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PROGRAMME ERASMUS +

**KEY ACTION KA2 - COOPERATION FOR INNOVATION
AND THE EXCHANGE OF GOOD PRACTICES**

"KEY for INNOVATIVE TEACHING - KIT"



**ACTION TYPE KA219 - STRATEGIC PARTNERSHIPS FOR
SCHOOLS ONLY
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TRAVEL GUIDE

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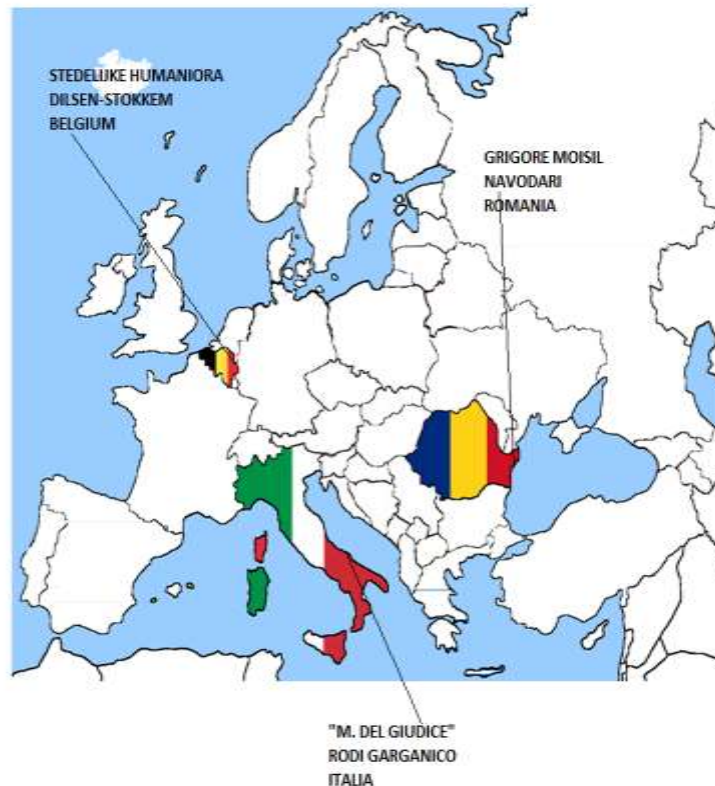


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INTRODUCTION

Dear travellers,

Students and teachers of three European schools from Belgium, Italy and Romania worked together in order to create this guide. The students as well as teachers were part of the project "Key for Innovative Teaching" which was supported by Erasmus + programme. After three international meetings in the different towns- Navodari, Rodi Garganico and Dilsen-Stokkem - and many hours spent on research, exchange of information, presentation and discussions, the results in this guide was primarily designed by teenagers and was written by teenagers.

It was hard to limit the content of this guide at own towns and regions with a reach of history, culture , tradition, location and venues very diverse, magnificent and appealing. Therefore, the guide is divided into the following six sections, one for each partner that presents My home country, My town-things to do, My school and my school system, Our culture, Our traditional food, A friendly environment. Each section is performed in English, the language of communication in partnership, as well as in the mother tongue of each partner.

In addition, attention was paid to includes accessible information for all the people of each community involved in this partnership, in order to ensure them a smooth and pleasant visit.

Finally, there is a last section dedicated to a friendly environment. Thanks to this section, you will learn how to be an eco-friendly traveller and contribute to the protection on the environment.

Now is time for you to explore and enjoy these beautiful and unforgettable places and people.

SAFE TRAVELS!

Author Adriana David



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1. MY HOME COUNTRY

1.1 ROMANIA



Romania is situated in the southeastern part of Central Europe and shares borders with Hungary to the northwest, Serbia to the southwest, Bulgaria to the south, the Black Sea to the southeast, Ukraine to the east and to the north and the Republic of Moldova to the east.

Surface: 238,397 km²

Language: Romanian

Population: over 19 million people.

Romania este situată în partea de sud-est a Europei Centrale și se învecinează cu Ungaria în nord-vest, Serbia în sud-vest, Bulgaria în sud, Marea Neagră în sud-est, Ucraina în est și nord și Republica Moldova în est.

Suprafață: 238.397 km²

Limba: română

Populație: peste 19 milioane locuitori

Romania is a wonderful country with an impressive tourist offer. Located halfway between the Equator and the North Pole, Romania is the 12th largest country in Europe.

Romania's terrain is almost evenly divided between mountains, hills and plains.



România este o țară minunată, cu o ofertă turistică impresionantă. Situată la jumătatea distanței dintre Ecuator și Polul Nord, România este a 12-a țară ca mărime din Europa. Terenul României este împărțit aproape uniform între munți, dealuri și câmpii.



BUCHAREST/BUCURESTI



Known for its wide, tree-lined boulevards, glorious Belle Époque buildings and a reputation for the high life (which in the 1900s earned its nickname of "Little Paris"), Bucharest, Romania's largest city and capital, is today a bustling metropolis. Romanian legend has it that the city of Bucharest was founded on the banks of the Dambovita River by a shepherd named Bucur, whose name literally means "joy." His flute playing reportedly dazzled the people and his hearty wine from nearby

vineyards endeared him to the local traders, who gave his name to the place.

Cunoscut pentru bulevardele sale mărginite de copaci, impunătoarele clădiri Belle Époque și o reputație pentru viața bună (care în anii 1900 și-a câștigat titlul de "Micul Paris"), Bucureștiul, cel mai mare oraș și capitala României, este astăzi o metropolă plină de viață.



Legenda românească spune că orasul Bucuresti a fost fondat pe malurile râului Dambovița de un cioban pe nume Bucur, al cărui nume înseamnă "bucurie". Fluierul său a încântat oamenii și vinul din podgoriile din apropiere iar comerțanții locali l-au îndrăgit dându-i numele acestui loc.

The Romanian capital is a happy combination of its past eras: it breathes the bohemian perfume of little Paris, as it was once called, boasts edifices of modern architecture, including remnants of its former communist regime (1945-1989), and is developing the attributes of a metropolis.





BRAN CASTLE/ CASTELUL BRAN



From 1920 to 1957 Bran served as royal residence, a gift of the people of Brasov to Queen Marie of Romania. The castle is now a museum open to tourists, displaying art and furniture collected by Queen Marie. Surrounded by an aura of mystery and legend and perched high atop a 200-foot-high rock, Bran Castle owes its fame to its imposing.

Built on the site of a Teutonic Knights stronghold dating from 1212, the castle was first documented in an act issued by Louis I of Hungary on November 19, 1377, giving the Saxons of Kronstadt (Brasov) the privilege to build the Citadel, towers and turrets as well as to the myth created around Bram Stoker's Dracula

Înconjurat de o aură de mister și legendă și cocoțat pe o stâncă de 200 de picioare, Castelul Bran își datorează faima turnurilor sale impresionante și turnulețelor, precum și mitul creat în jurul lui Dracula lui Bram Stoker. Construit pe locul unei cetăți de cavaleri teutoni datând din 1212, castelul a fost documentat pentru prima dată într-un act emis de Louis I al Ungariei la 19 noiembrie 1377, oferind celor din Kronstadt (Brasov) privilegiul de a construi cetatea.



Din anii 1920 până în 1957, Branul a servit drept reședință regală, un dar al poporului din Brașov către regina Maria a României. Castelul este acum un muzeu deschis turiștilor, care prezintă arta și mobila colectată de Regina Maria.



BUCOVINA

Nestled in the rolling hills of northern Moldova is the region of Bucovina, home to one of the world's greatest art treasures: the UNESCO World heritage sites of the Painted Monasteries of Bucovina. Built in the 15th and 16th centuries and featuring colorful exterior frescoes depicting dramatic religious scenes, these richly decorated houses of worships are unique in the world. A visit to Bucovina would not be complete without some stunning nature walks through Ceahlau National Park, Romania's Olympus – the sacred mountain of the Dacians, the forefathers of the Romanian people.



Amplasată în dealurile nordiceale, Moldovei, regiunea Bucovinei, găzduiește una dintre cele mai mari comori ale artei din lume: siturile UNESCO pentru patrimonial mondial al Mănăstirilor Pictate din Bucovina. Construite în secolele XV și XVI și cu fresce colorate în exterior, care prezintă scene religioase dramatice, aceste case



bogat decorate sunt unice în lume. O vizită în Bucovina nu ar fi completă fără niște plimbări în natură prin Parcul Național Ceahlău, Olympus din România – muntele sacru al dacilor, strămoșii poporului roman.

Deemed masterpieces of Byzantine art, these churches are one-of-a-kind architectural sites in Europe. Far from being merely wall decorations, the murals represent complete

cycles of religious events. The purpose of the frescoes was to make the story of the Bible and the lives of the most important Orthodox saints known to villagers by the use of images. Their outstanding composition, elegant outline and harmonious colors blend perfectly with the surrounding landscape.

Adevărate capodopere ale artei bizantine, aceste biserici sunt situri arhitecturale unice din Europa. Departe de a fi doar decorațiuni de perete, picturile murale reprezintă cicluri complete ale evenimentelor religioase. Scopul frescei a fost să facă povestea Bibliei și viața celor mai importanți sfinți ortodocși cunoscuți de săteni prin utilizarea de imagini. Compoziția lor deosebită, conturul elegant și culorile armonioase se îmbină perfect cu peisajul din jur.





THE DANUBE DELTA / DELTA DUNĂRII



The Danube River is the most international river on the planet - its course runs across — or forms a part of the borders of several countries: Germany, Austria, Slovakia, Hungary, Croatia, Serbia, Romania, Bulgaria, Ukraine, and four capitals: Vienna, Bratislava, Budapest and Belgrade. Formed over a period of more than 10,000 years, the Danube Delta continues to grow due to the 67 million tons of alluvia deposited every year by the Danube River.

The Delta is formed around the three main channels of the Danube, named after their respective ports: Chilia (in the north), Sulina (in the middle), and Sfântu Gheorghe (in the south). The Danube Delta is home to over 60% of the world's population of pygmy cormorants (*phalacrocorax pygmeus*), 50% of red-breasted geese (*branta ruficollis*) and the largest number of white pelicans (*pelecanus onocrotalus*) and



Dalmatian pelicans (*pelecanus crispus*) in Europe. Râu Dunărea este cel mai internațional râu de pe planetă - cursul său traversează - sau face parte din granițele mai multor țări: Germania, Austria, Slovacia, Ungaria, Croația, Serbia, România, Bulgaria, Ucraina și patru capitale: Viena, Bratislava, Budapesta și Belgrad. Formată pe o perioadă de peste 10.000 de ani,

Delta Dunării continuă să crească datorită celor 67 de milioane de tone de aluviuni depozitate în fiecare an de fluviul Dunărea. Delta se formează în jurul celor trei brațe principale ale Dunării, denumite după porturile lor: Chilia (în nord), Sulina (în mijloc) și Sfântu Gheorghe (în sud). Delta Dunării găzduiește peste 60% din populația lumii de cormorani mici (*phalacrocorax pygmeus*), 50% dingâștele cu gât roșu (*branta ruficollis*) și cel mai mare număr de pelicani albi (*pelecanus onocrotalus*) și pelicani dalmațieni (*pelecanus crispus*) în Europa.





THE ROMANIAN SEASIDE/LITORALUL ROMANESC



The Romanian seaside is part of the western shore of the Black Sea and stretches from the border with Ukraine (North, the fog of Musura) to the one with Bulgaria (South, a few hundred meters from Vama Veche). It is the most exploited tourist area in Romania. Along the seafront are 2 municipalities, 2 larger cities and 2 smaller cities, as well as numerous summer resorts. The main cities, as well as the main area of interest, where most of the resorts and tourist attractions are located, is Constanta County; the other riveran county is Tulcea County, both sides of the Dobrogea historical region. The main city, being the capital of this region, is Constanța (290,000 inhabitants). The second largest is Mangalia (50,000

inhabitants). Then came the town of Navodari (39,000 inhabitants) (all in Constanta County). Other cities are: Sulina (3.300 place) (Tulcea), Eforie (10.000 place) and Techirghiol (7.000 place) (Constanta).



Litoralul românesc reprezintă o parte din țărmul occidental al Mării Negre și se întinde de la granița cu Ucraina (Nord, îngolful Musura) până la cea cu Bulgaria (Sud, la câteva sute de metri de localitatea Vama Veche). Este cea mai exploatată zonă turistică din România. De-a lungul malului mării se întind 2 municipii, 2 orașe mai mari și alte 2 orașe, mai mici, precum și numeroase stațiuni turistice de vară. Principalele orașe, dar și principala zonă de interes, unde se află majoritatea stațiilor și a atracțiilor turistice, este județul Constanța ; celălalt județ riveran

este județul Tulcea, ambele părți din regiunea istorică Dobrogea. Principalul oraș, fiind socotit și capitala acestei regiuni, este Constanța (290.000 locuitori). Al doilea ca mărime este Mangalia (50.000 locuitori). Apoi vine orașul Năvodari (39.000 locuitori) (toate în județul Constanța). Alte orașe sunt: Sulina (3.300 loc.) (Tulcea), Eforie (10.000 loc.) și Techirghiol (7.000 loc.) (Constanța).





THE CONSTANTA CITY

Constanta is in a region of Romania called Dobrogea, which is the land between the Danube River to the west and Black Sea to the east. The history of the city goes back to 657 BC when it was the Greek controlled town of Tomis. When Romania became a Province of the Roman Empire in 106 AD the Romans later renamed the city after emperor Constantine who fortified and developed the city from 320 - 350AD.



Constanța se află într-o regiune a României numită Dobrogea, care este pământul dintre fluviul Dunăre la vest și Marea Neagră la est. Istoria orașului se întoarce în anul 657 î.Hr., când era orașul Tomis controlat din Grecia. Atunci când România a devenit o provincie a Imperiului Roman în 106 d.Hr., romanii au redenumit mai târziu orașul după împăratul Constantin care a fortificat și dezvoltat orașul între 320 - 350AD.

The Port of Constanta is the main Romanian port and the largest port in the Black Sea. It has a geostrategical position being located on the route of two Pan-European Transport Corridors: river Corridor VII (Danube) and rail-road Corridor IV. In the southern part of Constanta Port there is a river-maritime sector, which allows the accommodation of maritime vessels and river vessels as well. The two satellite ports, Midia and Mangalia, are located close to the port of Constanta and perform a vital function in the overall port framework.



Portul Constanța este principalul port românesc și cel mai mare port din Marea Neagră. Are o poziție geostrategică fiind amplasat pe ruta a două coridoare pan-europene de transport: coridorul fluvial VII (Dunărea) și coridorul rutier IV. În partea de sud a Portului Constanța există un sector fluvial-maritim, care permite cazarea navelor maritime și a navelor fluviale. Cele două porturi satelit, Midia și Mangalia, sunt situate aproape de portul Constanța și îndeplinesc o funcție vitală în cadrul portului general.



1.2 ITALY

Italy is located in southern Europe and comprises the long, boot-shaped Italian Peninsula, the southern side of the large plain of the Po Valley and some islands including Sicily and Sardinia. Corsica, although belonging the Italian geographical region, has a part of France since 1769. Italy is of the Northern Hemisphere.

Its total area is 301,340 km² and the population is 62 007 540.

The regions of Italy (Italian: regioni) the first-level administrative divisions the Republic of Italy, constituting its second NUTS administrative level.



There are 20 regions, of which five have a br amount of autonomy than the other 15 regions.

