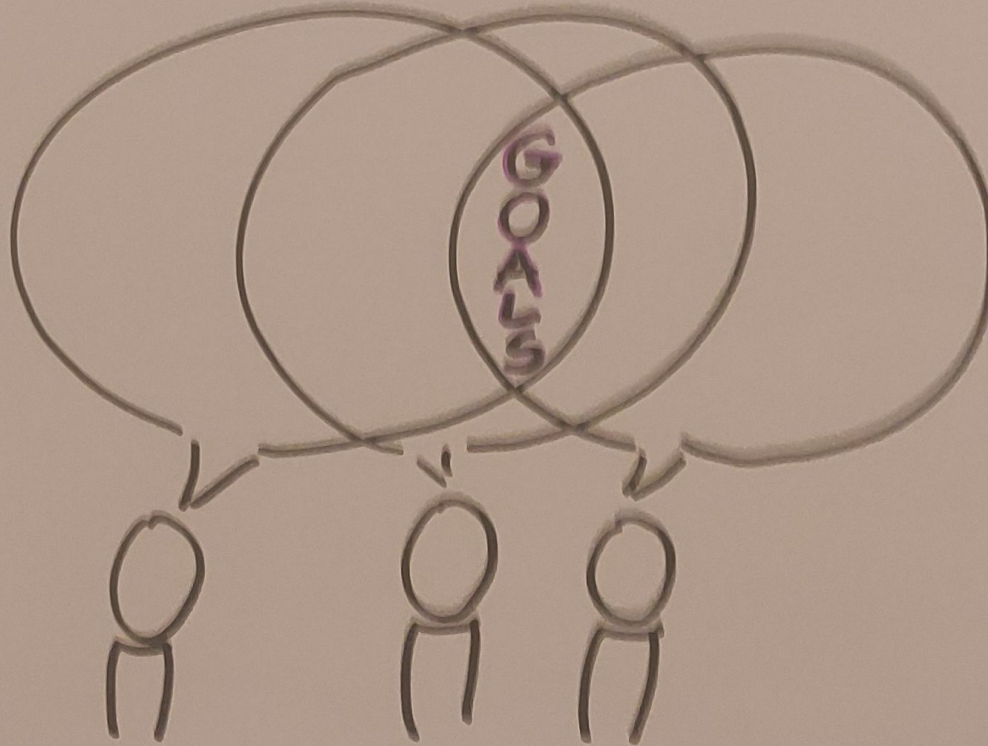
We formed a team of teachers eager to cooperate.



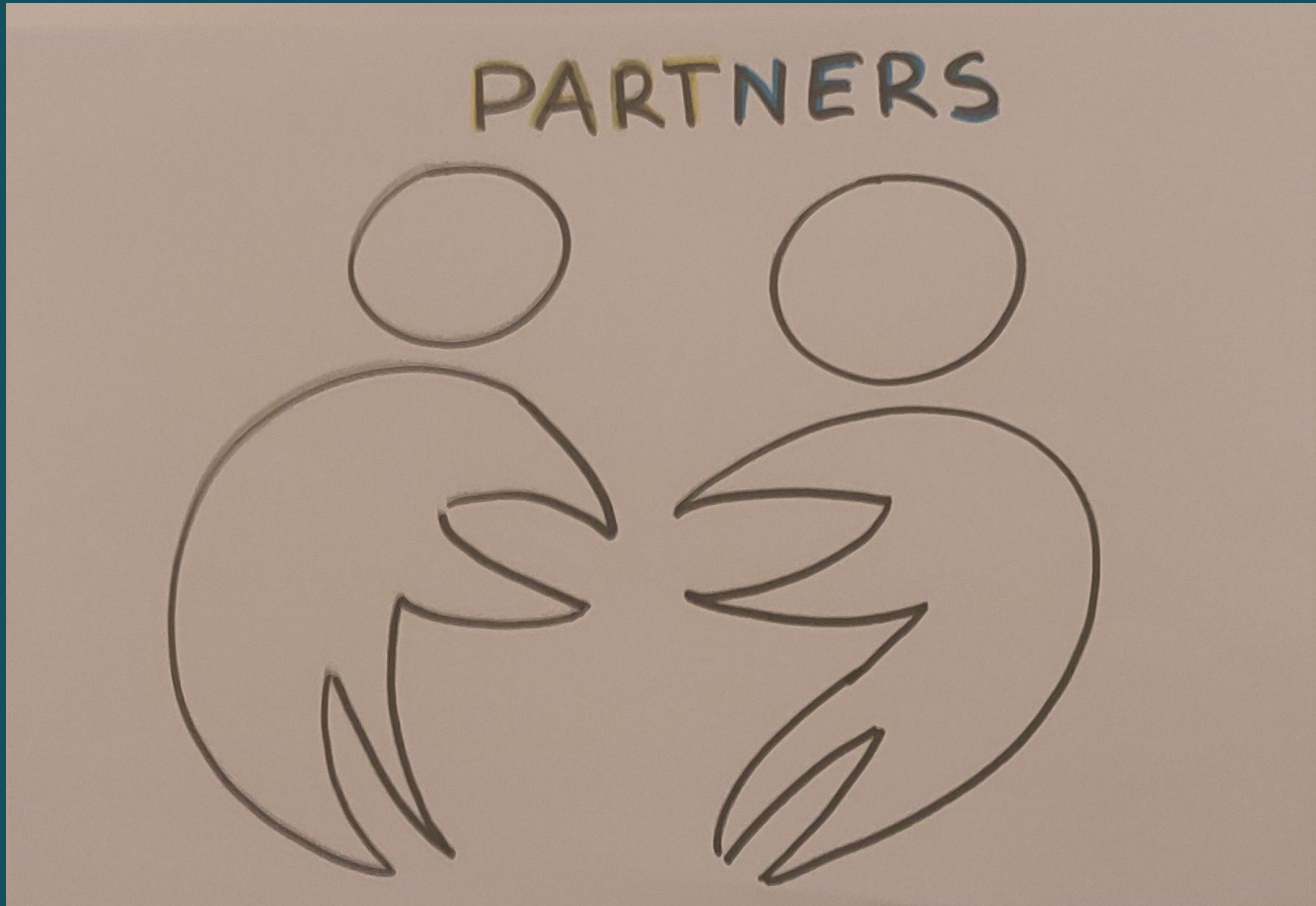
We researched the needs of our students.



