

27 kwietnia 2026



Od działania do rozumienia CLIL, PBL i głębokie uczenie się w praktyce edukacyjnej – przykłady dobrej praktyki.

27.04.2026

Izabela Krzak-Borkowska



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BUILDING BRIDGES WITH HOLISTIC WELL-BEING

Project duration: 24 August 2025 – 23 August 2026

Programme: Erasmus+

Project number: 2024-2-PL01-KA210-SCH-000287851

Językowy trójkąt mocy: eTwinning, Erasmus+ i CLIL

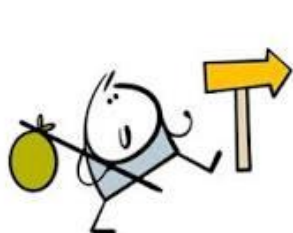
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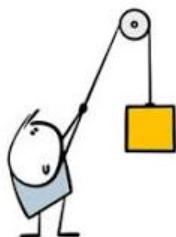
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Erasmus+



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Partner organizations



[II Liceum Ogólnokształcące im. J. Śniadeckiego](#)



[Kastamonu 15 Temmuz Şehitler Anadolu](#)



[Siauliu sporto gimnazija](#)



Erasmus+



[Learn Plus a non-governmental organization](#)



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Kielce



Our Impact



Reduced Early School Leaving

Creating supportive environments helps students stay engaged and complete their education.



Strengthened Social Integration

Fostering a sense of belonging and community among all students, especially vulnerable groups.



Equipped Youth for Lifelong Success

Empowering students with emotional resilience and well-being skills for their future.

Key Outcomes



eTwinning Collaboration

Digital partnership via the "Being-Well" project fosters shared learning and resources among schools.



Well-being Guides

Practical guides for teachers and parents offer strategies for emotional resilience and physical health.



European Values

The project actively promotes and integrates core European values within educational practices.



NG BRIDGES WITH HOLISTIC WELL...

Theme

Share

Agent

Publish

Upgrade



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Project duration: 24 August 2025 – 23 August 2026
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By implementing this project, we first want to provide our teachers with the necessary knowledge and equipment on how to communicate with and support disadvantaged immigrant or refugee students who have been exposed to trauma. We want to increase the social, emotional and physical well-being of our traumatized students, disadvantaged students and refugee immigrant students in a holistic manner through transnational collaboration.

Follow us on social media to stay updated with the latest news, events, and community activities!

Join our Facebook group at <https://www.facebook.com/groups/736283532756726/> to connect with fellow members, participate in discussions, and never miss important announcements.

You can also follow us on Instagram for project highlights, photos, and updates:

 <https://www.instagram.com/buildingerasmusbridges?igsh=ZDZvNWVkODlvM2dx>

Stay engaged and be part of our vibrant online community!  



facebook



Językowy trójkąt mocy: eTwinning, Erasmus+ i CLIL

27 kwietnia 2026



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European School Education Platform



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TwinSpace

Being Well

By implementing this project, we first want to provide our teachers with the necessary knowledge and equipment on how to communicate with and support disadvantaged immigrant or refugee students who have been exposed to trauma. We want to increase the social, emotional and physical well-being of our traumatized students, disadvantaged students and refugees.

Home | Pages | Materials | Forum | Online meetings | Members | Support



TwinSpace

Being Well

Home | Pages | Materials | Forum | Online meetings | Members | Support

Home > Building Bridges Holistic Well... > TwinSpace > Members

Members

Add/invite members

Update passwords

Export invited pupils

 **8 Teachers**
1 online

 **92 Pupils**
0 online

 **0 Guests**
0 online

[Go to chat room](#)

- 1 WELCOME
 - 1.1 Teachers & students
 - 1.2 Our cities
 - 1.3 Our schools
 - 1.4 Zgoda na publikowanie wizerunku
 - 1.5 Our project
- 2 Holistic Well-being teachers
LTTA in Croatia
- 3 Meeting in Turkey
- 4 Meeting in Poland
- 5 Meeting in Lithuania
- 6 LOGO
- 7 Activities
 - 7.1 International Well-Being Journal
 - 7.2 Healthy Habits Challenge
 - 7.3 Mindfulness Across Cultures
 - 7.4 Art for Well-Being
 - 7.5 Cultural Well-Being Exchange
 - 7.6 Kindness Map
 - 7.7 Digital Well-Being Lab
 - 7.8 Move Together – Shared Physical Activity

WELCOME

Created by **Waldemar Tomala**


Last updated by **Izabela KRZAK - BORKOWSKA** 4 months ago

Page options

Lecimy z projektem :)