Under the Italian Constitution, each region is an autonomous entity with defined powers. With the exception of the Aosta Valley, each region is divided into a number of provinces.





THE GARGANO'S GEOGRAPHY



Gargano is a historical and geographical sub-region in the province of Foggia, Apulia, southeast Italy, consisting of a wide isolated mountain massif made of highland and several peaks and forming the backbone of the Gargano Promontory projecting into the Adriatic Sea, the "spur" on the Italian "boot". The high point is Monte Calvo at 1,065 m (3,494 ft). Most of the upland area, about 1,200 km² (460 sq mi), is part of the Gargano National Park, founded in 1991.

The Gargano or Monte Gargano is a promontory in northern of Apulia belonging to the province of Foggia which juts into the Adriatic Sea in an eastern direction. It is some 65 km long, 40 km wide, covers an area of 3,015 sq. km and reaches its highest point at Monte Calvo (1065 m). The promontory Monte Gargano is a limestone and dolomite massif surrounded on, three sides by sea and bordered by the Candelaro and Fortore

rivers to the west. Despite the shortage of surface water and the foci that one third of the area is arid and stony, the central-eastern, zone of the promontory is covered by dense forest because of the abundant rainfall (1.200 mm/year). Furthermore, in winter there is a lot of snow and the temperature, while generally fairly high, may drop to 10° below zero. Most of the towns and villages have grown along two longitudinal axes, one passing through the higher terraces to the south (Monte Sant'Angelo, San Giovanni Rotondo, San Marco in Lamis), and the other to the north (Apricena, Sannicandro Garganico).

The coast of Gargano houses numerous beaches and tourist facilities, including resorts such as Vieste, Peschici and Mattinata. The two major salt lakes of Lesina and Varano are located in the northern part of the peninsula. Monte Gargano is the site of the oldest shrine in Western Europe dedicated to the archangel Michael, Monte Sant'Angelo sul Gargano.



The stunning **GARGANO** promontory is one of the most naturally diverse areas in all of Puglia. Here are a few of our favorite **Gargano** snapshots.

The Gargano peninsula is partly covered by the remains of an ancient forest, *Foresta Umbra*, the only remaining part in Italy of the ancient oak and beech forest that once covered much of Central Europe as well as the Apennine deciduous montane forest biome. The Latin poet Horace spoke of the oaks of *Garganus* in Ode II.



GARGANO'S ECONOMY

Gargano's economy is characterised by a lot of different activities starting from agriculture, fishing, breeding, cheese industry to the tourism. Apart from the Manfredonia petrochemical plants, industrial activities are few and not concentrated in one area. There are only some quarries (marble at San Marco in Lamis and bauxite at San Giovanni Rotondo) and a few small food industries. The economy of the Gargano is therefore still based on breeding, mainly in the central-western zone.

Other tourist attractions include the cathedral, the episcopal palace, the Abbey of Santa Maria of Ripalta and the volcanic rocks dating back to the Triassic Period, known as "Black Stones", as well as the Sanctuary of San Nazario.



Monte Sant'Angelo on the slopes of Monte Gargano

The agriculture, fishing and raising have been practiced from our forefathers for hundreds of years.



Thanks to the biodiversity and the morphology of the area, the agriculture production is very diversified. These excellent varieties were once sold around half of the world, but are now increasingly becoming a niche product for "connoisseurs".

In the sea towns like Rodi Garganico and Peschici, the most important produces are especially citrus, greatly appreciated world-wide for their scent and delicate flavour.

They are known by various names, including the "Bionda" and "Duretta" oranges and the "Femminiello del Gargano" lemon.

It is worth remembering that in the mid-19th century there were major citrus companies in the Gargano which exported "portogalli" from Rodi Garganico by sea, as far as the British and USA markets.





The Gargano Bionda orange matures between April and May and has the great advantage of remaining sweet and juicy on the tree until September. The Gargano Duretta is an orange with a firm, crisp flesh just as good as the widely-grown Washington, and the Femminiello del Gargano is Italy's oldest lemon variety, with an unmistakable scent. In the hinterland towns like Carpino and Ischitella is the landscape of the olive groves is very typical. With a colour ranging between green and yellow, the "extravergine" olive oil product is particularly appreciated for its fruity flavour, almond aftertaste



and characteristically grassy fragrance. Less "strong" than other olive oils from Apulia, it is extraordinarily aromatic.

The oil obtained varies from one area to another and is strongly affected by the soil type, the distance from the sea and of course the varieties used.

The presence of the sea and of the two coastal lakes, Lesina and Varano, allows the practice of different types of fishing. In the past maritime fishing was joined especially with the "Trabucco". It is an ancient fishing implement made of pinewood. According to some local historians its use might even date back to the times of the Phoenician and, certainly, represents the oldest tool still used by the fishermen working along the shores of Peschici, Vieste and Pugnochiuso. The structure consists of staves embedded in the rock and an array of ropes used to hold a large net known locally as "Trabocchetto". The device harnesses the confluence of the currents to trap fish. Nowadays, thanks to the skills of old fishermen, visitors can still watch traditional fishing.



Typical products of maritime fishing are: grey mullets, sea breams, soles, cods and molluscs. The lake fishing, on the other hand, is characterised by the breeding of mussels and eels. In particular the Lesina eel is internationally renowned for its delicate, genuine flavour; so much so that it is now exported to the world's wealthiest markets. The presidium sets out to promote traditional fishing in Lesina lagoon and spread knowledge about it among hotels and restaurants.



The Trabuco is a typical construction used by fisherman to fish. Some restaurants are located on the Trabuco making everything more magical. Among the most popular we remember Trabuco of Mimi.

Il trabucco è una costruzione tipica usata dai pescatori per pescare. Alcuni ristoranti sono situati sui trabucchi, rendendo il tutto più magico. Tra i più popolari ricordiamo il trabucco da Mimì.

GARGANO SAFARI



Thanks to Gargano safaris you have the chance to discover the hidden places of our area. You go from the forest to the coast. You can stop at some farmhouses to taste the Gargano delicacies.

Grazie al safari del Gargano si ha la possibilità di scoprire i posti nascosti della nostra area. Si va dalla foresta alla costa. Ci si può anche fermare in alcuni agriturismi per degustare le delizie del Gargano





1.3 BELGIUM

Hello everybody,

We are here to present to you our beautiful city, Dilsen-Stokkem. One of the most attractive features of our city is the hospitality of the people who live here. Wherever you go, you will see people smile. Whether you go to the supermarket, the theatre or one of any taverns, people will always go out their way to make you feel comfortable. We are very happy to be born and raised in this amazing village.



Hallo allemaal,

vandaag gaan we jullie onze mooi stad presenteren, Dilsen-Stokkem. Een van de meest aantrekkelijke eigenschappen van onze stad is de gastvriendelijkheid van haar inwoners. Waarheen je ook gaat, de mensen hebben een glimlach op het gezicht. Of je nu naar de supermarkt gaat, naar het theater of naar een van de vele tavernes, de mensen zullen altijd proberen je verblijf zo aangenaam mogelijk te maken. Wij zijn erg blij dat we in deze fantastische streek geboren en getogen zijn.

But not only the people are nice in our hometown, the beautiful nature is the best known feature of Dilsen-Stokkem. You can ride your bike on one of many routes, you can explore the whole Maasland by bike. The trails bring you to scenic views and silent places. You can wander off into the wild, walk through thick bushes in the conservation areas, you can reconnect to nature as you gaze upon the beautiful valley, carved out by sustained erosion caused by the Maas. When riding your bike or hiking, you come past loads of animals. Birds, horses and cows are a major part of the



experience. You will find out more about this later. The sumptuous nature is just baffling. Tourists come from all over the country to come and experience the beauty of our little town. But not only Belgians come to enjoy the beauty of nature, in contrary. People from all over Europe come to retrieve



their spiritual connection to nature. French, Dutch, Germans, even Chinese are visitors of our beautiful area.



We are very proud to be part of, and contribute to, such an amazing experience for thousands of tourists every year. We are proud to live in our beautiful country, we want it to never change.

Maar niet alleen de mensen hier zijn leuk en aangenaam, de natuur is het bekendste kenmerk van de gemeente Dilsen-Stokkem. Je kan er fietsen op het uitgebreide fietsrouten netwerk, je kan het hele Maasland verkennen per fiets. De paden leiden je naar rustieke landschappen en naar stillen plaatsen. Je kan wandelen in het wild, je kan je weg banen door de dichte vegetatie in de beschermd

zones, je kan opnieuw verbinden met de natuur terwijl je de prachtige vallei gade slaat, de vallei die door eeuwenlange erosie is uitgesleten uit het landschap. Tijdens het fietsen of wandelen kom je vele diersoorten tegen. Vogels, paarden en koeien zijn een groot deel van de ervaring. Hierover zeggen we meer later in de presentatie. De weelderige natuur is gewoon onvoorstelbaar mooi. Van allen uithoeken van het land komen toeristen naar onze stad om er de prachtige natuur te beleven.



Maar niet alleen Belgen komen naar hier om te genieten van de prachtige natuur. Franse, Nederlanders, Pruisen en Chinezen komen van heel de wereld naar hier om de pracht van deze omgeving te aanschouwen.

We zijn trots, trots dat we deze steek onze thuis mogen noemen, trots dat we deel uit maken van de geweldige ervaringen van duizenden toeristen per jaar, we zijn trots. Voor ons is Dilsen-Stokkem perfect, we zouden

het nooit anders willen.

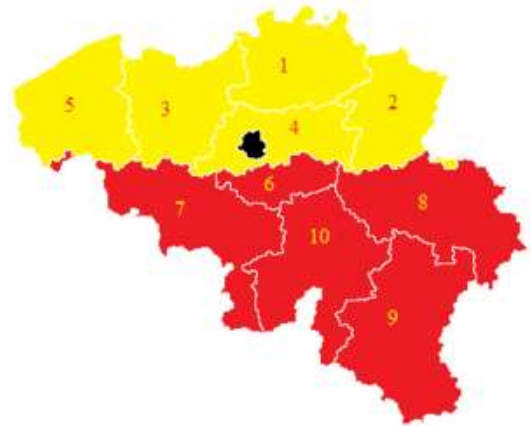


The provinces of Belgium



Belgium counts 10 provinces. Our city is located in Limburg. The capital of Limburg is Hasselt. The province is bordered to the north of the Netherlands, in the province of North Brabant. In the East to the Dutch province of Limburg. In the South to Liège, and in the West to Flemish Brabant a Antwerp. The population density for the province amounts to 355 inhabitants per km² approximately equal to the average for

Belgium (367 people per km²) but significantly lower than the figure for the Flemish region (477 inhabitants per km²). The largest density is found in the middle of Limburg with the old my municipalities and provincial capital Hasselt. Limburg mijn vaderland is the official anthem for both Belgian and Dutch Limburg. The anthem is written in Dutch. imburg is known for its culinary specialities such as cheese cake and the Limburg. The discovery of coal in the early 20th century meant for Limburg a turning point. Seven new coal mines claimed thousands of people, Belgians and non-Belgians from a number of European and North African countries.



België telt 10 provincies. Dilsen – Stokkem ligt in de provincie Limburg. De hoofdstad is Hasselt. De provincie grenst in het noorden aan de Nederlandse provincie Noord-Brabant, in het oosten aan de Nederlandse provincie Limburg, in het zuiden aan Luik, en in het westen aan Vlaams-Brabant en Antwerpen. De bevolkingsdichtheid voor de provincie bedraagt 355 inwoners per km² ongeveer gelijk aan het gemiddelde voor België (367 inw. per km²) maar beduidend lager dan het cijfer voor het Vlaams Gewest (477 inw. per km²). De grootste dichtheid is te vinden in Midden-Limburg met de oude mijngemeenten en provinciehoofdstad Hasselt. Limburg mijn Vaderland is het officiële Limburgse volkslied voor beide Limburgen.





Het volkslied is geschreven in het Nederlands. Limburg staat bekend om zijn culinaire specialiteiten zoals de Limburgse vlaai en de Limburgse kaas. De ontdekking van steenkool in het begin van de 20e eeuw betekende voor Limburg een keerpunt. Zeven nieuwe kolenmijnen stelden duizenden mensen te werk, Belgen én niet-Belgen uit een aantal Europese en Noord-Afrikaanse landen.

The twin cities of Hasselt (pop. 70,000) and Genk (45,000) are the main urban centre of the rural province of Limburg, of which Hasselt is the capital. They are located on the Albert Canal, between Antwerp and Liège.

The pair lacks the Renaissance grandeur of other Flemish cities, but has its fair share of tourist attractions nonetheless. The reconstructed historical village of Bokrijk offers fascinating insights in the life of rural Belgium in the 19th century. In spring and summer, crowds come from far away to enjoy the beauty of Hasselt's Japanese Garden, the largest of its kind in Europe.



The Bokrijk Open Air Museum is a reconstruction of a 19th-century country village with over 100 houses and their original equipment. It also hosts Flanders' largest open air playground.

The enormous castle-abbey near the town of Bilzen is known as the *Landcommanderij Alden Biesen* (land commandership of Alden Biesen). It is said to be the largest castle between France's Loire River and the Rhine River.





2.MY TOWN

2.1.NAVODARI

My town is called Năvodari. Ancient was a fishing village named Charachioi, from there the name of Navodari from the term fishing nets. It is not the largest city it has a population of ~ 33,000 inhabitants. It is located in the eastern district of Constanta, on the southern shore of Lake Taşaul and on the sand between it and the Siutghiol lake. Năvodari has as neighbors to the north Lake Taşaul and Sibioara village, south Siutghiol lake and Mamaia resort, west Lumina commune and east Black Sea.



Orasul
meu

este numit Năvodari. In vechime era un satuc pescaresc numit Charachioi, de acolo si numele de Năvodari de la termenul pescăresc năvod. Nu este cel mai mare oraş avand o populație de ~33000 de locatari. Este aşezat in estul judeţului Constanţa, pe malul sudic al lacului Taşaul şi pe grindul dintre acesta si lacul Siutghiol . Năvodari are ca vecini la nord lacul Taşaul şi satul Sibioara , la sud lacul Siutghiol şi staţiunea Mamaia, la vest comuna Lumina şi la est Marea Neagră.

As a tourist, in Navodari you can visit quite a lot of things. A first tourist attraction would be the beach of Năodari that attracts tens maybe hundred thousand tourists every year. You can also visit the 2 most known parks in Navodari: Central Park and Ion Dobre Park. Around the Central Park there are many shops, stationery, fast food, banks, but do not forget the Năvodari House of Culture or the Buna Vestire Orthodox Church, which is the main church of Năvodari. In Ion Dobre park there is the statue of Mihai Viteazu, but also a monument made for the former decesed mayor of Năvodari, Ion Dobre. The statue of Mihai Viteazu is represented by this ride on a horse with a jatagan in his hand. Two kilometers from Năvodari is Năvodari Monastery, which was founded in 2009 being very new. Near Năvodari lies Ovidiu Island, which does not belong to Năvodari proper, but it is very close.





On Ovidiu Island there are boat stops about 2 hours. On the island there are restaurants and a few other tourist attractions.

Năvodari is well worth a visit. It's a small but beautiful city. I love the city as it is!!!



Ca turist, in Năvodari poti vizita destul de multe lucruri . Un prim punct turistic ar fi plaja din Năodari care atrage anual zeci poate chiar sute de mii de turisti. Mai poti vizita cele 2 parcuri mai cunoscute din Năvodari: Parcul Central si Parcul Ion Dobre. In jurul parcului Central se gasesc multe magazine, papetarii , fast-food-uri, banci , dar sa nu uitam de Casa de Cultura din Năvodari sau de biserica ortodoxă Buna Vestire care este principala biserica a Năvodariului.