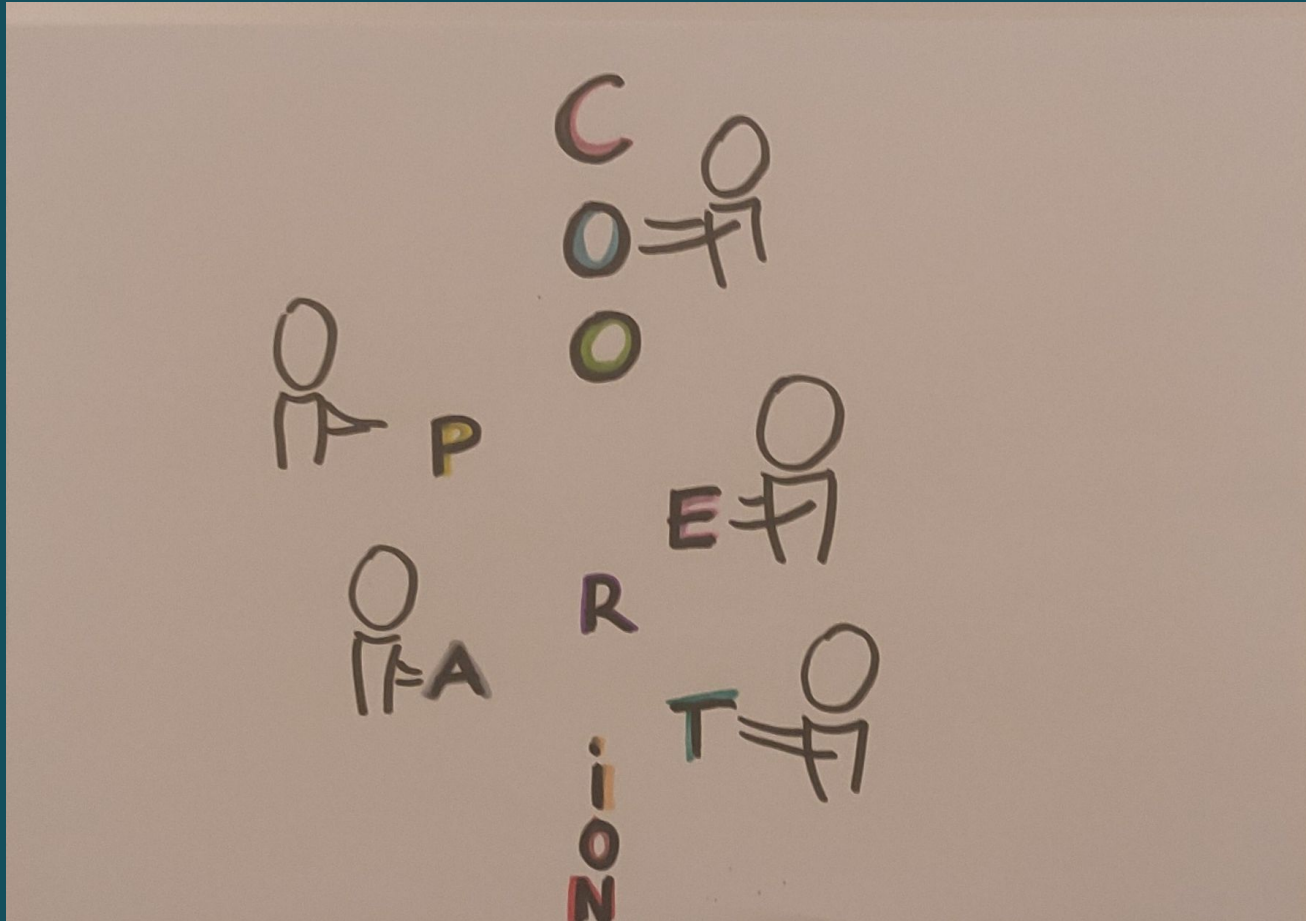
We set common goals.



We found a partner- experienced teachers from Portugal.



We started cooperation.



GETTING TO KNOW EACH OTHER



Forget-me??? -not!

cooperation- a guarantee of success

success criteria

- communication = integration
- friendly atmosphere
- safety
- common goals
- resources
- learning from each other
- support
- appreciation
- feedback
- learning from mistakes



GETTING TO KNOW EACH OTHER

First associations ?!?

