Diary of visits 2018- 2020

I am my life Hero

I am my life hero

K2 Erasmus+ project

School Exchange

Partnerships

Project aims

During the lifetime of the project we worked on low levels of students' activeness in the school field and motivation of education. Pupils seemed weak receivers. We changed our students to become creative and involved in their education and interests. Active students are aware of the importance of gaining knowledge. Inspiring cooperation and undertaking tasks based on modern technology tools caused engagement in education. Due to the students' transnational meetings the project work will lead to improving ICT and English skills in the authentic context.

The transnational exchanges of teaching had a direct impact on the education area. Most of the project work was done by means of ICT tools to make it possible to spread it further to other receivers. and to store it for later usage.

The hero's values do not have a specific nationality or culture. They become a kind of bridge connecting nations and cultures, which leads to bring up an European citizen proud, sensitive, right on the way of life.

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I am my life hero weeks by students

1. Healthy Hero Cyprus visist by Italian students
2. Cyprus visist bySpanish students
3. Cyprus visist by Polish students
4. Sports Hero Italian visist bySpanish student
5. Italian visist by Cypriot student
6. Italian visist by Polish student
7. Team Hero Spanish visit byItalian student
8. Spanish visit by Cypriot student
9. Spanish visit by Polish student

Healthy Hero

March 2019

Konstantinoupoleos Gymnasioum

Nicosia in Cyprus

HEALTHY HERO

Through this project the students are motivated and are offered the opportunity to exchange ideas with other students coming from different countries. Having a Health hero as a role model, this means that their whole idea regarding nutrition will change. The pupils will have the opportunity to learn how to lead a healthy lifestyle. They will also use their creativity to promote healthy eating. Additionally by improving their nutrition this means they will learn how to avoid bad habits including alcohol, smoking, drug addiction and internet addiction.

Italian diary

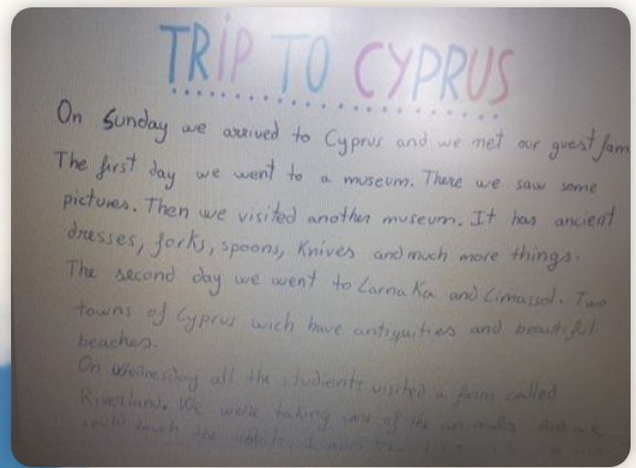
"I liked this project and I enjoyed my experience in Cyprus because we can grow by comparing our cultures, our habits, our lifestyles. I'm very happy because I can't wait for May to come, in fact my friends from Poland, Spain and Cyprus will be our guests in Italy." Matteo Perpetuini - ITALY

Italian student's diary

“When I left Rome Airport to Cyprus, I was very excited: it was my first time on a plane! But a little later I felt really good because I was living a nice experience. The first day of our week in Cyprus we went to school for some hours and we attended a lesson on healthy food. Then we visited the beautiful city centre of Nicosia and we had lunch in a typical restaurant. On Tuesday we visited the old theatre of Kourion, the medieval Castle of Limassol and the nice village of Lefkara. On Wednesday, first we went to school, and then we took a bus to visit a bio-farm, where we stayed the whole day. On Thursday we had a beautiful party in the school gym with games and dances and a big banquet with typical Cyprus food.

On Friday we attended the farewell ceremony and they gave us lots of gifts: it was sad and exciting too:our experience was about to end, but at the same time I was going back home to my family. On Saturday, all our host families greeted us and we flew back to Italy from Larnaca Airport. The week in Cyprus was a wonderful experience: I made new friends, I visited new places, I managed to stay several days away from home and … I had a great time!!! I'll keep it forever in my memories!!!” Camilla Neri – 7th grader – Villa Lempa middle school

Spanish diary



TRIP TO CYPRUS

On Sunday we arrived to Cyprus and we met our guest fam
The first day we went to a museum. There we saw some
pictures. Then we visited another museum. It has ancient
dresses, forks, spoons, Knives and much more things.
The second day we went to Larnaka and Limassol. Two
towns of Cyprus wich have antiquities and beautiful
beaches.
On Wednesday all the students visited a farm called
Riverland. We were taking care of the animals. And we
could touch the rabbits.