In parcul Ion Dobre se gaseste statuia lui Mihai Viteazu, dar si un monument facut pentru fostul primar al Năvodariului decedat , Ion Dobre . Statuia lui Mihai Viteazu este reprezentata prin acesta calare pe un cal cu un iatagan in mana. La 2 kilometri de Năvodari se afla Manastirea Năvodari care a fost infiintata in anul 2009 fiind foarte noua. In apropierea Năvodariului se afla Insula Ovidiu care nu apartine propriu zis de Năvodari, dar este foarte aproape. Pe Insula Ovidiu se fac escale cu barca de circa 2 ore. Pe insula sunt restaurante si inca alte cateva pncte turistice.

Năvodari merita vizitat din plin. Este un oras mic dar frumos. Imi iubesc orasul asa cum este!!



THE DANUBE-BLACK SEA CANAL

The main advantage of the Danube-Black Sea Canal consists of its direct link with the port of Constantza, the largest maritime port at the Black Sea and , one of the biggest in Europe.The port of Constantza allows the acces of seagoing vessels of up to 165,dwt.By the transshipment of cargo into vessels of up to 5,000 dwt or river bargest of 3,000 tons forming



convoys of up to 6 bargest(that is 18,000 tons) an efficient carriage of goods to the center of Europe is provided.Characteristics of convoys:296 m length, 22.8 m width and 3.8 drafts.

In order to accommodate the different water levels on the Danube and the Black Sea, the Danube-Black Sea Canal has two lock facilities, each with two chambers. The first is at Cernavodă close to where it branches off from the Danube (canal-km

60.30), the second is closer to the Black Sea at the beginning of the canal at Agigea (canal-km 1.90). All of the lock chambers are 310.00 metres long and 25.00 metres wide.



The northern arm of the canal (the Poarta Albă-Midia Năvodari Canal) also has two lock facilities. One is located at its beginning near the Midia-Năvodari refinery (canal-km 1.50),



and the second is situated at canal-km 11.50 near Ovidiu. Both facilities feature two lock chambers of 145.00 metres in length and 12.50 metres width. Principalul avantaj al Canalului Dunăre – Marea Neagră consistă în legătură directă cu Portul Constanța, cel mai mare port maritim de la Marea Neagră și unul dintre cele mai mari din Europa. Portul Constanța permite accesul navelor maritime de până la 165.000 TDW. Prin transbordarea

încărcăturii în nave de până la 5.000 TDW sau în barje fluviale de 3.000 TDW (care formează convoaie de până la 6, însumând 18.000 TDW), este furnizat un transport eficient al acestora către centrul Europei. Caracteristicile convoaielor: lungime=296 m lungime; lățime= 22,8 m; pescaj=3,8 m

PETROMIDIA REFINERY

Petromidia Refinery is the largest Romanian oil refinery and one of the largest in Eastern Europe, located in Năvodari, Constanța County. It has an annual processing capacity of 4.8 million tonnes/year or 100,000 bbl/d (16,000 m³/d). The refinery is supplied with oil through an oil terminal located in the Port of Midia that can accommodate ships up to 24,000 DWT or by a pipeline of 40 km (25 mi) which has a terminus in the Port of Constanța. Petromidia refinery celebrates 40 years of existence. In the four decades we saw a refinery starting from a plant and reaching 19 functional and performant units.



Rafinăria Petromidia este cea mai mare rafinărie de petrol din România și una dintre cele mai mari din Europa de Est, situată în Năvodari, județul Constanța. Are o capacitate anuală de procesare de 4,8 milioane tone / an sau 100.000 bbl / d (16.000 m³ / d). Rafinăria este furnizată cu ulei printr-un terminal petrolier situat în Portul Midia, poate găzdui nave de până la 24.000 DWT sau printr-o conductă de 40 km (25 mi) care are un terminal în Portul Constanța. Rafinaria Petromidia împlinește 40 de ani de existență. În cele patru decenii am văzut o rafinărie care pornește de la o instalație și ajunge la 19 instalații funcționale și performante.





HISTRIA FORTRESS /CETATEA HISTRIA



Histria Fortress is the oldest Greek colony on the west coast of the Black Sea, and one of the first founded in the basin of this sea, as well as being the first city certified the territory of present day Romania. Histria is the first Greek city on the Black Sea coast struck coins, making it likely to be a member of the League Deliene in Athens.

Given its good relations with the United Odrysaes the Thracians, the Scythians and the northern shore of the

Black Sea, the city has evolved peacefully until the latter part of the fourth century BC., When it was destroyed during a battle between King Philip II of Macedon and Scythians led by Ateas.

Cetatea Histria este cea mai veche colonie greacă din vestul Pontului Euxin și una dintre primele întemeiate în bazinul acestei mări, fiind în același timp primul oraș atestat pe teritoriul actualei României. Histria este primul oraș grecesc de pe țărmul Mării Negre care a bătut monezi, fiind astfel foarte probabil să fi fost membru al Ligii Deliene din Atena.



Având în vedere bunele sale relații cu regatul Odris al tracilor, cât și cu sciții de pe țărmul Nordic al Mării Negre, orașul a evoluat pașnic până în ultima parte a secolului IV a.Chr., când a fost distrus în timpul unei lupte dintre regele Filip II al Macedoniei și sciții conduși de Ateas.



2.2.RODI GARGANICO



Rodi Garganico is a town and commune in the province of Foggia, Apulia, south-eastern Italy. Located on a promontory east of the Lago di Varano, it is part of the Gargano National Park and of the Mountain Community of Gargano. It is an Italian village of 3682 inhabitants. Rodi is center for the production of citrus fruits such as *Arance del Gargano* (Gargano Oranges) and *Lemon "Femminiello" of Gargano*, both DOP products cultivated since the Middle Ages

Since the Middle Ages, Rodi Garganico (Ròude Rùre or in dialect garganico; until 1863 called Rodi) is known for the production of citrus fruit of the Gargano. Among these, the Gargano oranges and lemons Femminiello, recognized today as IGP products.



The village is perched on a rocky promontory between two long sandy beaches are just a few kilometers to the east of Lake [Varano](#). It is surrounded by a lush vegetation, mainly composed of citrus plantations, olive groves and pine forests, as well as by carob trees and figs. The historical center, like the walls of which is Cinto, is of medieval origin and is characterized by narrow alleyways, in good part steep and with intricate paths that are insinuated in an urban fabric consisting of houses of uniform architectural aspect, realized in such a way that each one is possible to see the sea.



It is a seaside resort with several long beaches located both west and east to the town. In the Adriatic Sea in north-west direction we find the "Isole Tremiti". The country is covered by lush vegetation, consisting of citrus groves, olive groves and pine forests.



The old town have medieval origin, made of narrow streets and from everywhere you can see the sea. The climate is influenced by the sea. The coldest month is January and the hottest August. Urban economy is based on agriculture and tourism. These two sectors are mutually intermingled in the expanding agritourism offer, as well as in the local food and wine tradition.



Rodi è un paese italiano di 3682 abitanti e fa parte del Parco Nazionale del Gargano. Dal 2010 può vantare del titolo di "città". Rodi Garganico è un centro noto per la produzione di agrumi.

Le Arance del Gargano e il limone "Femminello" sono oggi prodotti IGP. Per la qualità delle sue acque balneari, Rodi è stata più volte premiata con la Bandiera Blu dalla Fondazione per l'Educazione dell'Ambiente. Rodi si trova sulla costa nord del Gargano.



Nel Mar Adriatico, a nord ovest, troviamo le Isole Tremiti. Il paese è coperto da una vegetazione lussureggiante composta da agrumeti, uliveti e pinete.

Il centro storico ha origini medievali, con strade strette e da ogni parte si può vedere il mare. Il clima è influenzato dal mare. Il mese più freddo è Gennaio e il più caldo è Agosto.

L'economia urbana è basata sull'agricoltura e turismo. Questi due settori si mescolano reciprocamente nell'offerta in espansione dell'agriturismo, così come nella tradizione enogastronomica locale.



CHIESA DI SAN NICOLA DI MIRA/CHURCH OF SAN NICOLA DI MIRA

History of the origins

This church was built when the ancient parish of the town, the church of the Holy Crucifix, couldn't be used any more due to the various earthquakes that had struck it in 1679.

The work for its construction began in 1680. They chose a flat area because it was considered safer owing to the continuous earthquakes that still affect Rodi. The building, owing to its extreme simplicity, does not immediately draw attention because it is so near and even merges with other houses. Moreover, there is not a church square that defines it and, in some way, separates it from Corso Umberto I, on which it overlooks. On the other hand, it is the ancient and majestic bell tower to draw your attention. The vicar parish had only one altar and was supported by the noble Capece family. It was consecrated and dedicated to St Nicola of Mira only in 1826 on the occasion of the pastoral visit of the Archbishop of Manfredonia, Eustachio Dentice. On that occasion, the Archbishop deposited the relics of the Most Holy Martyrs Christopher and Theodore in the tumulus of the high altar.



Storia delle origini.

Questa chiesa fu costruita quando l'antica parrocchia della città, la chiesa del Santo crocifisso, non poteva più essere utilizzata a causa dei vari terremoti che l'avevano bloccata nel 1679.

Il lavoro per la sua costruzione iniziarono nel 1680. Scelsero un'area piatta poiché era considerata più sicura a causa dei terremoti che colpiscono ancora Rodi. L'edificio, per la sua

estrema semplicità, non attira immediatamente l'attenzione perché è molto vicino e si fonde con altre case. Inoltre, non esiste una piazza che la definisce e, in qualche modo, la separa da Corso Umberto I, sul quale si affaccia. D'altro canto, è l'antico e maestoso campanile che attira l'attenzione. La parrocchia del vicario aveva un solo altare ed era sostenuta dalla nobile famiglia Capece.

Fu consacrata e dedicata a San Nicola di Mira solo nel 1826 in occasione della visita pastorale dell'Arcivescovo di Manfredonia, Eustachio Dentice. In quell'occasione, l'Arcivescovo ha deposto le reliquie dei Santissimi Martiri Cristoforo e Teodoro nel monte dell'altare maggiore.



UNDER THE CASTLE/ SOTTO IL CASTELLO



The historical center of Rodi Garganico preserves the characteristics of an ancient fishing village and the only purpose of this population of fishermen was to defend themselves from the enemy coming from the sea. One of the most impressive places to visit is the area "under the castle", where once dominated the famous Aragonese castle overlooking the sea. On the origins of the castle the sources are inaccurate and contrasting, but we know that it was built on commission from the viceroy of Naples, Pietro Toledo, in 1535.

According to some sources, there existed at thirteenth-century nucleus that was later enlarged. For a certain period it was inhabited by Ferdinand of Aragon, from which it takes its name. They lived there until 1806, after

which it was sold to various owners who restructured each one in their own way, to compromise the original shape.

Il centro storico di Rodi Garganico conserva le caratteristiche di un antico villaggio di pescatori e l'unico scopo di questa popolazione di pescatori era difendersi dal nemico proveniente dal mare.

Uno dei luoghi più suggestivi da visitare è l'area "sotto il castello", dove un tempo dominava il famoso castello aragonese a picco sul mare. Sulle origini del castello le fonti sono imprecise e contrastanti, ma sappiamo che fu costruita su commissione del viceré di Napoli, Pietro Toledo, nel 1535.

Secondo alcune fonti, esisteva un nucleo del XIII secolo che fu successivamente ampliato. Per un certo periodo fu abitata da Ferdinando d'Aragona, da cui prende il nome.

Vi abitarono fino al 1806, dopo di che fu venduto a diversi proprietari che ne ristrutturarono ciascuno a modo suo, per compromettere la forma originale.





MARINA DI RODI GARGANICO/THE MARINA of RODI GARGANICO



The Marina of Rodi Garganico is a tourist port located in Rodi Garganico, in the northern coast of the Gargano Promontory, within the territory of the homonymous national park.

Structure:

The "Marina di Rodi Garganico" consists of an underfloor arm to the east and an overflow in the west.

The overhead arm constitutes the breakwater dam. It extends, with a curvilinear trend, for 700 meters, up to 300 meters from the coast. The inner basin, is therefore protected from the North-West winds, prevalent in the area, allowing a comfortable mooring even in adverse weather conditions.



La Marina di Rodi Garganico è un porto turistico situato a Rodi Garganico, sulla costa settentrionale del promontorio del Gargano, all'interno del territorio dell'omonimo parco nazionale.

Struttura:

La "Marina di Rodi Garganico" è costituita da due braccia, una ad est ed una a ovest. Il braccio sopraelevato costituisce la diga del frangiflutti. Si estende, con andamento curvilineo, per 700 metri, fino a 300 metri dalla costa. Il bacino interno, quindi, è protetto dai venti di nord-ovest, prevalenti nell'area, consentendo un comodo ormeggio anche in condizioni climatiche avverse.



2.3. DILSEN-STOKKEM

on the map



Dilsen is a municipality situated in Limburg. This city counts 20.000 residents. Dilsen-Stokkem is situated in the east of the province. This province is adjacent to the Netherlands. The border is made by the river that is called 'the Maas'.



Dilsen has an surface of 65.61 km². All together, Disen-Stokkem exists out of 5 Towns. Dilsen, Lanklaar, Rotem, Elen and Stokkem. Dilsen counts 5.774 residents and all together is has 20.000 residents.

Dilsen heeft een oppervlakte van 65.61 km². Alles bij elkaar, bestaat Disen-Stokkem uit 5 steden. Dilsen, Lanklaar, Rotem, Elen en Stokkem. Dilsen telt 5.774 inwoners. In totaal met de vijf steden samen zijn er 20.000 inwoners.

#	Naam	Oppervlakte (km ²)	Bevolking (21/08/2008)
I	Dilsen	16,35	5.774
II	Elen	10,04	2.332
III	Lanklaar	15,84	4.388
IV	Rotem	14,52	3.689
V	Stokkem	8,87	3.118





My town-local government



Onze huidige burgemeester, Sofie Vandeweert, is burgemeester geworden omdat haar voorganger, Lydia Peeters haar ambt als burgemeester opgaf om in de plaats minister te worden. Lydia is nu minister van economie en financiën omdat de vorige minister, Bart Tommelein burgemeester van Oostende wordt. Sofie wordt voor de eerste keer in haar carrière burgemeester. Ze is echter niet nieuw in de wereld van de politiek, ze is al meer dan 12 jaar schepen. In het geval dat Peeters met de komende parlementsverkiezingen niet verkozen in tot minister kan en zal ze haar plaats als burgemeester opeisen.

Our current mayor, Sofie Vandeweert, has become our mayor because her predecessor, Lydia Peeters, has quit her office as a mayor to become a minister in the parliament. This opportunity came to her because Bart Tommelein was elected mayor of Oostende and would rather be mayor of Oostende than be minister in the parliament. This is Sofie's first time being a mayor, but she is not new to politics, she has been an aldermen for at least 12 years now. In case Lydia is not elected as minister after the coming elections she can and will claim her mayor ship back in Dilsen-Stokkem.



Kelly Issaris was also elected as local councilor for Open Vld and after four years would take over the ship's mandate from Jos Opdenakker. With the right shifting of the past few days, now they too will get a full ships mandate. Kelly Issaris is an old-student at the stedelijke humaniora Dilsen, she was an excellent student always succeeding magna cum laude. After her middle school career she went to university to become a lawyer.