CURIOSITY- a motivator for action

December in Poland / December in Portugal



For dinner in Poland..../ For dinner in Portugal...



PE lesson in Poland... / PE lesson in Portugal....



Need to get closer to the project partner...



GETTING TO KNOW EACH OTHER



Erasmus Day- game about Portugal, Lublin, the project and the Erasmus+ program

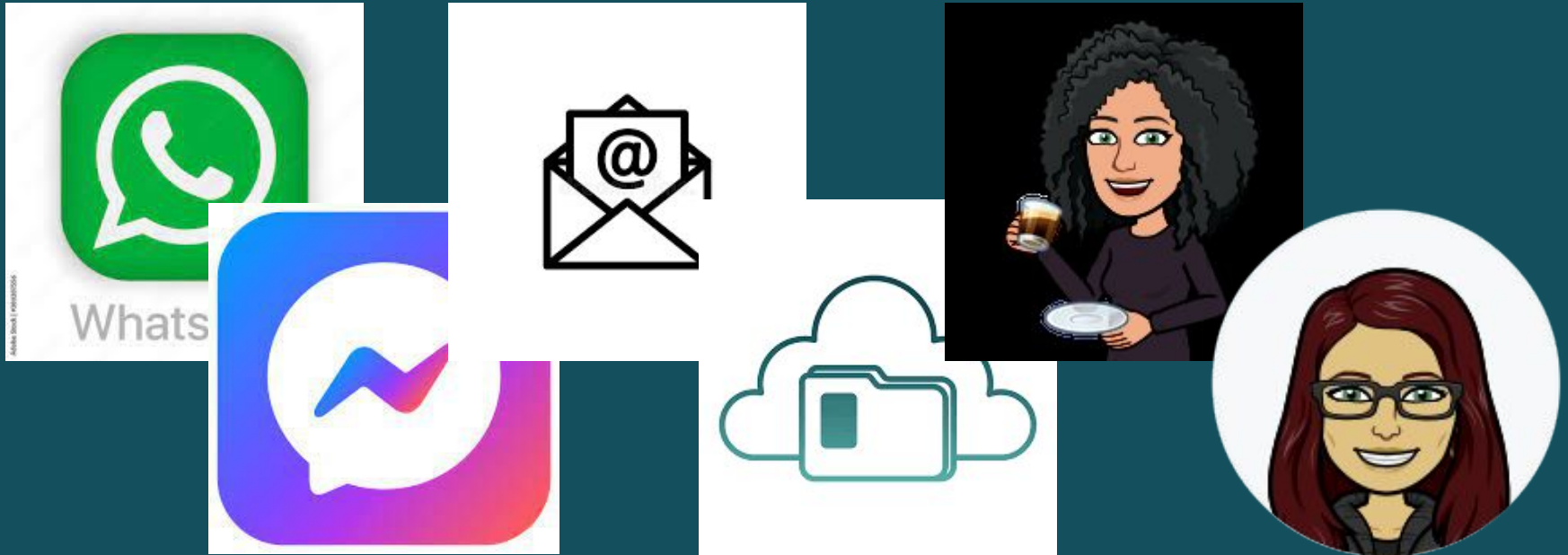
GETTING TO KNOW EACH OTHER



Joint Staff Training Event

Establish regular communication using various communication tools

Apps- avatars



[illegible]

JULIA



Hi, my name is Julia. I'm 13 years old and I'm in the 7th grade . I live in Lublin, Poland. I like sports. My favourite sport is karate. I've been training it for two years. I like to go to competitions because then I can show all my skills. I love animals. I have one rabbit, a cat and fish. I love listening to music, my favourite type of music are rock and metal. I like watching comedies and romantic films. I'm really into reading books. In the future I want to travel a lot. I would like to fly to the United States.

IGOR



Hi, my name is Igor but my friends call me "Satek". I'm 13 years old and I'm in the 7th grade . I live in Lublin. I don't have a pet or any animal in my house but I have a brother. I like football, Formula 1 and music. I play video games too. I play football in Vroctovia Lublin and you can check it on facebook. I like making memes and telling jokes. I also like militaries. My favourite school subjects are Chemistry, English and History. I like watching films, my favourite **multiversum** is MARVEL and STAR WARS. I hope we will meet in near future. May the force be with you!

LOURENÇO

Hello!

I am ten years old.

My favourite animals

is hamster and cats and I like
read.

My favourite colour is blue, and my
favourite hobby is visual arts.

Good bye!



DINIS

I am eleven years old.

My favourite sports is figure
skating.

My favourite food is stroganoff
with french fries.



