

INCLUDE ME



**ERASMUS PROJECT
16-20.04.2021
LUBLIN, POLAND**

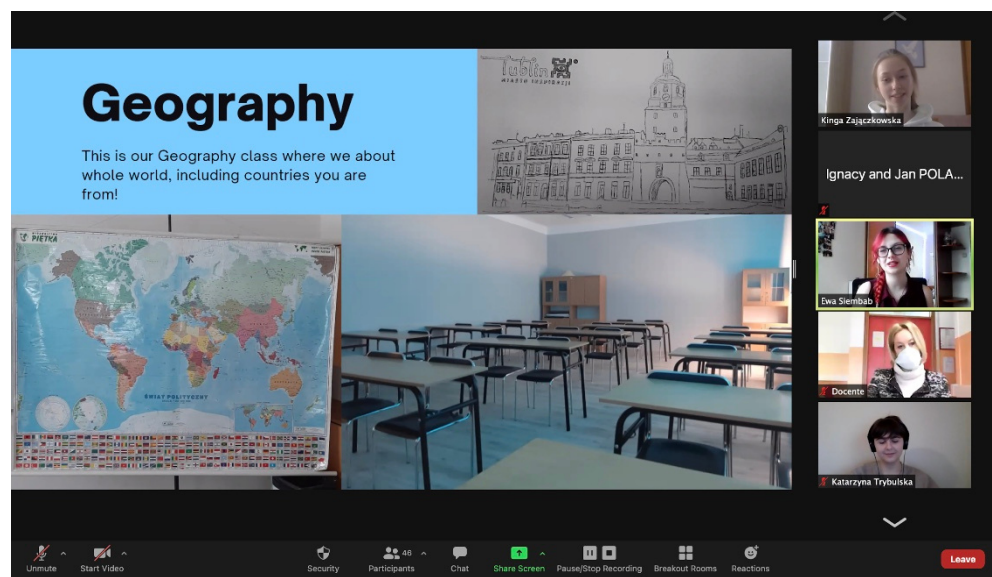
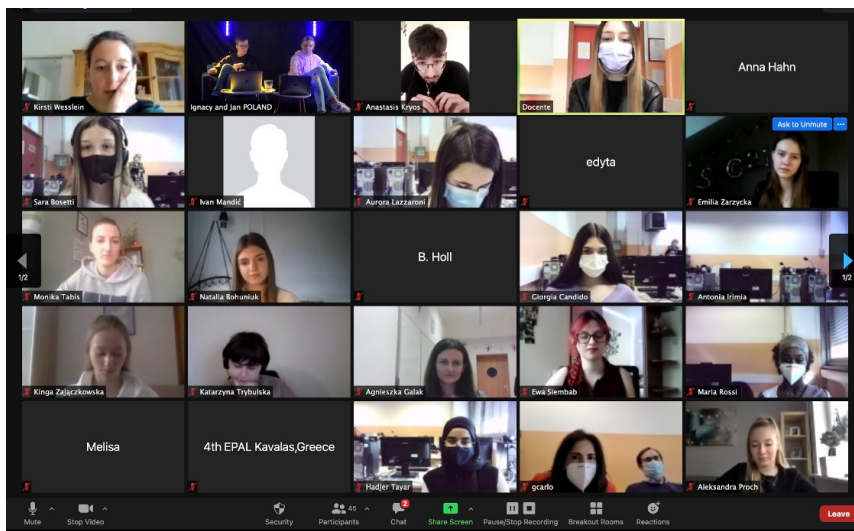


This year Poland was hosting the online meeting of Erasmus+ project. Unfortunately, due to the coronavirus pandemic, the project was held through Zoom. With a little help of the Internet and modern technology, we were able to "meet" other cultures and share our experience virtually.

