

Mobility activities

Starting Period	11-2020	Duration(days)	5	Country of Venue	Poland
Description of the activity:					
- Describe the content, methodology and expected results of the activity.					
- How is it going to be related to or integrated with the normal activities of the involved schools?					

Day:

1. Welcome ceremony, presentation of schools; cultural heritage - getting to know the traditions, cuisine and folklore of the Łódź region; workshops with a dietitian.
2. Workshops - ecology every day, what individual partners do in their schools in the field of ecological education; formulation of conclusions, correction of the schedule in terms of new ideas for project implementation; getting acquainted with the specificity of work in a special school - methods and techniques of working with a student with intellectual disability.
3. Theater classes - recognizing oneself, one's own emotions, the ability to formulate needs, defining "I" as a condition of mental health; movement workshops - "who I am".
4. Theater classes - assertiveness training; "Uniejów" - relaxation classes; forms of maintaining physical health - classes with SOSW therapists (physical rehabilitation).
5. Classes of eTwinning run by the Romanian school (school badge eTwinning) - basis of using. Create a project - the "skeleton" of eTwinning websites . Posting photos and information. Creating a chat and a thread on the Forum - about training in Poland, participants' statements. Conclusions of forum members as a supplement to the evaluation. Filling in the evaluation sheets - "De Bono Thinking Hats". Distribution of certificates.

Results: -recognition of Polish cultural heritage by partners; strengthening the sense of national identity - in Poles: respect for diversity

- with partners - acquisition of specific knowledge and skills in the field of training;
- conclusions from the presentations discussed during the workshops, implemented to work on the project, the use of solutions and methodological strategies used in partner countries,
- theatrical techniques and methods;

- techniques and methods of coping with stress, increasing the effectiveness of the teaching process by building a positive attitude to work;
- scenarios of workshops from all trainings available to every teacher in English

After returning to their schools, the teachers will conduct workshops in their pedagogical groups: training in emotions, assertiveness; etc. will be implemented in everyday work, the content of the conclusions from the ecological workshops will be implemented by each school and included in the work plans. The following topics will be added to the content of the English curriculum: "Healthy eating"; " Ecology every day". The known theater methods and techniques will be used in other countries to conduct theater classes and prepare a performance.

Does this activity combine physical mobility with virtual exchanges through eTwinning?

Yes

Please explain how this will be achieved and what the expected benefits are.

The first eTwinning classes will be conducted in Poland under the supervision of schools with the eTwinning badge, mainly Romanian. On the fifth day of training, we will post photos and create a chat and thread on the Forum so that you can discuss with teachers from other schools what they have learned and what they have learned from mobility. These conclusions will be added to the evaluation of "De Bono hats ". The thread will be long-term - after the end of the mobility, entries about training in Poland will appear on it. In this way - responding to the needs of forum members, the materials on eTwinning websites and subpages will be supplemented.

Benefits:

- inclusion of indirect participants to "virtual mobility";
- to familiarize indirect participants with how to use eTwinning;
- increase in the sense of value of indirect participants - they will have an impact on the shape of the platform;
- acquiring knowledge and skills in the field of mobility through familiarization with the materials available on the platform;
- assistance of indirect participants in formulating mobility conclusions;
- assessment of the usefulness of teaching materials by indirect participants;
- enrichment of didactic materials with scenarios developed by indirect participants;

How is participation in this activity going to benefit the involved participants?

Participants:

- broaden knowledge about the history, culture, Polish; they will become more open, tolerant, curious and respectful of other cultures
- they will receive ready-made lesson plans to be used in their lessons;
- learn how to eat properly and take care of physical health, which they will use in everyday life and during lessons with students;
- learn how to deal with emotions, how to take care of mental health;

- learn the methods and theatrical techniques;
- learn theatrical forms and techniques, which will be used in the further part of the project; - they will increase the efficiency of their work; - they will exchange views, expand their horizons. In addition, there will be professional development:
- transfer of international knowledge in the field of training topics;
- acquiring new skills, new knowledge in the field of innovative methods, techniques, ways and forms of work with students with SPE;
- introduction of good practices;
- satisfying professional needs;
- learning about educational practice;
- enriching professional knowledge and workshop through direct involvement;
- increasing professional qualifications;
- increase in TIK skills;
- increase in the quality of own work;
- preparing participants to act as mentors, tutors, supervisors in the field of design; personal development:
- increase of cooperation skills in an international group;
- developing the attitude of active learning throughout life;
- developing the ability to adapt to the changing reality;
- satisfaction, satisfaction with participation in the project;
- openness to new ideas, experiences, challenges;
- increase in creativity and entrepreneurship;
- gaining self-confidence, self-confidence; - increase in language competences:
- acquisition and development of communication skills in a foreign language.