GETTING TO KNOW EACH OTHER



Szkoła Podstawowa nr 30
im. Króla Kazimierza Wielkiego
w Lublinie

Online meetings and discussions on Twinspace eTwinning

GETTING TO KNOW EACH OTHER



Integration games during mobility in Lublin

GETTING TO KNOW EACH OTHER



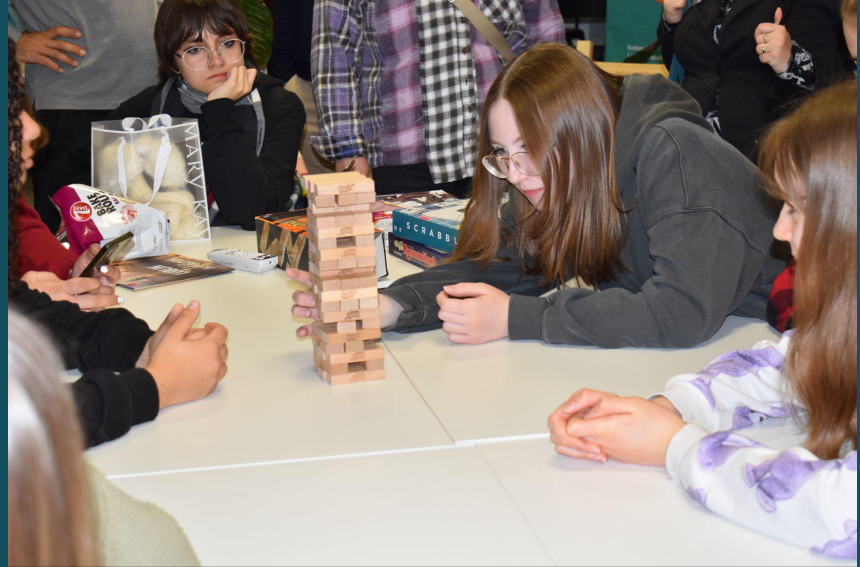
Integration games during mobility in Santarem

GETTING TO KNOW EACH OTHER



Integration in the European Youth Capital 2023

HEALTHY LIFESTYLE



Being together - spending time (talks, games, thinking, creativity)

HEALTHY LIFESTYLE



SIGHTSEEING TOURS- ZWIEDZANIE MIAST (Lublin, Zwierzyniec, Zamość; Santarem, Obidos, Peniche)

HEALTHY LIFESTYLE



CHARGING OUR BATTERIES

HEALTHY LIFESTYLE



WALKING NEAR NATURE

HEALTHY LIFESTYLE



SPORTS ACTIVITIES

HEALTHY LIFESTYLE



PHYSICAL AND MENTAL SPORTS ACTIVITIES

HEALTHY LIFESTYLE



DANCE TIME

HEALTHY LIFESTYLE



MINDFULNESS WITH MUSIC

HEALTHY LIFESTYLE



HEALTHY MEALS

HEALTHY LIFESTYLE



Students
baked
healthy
cakes.

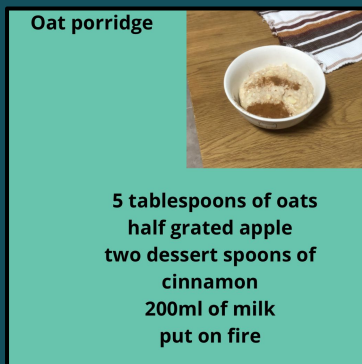


HEALTHY MEALS

Healthy Lifestyle

HEALTHY MEALS

WORKSHOPS: "Natural Cosmetics"
and "Traditional Portuguese Snack".



HEALTHY LIFESTYLE



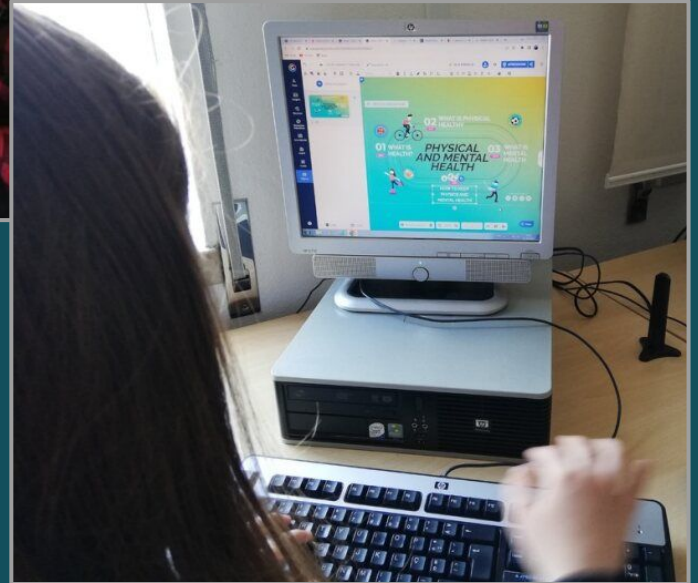
NATURAL COSMETICS WORKSHOP (SOAP, BODY CREAM)

Healthy Lifestyle



EARTH DAY- workshop "Introduction to Saboaria".

Sustainability and well-being: INFOGRAPHICS



Healthy Lifestyle

A questionnaire to identify the educational community's eating habits, physical exercise habits, use of free time and travel to school. Analyzing the results, giving opinion.