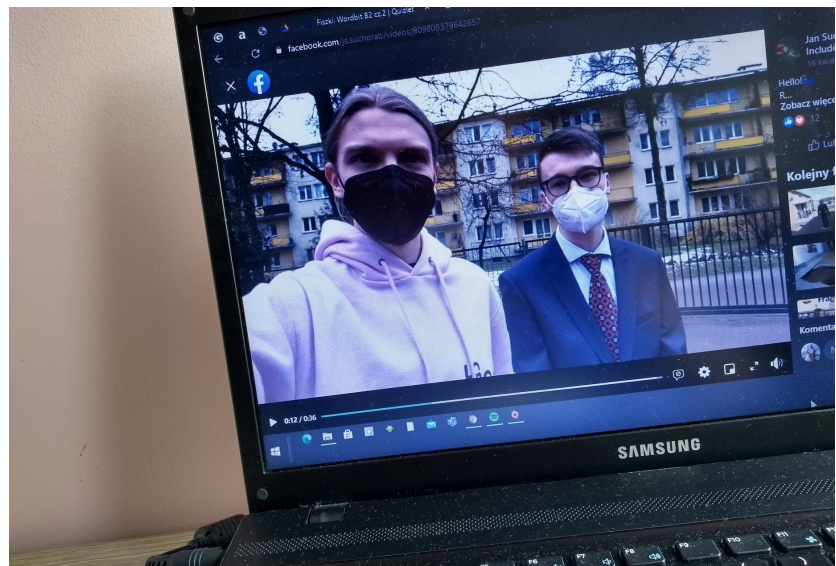
Countries participating in this amazing adventure were: Poland, Germany, Greece and Italy . Everybody was slightly stressed, but very excited about the upcoming events and activities.



Friday 16th, we started our Erasmus + project at 8:30 with Jan's and Ignacy's Vlog on our Facebook site. Later on we introduced ourselves, and to help us with it, Ignacio did the wheel, which was spinning and choosing a person that would say something about herself or himself. At 10:30 we had a short presentations about ours schools, as the hosts of 2021 Erasmus project we had started. Last thing we did on Friday was to show the participants presentations about being healthy and keeping fit.



Saturday 17th and Sunday 18th, participants of the project spent on the online integration on our Facebook site, on which Jan and Ignacy posted at 10 their daily vlogs. In the comments, we could share multiple photos, thoughts, and feelings that accompanied us. The atmosphere was awesome! Every one of us contributed to this by involving in numerous group tasks and quizzes. One of them concerning world fields of sports that we could do it at 4 pm. What's interesting, participants did great and showed huge knowledge about this topic.





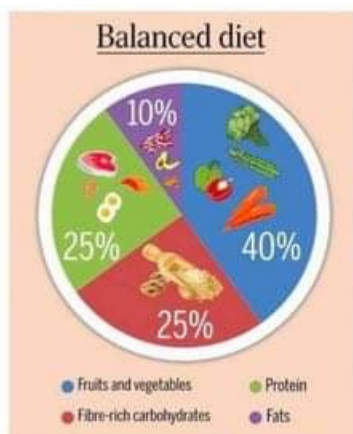
Monday 19th in the morning we started from a Vlog which was prepared by John and Ignacy on Facebook platform. Then the same gentlemen led the culinary show for us, where they presented typical Lublin's breakfast- cebularz.

After that we could listen to an interview carried by Aleksandra Proch with the university lecturer, diet and food technology specialist- Maciej Nastaj. He talked about a lot of interesting topic starting from meatless die to toxic substances that contain products we consume.



After an interview thanks to which we could gain a lot of knowledge about healthy eating, we were assigned to groups in which we had to do a project with information that we learned.

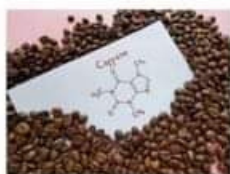
Group Task



Eating a healthy, balanced diet is one of the most important things you can do to protect your health.

In fact, up to 80% of premature heart disease and stroke can be prevented through your life choices and habits, such as eating a healthy diet and being physically active.

Balanced diet; to have your meal balanced, it must consist of at least 40% of vegetables.



CAFFEINE - is not entirely bad, but excess use of caffeine can cause heart diseases and other health problems.