Polish student's diary

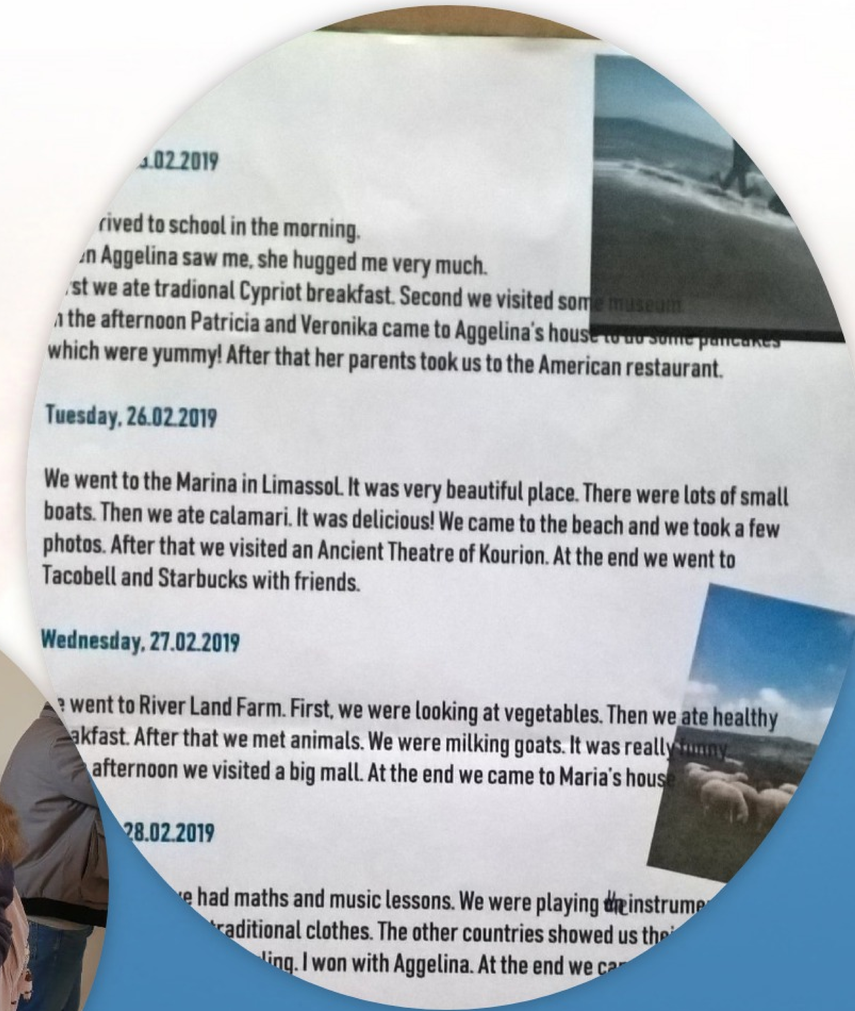
On the first day we arrived at school early in the morning. When Aggelina saw me she hugged me very much. We were welcomed with a delicious Cypriot breakfast. We all ate very healthy meal.

...

On the third day we went to River Land biofarm. We had a trip around the farm watching how to look after, feed and milk animals. The eco vegetables are grown there too. The lunch was delicious!

On Friday we had an interesting lecture about healthy life style. It was presented by a professor of the university in Nicosia. She explained the daily nutition and food piramid.

by Agata



.02.2019

rived to school in the morning.
n Aggelina saw me, she hugged me very much.
st we ate tradional Cypriot breakfast. Second we visited som museum
n the afternoon Patricia and Veronika came to Aggelina's house to do some pancakes
which were yummy! After that her parents took us to the American restaurant.

Tuesday, 26.02.2019

We went to the Marina in Limassol. It was very beautiful place. There were lots of small boats. Then we ate calamari. It was delicious! We came to the beach and we took a few photos. After that we visited an Ancient Theatre of Kourion. At the end we went to Tacobell and Starbucks with friends.

Wednesday, 27.02.2019

went to River Land Farm. First, we were looking at vegetables. Then we ate healthy akfast. After that we met animals. We were milking goats. It was really funny.
afternoon we visited a big mall. At the end we came to Maria's house

28.02.2019

e had maths and music lessons. We were playing on instrume
traditional clothes. The other countries showed us their
ing. I won with Aggelina. At the end we ca

Sports Hero Week

May 2019

Civitella -Torricella Institute

in Civitella DEL TRONTO – TERAMO in Italy

Sports Hero

The UNESCO asserts that “Sport can teach values such as fairness, team building, equality, discipline, inclusion, perseverance and respect. Sport has the power to provide a universal framework for learning values, thus contributing to the development of soft skills needed for responsible citizenship.”