Relaxation and concentration exercises.
Infographics

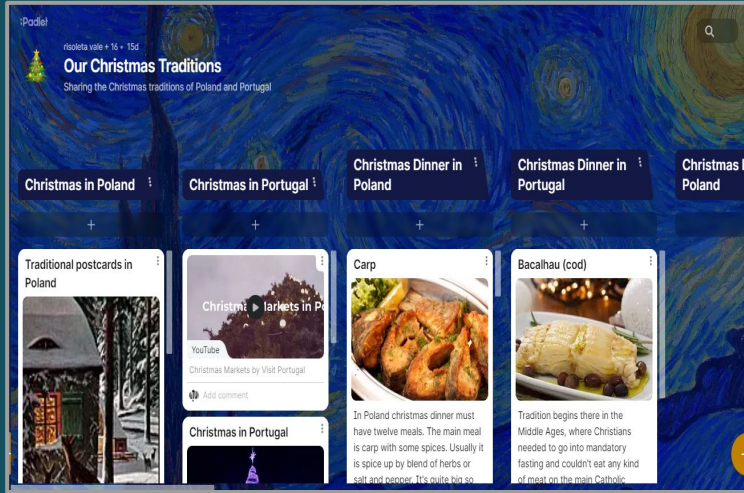


Healthy Lifestyle

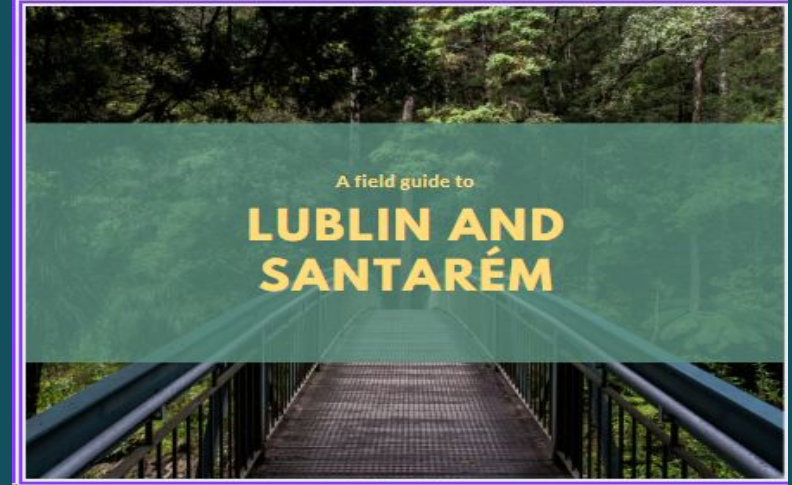


TIPS

Culture Heritage



Christmas traditions- Padlet



Culture of regions- Google slides

Culture Heritage



Traditional Games

Poland - Portugal

Traditional games.



Culture Heritage



Traditional recipes from Poland and Portugal.



Culture Heritage



“The boxes full of traditions”.



Cultural Heritage

Visiting the city's various sights and monuments, researching different sources of information.

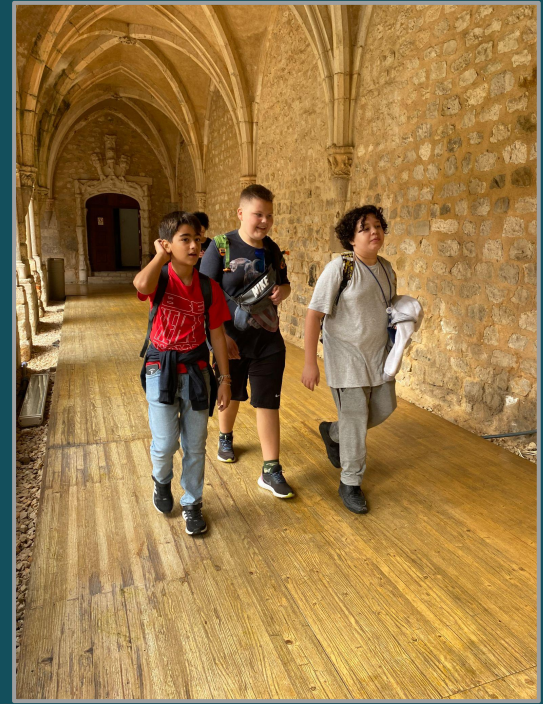


CULTURAL HERITAGE



THE CITY HALL IN SANTAREM AND IN LUBLIN

CULTURAL HERITAGE



DISCOVERING SANTARÉM

Culture Heritage



OBIDOS SIGHTSEEING- THE CITY OF LITERATURE, HISTORY AND ARCHITECTURE

CULTURAL HERITAGE



CULTURAL HERITAGE OF LUBLIN

CULTURAL HERITAGE



ROZTOCZAŃSKI NATIONAL PARK

CULTURAL HERITAGE



MEMORIAL SITES

CULTURAL HERITAGE



AVEIRO

CULTURAL HERITAGE



VISITING LISBON

CULTURAL HERITAGE



A POLISH TRADITIONAL DANCE - POLONEZ

CULTURAL HERITAGE



A PORTUGUESE NATIONAL DANCE- DANÇA DO PAU - THE STICK DANCE

CULTURAL HERITAGE



PRESENTATION OF A REGIONAL COSTUME CHARACTERISTIC OF LUBLIN

CULTURAL HERITAGE



DECORATING DYED EGGS WITH HOT WAX IN THE OPEN-AIR MUSEUM IN LUBLIN

CULTURAL HERITAGE



DECORATING TRADITIONAL PORTUGUESE TILES - AZULEJOS

CULTURAL HERITAGE

Theatre

Premiere of the play in English *Tourists in Lublin.*



CONTACT WITH NATURE

- recording the sounds of nature

(The collected material was used to create a montage of the sounds of nature combined with the sounds of the city.)

- learning names of plants and animals in Polish, English and Portuguese
- taking photos of nature
- taking notes about our observations/ sensations
- organising a school plant exchange



CONTACT WITH NATURE

- building flower and vegetable beds
- building a bee house
- arranging nature corners at school
- making recycled flower pots
- organising creative eco workshops/using recycled and eco-friendly materials
- organising a Christmas decorations school exchange



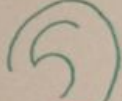
POLISH - ENGLISH - PORTUGUESE DICTIONARY

CAN YOU SPOT THEM?