Kelly Issaris raakte ook verkozen als gemeenteraadslid voor Open Vld en zou na vier jaar het schepenmandaat overnemen van Jos Opdenakker. Door het noodzakelijke schuiven van afgelopen dagen, zal nu ook zij een vol schepenmandaat krijgen. Kelly Issaris is een oude student van de stedelijke Humaniora Dilsen, ze was een uitstekende student die altijd magna cum laude slaagde. Na haar middelbare schoolcarrière werd ze advocaat.



Pieter Indemans is now our alderman for education and will continue to be until his term ends in 2023. He lives in Rotem on the Emil Dorlaan and he has been, and always will be very accessible to the people and the community. Pieter is in second place on the list of Dilsen-Stokkem and with his great one-liner: Give Indemans a chance he is already doing his second term. He is also the fraction leader of the open

VLD. He has also been doing many jobs over the last years, up to even 6 mandates at once in 2017. Some include: City councillor of Dilsen-Stokkem, manager of the public swimming pools in Dilsen-Stokkem and Maaseik (a neighbouring city), member of the police council Maasland, clerk at the open VLD.



Pieter Indemans is nu onze schepen voor onderwijs en zal blijven tot zijn termijn in 2023 eindigt. Hij woont in Rotem op de Emil Dorlaan en hij is geweest, en zal altijd zeer toegankelijk zijn voor de mensen en de gemeenschap.



Pieter staat op de tweede plaats op de lijst van Dilsen-Stokkem en met zijn geweldige slogan: "geef Indemans een kans" doet hij al zijn tweede termijn. Hij is ook de fractieleider van de open VLD.



Welcome to the beautiful Dilsen-Stokkem, a rural town on the banks of the Meuse with a history largely determined by its location on this beautiful river. Our residents all have a few important characteristics that are typical for the inhabitants of the Maasland: warm, hospitable, sometimes a bit stubborn but above all cozy.



Welkom in het mooie Dilsen-Stokkem, een landelijke stad aan de oevers van de Maas met een geschiedenis die grotendeels bepaald werd door haar ligging aan deze prachtige rivier. Onze inwoners bezitten dan ook allemaal enkele belangrijke karaktereigenschappen die typisch zijn voor de Maaslanders namelijk warm, gastvrij, soms een beetje koppig maar vooral gezellig.

THE MEUSE

The Meuse is a river with a length of 950 km that flows through France, the Netherlands and Belgium. This river finds its origin in the French village Pouilly-en-Bassing at the Plateau of Langres, the Seine also finds its origin here. The Meuse enters Belgium in Agimont, a village in the province of Namur. Further on the river flows to Liège, here it forms the natural border between the province of Liège and Dutch Limburg until Maastricht. After Maastricht, the river forms the natural border between Belgian and Dutch Limburg. After this the Meuse flows further in the Netherlands. Between Maaseik (Belgium) and Roermond (the Netherlands) the Meuse doesn't form the border anymore. Here it is used to gain gravel from the Meuselakes. The Meuse pours in the Netherlands in the delta in the North Sea.





DE MAAS

De Maas is een rivier met een lengte van 950 km die door Frankrijk, Nederland en België stroomt. De rivier vindt zijn oorsprong in het Franse dorp Pouilly-en-Bassigny op het Plateau van Langres, hier ontspringt de Seine ook. De Maas komt België binnen in Agimont, een dorp in de provincie Namen. Verder stroomt de rivier naar Luik, hier vormt ze de natuurlijke grens tussen de provincie Luik en Nederlands Limburg tot Maastricht. Na Maastricht vormt de rivier de natuurlijke grens tussen Belgisch en Nederlands Limburg. Hierna gaat de Maas verder door Nederland. Tussen Maaseik (België) en Roermond (Nederland) vormt de Maas.



De Wissen has a beautiful landscape. The Natuurvereniging Limburgs Landschap vzw manages a lot of the nature from the green Limburg, like De Wissen. There are some fun activities to do in De Wissen. You can make a beautiful walk in the magnificent nature, along the Meuse. You can camp on the water. You can make a nice trip with your bike. There is also a possibility to make a boat trip

De Wissen situeert zich in een prachtige omgeving. De Natuurvereniging Limburgs Landschap vzw beheert veel van de natuur in het groene Limburg, zoals De Wissen. Je kan er vele, leuke activiteiten doen. Je kan een mooie wandeling maken in de prachtige natuur, langs de Maas. Je kan er kamperen op water. Je kan een leuk fietstochtje maken. Er is ook de mogelijkheid om een boottochtje te maken met de fluisterbootjes.

If you make a walk, it is a must to go upstairs the tower. There you can admire the beautiful landscape.

Als je een wandeling maakt, moet je zeker eens een kijkje nemen boven op de uitkijktoren. Daarboven kun je tot ver het mooie landschap bewonderen.

De Wissen is a place where you can eat delicious meals. You can also sleep there if you want to. There is also a museum located at De Wissen. In the museum you will learn about the Meuse, its flood plains and the local braiding art. De Wissen is een horecazaak waar je iets lekkers kunt eten. Als je wilt kun je er ook overnachten. Ook is er een museum gevestigd aan De Wissen. In het museum leer je over de Maas, zijn uitwaarden en de lokale vlechtkunst.





3.MY SCHOOL AND MY SCHOOL SYSTEM

3.1 EDUCATION SYSTEM IN ROMANIA

My school, is situated on 14 Plopilor Street, Năvodari ,the county, Constanta, Romania.In school there are about 1060 students and 54 teachers .Our students come from the town of Navodari and from the neighboring villages (7%). In our school learn about 120 students enrolled in Second Chance Program (aged between 16-35 years). The school was concerned on the development of modern educational programs, development of interaction with the social, cultural and economic environment. It is encouraged the development of intellectual moral and civic capacity, for the integration in the social environment. The school implemented several educational projects: "School after school", "Second Chance", "Symphony of Colors", "Eco-School", "Traditions and customs", seeking diversification of education for all students and especially for those from disadvantaged groups. Our school has as a mission to assure for all pupils equal opportunity. We also encourage the inclusion of the minorities into the educational system.



Școala mea este situată pe Strada Plopilor nr. 14,Năvodari, judetul Constanța, România . În școală sunt aproximativ 1060 de elevi și 54 cadre didactice. Elevii noștri provin din orasul Năvodari și din satele vecine(7%).În școala noastră învață

aproximativ 120 elevi înscriși la Șansa a Doua(cu vârste cuprinse între 16-35 de ani). Școala a fost preocupată de dezvoltarea programelor educaționale moderne, de dezvoltarea interacțiunii cu mediul social, cultural și economic. Este încurajată dezvoltarea capacității morale și civice, pentru integrarea în mediul social.Școala a implementat mai multe proiecte educaționale: "After school", "Șansa a doua","Simfonia culorilor", "Eco-School",





"Tradiții și obiceiuri", care urmăresc diversificarea educației pentru toți elevii și în special pentru cei din grupurile dezavantajate. Școala noastră are ca misiune să asigure tuturor elevilor șanse egale, încurajăm, de asemenea, includerea minorităților în sistemul educațional.

The Romanian education system is made up of the following levels:

1) Pre or early childhood education (0-6 years), consisting of:

a. Pre-pre-school for children aged 0-3 years.

b. Pre-school or kindergarten for children aged 3-6 years organized in groups: lower group, middle group, upper group.

2) Primary education made up of the kindergarten preparatory group and grades I to IV.

Pupils can enroll to the first grade of primary school if they turn 6 or 7 during the respective calendar year.

3) Secondary education made up of:

a. Lower secondary (gymnasiums) which includes grades V to VIII and ends up with the taking of a "national test examination". The examination tests pupils' knowledge in the fields of Romanian language and literature and Mathematics.

b. Upper secondary (high-school) which includes grades X—XII and has the following branches: theoretical, technological and vocational (art, sport, theology). Enrollment is made on the basis of the results in the national test exam and the average degree of the gymnasium. High school studies end up with a "baccalaureate examination". After passing this examination, the graduates get the "baccalaureate diploma". Only students in the technological and vocational branches must take in addition a "qualification examination" and get a "qualification certificate".

4) Professional education: is organized by technical and vocational high schools and form students in professions required by the job market. The studies end up with a "qualification examination". After passing this examination, the graduates get a "qualification certificate". Graduates can then continue their studies in the upper-secondary cycle, a technological or vocational high-school, in a low- frequency program.



5) Post high-school non-university education: lasts 1 to 3 years and is organized in post-high schools forming the students in professions required by the job market. Admission is free (not granted on a competitive basis). High school graduates, whether they are baccalaureate diploma holders or not, can attend post high-school non-university education. For baccalaureate holders, credits obtained during the post high-school non university education can be recognized as

units of transferable study credits for the university's first cycle: bachelor degree.



6) Higher education. The general compulsory education is of 10 grades and includes primary education (grades I- IV), gymnasium or lower secondary education (grades V-VIII) and grades IX-X of high-school. The obligation to attend the 10 grades education (the frequency form), ceases at the age of 18. Education in technological and vocational high-schools, professional schools, non-university post-high schools is organized for specializations and qualifications established by The Ministry of Education, Youth and Sports, according to the National Registry of qualifications.

Structure of the Education System in Romania

Age	Grade	Educational Levels	
> 19		Post-graduate education	Higher education and post-graduate education
		Higher Education	
		Post-high school	Post-secondary non-tertiary education
19	XIII		Upper secondary education
18	XII	High school Upper Cycle	
17	XI	High school Upper Cycle Completion Year	
16	X	High school Lower Cycle	Arts and Trades School
15	IX		
14	VIII	General / middle school (Gymnasium)	
13	VII		
12	VI		
11	V		
10	IV		
9	III	Primary school	
8	II		
7	I		
6	Preparatory class (zero class)		
5	Advanced	Kindergarten	
4	Middle		
3	Beginner		



3.2 EDUCATION SYSTEM IN ITALY



The IISS "Mauro Del Giudice" of Rodi Garganico is an upper secondary school with six fields of study, aimed at the cultural and professional preparation of technical experts in the management of companies, environment and territory, tourism, boating, aiming at to the achievement of a solid preparatory training for university studies. Our school „Mauro del Giudice“ have about 551 students and 44 teachers. The students of our school, aged between 6-19 years.

Lo IISS "Mauro Del Giudice" di Rodi Garganico è una scuola secondaria superiore con sei campi di studio, finalizzata alla preparazione culturale e professionale di esperti tecnici nella gestione di

aziende, ambiente e territorio, turismo, nautica, con l'obiettivo di raggiungere di una solida preparazione preparatoria per gli studi universitari. La nostra scuola "Mauro del Giudice" ha circa 551 studenti e 44 insegnanti. Gli studenti della nostra scuola, di età compresa tra 6 e 19 anni.

The IISS "Mauro del Giudice" has systematically participated, in recent years, in the National Operational Program (PON) intercepting significant funds and financial resources to improve the quality of the training offer. Also for the current school year it is proposed to apply for the actions provided for therein.



A more incisive action, to counter the scholastic dispersion, was started from the school year 2014/2015 with the adhesion to the Project "Orienta in progress". The project, financed by the Foundation with Il Sud, sees EUROFORM LAVORO, the institution of Professional Training accredited in the Puglia Region, as the implementing and responsible subject.

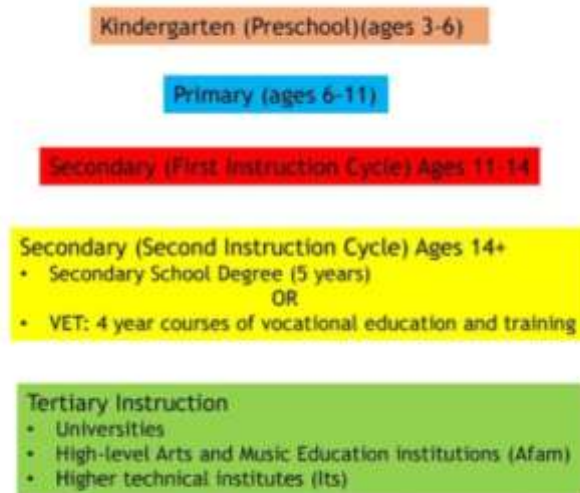
Lo IISS "Mauro del Giudice" ha partecipato sistematicamente, negli ultimi anni, al Programma operativo nazionale (PON) intercettando importanti fondi e risorse finanziarie per migliorare la qualità dell'offerta formativa. Anche per l'anno scolastico in corso si propone di presentare domanda per le azioni ivi previste. Un'azione



più incisiva, per contrastare la dispersione scolastica, è stata avviata dall'anno scolastico 2014/2015 con l'adesione al Progetto "Orienta in progress". Il progetto, finanziato dalla Fondazione con Il Sud, vede EUROFORM LAVORO, l'istituzione di Formazione Professionale accreditata nella Regione Puglia, come soggetto responsabile e responsabile.

Education in Italy is compulsory from 6 to 16 years of age, and is divided into five

Structure of Italian School System



stages: kindergarten (*scuola dell'infanzia*), primary school (*scuolprimaria* or *scuola elementare*), [lower secondary school](#) (*scuola secondaria di primo grado* or *scuola media inferiore*), [upper secondary school](#) (*scuola secondaria di secondo grado* or *scuola media superiore*) and university (*università*). Education is free in Italy and free education is available to children of all nationalities who are residents in Italy. Italy has both a private and

public education system. However, the quality of the public schools is also higher compared to the private schools, in terms of "educational and labour market outcomes".

Scuola primaria (primary school), also known as *scuola elementare*, is commonly preceded by three years of non-compulsory nursery school (or kindergarten, "asilo"). *Scuola elementare* lasts five years. Until middle school, the educational curriculum is the same for all pupils: although one can attend a private or state-funded school, the subjects studied are the same (with the exception of special schools for the blind or the



hearing-impaired). The students are given a basic education in Italian, English, mathematics, natural sciences, history, geography, social studies, and physical education. Some schools also have Spanish or French, musical arts and visual arts.

Secondary education in Italy lasts 8 years and is divided in two stages: *Scuola secondaria di primo grado* (Lower secondary school), also

broadly known as *Scuola media*, which corresponds to the Middle School grades, and *Scuola*





secondaria di secondo grado (Upper secondary school), also broadly known as *Scuola superiore*, which corresponds to the high-school level. There are three types of *Scuola secondaria di secondo grado*, subsequently divided into further specialization. Currently all of the secondary schools in Italy have most of the structure and subjects in common for the first two years (*Primo biennio*) (such as Italian grammar, history and mathematics), in the last three years (*Secondo biennio e quinto anno*, or *triennio*) most subjects are

peculiar to a particular type of course (i.e. [ancient Greek](#) in the Liceo Classico, [business economics](#) in the Istituto tecnico economico or [scenography](#) in the Liceo Artistico) but subjects like Italian, English and mathematics are still taught.

- **Liceo** (lyceum), the education received in a *Liceo* is mostly theoretical, with a specialization in a specific field of studies (humanities, science, languages, or art).
- **Istituto tecnico** (technical institute), the education given in an *Istituto tecnico* offers both a wide theoretical education and a specialization in a specific field of studies (e.g.: economy, humanities, administration, law, technology, tourism), often integrated with a three/six months [internship](#) in a company, association or university, from the third to the fifth and last year of study.



- **Istituto professionale** (professional institute), this type of school offers a form of secondary education oriented towards practical subjects (engineering, agriculture, gastronomy, technical assistance, handicrafts), and enables the students to start searching for a job as soon as they have completed their studies, sometimes sooner, as some schools offer a diploma after three years instead of five, although it is considered a lower level of school compared to the others.