Starting Period	04-2021	Duration(days)	5	Country of Venue	Romania
Description of the activity: - Describe the content, methodology and expected results of the activity. - How is it going to be related to or integrated with the normal activities of the involved schools?					

Day 1 - visit to the Gura Râului dam and the Water Epuration station in Sibiu - water resources, the importance of water in our lives; (brainstorming - possible solutions to keep water resources clean); creating a poster with a logo promoting water purity (competition)

Day 2 - a trip to the Făgăraș National Park (waterfall and Bâlea Lake), a protected wildlife reserve and a visit to a trout farm - making students aware of the importance of natural resources (air, water, soil, fauna, flora). Students work in mixed groups (1 student from each country in each group) during the workshop: they discuss the impact of tourism on the Transfăgărașan Road and its surroundings on air, water, soil and local biodiversity, and look for possible solutions to conserve the resources of this place; visit to a trout farm - organic gardening; trout dishes / traditional Romanian dishes; competition (quiz) on information obtained during the day.

Day 3 - tree planting campaign; importance of soil and soil diversity; workshops - preparation of a presentation on flora specific for a given country (e.g. oral presentation, video, Power Point presentation, drawing, photo exhibition etc.)

Day 4 - a trip to the Turda salt mine and the gorges of Turzia (this wild reserve is home to over 1000 species of plants and animals, offering a fairy-tale scenery with a rich flora and fauna, waterfalls and caves); obtaining information on salt resources; brainstorming on the use of salt in gastronomy and various therapies (spidergrams); photos, identification of insect and plant species in the area; searching for information about them; creating a description of each of them - an exhibition.

Day 5 - eco- kitchen in the Oașa monastery ; getting to know Romanian (monastic) heritage and healthy eating; the use of mountain plants in the nutrition and treatment of various diseases; participation in culinary classes - showing the cultural aspects of each country involved (preparing, under the supervision of teachers, traditional dishes from their countries using water, salt, spices and other natural resources); posting recipes on the blog; eTwinning chat and forum with students from other countries; de Bono Hats filling , certificates. The results:

- scripts in English, presentations (multimedia), videos, recipes on the blog, posters with logos, work cards, photo exhibition, quizzes, drawings;
- greater understanding and tolerance towards other cultures,

- greater awareness of the importance of protecting natural resources and local biodiversity;
- developed personal competences (self-confidence; creativity; cooking / drawing / speaking; teamwork);
- developed linguistic and digital competences

The training materials will be used in the lessons of the following school subjects: geography, biology, social sciences, economics and practical gastronomic classes, ICT, English language classes.

Does this activity combine physical mobility with virtual exchanges through eTwinning?

Yes

Please explain how this will be achieved and what the expected benefits are.

During the mobility, students will post material (photos, descriptions, recipes, videos) on eTwinning (under the guidance of teachers); a thread about mobility in Romania and the last day of the chat will be launched.

As a result, students who will not physically take part in the mobility:

- gain knowledge in the field of exchange;
- will influence the content of the mobility evaluation;
- they will feel commitment, motivation to carry out project activities;
- will be able to add their recipes on the blog;
- will use the acquired knowledge and thoughts in everyday life, become more environmentally conscious citizens; - they will be motivated to become physical mobility participants in the future; - their linguistic, social and intercultural competences will increase.

Direct participants will also benefit, as interest in their colleagues' activities will motivate them to be more actively involved in the project, the thoughts and conclusions of their colleagues will help them to translate their mobility experiences more effectively into activities in their countries; the forum thread will be active after the end of the mobility, thus the results of the mobility will be long-term;

How is participation in this activity going to benefit the involved participants?