Not only coffee consists of caffeine - also tea and various energy drinks have caffeine in themselves

Physical activity

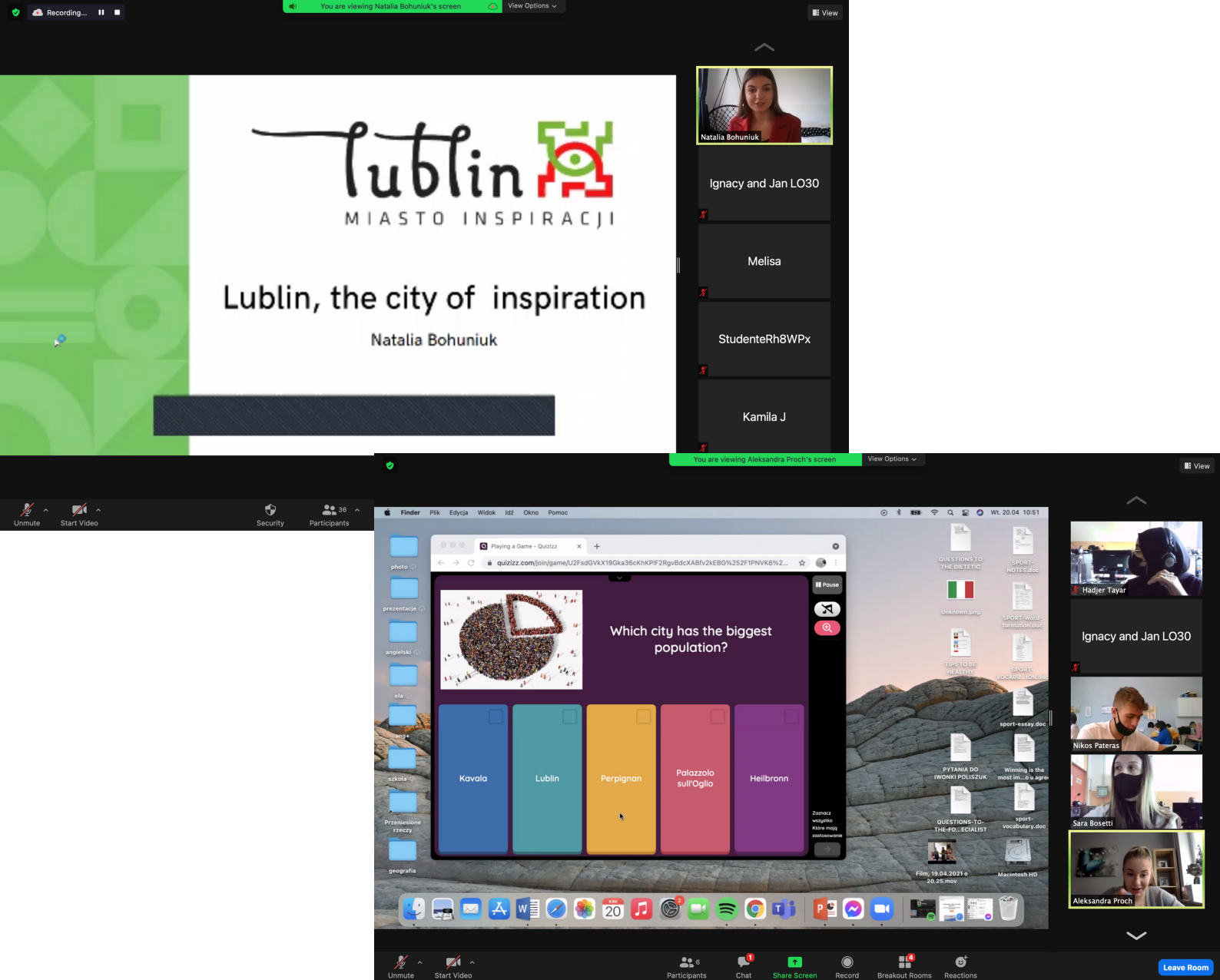


- jogging
- swimming
- weight lift
- yoga
- basketball
- dancing

Physical activity is very important if you want to be healthy and fit. During coronavirus it's much harder to maintain good condition. However, you still can try to exercise to workout videos or routines that can be easily found on the internet.