3.3 EDUCATION SYSTEM IN BELGIUM

Stedelijke Humaniora Dilsen

Our school, SHD - short for Stedelijke Humaniora Dilsen - is situated in the centre of Dilsen-Stokkem. About 1200 students attend our school each day and there are about a hundred teachers. There are four different wings which altogether form our school: the A, B and C wings, which were built when our school was constructed in 1964 and wing D, which was added in 2006 because of the continuing growth in students - and thus need for extra classrooms.



Onze school, SHD - een afkorting voor Stedelijke Humaniora Dilsen - is gesitueerd in het centrum van Dilsen-Stokkem. Ongeveer 1200 studenten volgen elke dag les bij ons op school en er zijn een honderdtal leerkrachten. Er zijn vier verschillende vleugels die samen onze school volgen: de A,B en C vleugel, die gebouwd zijn toen in 1964 ten tijde van de oprichting van onze school en de D vleugel, die toegevoegd werd in 2006 omwille van de gestage groei aan studenten en dus de nood

aan extra klaslokalen.

Two people are in charge of all decisions: the principal Ivo Aerts and the vice-principal Bram Moors. For each grade - a grade is a set of two successive school years -, there is also a person who takes care of all the students in this grade, currently this is Lydia Huskens, Martijn Vranken and Marcel Vandeweerd for the first, second and third year respectively. Lastly there is also a group of parents who help during events organized by our school and a student parliament, which consists of twelve students in total: two students representing each year.

De twee personen die aan het hoofd van onze school staan zijn directeur Ivo Aerts en onderdirecteur Bram Moors. Voor elke graad - een graad is het geheel aan twee opeenvolgende jaren, is er ook een graadcoördinator die zich ontfermt over alle studenten in deze graad. Aangezien





er 3 graden zijn er dus ook drie graadcoördinatoren: Lydia Huskens, Martijn Vranken en Marcel Vandeweerd voor de eerste, tweede en derde graad respectievelijk. Tenslotte is er ook nog een groep ouders die helpen tijdens evenementen georganiseerd door de school en een leerlingenparlement, dat bestaat uit twaalf studenten: twee studenten per jaar.



In België kan men starten met school vanaf de leeftijd van drie jaar. Eens men vijf is is men echter verplicht te studeren tot zijn achttiende. Met de nadruk op studeren: men is niet verplicht naar school te gaan, maar enkel om te studeren. Dat betekent dat je elk jaar een bepaald niveau behaald moet hebben op vlak van wiskunde, talen, etc. Op welke manier je dit niveau behaald maakt niet uit: men kan naar school gaan – zoals de meeste kinderen – of men kan thuis, door zijn ouders of iemand anders gedoceerd worden. Zolang men maar elk jaar dit verwachte niveau op vlak van vaardigheden en kennis behaalt.

Later, eens men zes is, gaat men naar de basisschool tot en met zijn twaalfde, dit betekent dat er dus zes leerjaren zijn. Gedurende deze zes jaar leert men de basisch van wiskunde, spelling, wat grammatica en men krijgt een algemene opleiding om ervoor te dat men een goed beeld krijgt van de wereld.



In Belgium you can start of with school when you are three, however once you are five, you are obligated to study until you are eighteen. Mind the verb studying: you are not obligated to go to school, but you are only obligated to study. Meaning you should have reached a certain level in



math, languages, etc. each year. How you get to this level doesn't matter: you could attend school - like the majority of all children - or you could be taught at home by your parents or someone else, as long as you get to this expected level of skills and knowledge it's fine.

Later on, once you are six, you attend elementary school up to twelve years old, which means there are six separate



years. During these six years you learn basic math, spelling some grammar and you get some general education to make sure you start to understand the world around you.



Eens men twaalf is komt men in het secundair onderwijs terecht, ook wel het middelbaar genoemd. Er zijn vier verschillende soorten secundair onderwijs waaruit men kan kiezen: ASO, BSO, TSO of KSO. Dit zijn alle vier afkortingen, waarbij 'SO' staat voor secundair onderwijs en de eerste letter

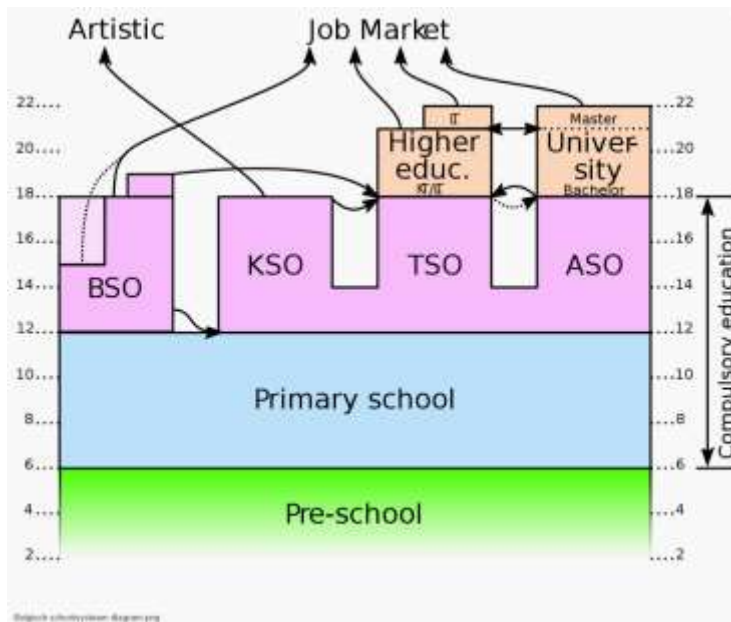
van de afkorting de soort van onderwijs verduidelijkt.

Once you are twelve you go to secondary school. There are four different options to choose from: ASO, BSO, TSO or KSO. All of these are abbreviations where 'SO' stands for 'secundair onderwijs' which would translate to something like secondary education' and the first letters of the abbreviation specify what type of education.

Once you are finished with secondary school, most people in ASO will continue their studies at university or high school. Since most of the students at our school are in ASO, they will go to high school or university. Most people in BSO and TSO however start working, except for some in TSO who might also go to high school or university. People in KSO could both get a job or continue studying. At university and high school there are numbers of fields of study to choose from, but there is one big difference between university and high school:



in university you can get an academic bachelor while in high school you can only get a professional bachelor. A professional bachelor is focused on making sure that once you are finished you can apply for a job. An academic bachelor on the other hand is mostly focused on getting you ready for a master degree where you will specify even further in a certain field of study.



Eens men afgestudeerd is in het secundair onderwijs - en men dus meestal achttien is - zetten de meeste mensen die vanuit het ASO komen hun studies verder aan een universiteit of hogeschool. Aangezien de meeste studenten op onze school in het ASO zitten, zullen zij dus ook verder studeren.

De meeste studenten die uit het BSO of TSO komen starten echter met werken, behalve een de van de TSO studenten die ook verder zullen studeren. Ook na het KSO gaan vele studenten werken of gaan ze verder studeren.

Op de universiteit en hogeschool zijn er talloze richtingen waaruit men kan kiezen, maar is wel een groot verschil tussen een universiteit en een hogeschool: op een universiteit kan men een academische bachelor volgen, terwijl men aan een hogeschool enkel een professionele bachelor kan volgen.



Een professionele bachelor is gericht het klaarmaken van de student voor de arbeidsmarkt, een academische bachelor is dan weer gericht op het klaarstomen van de student voor een master, waarbij men zich nóg verder zal specialiseren in een bepaald vakgebied.



4. OUR CULTURE

4.1 ROMANIA

THE ROMANIAN EASTER



The Easter is the most important celebration of the Romanian people and it is preceded by numerous preparations and rituals. Along with the religious aspects, in Romania the holiday is seen as symbolizing rebirth and renewal of everyday life. Cleaning one's house, wearing new clothes and a ritual bath before going to church are all supposed to mark a new beginning. Everyone, rich or poor, dresses in his/her best clothing, many wearing national costumes, and attends a midnight church service. Candles are lit for each person

throughout the service, and people leave with candles still lit, returning home to place them in their houses and apartments. It is also said that lit candles prevent thunder and lightning from harming people as they go home.

The cleaning starts on Great Thursday. Men, who are usually working in the field or at the forest, will remain home starting with this day and will take out the thrash, fix the fence, cut wood, bring water, butcher the lambs. Women are the ones that paint and decorate the eggs, do the laundry and generally clean the house. Because it's a good thing to have a new piece of clothing on the Easter, girls and young wives start to sew shirts for them and also for their parents, brothers, husbands or children, with about two weeks in advance.

Once home, the festivities continue with a traditional Romanian feast, which likely includes dishes such as "pasca", "cozonacul" spiced minced lamb or lamb roast, cheeses and sponge cake. The craftsmanship of dyeing the eggs at Easter is an ancient tradition with Romanians. The belief that eggs represent the source of life led to the relation of eggs to the rites of the revival of nature, and eventually Easter. Romanians traditionally painted Easter eggs red and they decorated them ornately. Over time, other colors were used and this custom was transformed into an art form and expert skill. Today, real and wooden eggs are painted with intricate designs, or decorated all over with various colored beads, and are available throughout the year.





DECORATED EGGS

As a symbol of creation, of begetting life, the egg have inspired, from ancient times, numerous legends, fairy-tales, an entire literature. In the Romanian culture it is sufficient to mention two outstanding representants: Constantin Brancusi and Ion Barbu, whose works orbit around this subject, considered to have perfect geometrical form - the perfect object. The origin of egg-painting is lost in the darkness of the pre-Christian era, when the New Year was celebrated at the vernal equinox. The eggs were gifted as a symbol of



equilibrium, creation and fecundity. The Romans used red-painted eggs as gifts on celebrating Janus and they were used in different games and religious ceremonies. The custom of the egg painting was transmitted to the Christians and is still used especially by the peoples of Europe and Asia. As opposed to other European countries, where this custom restrained or vanished, in Romania it flourished, reaching the tops of art by the technique, materials, significance of the motives and the perfection of achievement.

In Romania the painted eggs represent a proof of the tradition, beliefs and Easter customs being

placed among the elements of great folk spiritual cultural value, which define the ethnical peculiarities of our people. The folklore presents several Christian legends which explain why the eggs are painted in red on Easter and why they became the symbol of the celebration of Christ's Resurrection. The most wide-spread legend tells us about how Virgin Mary, who came to mourn her crucified son, laid the basket with eggs near the cross and they reddened because of the blood that was flowing from Jesus' wounds. The Lord, seeing that the eggs reddened, said to those who were there: "From now on, you too shall paint the eggs in red to remember my crucifixion, as I did today." Ca simbol al credintei si al vietii ,ouale au inspirat inca din cele mai vechi timpuri numeroase legende, basme, o intreaga literatura. In ceea ce priveste cultura romaneasca este suficient ca mentionam doi importanti reprezentanti: Constantin Brancusi si Ion Barbu care au considerat oul obiectul perfect, cu o forma perfecta, constituind punctul central al operelor lor.



Originea oualelor pictate se pierde undeva in negura erei pre-crestine in timpurile in care Anul Nou era sarbatorit odata cu echinocliul...

Se daruiau oua ca simbol al echilibrului, al curateniei si al fecunditatii.



Romanii daruiau oua rosii cu ocazia sarbatoririi lui Ianus, acestea fiind folosite in diferite jocuri si ceremonii religioase.



Obiceiul vopsirii oualelor a fost transmis si crestinilor intalnindu-se inca la popoarele din Asia si Europa. Spre deosebire de alte popoare din Europa la care acest obicei se intalneste prea putin sau deloc, in Romania, acesta a cunoscut o inflorire deosebita, maiestria artizanilor, perfectiunea tehnicilor, semnificatia motivelor si vasietaatea materialelor transformand vopsitul oualelor intr-o arta.

In Romania vopsitul oualor reprezinta traditia, credinta, obiceiurile de Paste constituind elemente de o valoare culturala si spirituala definitorii in ceea ce priveste particularitatile etnice ale poporului nostru.

Folclorul ne ofera cateva legende crestine in care gasim semnificatia oualor rosii precum si explicatia asocierii cu invierea lui Iisus Hristos. Se spune ca Fecioara Maria venind sa-si jleasca fiul, a asezat un cos cu oua langa cruce;acestea s-au inrosit de la sangele care curgea din ranile lui Iisus. Domnul nostru Iisus vazand ca ouale s-au inrosit le-a spus celor care era acolo :,,De acum inainte ,veti vopsi si voi oua in rosu ca sa va amintiti de jertfa mea, la fel cum am facut si eu azi".

TRADITIONAL COSTUMES/COSTUME TRADITONALE



Romania is one of the few countries in the world where, in the year 2000, some people in the village still wear traditional costumes and on working days, not only on certain occasions. Romania is remarkable by an extraordinary variety of popular costumes. Generally, Romanian folk costumes can be divided into seven folkloric regions. In more detail, Romanian folk costumes can be categorized in ethnographic areas, with the number of areas

varying between 40 and 120, all depending on the person who divides and the criteria used.

The production of the Romanian folk costume started from raw materials produced in the peasant households but it evolved with the passage of time, representing today a true skill in both the obtaining and the decoration of the fabrics and the embroidery.





The popular port has the same structure throughout the country but it differs from one region to another through details such as cutting, shape and color.



România este una dintre puținele țări din lume unde, în anii 2000, unii oameni de la sat încă mai poartă costume tradiționale și în zilele de lucru, nu numai cu ocazia anumitor sărbători. România se remarcă printr-o varietate extraordinară de costume populare.

În mare, costumele populare românești se pot împărți în șapte regiuni folclorice. Mai detaliat, costumele populare românești se pot clasifica pe zone etnografice, numărul zonelor variind între 40 și 120, totul depinzând de persoana care face împărțirea și de criteriile folosite. Confectionarea costumului popular românesc a pornit de la

materii prime produse în gospodăriile țăranilor dar a evoluat odată cu trecerea timpului, reprezentând azi o adevărată măiestrie atât în obținerea și decorarea țesăturilor cât și a broderiilor. Portul popular are aceeași structură pe tot teritoriul țării, dar se deosebește de la o regiune la alta prin amănunte cum ar fi croiala, forma și culoarea.



MEDICINE DOCTOR ANA ASLAN



Ana Aslan was a Romanian biologist and physician. She is considered to be a founding figure of gerontology and geriatrics in Romania. In 1952, under the leadership of Prof. Dr. Ana Aslan, the Geriatric Institute in Bucharest was founded. This Institute was the first of its kind in Romania and was recognized by the World Health Organization. The Gerovital H3 concept was introduced in 1957, in Verona, Italy, on the occasion of the 4th International Gerontology Congress.

The professor doctor Ana Aslan – the original creator of the original Gerovital H3 from Romania - said:

" I declared war on aging. My treatment is a solution and Gerovital H3 is not only a treatment, it is a philosophy and a hope".





Ana Aslan a fost un medic și biolog roman. Ea este considerată a fi un fondator de seamă al Gerontologie și Geriatrie din România. În 1952, Institutul de Geriatrie din București a fost înființat, sub conducerea prof. dr. Ana Aslan. Acest institut a fost primul de acest gen din România și a fost recunoscut de către Organizația Mondială a Sănătății. Conceptul Gerovital H3 a fost introdus în 1957, la Verona, Italia, cu ocazia celui de al 4-lea Congres Internațional de Gerontologie.