For pupils:

- increasing social, intercultural and organizational competences;
- increasing linguistic competence; digital (searching for information on the Internet, creating Power Point videos / presentations, communicating with peers from partner schools, using Word programs to write worksheets, etc.);
- increasing understanding, tolerance and acceptance of diversity / other cultures;
- increasing awareness of the importance of protecting natural resources and local biodiversity.

For guardians / teachers:

- increasing the skills and knowledge in the field of innovative methods, auxiliary materials, techniques, ways and forms of working with students;
- enriched professional knowledge and work skills through direct involvement;
- a set of good practices to be implemented during school activities;
- experience of different cultures, traditions and mentality specific to partner countries;
- increasing ICT competences in all project activities;
- increasing linguistic and digital competences
- increased quality of own work;
- increasing the ability to cooperate within an international group;
- job satisfaction and joy of participating in the project;
- openness to new ideas, experiences and challenges;
- increased creativity;
- self- confidence, self-confidence;

For parents:

- openness to other cultures thanks to accepting young people from other countries; - increasing organizational, communication and language competences.

For community:

- better- trained graduates prepared for the labor market, with good digital, linguistic and professional skills;
- more environmentally conscious citizens ;
- more active, responsible, tolerant, understanding and open-minded citizens;
- a cleaner , more sustainable living environment;
- fewer social conflicts, less discrimination and more opportunities for disadvantaged people.

Starting Period	10-2021	Duration(days)	5	Country of Venue	Greece
Description of the activity: - Describe the content, methodology and expected results of the activity. - How is it going to be related to or integrated with the normal activities of the involved schools?					

Day 1

- official welcome
- an artistic show prepared by the host country
- cultural workshops promoting local customs, traditions, culture, national heritage - integration workshops - "Let's get to know each other"

Day 2

- team building - workshops
- Festival of Cultures - presentations of partner countries – in any form (eg multimedia presentation, dance, music, singing, performance, role play, tasting of regional dishes); getting acquainted with interesting facts about individual countries, having fun together, a knowledge quiz about cultural diversity;
- practical operation: digital graffiti wall - ART
- theater workshops - emotional training, entering various emotional states, searching for balance; self-reflection; dream and ways to achieve them, developing the belief that we can differ beautifully, because each of us is unique, one of a kind
- workshops introducing the art preparation: "Our life in our hands"

Day 3

- visiting the seat of local authorities
- work on the preparation of the play "Our life in our hands"
- workshops: European Culinary Corner - partners will cook together - recipes will be part of the guide (blog) - sports workshops: the importance of sport for a healthy lifestyle

Day 4

- city game (students)
- sharing examples of good practice in the field of activities promoting a healthy lifestyle (teachers)
- work on the preparation of the play "Our life in our hands"
- "reduce-recycle-reuse" workshops
- "idea exchange" - resource management, reworking what we have at home; the art of making "something out of nothing"

Day 5

- presentation of the play "Our life in our hands" in the presence of students, teachers, families, local community, exchange of experiences. Advice corner. Promotion of the project idea and products from previous workshops

In five days - work on the script "Our life in our hands"

Finally: evaluation-filling in the "De Bono Thinking Hats " sheets, certificates

The results:

- script and performance "Our life in our hands";
- workshop scenarios in English; work cards,
- multimedia presentations,
- blog entries: recipes, tips, ideas;
- increase of knowledge and skills in the field of theater techniques and methods; - increasing social, intercultural and ICT competences.

This activity will provide long-term benefits to the involved participants who will become more responsible for their own learning process. Firstly, because that prior to arrival they will be asked what their expectations are related to visits, and secondly, because of the dynamics of activities that combine formal and informal learning.

The training materials and scenarios will be used in the following lessons: geography, social sciences, functioning (SOSW); practical gastronomy classes; sports, entrepreneurship and economy classes; English language; the above mentioned will be incorporated into teachers' work plans and drama classes

Does this activity combine physical mobility with virtual exchanges through eTwinning?

Yes

Please explain how this will be achieved and what the expected benefits are.

