



Co-funded by the
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Erasmus+ project: Essential Life Skills

5th Learning/Teaching/Training Event, Nidzica Poland

8-12.04.2019

Topic: Self-management.

Objectives of the meeting:

It will create an opportunity for self-improvement of students and teachers taking part in it, especially in the following areas: managing stress and fears, developing assertiveness, teamwork, self-confidence, good manners and polite behaviour for different life situations, exploring the effect of as sports and relaxation activities on mental and physical well-being.

Another objective was to catch a glimpse on history and culture of Polish partner.

The objectives were achieved through the series of activities, workshops, lectures and excursions described in the following part of the report.

Description of the meeting – mobility day by day:

The first day of our mobility, Monday 8th April, started with two workshops for teachers participating in the event. First, they met with a psychologist Ms Martyna Kotyśko, PhD., to take part in a workshop on how to identify the symptoms of stress and anger, and how to deal with stress and negative emotions in a constructive way. Dr Martyna Kotyśko is a psychologist from University of Warmia and Masuria, an expert on the topics of stress and anger management and social inclusion. Next, teachers participated in a mindfulness and relaxation workshop in a wellness studio “Harmonium”, where they had a chance to meditate and practice different stress-relieving and focus-improving techniques.

In the afternoon all the meeting participants took part in a questing game. Its aim was to familiarize them with the town of Nidzica and its landmarks. Afterwards, everyone watched a film about fighting prejudices and promoting tolerance towards others.

The second day of the mobility, Tuesday 9th April, was devoted entirely to the development of project participants. They took part in 3 workshops/seminars: The first, “‘Me, myself and I’ - a few steps to make us feel better with ourselves”, led by our guest lecturer Ms Martyna Kotyśko, PhD, a psychologist, regarded dealing with stress in an effective and constructive way, coupled with practical exercises on the subject. The second workshop was led by the former graduate of ZSO in Nidzica (and first school Comenius project participant) Mr Mateusz Feliński, a musical actor and translator, graduate of English Philology (University in Gdańsk)

and acting (Państwowe Policealne Studium Wokalno-Aktorskie im. D. Baduszkowej in Gdynia). It was to improve students' team work, self-esteem and self-confidence, practiced through numerous individual and group exercises intended to reject negative thinking and perception of life as series of endless failures. It started with a few integrating group exercises. Then contestants individually focused on listing one's strengths and weaknesses via numerous exercises that helped them to see positives in one's life which intended to raise their self-awareness. Together they tried to explore aspects of contestants' lives that often remain neglected or underappreciated - aspects that might contribute to raising their self-worth. The exercises stimulated the attendants to see how advantages and positive events are often outshined by low self-esteem. The third presentation of the day was led by a teacher at ZSO, Ms Agata Dutkowska, and concerned good manners and polite behaviour – what they are, how they differ from the past and whether we follow them in our lives. The participants tested themselves in an interactive Kahoot quiz regarding their knowledge of proper and polite behaviour.

The third day of our mobility, Wednesday 10th April, started with a guided tour of Olsztyn and its landmarks: Old Town with its Castle, monuments of Nicolaus Copernicus and the cathedral. Participants also visited the central park of Olsztyn and Museum of Modernity. After that, students took part in a workshop on mindfulness and self-development in the “Harmonium” wellness center, to practice their internal strength and focus. The day ended with a team-building activity – a visit to a trampoline park, where everyone had plenty of fun learning that physical activity is also strongly connected to overall well-being of a person.

On Thursday, 11th April, project participants visited the capital of Poland – Warsaw. They went on a guided tour of the Old Town, with its landmarks: the Royal Castle, Old Market, Statue of Mermaid and the Column of Zygmunt III. Then they walked the Royal Route, including stops at the Presidential Palace and Tomb of Unknown Soldier. The tour ended at the Park of the Royal Baths, visiting the Palace on the Isle.

Friday, April the 12th, was the last day of 4th LTT event. It started at Pottery Village (Kamionka), a place preserving and showing the traditional crafts of the region. Both students and teachers took part in various workshops: making clay pots or candles, as well as decorating traditional Easter tarts.

After the workshops, the final ceremony, handing out the certificates to all the participants, was conducted.

Program of the meeting:

Monday, 8th of April

9:00 – 13:00	Workshops for teachers: 1. How to teach Assertiveness2. Body and mind in harmony (Visit at Harmonium).Students spend morning with host families.
13:00	Lunch

14:30	The Amazing Race: Activity for students and teachers (to break the ice), they play in international teams, students start earlier.
16:30	Watching a film <i>Wonder</i> .

Tuesday, 9th of April

9:30-11:00	Workshop 1 for students: Me, myself and I - dealing with stress and emotions.
11:00-11:15	Coffee break.
11:30-13:00	Workshop 2 for students - Building self-confidence.
13:30	Lunch.
15:00-16:30	Workshops for students and teachers: Teachers: Me, myself and I - dealing with stress and emotions. Students: Good Manners

Wednesday, 10th of April

9:00-12:30	Trip to Olsztyn: Visiting the Castle and Old Town - guided tour.
12:30-13:30	Lunch.
14:00-15:30	Visit at Harmonium: Workshop for students - Body and mind in harmony.
19:00	Ceremonial Dinner for teachers.

Thursday, 11th of April

7:30 – 20:00	All-day trip to Warsaw: Guided walking tour in the Old Town, lunch and free time in a shopping centre.
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Friday, 12th of April

9:00 - 15:00	Setting off to Pottery Village in Kamionka2 workshops for students: 1 - Candle making; 2 - Culinary workshop. Teachers - pottery making workshop. Lunch in pottery village. Certificate ceremony.
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The participants of 5th LTT event

Slovakia: Martina Štomfaiová, Klaudia Polková, Kafunová Tamara, Leila Trabelssie, Miroslava Haklová

Greece: Efthalia Ntoufa, Aristeia Tziortziou, Vasiliki Matziari, Christina Kountouri

Lithuania: Irena Navikienė, Arūnas Aleksandravičius, Lukas Straukas, Laurynas Zavjalovas, Benas Vaitkus

Italy: Rosa Caporale, Valeria Martuscelli, Mirko De Luca, Pia Niola, Vincenza Loreto

Poland: Aleksandra Obrębska, Michał Piotrkowski, Alicja Pszczółkowska,

Aleksandra Wiał, Bartosz Zakrzewski, Paulina Długokęcka, Błażej Stasiukiewicz, Aleksandra Bukowska, Laura Janczewska, Marek Kostrzewa, Maksymilian Krupa, Maria Trojanowska,

Halina Tyszka, Zuzanna Maria Bąkowska, Izabella Bonisławska