Profesorul Doctor Ana Aslan - creatorul inițial a originalului Gerovital H3 din România - a spus: "Am declarat război îmbătrânirii. Tratamentul meu este o soluție și Gerovital H3 nu este doar un tratament, acesta este o filozofie și o speranță".

SPORTS - GHEORGHE HAGI – football (fotbal)



Gheorghe Hagi is a Romanian former footballer. He was one of the best attacking midfielders in Europe during the 1980s and 1990s and is considered the greatest Romanian footballer of all time. Galatasaray fans called him 'Commandante' (The Commander) and the Romanians called him 'Regele' (The King). Nicknamed "The Maradona of the Carpathians", he is considered a hero in his homeland. He has won his country's "Player of the Year" award seven times, and is regarded as one of the best football players of the 20th century. Gheorghe Hagi invested in a football academy (Gheorghe Hagi Academy) where young talented footballers are trained. The headquarters and the football pitches are in Ovidiu,

a town near Navodari.

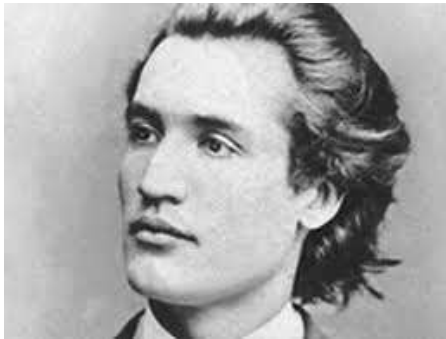
Gheorghe Hagi este un fost fotbalist român. El a fost unul dintre cei mai buni mijlocași atacanți din Europa, în cursul anilor 1980 și 1990 și este considerat cel mai mare fotbalist român al tuturor timpurilor. Fanii de la Galatasaray îl numeau "comandantul" (Comandantul) și românii îi spuneau "Regele" (Regele). Supranumit "Maradona a Carpaților", el este considerat un erou în țara sa natală. El a câștigat pentru țara sa titlul "Jucătorul anului" de șapte ori și este considerat ca fiind unul dintre cei mai buni jucători de fotbal din secolul XX.

Gheorghe Hagi a investit într-o academie de fotbal (Academia Gheorghe Hagi) unde tinerii fotbaliști talentați se antrenează. Sediul și terenurile de fotbal sunt în orașul Ovidiu, în apropiere de Năvodari.





LITERATURE -POET MIHAI EMINESCU



Mihai Eminescu (n. January 15.01.1850, Botoșani – 15.06.1889) is a Romantic poet, novelist and journalist, often regarded as the most famous and influential Romanian poet. His poetry was first published when he was 16 and he went to Vienna to study when he was 19. His poems span a large range of themes, from nature and love to hate and social commentary. His childhood years were evoked in his later poetry with deep nostalgia.

Eminescu was influenced by the work of Arthur Schopenhauer, and some have suggested that his most notable poem, "Luceafărul", includes elements of Vedic cosmogony. Eminescu's poems have been translated in over 60 languages. His life, work and poetry strongly influenced the Romanian culture and his poems are widely studied in Romanian public schools.

Even today, he is considered the national poet of Romania, Moldova, and of the Romanians who live in the Ukrainian part of Bucovina

Mihai Eminescu (15.02.1850 – 15.06.1889) este un poet romantic, romancier și jurnalist, considerat cel mai influent și celebru poet. Poezia lui a fost prima oară publicată, când el avea 16 ani și a plecat la Viena să studieze când avea 19 ani. În general, munca sa a fost influențată de filozoful german Arthur Schopenhauer.

Poeziile sale cuprind o gamă largă de teme, de la natură și dragoste la ură și comentarii sociale. Anii copilăriei sale au fost evocate în poezia lui de mai târziu cu nostalgie profundă.

Eminescu a fost influențat de lucrările lui Arthur Schopenhauer și unii au sugerat că poemul său cel mai notabil, "Luceafărul", include elemente ale cosmogoniei vedice.



Poeziile lui Eminescu au fost traduse în peste 60 de limbi. Viața, munca și poezia sa au influențat puternic cultura românească și poemele sale sunt larg studiate în școlile publice din România.

Chiar și astăzi, el este considerat poetul național din România, Republica Moldova, precum și a românilor care trăiesc în partea ucraineană a Bucovinei



SCULPTURE-CONSTANTIN BRÂNCUȘI



Constantin Brancusi (19.02.1876, Hobîța, Gorj – 16.03.1957) was a Romanian-born sculptor who made his career in France. Famous Brâncuși works include the Sleeping Muse (1908), The Kiss (1908), Prometheus (1911), Mademoiselle Pogany (1913), The Newborn (1915), The bird in space (1919) and The column of the Infinite (Coloana Infinitului) popularly known as The Endless Column, "Table of Silence", "Gate of the Kiss" (1938). The Târgu Jiu ensemble marks the apex of his artistic career. In his remaining 19 years he created less than 15 pieces, mostly reworking earlier themes, and while his fame grew he withdrew. In 1903 Brancusi traveled to Munich, and from there to Paris. In Paris, he was welcomed by

the community of artists and intellectuals brimming with new ideas. He worked for two years in the workshop of Antonin Mercié of the École des Beaux-Arts, and was invited to enter the workshop of Auguste Rodin. Even though he admired the eminent Rodin he left the Rodin studio after only two months, saying, "Nothing can grow under big trees. Considered the pioneer of Modernism, Brâncuși is called the patriarch of modern sculpture.



Constantin Brâncuși (19.02.1876, Hobîța, Gorj – 6.03.1957) a fost sculptor român, care și-a făcut cariera în Franța. Printre lucrările faimosului Brâncuși sunt incluse "Muza adormită" (1908), "Sărutul" (1908), "Prometeu" (1911), "Domnișoara Pogany" (1913), "Nou-născutul" (1915), "Pasărea în spațiu" (1919) "Coloana infinită" cunoscută sub numele de "Coloana infinitului", "Masa Tacerii", "Poarta Sarutului" (1938).

Ansamblu Târgu Jiu marchează apogeul carierei sale artistice. În ultimii săi 19 ani el a creat mai puțin de 15 de piese, majoritatea prelucrări ale temelor și în timp ce el sa retras faima lui a crescut. În 1903 Brâncuși s-



a deplasat la Munchen, iar de acolo la Paris. La Paris, el a fost primit în comunitatea de artiști și intelectuali, strălucind prin ideile noi. El a lucrat timp de doi ani, în atelierul lui Antonin Mercié la Ecole des Beaux-Arts și a fost invitat să lucreze în atelierul lui Auguste Rodin. Chiar dacă el l-a admira pe eminentul Rodin, el a părăsit atelierul lui Rodin doar după două luni, spunând: "Nimic nu poate crește sub copacii mari".

Considerat pionierul modernismului, Brâncuși este numit "Patriarhul sculpturii moderne".



CLASSICAL MUSIC- GEORGE ENESCU



George Enescu (19 August 1881, Liveni – 4 May 1955, Paris) was a Romanian composer, violinist, pianist, conductor and teacher. His most famous works are "Romanian Rhapsody", "The Lark", "Romanian poem", "Oedipe". He began the violin at four with Nicolas Chioru, a gypsy violinist, and the following year he wrote his first compositions.

In 1888 he entered the Vienna Conservatory where he studied violin with Joseph Grün and Joseph Hellmesberger Jr., chamber music with Joseph Hellmesberger Sr.,

counterpoint, composition and harmony with Robert Fuchs.

His friends are Jacques Thibaud and Fritz Kreisler. A deep and fraternal friendship is woven between the three men, which will last more than half a century. After the end of World War I, George Enescu made major tours as a violinist and conductor; he also taught violin in Paris, where his pupils included Yehudi Menuhin, Arthur Grumiaux, Ivri Gitlis, and Christian Ferras.

George Enescu (n. 19 august 1881, Liveni, județul Dorohoi (interbelic), România - d. 4 mai 1955, Paris, Franța) a fost un compozitor român, violonist, pianist, dirijor și profesor. Lucrările sale cele mai cunoscute sunt "Rapsodia română", "Ciocârlia", "Poema română", "Oedip".

El a început să cânte la vioară la patru ani, cu Nicolas Chioru un violonist țigan, iar în anul următor a scris prima sa compoziție.

Prietenii lui sunt numiți Jacques Thibaud și Fritz Kreisler. O prietenie profundă și fraternă s-a dezvoltat între cei trei bărbați, care a durat mai mult de o jumătate de secol.

În 1912 el a stabilit un premiu anual pentru compozitorii români, care a fost ulterior câștigat de Jora, Enacovici, Golestan, Otescu, și alții. În 1917 George Enescu a fondat prima orchestră filarmonică din Iași.

După sfârșitul primului război mondial, George Enescu a făcut turnee importante ca violonist și dirijor, de asemenea a predat vioara la Paris, unde elevii lui inclus pe Yehudi Menuhin, Arthur Grumiaux, Ivri Gitlis și Christian Ferras





4.2.ITALY

SAN VALENTINO

The ancient protector of Vico del Gargano, until 1618, was San Norberto of Xanten (Germany). His anniversary was June 6th. The story tells that, before the 1600, the cold winter with frosts damaged the citrus harvest. Following repeated frosts, citizens demanded a protector who could be celebrated in winter to protect the crop. Having obtained permission, the delegation went to the catacombs where the busts of the Holy Martyrs were kept.



According to tradition, while the delegates visited the catacombs for the choice of the saint, the head of the delegation inadvertently hit the arm of a statue. He was told that it was Saint Valentine celebrated on February 14th. The head of the delegation felt that he had been chosen by the Saint. From that day, every year, in Vico del Gargano the saint is honored by crowning him with oranges and carrying him in procession throughout the country up to hill overlooking the citrus groves for his blessing.



L'antico protettore di Vico del Gargano, fino al 1618, fu San Norberto di Xanten (Germania). Il suo anniversario era il 6 giugno. La storia racconta che, prima del 1600, il freddo inverno con le gelate danneggiava la raccolta degli agrumi. In seguito a gelate ripetute, gli abitanti di Vico richiesero un protettore che potesse essere celebrato in inverno per proteggere il raccolto.

Ottenuta l'autorizzazione, la delegazione si recò nelle catacombe dove erano custoditi i busti dei Santi Martiri. Secondo la tradizione, mentre i delegati visitavano le catacombe per la scelta del santo, il capo della delegazione colpì inavvertitamente il braccio di una statua. Gli fu detto che era San Valentino che veniva celebrato il 14 febbraio. Il capo della delegazione sentì di essere stato scelto dal Santo.

Da quel giorno, ogni anno, a Vico del Gargano il santo viene onorato incoronandolo con arance e portandolo in processione per tutto il paese fino ad una collina che domina gli agrumeti, per la sua benedizione.



CARNEVALE RODIANO



A carnival parade organized by a group of talented hard worker people who are committed to entertain with songs the most cheerful tradition of Rodi Garganico. Two days of festive revelry, between colored lights and special effects, all behind the carts dancing, laughing and singing, until the arrival in the square for the final performance.

Una
parata

di carnevale organizzata da un gruppo di talentuosi lavoratori che sono incaricati di intrattenere con canzoni la più gioiosa tradizione di Rodi Garganico. Due giorni di festiva baldoria tra luci colorate ed effetti speciali, tutti dietro ai carri ballando, ridendo e cantando, fino all'arrivo in piazza per l'esibizione finale.



CARPINO FOLK FESTIVAL

Carpino Folk Festival is a festival born in 1998. It takes place every August and it is dedicated to popular music and traditional dances such as "tarantella" and "pizziche". One of the most important founders was Antonio Piccininno, who even at the age of 100 years old, was able to gather hundreds of people in the main square and make them dancing all night long.



Il Carpino Folk Festival è un festival dedicato alla musica popolare italiana. Si svolge a Carpino - località del Gargano dalla quale prende il nome - durante la prima decade del mese di agosto. Carpino Folk Festival è un festival nato nel 1998. Si svolge ogni agosto ed è dedicato alla musica e balli tradizionali come le tarantelle e le pizziche. Uno dei più importanti fondatori fu Antonio Piccininno che anche all'età di 100 anni riusciva a far ballare centinaia di persone tutta la notte nella piazza.



THE LEGEND OF URIA / LEGGENDA DI URIA



The lake of Varano is an Apulian lake entirely belonging to the province of Foggia divided between the municipalities of Cagnano Varano, Carpino and Ischitella. The lake of Varano is linked to a legend. The legend says that many years ago, instead of the lake, there was a city called Uria. Here there were violent people with wicked behaviour that unleashed the wrath of God. God, annoyed by their wickedness, poured into the city a flood that destroyed almost everything.

Famous for the fishing for eels and mussels and for the number of waterfowl that live there, such as ducks, herons, flamingos and cormorants, the Varano Lake is a true **haven for local fishermen** which every day with their *sandali* (the typical local boats) animate the silent immobility of the Lake, becoming, even their, part of lacustrine landscapes really fascinating.

Il lago di Varano è un lago pugliese interamente appartenente alla provincia di Foggia, suddiviso tra i comuni di Carpino, Cagnano Varano e Ischitella. Il lago di Varano è legato ad una leggenda. La leggenda dice che molti anni fa, al posto del lago, esisteva una città chiamata "Uria", dove c'erano persone violente con comportamenti malvagi che scatenarono l'ira di Dio. Dio, infastidito dalla loro malvagità, riversò nella città un'alluvione che distrusse quasi tutto.



Famoso per la pesca di anguille e cozze, come anatre, aironi, fenicotteri e cormorani, il Lago di Varano è un vero paradiso per i pescatori locali animare la silenziosa immobilità del lago, diventando, anche loro, parte dei paesaggi lacustri davvero affascinanti.



THE CRAZY MASS/LA MESSA PAZZA

A wide presence of traditional liturgical and paraliturgical chants, linked to the lay confraternities, places Vico del Gargano in a situation of particular interest compared to other Promontory countries, where certain sound realities are becoming extinct or are very rarefied. The particular Mass is called in this way, because of the lack of Eucharistic consecration. It takes place at 15:00 in the afternoon when it is presumed that Jesus died, and is characterized by sounds provoked with benches and chairs that indicate the upheaval of the nature order following the death of Christ.



Un'ampia presenza di canti tradizionali liturgici e paraliturgici, legati alle confraternite laiche, pone Vico del Gargano in una situazione di particolare interesse rispetto ad altri paesi del Promontorio, dove certe realtà sonore si stanno estinguendo o sono molto rarefatte.

Questa particolare Messa è chiamata in questo modo, a causa della mancanza di consacrazione eucaristica. Si svolge alle 15.00 del pomeriggio, quando si presume che Gesù sia morto, ed è caratterizzato da suoni provocati da panchine e sedie che indicano lo sconvolgimento dell'ordine naturale dopo la morte di Cristo.





4.3. BELGIUM

THE MINES IN BELGIUM/ DE MIJNEN



Those are the mines of Genk. they aren't used anymore but in the 20th century, it was a big business. Many people from Italy, turkey and other country's immigrated to Belgium to work at those mines. At the end of 1992, the last mine was shut down and Belgium wasn't anymore a country that mined coal. Today, you can visit these mines in Genk, and can get an experience how they worked with a virtual reality short film.

The reason for Antwerp's significance to the diamond trade is interesting. Before long Antwerp was the commercial hub for the whole of Europe; approximately 40% of world trade passed through the port, including the most valuable trade of all.