During the mobility, students will post materials (photos, descriptions, recipes, videos from the workshops; scenarios) on eTwinning (under the guidance of teachers); a thread on mobility in Greece and on the last day of the chat will be launched.

As a result, students who will not physically take part in the mobility:

- will gain knowledge in the field of exchange;
- will influence the content of the mobility evaluation;
- will feel commitment, motivation to carry out project activities;
- will be able to add their recipes, tips "something out of nothing" on the blog;
- will use the acquired knowledge and thoughts in everyday life, become more environmentally conscious citizens; - they will be motivated to become physical mobility participants in the future; - their linguistic, social and intercultural competences will increase.

Direct participants will also benefit, as interest in their colleagues' activities will motivate them to be more actively involved in the project, the thoughts and conclusions of their colleagues will help them to translate their mobility experiences more effectively into activities in their countries; the forum thread will be active after the end of the mobility, thus the results of the mobility will be long-term;

How is participation in this activity going to benefit the involved participants?

For pupils:

- increase in personal and social competences,
- increase in linguistic competences (spoken and written English, conversations, discussions);
- increase in intercultural, organizational and IT competences (posting materials on eTwinning);
- development of creativity, artistic skills, discovering new abilities and possibilities - increasing knowledge of the subject of the project .

For teachers:

- they will take part in all forms of activities with their students.

Thanks to this, they will gain the following benefits:

- new skills, new knowledge in the field of innovative methods, techniques, ways and forms of working with students;
- recognition and implementation of good practices;

- meeting professional needs;
- knowledge of educational practice;
- enrichment of professional knowledge and work skills through direct involvement;
- improving professional qualifications;
- improving ICT skills
- increase in the quality of own work;

Personal development:

- increasing the ability to establish interpersonal relationships;
- cooperation within an international group;
- training the ability to adapt to the changing reality;
- satisfaction and joy of participating in the project;
- openness to new ideas, experiences and challenges;
- increase in creativity and entrepreneurship;
- self- confidence, self-confidence;
- increase in language skills;
- acquiring and developing communication skills in a foreign language;
- ability to cooperate within an international group;

By participating in the above-mentioned activities, teachers will help colleagues in implementing new materials for work.

For parents:

- openness to other cultures thanks to accepting young people from other countries; increase in organizational, linguistic and communication skills
- Teachers and employees of the host school: increase in organizational, communication, personal, intercultural and professional competences (preparation of training, exchange of experiences with teachers).

Starting Period	02-2022	Duration(days)	5	Country of Venue	Italy
Description of the activity: - Describe the content, methodology and expected results of the activity. - How is it going to be related to or integrated with the normal activities of the involved schools?					

DAY 1

- welcome ceremony; thanks to the support of ICT application tools, the school and the region will be presented to local and international teams, parents, local authorities and the media
- workshops - history of farming, the most typical Sicilian food - old recipes posted on the blog
- Bourbon Royal Wine Cellar (founded by Napoleon); wine as a symbol of civilization and a recurring theme in art history; conducting research on old agricultural methods (creating a PP presentation);

DAY 2

- the territory's ecosystem and its economy: a visit to the Marsala salt mining reserve, taking photos, videos using a 3D camera
- workshop - posting films, photos on eTwinning; workshops: how to protect ecosystems posted on eTwinning

DAY 3

- effects of water pollution "- the estuary of the river Nocella (coastline of the Gulf of Castellammare); (during the visit - meeting with a specialist, taking photos and recording videos, filling in the pollution questionnaire), analysis of the type of water pollution by the local president "Lega Ambiente" national non-profit association for environmental protection) and official in the Regional Government of Sicily (Department of Environment and Climate).
Workshop: "Reflections on Climate Change" - concluding with a performance; filming, editing and digital processing;

DAY 4

- Palermo; UNESCO World Heritage Site; taking photos, filming, using ICT to create a tourist route (before the meeting in Italy, students will practice creating internet routes); workshops: evaluation of film spots promoting ecology in everyday life, correction of defects, learning to post them on eTwinning

DAY 5

- Workshop: Students will use videos and photos to create a tourist itinerary through Arab-Norman and Baroque Palermo; tools: photos, videos, (, PC / IPAD, shareware / touring software). The workshop will consist of two stages:

1. Learning to create a tourist route - using technological devices and software to make a short tourist route around places that are examples of cultural heritage.
2. Creating a tourist route (writing a short script and captions, selecting photos, editing, cutting videos, publishing on the eTwinning platform); publication of conclusions: how to protect cultural heritage against destruction (the effects of environmental pollution); eTwinning chat and forum with students from other countries; filling de Bono Hats, certificates.