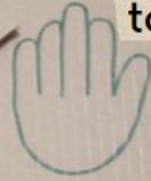
ENGLISH	PORTUGUESE	POLISH	TICK
PINE TREE			
SPRUCE			
LARCH			
FIR TREE			
OAK			
MOSS			
TRUNK			

What can you...

hear?



touch?



see?



smell?



- elements of Shinrin-yoku - the Japanese art and theory of "forest bathing" / kąpiele leśne
- experiencing nature with all our senses
- writing down the observations in English or mother tongue

CONTACT WITH NATURE



Experiencing nature with all
our senses.

CONTACT WITH NATURE

Florianka, March 2023



A photograph showing ten handcrafted cards scattered across a dense layer of dry, brown autumn leaves. A single thin branch lies diagonally through the scene. Each card has a unique design, often featuring watercolor-style illustrations of trees, flowers, or animals. The titles on the cards include "Up and Above", "The Colors of the Forest", "A Treasure", "A Touch of Nature", "The Sound of Rain", "The Colors of the Forest", "A Treasure", "A Touch of Nature", "The Colors of the Forest", and "A Treasure".

A hand is holding a green bookmark with a white floral pattern. The bookmark has the text "A Souvenir" printed on it. The background is a ground covered in brown leaves.

THE STRUCTURE



THE STRUCTURE



UP AND ABOVE - TREES - TREES - TREES



THE LIGHT



THE LIGHT



CONTACT WITH NATURE

- taking photos,
- identifying names of plants,
- recording the sounds of nature



Jardim das Portas do Sol in
Santarem, Portugal



The Botanic Garden UMCS
in Lublin, Poland

CONTACT WITH NATURE

in Portugal



in Poland



CHARGING OUR BATTERIES

CONTACT WITH NATURE



Eco-friendly means of transport
Floriaanka, March 2023

CONTACT WITH NATURE



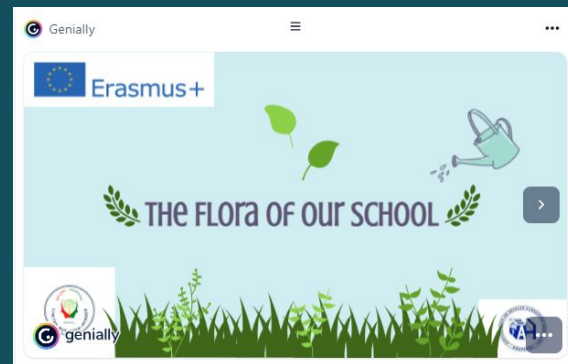
Students from the eTwinning Club at Escola Alexandre Herculano walked around the school's outdoor space and identified animals and plants there.

CONTACT WITH NATURE



Students from the eTwinning Club at Escola Alexandre Herculano walked around the school's outdoor space and identified animals and plants there.

CONTACT WITH NATURE



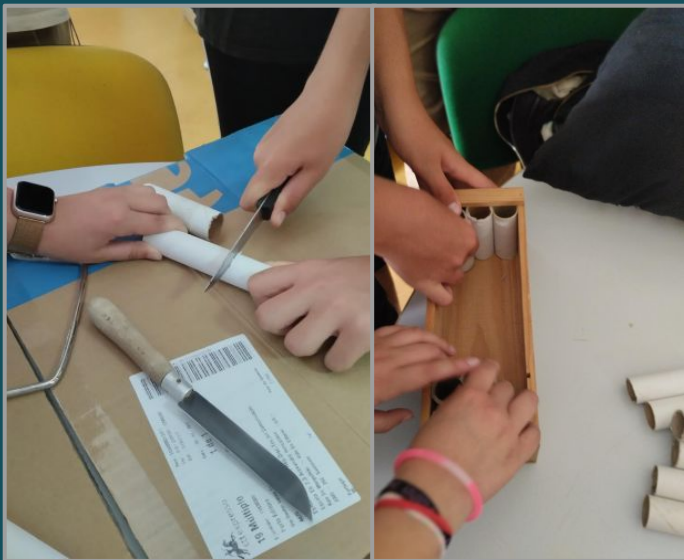
With the images collected, they created infographics and digital presentations.

CONTACT WITH NATURE



Students from the eTwinning Club at
Escola Alexandre Herculano put up
tree houses for birds.

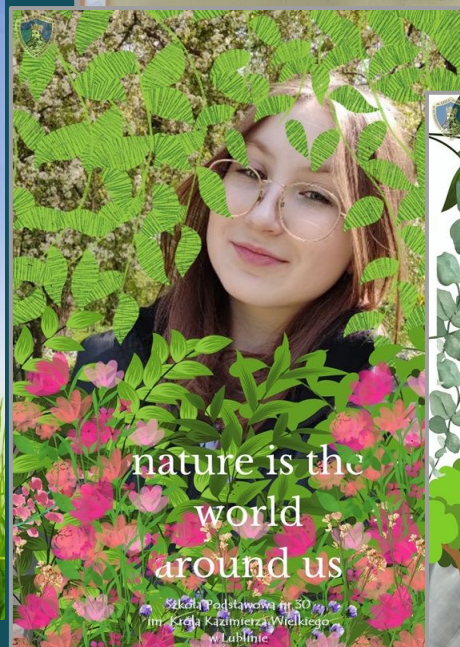
CONTACT WITH NATURE



The students of the eTwinning Club,
from the Alexandre Herculano School,
built a house for bees.