Deze mijnen zijn de mijnen van Genk. ze zijn niet meer in gebruik, maar in de 20ste eeuw was het een belangrijk deel van de economie van België. Vele personen van Turkije, Italië en andere landen immigrerden naar België om in deze mijnen te werken. Aan het einde van 1992 sloot de laatste mijn en België was een land dat niet meer aan steenkool ontginning deed. Vandaag zijn deze mijnen toeristische attracties geworden waar je met een virtual reality kortfilm kan zien hoe het ging in zo een mijn.





WINE DOMAIN THILESNA/WIJNDOMEIN THILESNA

If you think about wine, you probably think about the south of France or Spain. But they also produce wine in the picturesque village of Dilsen, more specific in the beautiful winery of Thilesna. This place is about 1,5 hectares big and it is located at the historic centrum of Dilsen. They mainly grow here Pinot Auxerrois, Pinot Gris, Riesling and Pinot Noir. Those grapes are particularly well suited to produce very tasteful and refreshingly wines. But why they gave this winery his original name? This name was given as first by the romans to the former village that we nowadays call Dilsen. The owners of this domain have chosen aware to link a piece of history to their company.



Als je aan wijn denkt, denk je zeker aan het Zuiden van Frankrijk of Spanje. Maar ook in het pittoreske dorpje Dilsen wordt er wijn gemaakt, namelijk op het prachtige wijndomein van Thilesna. Dit domein is ongeveer 1,5 hectare groot en is gelegen aan de oude maas in het historische dorpscentrum in Dilsen.

Ze kweken hier voornamelijk Pinot Auxerrois, Pinot Gris, Riesling en Pinot Noir. Deze druiven zijn uitermate geschikt om verfrissende en smaakvolle wijnen te kunnen produceren.





5. OUR TRADITIONAL FOOD

5.1 ROMANIA

HEALTHY NUTRITION



Every country has its traditional nutrition. Many foods are tasty, but not very healthy. For example, in Romania there is a dish called "sarmale", made of chopped and mixed meat (pork and beef), rolled in small packets in cabbage leaves. This dish is served with cream and polenta or bread. Polenta is another traditional Romanian food, made of corn flour.

Even if this dish is often served on parties and holidays, it isn't a very healthy dish. Meat and cream are very difficult to digest for the human body and he who eats too many "sarmale" feels afterwards heavy, tired and bloated. In general, the Romanians eat a lot of meat and dairy products. This food rich in animal protein produces some health problems: weight gain, both in adults and children, heart problems such as hypertension, liver or gallbladder problems and many others.

There are very healthy food items, which are indicated in daily nutrition. Vegetables, cooked in different ways, simple or combined dishes, soups or salads are the healthiest options. The same are the fruits, which brings lots of vitamins in the body. In Romania there are many vegetables and fruits, in every season of the year.

Many Romanians prefer potatoes and tomatoes, but these are not the healthiest options. Instead carrots, green onion, cabbage or cauliflower represent the best choice for the health of our body.

Pasta is very good when made of whole wheat flour. Together with a vegetable sauce, pasta represents a tasty and nutritional dish. The best meat, which doesn't produce weight gain is the fish.

The worst food component is sugar. This causes a big unbalance of the body and in time, causes a lot of health problems. One can find sugar in soft drinks, in cakes, but also in ketch-up or mayonnaise. One of the bad reaction of the sugar is that is made the body to get old quicker. You could use instead honey or sweet fruits (such as dates, figs).

Healthy nutrition creates a healthy body and a general well-being mood.





CABBAGE LEAF ROLL RECIPE/ SARMALE CU VARZĂ DULCE

Here's my tried and true cabbage rolls recipe that is a must have for every Christmas. First of all, the big difference between Romanian cabbage rolls and others are that we make them with sour cabbage.

Ingredients:

1 large cabbage, 1 3/4 lb/750 g ground meat (mixture of pork and beef is recommended), 4 large onions, 2 tablespoons rice, 1 slice of bread, 3 tablespoons lard, 5-6 tomatoes or 1 tablespoon tomato sauce, salt, pepper, chopped dill, 1 qt/1 l borsh sour cream

Back to Sour cabbage rolls

Grind the meat with the crustless bread slice (previously soaked and squeezed dry) and a raw onion. Place in a bowl and mix with rice, dill, pepper, salt and finely chopped onion slightly fried in two tablespoons of lard.



Ingrediente:

1 varza mare
750 g. carne (porc si vita, de preferinta)
4 cepe mari
2 linguri de orez
1 felie de paine
3 linguri de untura
5-6 rosii sau 1 lingura de sos de tomate
Sare, piper, marar, 1 l bors pentru acrit varza

Mix everything well. Core the cabbage with a sharp thin knife and then blanch it with borsh. Then carefully remove the cabbage leaves, one by one, so that they do not tear. Cut larger leaves in 2 or 3 and then place a little meat in each cabbage piece and roll in. The smaller the rolls are, the tastier they are. Place a layer of rolls in the pot (take a deep one), then cover with a layer of chopped (julienned) cabbage, then a layer of thinly sliced tomatoes. Do this layering until all the rolls are made. The last layer must be tomato slices or add tomato sauce. Add a heaping tablespoon of lard, pour the borsh and let simmer on top of the range for 30 minutes. Then place in the oven so that the liquid is reduced. Serve with sour cream. Vine leaves can be used instead of cabbage leaves.

ENJOY!



SWEET BREAD/ COZONAC

INGREDIENTS

8 cups flour - sifted
7 egg yolks
4 egg whites
1 1/6 cups sugar
1 cup butter
2 tbsp. oil
2 cups milk
50 gr. yeast (2 pkgs)
1 tsp. salt
1 tbsp. rum
some vanilla extract



INGREDIENTE

8 cesti de faina
7 galbenusuri
4 albusuri
1 1/6 cesti de zahar
1ceasca de unt
2 linguri ulei
2 cesti lapte
50 g. drojdie
1 lingurita de sare
1 lingurita de rom
esenta de vanilie

Dissolve the yeast in lukewarm milk (make sure it's not hot) and a little bit of sugar. Separately dissolve 3 tbsp. flour in milk, mixing well so that the mixture is homogeneous. When it's cold enough, mix with the yeast and beat well until it makes big bubbles. Sift some flour on top, cover with a towel and place in a warm place to rise. Meanwhile, mix the yolks, first with a little salt to darken them, then with the powdered sugar. Mix well until they become a frothy cream.

ENJOY!



LETTER PIE/ PLACINTA CU RAVASE

Ingredients:

800 gms flour
400 gms cream
200 mls milk
200 gms butter
500 gms green cheese
4 eggs
grated peel of lemon
vanilla powder
salt
oil and flour for greasing and
sprinkling with the bottom of the
baking tray.

Ingrediente:

500 gr. de faina
400 gr. de smantana
200 ml. de lapte
200 mg. unt
500 mg. branza
4 oua
coaja rasa de lamiae, vanilie
sare
ulei si faina cu care se unge si se tapeteaza tava



Proceed as follows:

Mix the flour with the cream, milk and salt, then knead until you get the dough, which should not be very soft. Roll out one puff pastry and spread it with half of the butter quantity. Fold it and put it in the fridge for about 10 minutes. Take it out of the fridge and do it again, spreading it with the latter half of the butter quantity. Put it again in the fridge for another 10 minutes.

Meanwhile, prepare the stuffing: mix the cheese with beaten eggs, fold in 1-2 tablespoons flour, the grated peel of lemon and vanilla powder. Take the dough out of the fridge and divide it into two equal parts. Roll out one puff pastry on the bottom of the baking tray (previously greased with oil and sprinkled with flour). Spread out the cheese stuffing, sprinkle a little flour from above, and lay in the little letters folded in such a way that each portion should contain a letter. Roll out the remaining dough and lay the other puff pastry on the stuffing. Divide the pie into equal portions and bake it in medium oven. The letters could contain funny messages or advice.

ENJOY!



BEEF SOUP/ CIORBA DE VACUTA

The beef soup is a Romanian dish and is part of the soup category. There are many variants of recipes spread in Romania. For the Romanian cow's soup, several ingredients are taken for similar soups from other countries.

Ciorba de vacuță este un tip de mâncare românească și face parte din categoria ciorbelor. Există multe variante de rețete răspândite în România. Pentru ciorba de vacuță românească se iau mai multe ingrediente ca pentru ciorbe asemănătoare din alte țări.

What you need to serve 4-ish

A lug of olive oil
1 pound beef eye of round steak
Salt and pepper to taste
1 large onion, diced
Half a stick of celery, diced
4 cups water, or use veggie or beef broth for more flavor
1 bunch or more of fresh dill
1 red bell pepper
1 large parsnip
4 large potatoes,
Sour cream to garnish



What to do

1. Heat a lug of olive oil in a soup pot over medium-high heat.
2. Meanwhile, season the beef with salt and pepper to taste. Once the oil is hot, add the beef to the pot, and brown on all sides.
3. Once the beef is browned, reduce the heat to medium, add the diced onion and celery, and cook until they begin to soften.
4. Add the water or broth to the pot, along with half the fresh dill. Scrape the bottom of the pot with a wooden spoon to loosen all the delicious browned bits. Bring it to a boil, then reduce the heat to a simmer, cover and cook until the meat is almost tender – about 1 & 1/2 hours.
5. When the meat is almost tender, add in the bell pepper, parsnip, and potatoes. Continue cooking until the meat is luxuriously tender, and the potatoes and parsnips are cooked through – about another 30 minutes. (BTW – when I made this soup, I added in all the veggies at the beginning.)
6. Taste the soup for salt and pepper, and adjust as desired.
7. Stir in the remaining fresh dill, less a few bits for garnish.
8. Dish up the soup, garnish with a dollop of sour cream and dill, and enjoy!

YUMM!



5.2 ITALY

PASTA PUTTANESCA

Also known as "whore's pasta," the name of this robust pasta dish originated in Naples after the local women of easy virtue. All the ingredients are just as easy to put your hands on, making this a quick and satisfying meal!

Ingredients

3 tablespoons [extra virgin olive oil](#)
1 onion—[finely chopped](#)
2 cloves garlic—[finely chopped](#)
4 [anchovy fillets](#)—chopped
1 small red chili—deseeded and finely chopped
2 teaspoons [capers](#)—rinsed and drained
8 pitted [black olives](#)—quartered
14 oz (420g) canned tomatoes—chopped
½ teaspoon [sea salt](#)
¼ teaspoon freshly ground black pepper
1 tablespoon finely chopped fresh flat-leaf parsley
7 oz (200g) [spaghetti](#)



Ingredienti

3 cucchiari di olio extra vergine di oliva
1 cipolla tritata finemente
2 spicchi d'aglio - tritati finemente
4 filetti di acciughe - tritati
1 piccolo peperoncino rosso - senza semi e tritato finemente
2 cucchiaini di capperi - sciacquati e drenati
8 olive nere snocciolate - in quarti
420 g di pomodori in scatola - tritati
½ cucchiaino di sale marino
¼ di cucchiaino di pepe nero appena macinato
1 cucchiaio di prezzemolo fresco tritato finemente
Spaghetti da 200 g

Heat 2 tablespoons of the oil in a frying pan over a medium heat and cook the onion for 6 minutes, stirring occasionally. ADD the garlic and anchovies and cook for a minute, stirring to break up the anchovies. ADD the chili, capers, olives, tomatoes, salt and pepper, and bring to the boil. REDUCE the heat to medium-low and simmer, uncovered, for 10 minutes, stirring occasionally. WHILE the sauce is simmering, cook the pasta. DRAIN the cooked pasta into a colander and put the sauce in the bottom of the pot. TOP with the hot pasta, parsley and reserved tablespoon of olive oil, and toss together gently to combine.

ENJOY!



ITALIAN RICE SALAD /INSALATA DI ROSSO

Ingredients

- 1 cup long-grain rice—cooked and left to cool (or use leftover rice)
- 2 artichoke hearts (bottled or canned)
- 2 tablespoons pine nuts—lightly toasted
- 2 mushrooms—halved and thinly sliced
- 6 oz (180g) canned light meat tuna in olive oil—drained and broken into chunks
- 1/3 cup peas—cooked and cooled
- 1 large tomato—diced
- 1/4 cup cubed mozzarella cheese
- 1/4 green pepper—diced
- 2 tablespoons finely chopped fresh flat-leaf parsley
- 4 tablespoons extra virgin olive oil
- 1 1/2 tablespoons lemon juice
- 1 clove garlic—finely chopped
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper



Ingredienti

- 1 tazza di riso a grani lunghi - cotto e lasciato raffreddare (o utilizzare il riso rimanente)
- 2 cuori di carciofo (in bottiglia o in scatola)
- 2 cucchiaini di pinoli - leggermente tostiti
- 2 funghi - tagliati a metà e tagliati a fettine sottili
- 180 g di tonno di carne leggero in scatola in olio d'oliva - sgocciolato e spezzettato in pezzi
- 1/3 di tazza di piselli - cotti e raffreddati
- 1 pomodoro grande a dadini
- 1/4 di tazza di mozzarella a cubetti
- 1/4 di peperone verde a dadini
- 2 cucchiaini di prezzemolo fresco tritato finemente
- 4 cucchiaini di olio extra vergine di oliva
- 1 cucchiaio e mezzo di succo di limone
- 1 spicchio d'aglio - tritato finemente
- 1 cucchiaino di sale
- 1/2 cucchiaino di pepe nero appena macinato

Method

MIX together the rice, artichoke hearts, pine nuts, mushrooms, tuna, peas, tomato, cheese, green pepper and parsley in a bowl. MIX together the remaining ingredients in a small bowl until well combined (or shake together in a screw-top jar). POUR the dressing over the rice mixture and mix together gently to thoroughly combine.
Variations: You can vary this salad endlessly—add black or green olives, sun-dried tomatoes, capers or use red peppers instead of green or finely chopped basil instead of parsley. **ENJOY!**



ITALIAN LEMON LIQUEUR

A refreshing lemon flavored liqueur that originated on the Isle of Capri. I first tasted this exquisite liqueur on a trip driving around the Amalfi Coast where lemon trees flourished along the rocky hillsides. It has since become a favorite of mine, and this is the recipe I have been using for years.

Makes bout 4 Cups

The sun helps the infusion of the lemon oil from the peel flavor the alcohol, and I have always made mine this way, but I have seen many other recipes that just left the lemon mixture steeping in a cupboard for anywhere from ten days to three weeks.

6 Ripe Lemons
2 1/2 Cups Vodka
2 1/2 Cups Sugar
2 Cups Water

Wash the lemons well. Carefully remove the peel only, cutting away as much of the white pith as possible. Put the rind in a sterilized glass jar with a lid, and pour the vodka over top. Cover, and place in the sun for 10 days. After 10 days, prepare a sugar syrup with the sugar and water. Bring them to a boil, then simmer for 10 minutes. Set aside to cool. Filter the vodka and lemon peel, by pouring through cheesecloth. Mix with the syrup, and leave for about 10 days to mature. Place in the refrigerator or freezer before serving. This liqueur will keep for months.



ENJOY!

Note: By placing in the freezer, then serving in chilled liqueur glasses, it is a refreshing summer after dinner drink. Try to use organically grown lemons to ensure the best results.



PIZZA MARGHERITA

By using the pizza dough recipe suggested, and cooking the pizza on a grill, you'll be able to recreate the flavor of a pizza cooked on a wood burning stove as they do in Italy.