The materials, scenarios from the classes will be used in the following types of classes: geography, nature, biology, computer science, history, art classes, functioning, creativity, gastronomy (SOSW); entered into work plans

The results:

- ability to use technological devices;
- using video and photo editing programs
- conclusions on the protection of cultural heritage;
- blog and eTwinning entries

Does this activity combine physical mobility with virtual exchanges through eTwinning?

Yes

Please explain how this will be achieved and what the expected benefits are.

During the mobility, students will post material (photos, descriptions, recipes, videos) on eTwinning (under the guidance of teachers); a thread for mobility in Italy and the last day of the chat will be launched.

Students will benefit from eTwinning on their own more than during their visit to Romania - thanks to the help of the specialists who contributed to the eTwinning school badge.

Students who will not physically take part in the mobility:

- will "prompt" their mobility colleagues on how to deal with ICT difficulties
- will gain knowledge in the field of exchange;
- will influence the content of the mobility evaluation;
- will "test" tourist routes created by colleagues;
- will feel commitment, motivation to carry out project activities;
- will use the acquired knowledge and thoughts in everyday life, thus they will become more environmentally conscious citizens; - they will be motivated to become physical mobility participants in the future; - their linguistic, social and intercultural competences will increase.

Direct participants will also benefit, as interest in their colleagues' activities will motivate them to be more actively involved in the project, the thoughts and conclusions of their colleagues will help them to translate their mobility experiences more effectively into activities in their countries; the forum thread will be active after the end of the mobility, thus the results of the mobility will be long-term;

How is participation in this activity going to benefit the involved participants?

For pupils:

- increase in personal and social competences,
- increase of linguistic competence (spoken and written English, conversations, discussions);
- increase in intercultural, organizational and IT competences;
- increase in ICT skills, use and use of eTwinning;

For guardians (teachers):

- they will participate in all forms of activities with the students.

Accordingly, there will be:

- acquiring new skills, new knowledge in the field of innovative methods, techniques, ways and forms of working with students;
- recognition and implementation of good practices;
- satisfying professional needs;
- learning about educational practice;
- enriching professional knowledge and workshop through direct involvement;

- increasing professional qualifications;
- increase in ICT skills;
- increase in the quality of own work; personal development:
- increase in the ability to establish interpersonal relationships;
- cooperation in an international group;
- developing the attitude of active learning throughout life;
- developing the ability to adapt to the changing reality;
- satisfaction, satisfaction with participation in the project;
- openness to new ideas, experiences, challenges;
- increase in creativity and entrepreneurship;
- gaining self-confidence, self-confidence; increase in language competences:
- acquisition and development of communication skills in a foreign language;
- ability to cooperate in an international group;

Thanks to participation in the above-mentioned classes, teachers will help colleagues to implement new materials for work in the lessons

Parents: - openness to other cultures due to hosting young people from other countries; increase in language, communication and organizational competences

Host school teachers and staff: increasing organizational, communication, personal, intercultural and professional competences.

Starting Period	04-2022	Duration(days)	5	Country of Venue	The Republic of North Macedonia
Description of the activity: - Describe the content, methodology and expected results of the activity. - How is it going to be related to or integrated with the normal activities of the involved schools?					