NATURE CORNERS AT SCHOOL



NATURE CORNERS



THE POSTERS HAVE
BEEN PRINTED AND
FRAMED.

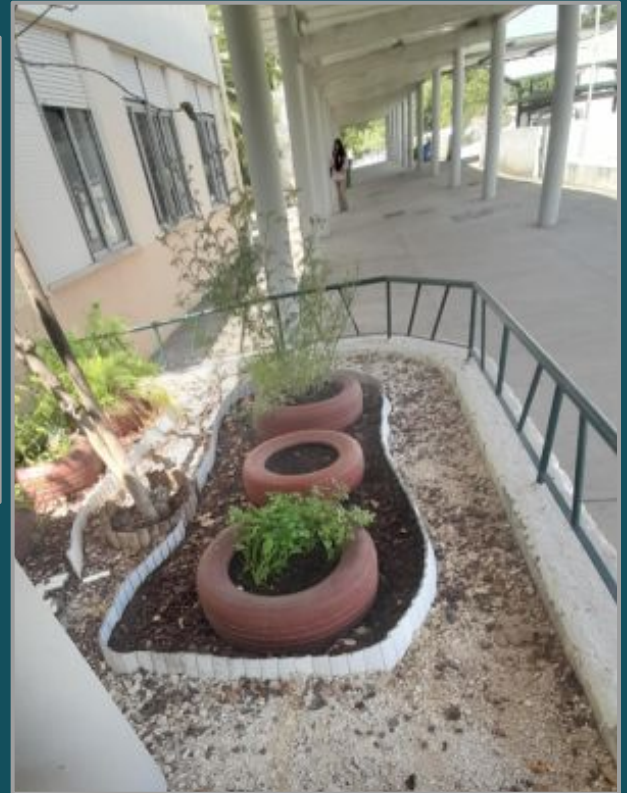
FLOWER & VEGETABLE BEDS



Growing and exchanging vegetables



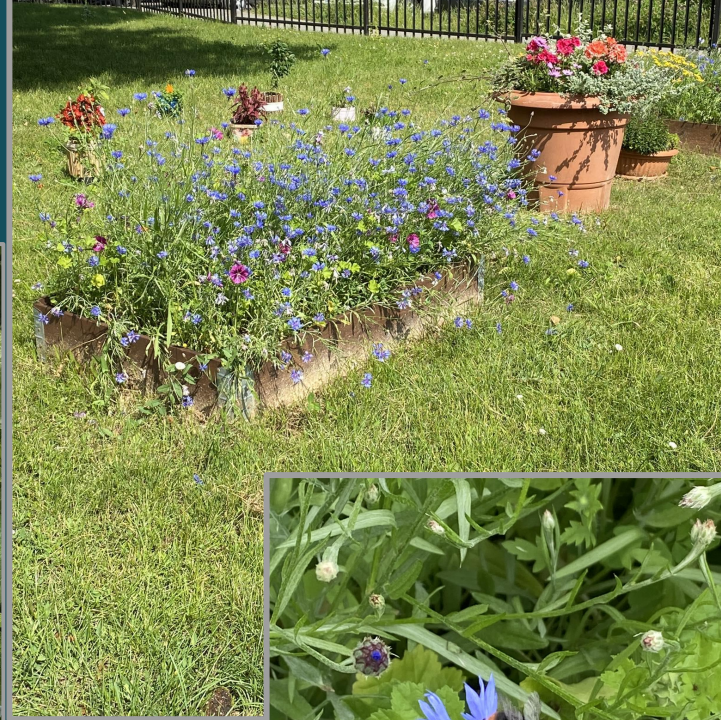
The students cultivated aromatic herbs and exchanged them with the school community.



FLOWER & VEGETABLE BEDS



FLOWER & VEGETABLE BEDS



FLOWER & VEGETABLE BEDS

sage,
mint,
thyme.
basil



PLANT EXCHANGE



Students brought different plants.
They could get one or a packet of
seeds in return.



FLOWER BEDS -RECYCLING IDEAS



CREATIVE RECYCLING IDEAS



WORKSHOP - MAKING SOAPS by recycling oil.