Kielce to Słauki

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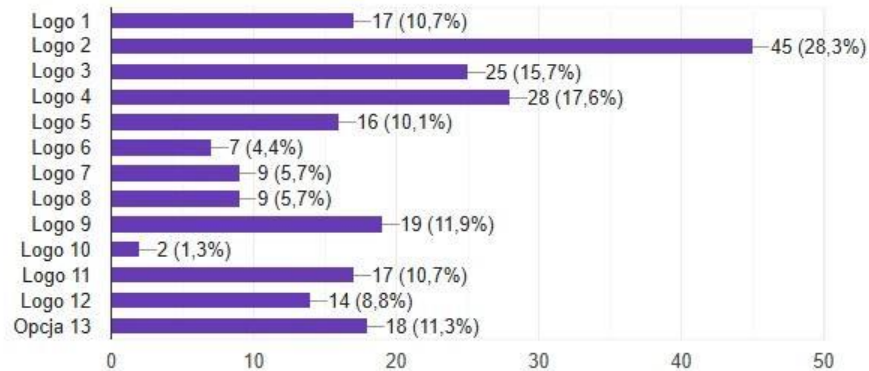
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27 kwietnia 2026




- 1 WELCOME ▾
- 2 Holistic Well-being teachers
LTTA in Croatia
- 3 Meeting in Turkey
- 4 Meeting in Poland
- 5 Meeting in Lithuania
- 6 LOGO
- 7 Activities ▾
 - 7.1 International Well-Being Journal
 - 7.2 Healthy Habits Challenge
 - 7.3 Mindfulness Across Cultures
 - 7.4 Art for Well-Being
 - 7.5 Cultural Well-Being Exchange
 - 7.6 Kindness Map
 - 7.7 Digital Well-Being Lab
 - 7.8 **Move Together – Shared Physical Activity**

Move Together – Shared Physical Activity


Created by **Izabela KRZAK - BORKOWSKA**
Last updated by **Izabela KRZAK - BORKOWSKA** 1 month 1 week ago

Page options ⋮


Twinboard Add item




Move Together Turkey



Heathy food Turkey




Move Together Lithuania




POLAND_Move together
How to improve your holistic wellbeing in the


Videos (9)




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[Kielce to Šiauliai C...](#)



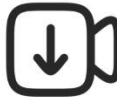
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HEALTHY DIGITAL HABITS

Digital Well-Being

Presented by Adrianna, Alicja, Karina and Weronika





How to improve your holistic wellbeing in the span of a week?

There are many ways to improve your well-being, each of us tasked themselves with creating a schedule which we were meant to follow throughout the week with that exact goal in mind. This presentation is the result of that effort.



Authors:

- Wiktor Kozłowski
- Aleks Różalski
- Julia Latosińska
- Bartosz Podraza
- Szymon Nawrot
- Bartosz Rotwiński
- Dawid Niepsuj

Victor

Morning

- Wake up at 9 am
- Eat a healthy breakfast
- Dress myself and go for a walk with my dog through my local forest
- Get back home and go meet up with some friends



Afternoon

- Put some music on and just listen to it in peace
- Turn on my pc and go play some games
- Eat dinner
- Go skiing on my local ski slope

Evening

- Get back home and take a shower
- Eat supper (mcdonalds)
- Watch some videos on my phone in my bed
- calm my brain before sleep by reading some books
- Go to sleep at midnight

Bart Podraza

custom text

I have decided to improve my well-being

how

I went for a walk every day for a week to get some fresh air



effects

My holistic well-being has improved because I got some fresh air and I felt better

do I recommend

Yes, you should try it



David Don't-break

Monday-Friday

Most days felt similar. I followed my usual routine, which helped me stay calm and focused. I spent a lot of time studying and resting, trying not to stress myself too much. I ate regular meals and focused on feeling okay rather than doing everything perfectly.



Emotions and People

Talking to people during the week helped me keep my mood stable. I tried to notice how I was feeling and took breaks when I needed them.

Weekend

Talking to people during the week helped me keep my mood stable. I tried to notice how I was feeling and took breaks when I needed them.



Overall

It wasn't a perfect week, but it felt balanced and supportive of my overall well-being.



*Językowy trójkąt mocy:
eTwinning, Erasmus+ i CLIL*

27 kwietnia 2026



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Językowy trójkąt mocy: eTwinning, Erasmus+ i CLIL

27 kwietnia 2026



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BUILDING BRIDGES WITH HOLISTIC WELL-BEING

Grupa publiczna · 45 członków



Zaprosz Udośćępnij Dołączono

Informacje Dyskusja Osoby Wydarzenia Multimedia Pliki

Poland Hosts Creativity Works Europe Workshops

On October 9, 2025, students from II LO im. J. Śniadeckiego in Kielce participated in Creativity Works Europe workshops. The session, led by Ms. Kama Kępczyńska, focused on effective foreign language study, the benefits of multilingualism, and well-being strategies for a balanced school life.

A special presentation by Viktorija Neskovska Draganov also offered insights into North Macedonia. Students found the workshops fun and inspiring, expressing a desire for more future sessions, highlighting the positive impact on their academic and personal development.



Nourishing Minds and Bodies: Türkiye's Healthy Food Day!

The Turkish project team in Kastamonu organized an inspiring Healthy Food Day at school, promoting balanced nutrition as a cornerstone of holistic well-being. Students and staff collaborated to prepare and share delicious, wholesome meals, highlighting local produce and traditional Turkish flavors. This vibrant event fostered community, encouraged mindful eating habits, and reinforced our project's commitment to physical and mental health for all participants.

