For many years our school has been part of the Erasmus program. From the very beginning of our cooperation we have appreciated the effects on our school life and on our strategy to build up a network of various relationships to European partners. So at first we can point out that the recent project tightened the existing connections to the schools involved. Personal and institutional contacts have been deepened. That’s why we think that we are very well prepared to continue our participation and to extend our contacts as well.

Secondly, the program has offered a lot of opportunities to make the classes more interesting and more diverse. Students and teachers have repeatedly learned that a special subject can be seen from different points of view depending on different experiences made within different countries. Insights into mindfulness, nutrition and physical fitness have shown that no matter what our national preferences concerning food and drink are or what words we use to describe breathing techniques or physical exercises, we all share the same problems and work together to find solutions. Despite our different preconditions and different ways of thinking we have a lot in common. In that way the program has helped us to try for a better diet or more awareness, and to strengthen not only our bodies but also the feeling of European togetherness both among students and their families and staff.

On a local level the project was successful in establishing contacts between students and local institutions catering for a healthy lifestyle. The students spent an afternoon in the local gym where they were introduced to the different workout classes and fitness options on offer and given an introduction into the usefulness of a special diet for building muscles and staying fit. Another afternoon was dedicated to cooking and eating a three course meal at an institution called "Kochschule" run by a former Michelin-star-chef, who between the courses also presented information about the so-called superfoods and their locally grown and more environmentally friendly equivalents. These contacts our school hopes to continue both as an enrichment to regular lessons and for extracurricular activities once life will return to normal after the Pandemic.

Thirdly, while working together in the project students realised the enormous importance of language skills. They recognised that the ability of communicating with people from different countries is one of the core competences to adjust to a globalised world. This gives an enormous boost to their commitment in language classes.

For the future, the school management is going to support every further step to continue and to intensify all efforts to keep the Erasmus program a decisive part of our school life.