CREATIVE RECYCLING IDEAS



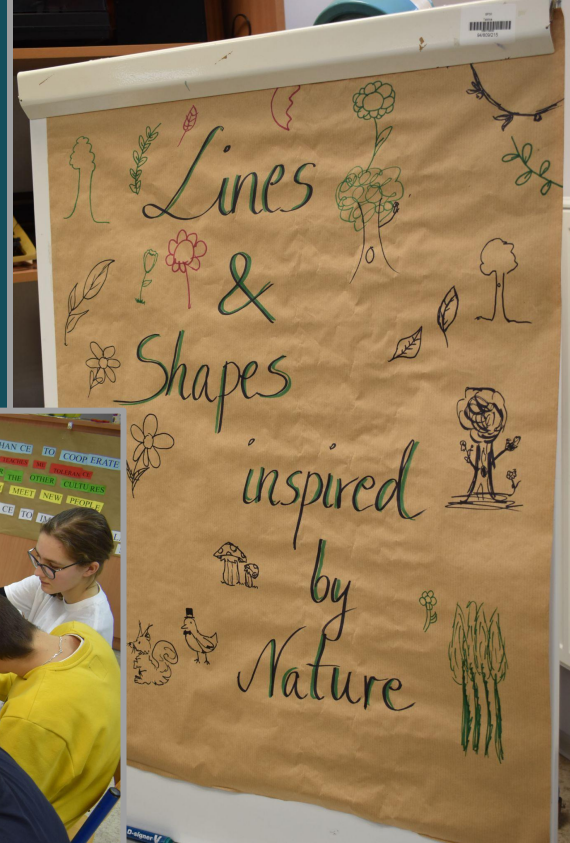
MAKING MAGNETS



RECYCLED FLOWER POTS

Nature-inspired creative workshops

ARTISTIC ACTIVITY
ACCOMPANIED BY
RELAXATION MUSIC.



BOOKMARKS

CONTACT WITH NATURE - Creating recycled Christmas decorations:



Students created original baubles, stars, angels, wreaths and other beautiful Christmas decorations using recycled materials such as cardboard, paper rolls, gray paper, scraps of materials, yarn, ribbons, jute, paper lunch bags, as well as gifts of nature like nuts, cones or dry branches.

CREATING RECYCLED CHRISTMAS DECORATIONS



RECYCLING AND UPCYCLING IDEAS



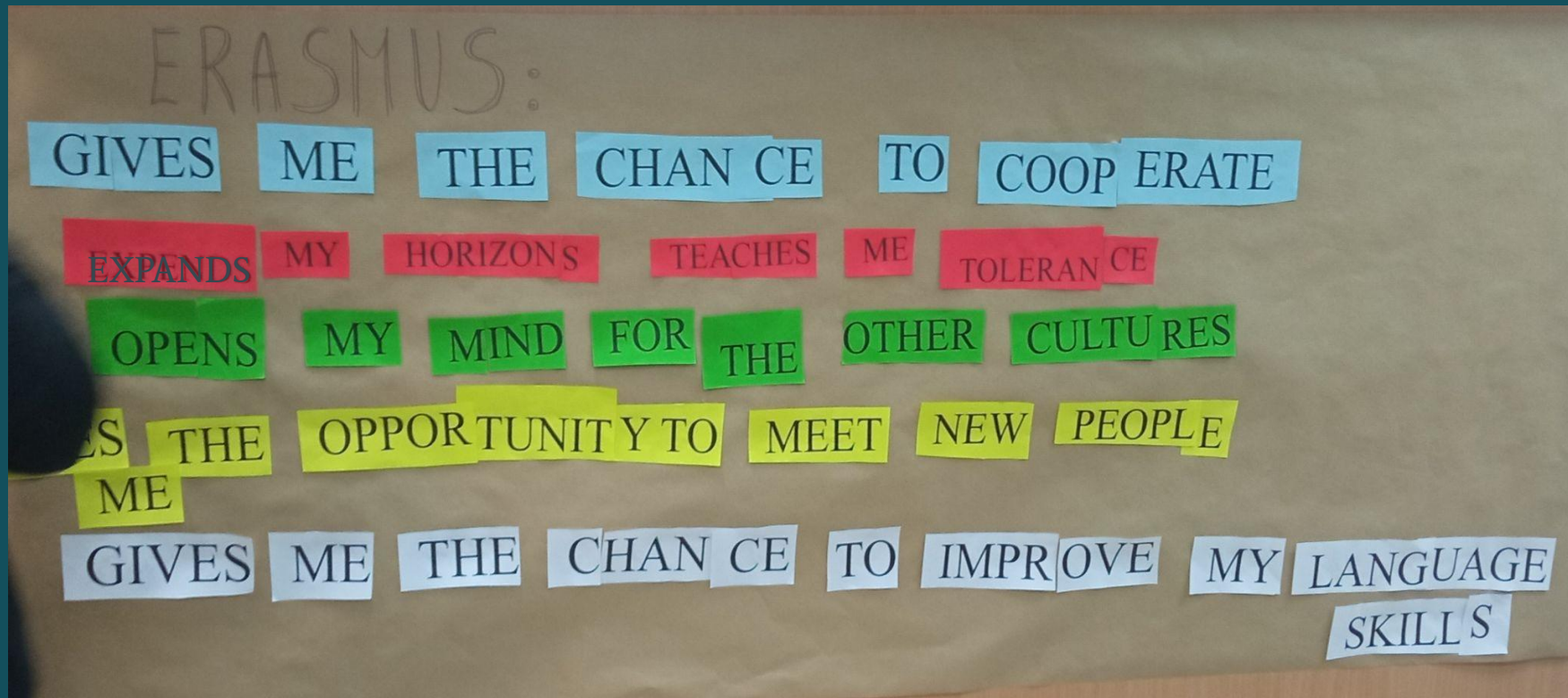
RECYCLING AND UPCYCLING IDEAS



BRING ONE- TAKE ONE - CHRISTMAS DECORATIONS SCHOOL EXCHANGE



ZDANIEM UCZNIÓW Z PROJEKTU ERASMUS...



THANK YOU FOR YOUR ATTENTION



<https://www.calameo.com/books/007612845743a6d1653a6> -
ebook with project's results