[Watch the Healthy Food Day event](#)



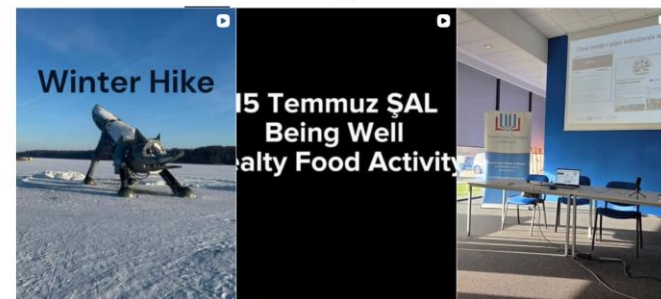
Instagram

Zaloguj się Zarejestruj się



buildingerasmusbridges
Building Bridges with Holistic Well-being

Posty: 30 62 obserwujących Obserwowani: 41



27 kwietnia 2026



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3rd LTTA Agenda: Kielce, Poland

BUILDING BRIDGES WITH HOLISTIC WELL-BEING

Motto: "Connecting Minds, Nurturing Hearts – Holistic Pathways to Well-Being"

Erasmus+ Programme | Project No: 2024-2-PL01-KA210-SCH-000287851

Duration: 15 – 20 MARCH Host: Poland

SUNDAY, 15 MARCH 2026: ARRIVAL & WELCOME

- Afternoon/Evening: Arrival and accommodation [check-in B&B HOTEL Kielce Centrum](#)

MONDAY, 16 MARCH 2026: DISSEMINATION CONFERENCE

- **09:00-10:00:** Registration & Coffee
- **10:00-14:00:** Official Dissemination Conference [II Liceum Ogólnokształcące im. J. Śniadeckiego w Kielcach](#)
 - Welcome from host school & local authorities
 - Keynote: Project achievements in CLIL & holistic well-being
 - [Kastamonu 15 Temmuz Şehitler Anadolu Lisesi](#) – project & school presentation;
 - [Siaulių sporto gimnazija](#) - project & school presentation;
 - Participating schools:
 - Szkoła Podstawowa nr 13 im. Władysława Jagiełły w Kielcach
 - I LO im. KEN Końskie
 - III Liceum Ogólnokształcące z Oddziałami Integracyjnymi im. Cypriana Kamila Norwida w Kielcach
 - Zespół Szkół w Rudkach
 - Szkoła Podstawowa nr 12 im. Bohaterów Westerplatte w Kielcach
 - Panel: Local authorities, Kuratorium Oświaty, ŚCDN, eTwinning representatives
 - Q&A & networking
- **14:00-19:00:** Free time (explore Kielce)
- **19:00:** Gala Welcome Dinner – Cultural evening with project partners, guests & teachers

TUESDAY, 17 MARCH 2026: WELL-BEING WORKSHOPS

"Creativity as a Bridge to Emotional Well-Being" *led by Kama Kępczyńska, CEO of CREATIVITY WORKS EUROPE*

- **09:00-14:00:** Interactive workshops
 - Creative tools for stress management & emotional resilience
 - Mindfulness through arts & CLIL integration
 - Building classroom communities of well-being
- **14:00 onwards:** Free time / optional cultural visits



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WEDNESDAY, 18 MARCH 2026: WELL-BEING FIELD TRIP

"Nature & Heritage: Restoring Balance in Kraków"

- Full day excursion to Kraków (UNESCO World Heritage Site)
 - Well-being focus: Mindful walking tour of Wawel Castle & Planty Park
 - Nature therapy: Vistula River mindfulness session
 - Cultural balance: Harmony of history, architecture & green spaces
 - Group reflection: "How does environment nurture holistic well-being?"
- Evening: Return to Kielce

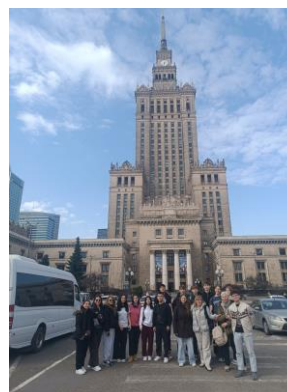
THURSDAY, 19 MARCH 2026: CLIL & WELL-BEING INTEGRATION

"Learn Plus: Sustainable Well-Being through Dual-Language Learning" *led by LEARN PLUS*

- **09:00-14:00:** Practical workshops
 - Integrating well-being into bilingual curricula
 - FKD functions for emotional intelligence
- **14:00-15:00:** Certificate Ceremony
 - Closing remarks & evaluation
- Afternoon: Free time / departure preparations

FRIDAY, 20 MARCH 2026: DEPARTURE

- Morning: Check-out & airport/train transfers
- Safe travels home!





*The best way to predict the
future
is to create it!*

Abraham Lincoln



27 kwietnia 2026



Q&A

Zapraszam do kontaktu:

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