Phisical Education not only aims to develop students’ physical competence and knowledge of movement, but it also helps students to build confidence in themselves, to strengthen their self esteem, to test their aptitudes or to learn to overcome setbacks. That’s why a sport hero can represent a very positive model, a tangible example of a successful growth path in which tenacity, willpower, determination, sense of responsibility are the driving force.

Sports HERO

We are really interested in participating at this Erasmus+ project because we wish that our students can leave their microcosm, get in touch with different habits, traditions, ways of life, and start thinking as a European citizen. In addition we are sure that this esperience would represent a great chance of personal development. Our school partneship aims are to offer all the participants an important occasion of coming out from one's shell and opening their minds while comparating one's lifestyle with those of our European partners; make our students aware they are able of communicating in many different creative ways; stimulate our student's motivation to learn and cooperate; strenghten our students' self-esteem;appreciate the diversity; the town community in our students' growth process; improve the English language knowledge and ICT competence of all the participants.

Sports HERO

by Spanish student

Sports HERO by Polish student

Italy & Poland

THANK YOU!

Sports Hero Spot

Team Hero Week

February 2020

Escola Circell

Moja Olerdola in Spain

Team Hero

SEARCH

Cooperating in this project seems a great opportunity for us, for the families, students, the school communities, and the local areas where we live. Our students needs are to open minds and meet other cultures. The needs of good role models like team hero. We share the idea that with this project aims we can inspire students and all people involved to change their lifestyle.

With this project work we change our point of view in a lot of fields. Learning with new ICT tools and using the creativity, basic competence that we try to develop in our school too. Engaging in Team hero week, means that the students reinforce the cooperative work. The students can learn how to lead a teamwork week. We share our experiences in the field of teamwork.

Team Hero

Escola Circell

Radio programme

Team Hero– Polish student

This time I would like to tell you one of my wonderful adventures that changed my life the most. I have been in my house for a week, I came back from exchange. When I was at my school, I performed several Erasmus + project competitions, thanks to which I went to Spain for an exchange. I lived with a boy name Pol and his family. They were very nice and they lived in a huge row house with a view of Villafranka, It was a very luxurious orange house covered with dark tiles. In front of the house was a swimming pool. Tl family use it during the spring and summer. In Spain I spent a week on a lot of attractions. Every day ther was trip , a show or just a walk around the city in the company of many amazing views. I did not think tha the magical memories that accompanied me then would accompany me for the rest of my life. On the firs day we were at the beginning of the exchange. There was a performance at a the cultural center in Moji (pronounced Moźi). After the performance, we went to lunch and returned to school and then to our families. The next day we went to visit Barcelona and Park Guell. In both places you could not miss the monuments of the most famous Spanish architect Antoni Gaudi. He built many beautiful monuments. I was lucky enough to see a few of his wonderful monuments, among others: Sagrada Femilia and Casa Milà.

Polish diary by Pola

On Wednesday we were at the Pau Cassals Museum. Pau Casalls was a famous musician and an important man for the Catalan population. When we visited the museum, we saw a huge beach outside the window. During a break we went there and took a lot of photos. Then, an instrumental concert took place. All students from the Spanish school performed for us. We returned to school by bus, where we were preparing for the carnival. The day before last, we went to the museum of "human faith". Catalans have a tradition that takes place every 4 years on the first weekend of October of the leap year. After returning home, Pol's parents had a surprise for me and took me on horseback. And so all day has passed. On the last day of my stay we danced at the carnival. Then we went to the airport by bus. When the bus deported all the students who hosted us started to follow it, we looked at this view with tears in our eyes and smiles on our faces. We were happy that we are coming home but our souls were full of sorrow that we had to leave this amazing place. I tried to briefly describe this amazing week. I encourage everyone to learn a foreign language and take part in competitions, because it is worth it. I gained new experience and impressions and gained a lot from it. I am very happy that I am in Poland, at home, but in Spain I left my heart for many years.

Smart Hero

June 2020

Primary School no 12

Elbląg in Poland

ICT tools at Polish school

The Polish partner organised Smart Hero Week to present educational ideas based on modern technology. We present how to introduce programming into Maths, Science, art and foreign language studies. The Erasmus partners saw the work of newest proframmes and applications, playing with robots, and ICT tools classerooms are equipped.

Smart Hero Week

SMART HERO WEEK ON LINE

Smart Hero event

Come to Poland

CANVA competition

Greetings to our European team

Spot of *I am my life Hero*

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THANKS to all partner schools!