Day:

1. Presentation of our country, school, school system and activities (presentations, films, photos); implementation of 4 ECO standards in teaching and extracurricular activities at SUSG Middle School; observation of open classes with the implementation of ECO content
2. "Our experiences and challenges:" economical resource management "- presentation of an expert from the Ministry of Environment and Physical Planning, presentations and exchange of experiences of partner countries on the above-mentioned topic, the importance of sorting and recycling of packaging waste - trainings and workshops organized by a professional company;
3. Presentations "From my family's cookbook" of partner countries to traditional economic dishes (using leftovers from the kitchen) - posting on the blog; culinary workshops in an ethno- restaurant, in which students and teachers, together with members of the Women's Association, prepare specific dishes from the country and partner schools.
4. "My grandmother's fingers - something out of nothing" - workshops with the participants and residents of the Nursing Home; sharing knowledge and learning from each other how to make various products from things already used (clothes, plastic bottles, plastic bags), make bags, carpets, decorations; collecting information for the blog: video presentations, descriptions of various crafts, photos.
5. "Blogging" from already collected information and materials - stakeholder interaction, exhibition of products from the previous day and the performance "Our life in our hands" in front of our students, teachers and representatives of the local community and the media; eTwinning chat and forum with students from other countries; de Bono Hats evaluation, certificates.

The results:

- acquiring life skills in order to economize resources, save electricity, water and reuse materials, and be aware of the necessity to do so;
- rules recipes, advice on managing the household budget and resources (blog)
- products from the workshop "My Grandma's Fingers - Something from Nothing";
- workshop scripts in English; multimedia presentations, films, photos, open class schedules;
- opening up to other cultures and lifestyles, increasing the acceptance of diversity;
- increasing personal competences (self-assessment, emotional balance, empathy, solving problems by finding alternative solutions);
- increasing linguistic and digital skills.

The experiences and perceived practices of incorporating ECO content into regular teaching as an additional curriculum will become part of the school's annual curriculum; updating the content of this program in the following areas: geography, biology, chemistry and physics; regular publication of articles on a common blog; identifying common terms for market organization with material derived from material conversion, encouraging initiatives to extend these activities to other schools and local community stakeholders.

Does this activity combine physical mobility with virtual exchanges through eTwinning?

Yes

Please explain how this will be achieved and what the expected benefits are.

During the mobility, students will post material (photos, descriptions, recipes, videos) on eTwinning ; a thread for mobility in North Macedonia and the last day of the chat will be launched.

As a result, students who will not physically take part in the mobility:

- will gain knowledge in the field of exchange;
- will influence the content of the mobility evaluation;
- will feel commitment, motivation to carry out project activities;
- will be able to add their recipes on the blog and their tips;
- will use the acquired knowledge and thoughts in everyday life, will become more environmentally conscious citizens; - they will be motivated to become physical participants of mobility in the future (as part of subsequent projects) - their linguistic, social and intercultural competences will increase.

Direct participants will also benefit, as interest in their colleagues' activities will motivate them to be more actively involved in the project, the thoughts and conclusions of their colleagues will help them to translate their mobility experiences more effectively into activities in their countries; the forum thread will be active until the end of May after the end of the mobility, thus it will be possible to gather the necessary materials for the closure and completion of the expected results.

How is participation in this activity going to benefit the involved participants?

Students will:

- examine the information independently and in various aspects and form their own opinions;
- experience critical thinking in order to learn effectively and think independently;
- solve problems and critically explore options, especially weighing alternative solutions and decisions;
- express opinions clearly and confidently, build positive social interactions with members of different cultures;
- open to different lifestyles with curiosity and keen interest; - develop digital (IT) and language skills; - motivated to participate in exchange projects.

Teachers will:

- adopt new approaches enthusiastically, creating a classroom atmosphere that encourages open and responsible interaction;
- use ICT techniques and tools effectively and creatively to promote students' critical thinking and self-education;
- create teaching materials using the acquired new competences;
- develop competences to become teachers of other teachers;
- understand the importance of disseminating learning through the exchange of good practice in exchange projects; - develop intercultural competences and demonstrate a strong understanding of European values.

The school will:

- through the application of new approaches and the effective use of ICT, the school will become a stimulating learning environment;
- improve the school climate;
- enhance teamwork between teachers and administration;
- increase parental support and involvement in school life;

Openness to other cultures thanks to accepting young people from other countries; increase in organizational, linguistic and communication skills; - increased support and involvement of other parties involved: local and regional authorities, businesses, NGOs; - thanks to the established partnerships and cooperation with other schools, the foundations of sustainable development will be built.