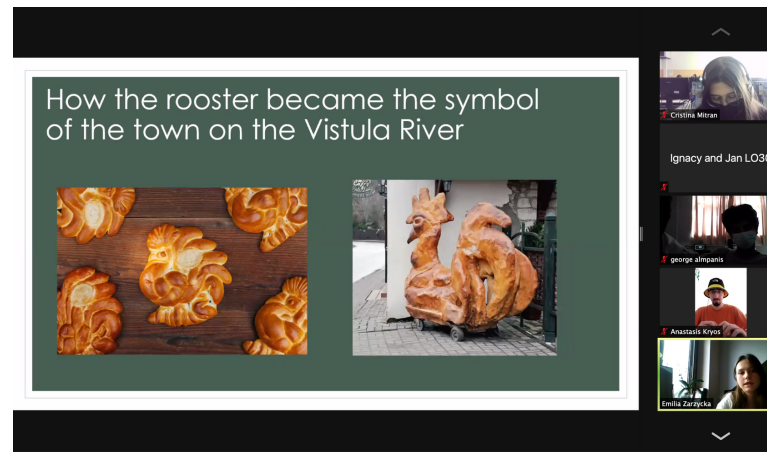
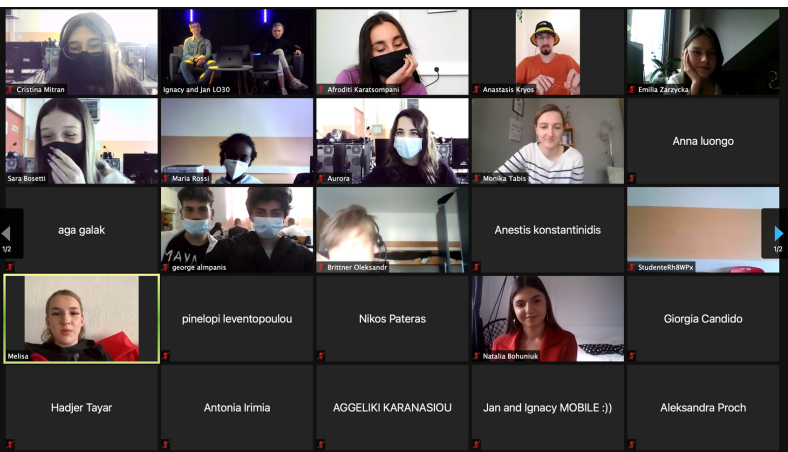
The amount of your physical activity also has an impact on how much you eat - burned calories need replacement, however if you don't have a lot of physical activity, you might need to consider eating less than while you were working out.

At the end of the day Natasza Marczak and other students with the PE teachers from our school prepared for us some ideas of exercise to practise at home. It was a lovely day which was full of activities requiring integration.



Tuesday was a very active day. At 10:00 am we had an amazing online tour of Lublin. Then we had the opportunity to work on the quiz in international groups. It was great fun, but also a chance to talk to the project participants and get to know each other better.

Then a surprise awaited us in the form of the greetings from the vice-president of Lublin. Next, we went on a wonderful online journey around Kazimierz Dolny. Finally, we watched video presentations prepared by the hosts from Poland. The last point of the meeting was the wheel of fortune that enabled us to sum up all the days, express our own opinions, impressions and summarize this wonderful time. We all did the survey about the project. We will remember this event forever.



Our last step in this marvellous journey is amazing live concert which was presented on Facebook at six pm. In this event participated our friends from the music group. I hope we have all seen how they were amazing and amusing in their passion. Of course they gave us whole heart in all the preparations for which responsible were Julia Palczewska and Laura Łabiga.

Songs which were presented :

- I Wanna Dance with Somebody
- I Believe
- Survive
- TGS

This concert endend our Erasmus trip we are so happy that we had an opportunity to meet you, to show you our passions and places we think are special. Hopefully you also spent amazing time with us and see you son!