Makes 4 Individual Pizzas

4 Individual Pizza Dough Balls - Defrosted
Cups Canned Plum Tomatoes
3/4 Cup Fresh Chopped Basil
2 Cup Olive Oil
Tablespoons Minced Garlic
1 1/2 Cups Grated Romano Cheese
1 1/2 Cups Shredded Mozzarella or Fontina Cheese
3 Tablespoons Fresh, Chopped Parsley



Ingredienti

4 palline individuali per pasta per pizza - Scongelate
Plum Tomatoes in scatola
3/4 tazza di basilico tritato fresco
2 tazze di olio d'oliva
Cucchiari Di Aglio Macinato
1 1/2 tazze di formaggio romano grattugiato
1 1/2 tazze di mozzarella grattugiata o fontina
3 cucchiari di prezzemolo fresco tritato

Follow Instructions for Grilled Pizza, removing the pizzas from the grill after grilling 30 seconds on the second side. In a bowl, mix tomatoes, basil, 1/4 cup oil and the garlic. In a separate bowl, mix the two cheeses. Spread some cheese mixture over each pizza, then dollop each with the tomato mixture. Do not spread. Sprinkle each with parsley, place back on the grill. Close the lid and cook just till cheese is melted, about another minute. Serve immediately, using remaining oil to drizzle over top, as desired.

ENJOY!

Tip: I use a bakers peel dusted with cornmeal to easily slip the pizza dough onto the grill, as well as turn it over.



OLIVE OIL/ OLIO D'OLIVA



In October people start to collect the olives in the countryside then, at the end of it, they take all the olives to the oil mill. There, the olives are processed until they become oil. After all this process, some people put the oil in bottles and sell it.

In ottobre, le persone iniziano la raccolta delle olive nella campagna poi, alla fine di essa, loro prendono tutte le olive e le portano ai frantoi. Lì, le olive vengono lavorate fino a diventare olio. Dopo tutto questo processo, alcune persone imbottigliano l'olio e lo vendono.

PEPPERED MUSSELS/PEPATA DI COZZE

Is a typical dish of southern Italy. To make the dish more tasty you need just a little of garlic, oil, tomatoes and pepper. You will be able to prepare a pepper mussels tasty and at the same time rich in all the flavors of our land. The mussels during their cooking in the pan, will release the typical sauce that will allow you to taste the goodness of the sea on which our land overlooks.

La pepata di cozze è un piatto tipico del sud Italia. Per rendere il piatto più gustoso è necessario solo un po' di aglio, olio, pomodori e pepe. Sarai in grado di preparare una cozza piccante e allo stesso tempo ricca di tutti i sapori della nostra terra. Le cozze durante la loro cottura in padella, rilasceranno la salsa tipica che vi permetterà di assaporare la bontà del mare su cui la nostra terra si affaccia.





5.3. BELGIUM

STEW in BELGIUM



Stew (or simmering) is the common name for meat cooked on a low heat for a long time (stewed) to make it tender. During simmering, substances such as collagen and elastin are broken down which keep the meat stiff. Because the structure of beef consists of fibers, it falls apart after the simmering in threads. The meat is usually first seared, and can then be stewed with water, but also with other liquids that have their own taste, such as wine or beer. Often the liquid has to be

replenished occasionally during simmering. Sometimes other ingredients are co-fried with the meat for taste or to tenderize the meat, such as onions, a tomato, bay leaves or cloves.

Stoofvlees (of suddervlees) is de algemene benaming voor vlees dat op laag vuur gedurende lange tijd gegaard is (gestoofd) om het mals te maken. Tijdens het sudderen worden stoffen als collageen en elastine afgebroken die het vlees stug houden. Doordat de structuur van rundvlees uit vezels bestaat, valt het na het sudderen in draden uit elkaar. Het vlees wordt gewoonlijk eerst aangebraden, en kan dan met water gestoofd worden, maar ook met andere vloeistoffen die een eigen smaak hebben, zoals wijn of bier. Vaak moet tijdens het sudderen het vocht af en toe bijgevuld worden. Soms worden er andere ingrediënten met het vlees meegestoofd voor de smaak of om het vlees mals te maken, zoals uien, een tomaat, laurierblaadjes of kruidnagels.

Ingredients:

2 pounds beef **stew** meat,
cut into 1 inch cubes.

3/8 cup all-purpose flour.

1/4 cup butter.

4 onions, diced.

1 2/3 cups water.

1 sprig fresh thyme.

2 bay leaves.

Peel and roughly dice the onions.

Melt a knob of butter and about 1 tbsp of oil in a large (preferably cast-iron) casserole over medium heat. Sauté the onions until soft and just starting to brown. Remove from the casserole and put into a large container.

Add 1 to 2 more tbsp of oil to the casserole. Season the beef and add the meat to the casserole. Brown the beef cubes over medium heat in batches. (About 7 to 8 pieces of meat per batch should do the trick.) Once browned, add each batch to the onions.

ENJOY!



MOULES

Ingredients

- 1.75kg/4lb **mussels**.
- 1 garlic clove, finely chopped.
- 2 shallots, finely chopped.
- 15g/½oz butter.
- a bouquet garni of parsley, thyme and bay leaves.
- 100ml/3½fl oz dry white wine or cider.
- 120ml/4fl oz double cream.
- handful of parsley leaves, coarsely chopped.



Moules fries, also known as Mussels fries, Mussels with French fries, is a popular dish in Belgium and Northern France. It is regarded as the national court of Belgium. The dish consists of mussels cooked in salted water with vegetables (including celery and onion) and a portion of fries. In Belgium, the mussels in the (often black enamelled) mussel pot in which they are prepared are served with the fries next to them. An average of one and a half kilos of mussels is served per person. With the French fries, mayonnaise is also consumed in Belgium.

Moules-frites, ook wel Mosselen friet, Mosselen met friet(en) genoemd, is een populair gerecht in België en Noord-Frankrijk Het wordt als het nationaal gerecht van België beschouwd. Het gerecht bestaat uit mosselen gekookt in gezouten water met groenten (onder andere selder en ajuin) en een portie friet. In België worden de mosselen in de (vaak zwart geëmailleerde) mosselpot waarin ze zijn bereid geserveerd met de frieten ernaast. Per persoon wordt hierbij gemiddeld anderhalve kilo mosselen opgediend. Bij de frieten wordt in België meestal ook mayonaise gegeten.

Method

1. Wash the mussels under plenty of cold, running water. Discard any open ones that won't close when lightly squeezed.
2. Pull out the tough, fibrous beards protruding from between the tightly closed shells and then knock off any barnacles with a large knife. Give the mussels another quick rinse to remove any little pieces of shell.
3. Soften the garlic and shallots in the butter with the bouquet garni, in a large pan big enough to take all the mussels - it should only be half full.
4. Add the mussels and wine or cider, turn up the heat, then cover and steam them open in their own juices for 3-4 minutes. Give the pan a good shake every now and then.
5. Remove the bouquet garni, add the cream and chopped parsley and remove from the heat.
6. Spoon into four large warmed bowls and serve with lots of crusty bread.

ENJOY!



WAFEL

The Brussels waffle is a Belgian dish with international fame. The waffle was strongly promoted as a Belgian product, including at the New York World Fair in 1964 and at Expo 2005 in Japan. Characteristic of the Brussels waffle is its size, the rectangular shape and the deep, large square notches, 15, 20 or 24 per waffle. The waffle also has a very light structure.

The Brussels waffle is eaten hot, sprinkled with powdered sugar, possibly with whipped cream.



De Brusselse wafel is een Belgisch gerecht met internationale bekendheid. De wafel werd sterk gepromoot als Belgisch product, onder andere op de New York World's Fair in 1964 en op Expo 2005 in Japan. Karakteristiek aan de Brusselse wafel is zijn grootte, de rechthoekige vorm en de diepe, grote vierkante inkepingen, 15, 20 of 24 per wafel. De wafel heeft ook een zeer lichte structuur. De Brusselse wafel wordt warm gegeten, bestrooid met poedersuiker, mogelijk met slagroom.

Ingredients:

- 2 1/4 Cups All Purpose Flour.
- 1 Tablespoon Baking Powder.
- 3 Tablespoons Sugar.
- 1/2 Teaspoon Salt.
- 1 Teaspoon Cinnamon.
- 2 Large Eggs Separated.
- 1/2 Cup Vegetable Oil.
- 2 Cups Milk.

In a large bowl, mix together flour, salt, baking powder and sugar; set aside. Preheat waffle iron to desired temperature. In a separate bowl, beat the eggs. Stir in the milk, butter and vanilla. Ladle the batter into a preheated waffle iron. Cook the **waffles** until golden and crisp.

Waffles are a classic breakfast and brunch staple that have become so popular because of their amazing crispy golden exterior with deep pockets for holding syrup and butter!

ENJOY!



6. A FRIENDLY ENVIRONMENT

6.1.ROMANIA

12 YEARS OF ECO-SCHOOL

Guided by love and care for the environment, in December 2006, we enrolled in the ECO-SCHOOL WORLD PROGRAM. We found for the purposes of this program what we wanted, but also a locomotive to which we attach the wagon of our ecological ideals. With small steps but confident in the power your group gives you, we are tenaciously engaged on the difficult road of changing our own mentality and our fellow men. The motto that has guided us all these years and through which we wanted to best express our will is: "Never doubt that a small group of people who think



and are dedicated can change the world. The truth is that it's the only thing that saved the world so far. "Margaret Mead (Anthropologist). They have been 12 years old and we are still on barricades. We do not give up thinking that nature is the most honest teacher of humanity. We try to control it, but we fail, and she continues to teach us really important lessons. EO Wilson, an American biologist, used to say, "Nature has the key to our aesthetic, intellectual, cognitive and even spiritual satisfaction." If it is true, by involving us in saving nature from the problems in which humanity has pushed it, we will find happiness, which we all look for, but we do not know how close we are. We have obtained the Green Flag five times in the years: 2008, 2010, 2012, 2014, 2016. This year we are going to fly for the sixth time the flag



on the frontispiece of our school. The activities carried out during the last two school years 2016/2017 and 2017/2018 were dedicated to the fulfillment of our goal of carrying out waste collection and valorization activities in order to educate the school population in the spirit of recycling, refurbishing and reuse of resources and awareness of the importance a healthy diet to have a healthy life.



12 ANI DE ECO-ȘCOALA

Călăuziți de dragostea și grija pentru mediul înconjurător, în luna decembrie 2006, ne-am înscris în PROGRAMUL MONDIAL ECO-ȘCOALA. Am găsit în scopurile acestui program ceea ce ne doream și noi, dar și o locomotivă la care să atașăm vagonul idealurilor noastre ecologiste. Cu pași mici, dar încrezători în puterea pe care ți-o dă grupul din care faci parte, ne-am angajat, tenace, pe drumul anevoios al schimbării mentalității proprii și a semenilor noștri.

Motto-ul care ne-a călăuzit în toți acești ani și prin care am dorit să exprimăm cât mai bine voința noastră este: „Nu te îndoi niciodată că un grup mic de oameni care gândesc și sunt dedicați pot schimba lumea. Adevărul este că e singurul lucru ce a salvat lumea până acum.” Margaret Mead (Antropolog).



Au trecut de atunci 12 ani și încă suntem pe baricade. Nu renunțăm să credem că natura este cel mai onest învățător al omenirii. Încercăm să o controlăm, însă nu reușim, iar ea continuă să ne învețe lecții cu adevărat importante. E. O. Wilson, cercetător biolog american, obișnuia să spună: „Natura deține cheia satisfacției noastre estetice, intelectuale, cognitive și chiar spirituale.”

Dacă este adevărat, implicându-ne în salvarea naturii de problemele în care omenirea a împins-o ne vom găsi fericirea, pe care cu toții o căutăm, dar nu știm cât de aproape ne este.



Am obținut Steagul Verde de cinci ori, în anii: 2008, 2010, 2012, 2014, 2016. Anul acesta urmează să arborăm pentru a șasea oară steagul pe frontispiciul școlii noastre. Activitățile desfășurate în ultimii doi ani școlari 2016/2017 și 2017/2018 au fost dedicate îndeplinirii scopului nostru, acela de a desfășura activități de colectare și valorificare a deșeurilor în scopul educării populației școlare în spiritul reciclării, recondiționării și refolosirii resurselor și de conștientizare a importanței unei alimentații sănătoase pentru a avea o viață sănătoasă.



6.2 ITALY

THE GARGANO NATIONAL PARK AND NATURALISTIC TOURISM

The National Park today covers a surface area of about 120,000 hectares, taking in 18 municipalities of the province of Foggia and a population of more than 200,000 inhabitants. It guards a sizeable proportion of Italy's plant world representatives: botanists have performed a census on some 2,200 plant species on the Gargano peninsula that, when added to the dozens of recently-discovered new species, go to make up 35% of the Italy's flora.

The Park's botanically most important area is the Umbra Forest, the green heart of Puglia and remnant of the Gargano Peninsula's centuries-old forest. Today it still has 10,000 hectares of luxuriant vegetation and a broad



variety of types of tree and shrub, among the trees, some are many ancient indeed. Among the naturalistic resources of the area, we can mention the Orchids. In fact here we can find more than 85 species belonging to 17 genera. Such a density puts this zone among the highest in Europe and, indeed, the Mediterranean as whole.

Some orchids are common, others rare, others again are to be found here and in few other sites, and are practically endemic, such as the *Epipactis Meridionalis* or the *Ophrys Apulica*. With their stunning range of colours, these special flowers, which adorn our woods and grace our hills and meadows, have always attracted interest and study by botanists from all over the world.

All these natural beauties make the Gargano an important

destination for naturalistic tourism.

The Umbra Forest nature reserve is a protected natural area located within the Gargano National Parks. The name "umbra" derives from the Latin: dark, shady, as it was then, and as in part today, it appears. Since 7 July 2017 it has become part of the UNESCO heritage. La riserva naturale della Foresta Umbra è un'area naturale protetta, situata all'interno dei Parchi Nazionali del Gargano. Il nome "umbra" deriva dal latino: oscuro, ombroso, come era allora, e come in parte oggi, appare. Dal 7 luglio 2017 è diventato parte del patrimonio UNESCO. Located in



the deepest part of the Gargano National Park, the Umbra Forest is one of the last few traces that help us to trace back to when this part of Italy was an island.



The name of the forest comes from the dense vegetation that characterizes this area, that is quite impenetrable even for the sun, that creates a shady environment, almost dark.



The area is divided into 4 parts: the A area, that represents the real core of the forest and that is off limits for visitors: the B area, that is also uncontaminated, but that can be visited, even though people must follow strict rules to be admitted into it; the C area, characterized by free access, even for cars, and the D area, which represent the external ring of the forest and that consist of all the small towns that are part of the Gargano National Park.

The Umbra Forest keeps growing stronger than ever thanks to the special terrain that characterize it: the land is made of substances that derive from the decomposition process that began millions of years ago and that involves organisms such as mushrooms and larva, which eat, among the other things, the wood

La foresta è divisa in 4 zone:

zona A: aree di riproduzione di specie animali selvatiche. È il cuore nascosto della foresta e l'accesso al pubblico è vietato;

zona B: comprende la parte più incontaminata della Foresta Umbra, dove è severamente vietato produrre rumori forti, alzare la voce o comportarsi in nessun modo contro la popolazione di animali;

zona C: in quest'area è vietato l'ingresso ai veicoli a motore anche se il movimento delle persone è consentito;

zona D: è quella di maggiore tolleranza da un punto di vista ambientale e lì possiamo trovare le città che circondano l'area.



The forest is home to many plant and animal species, some of which are rarer than others. Strong and mighty, the beech is the most common tree in the area (unmissable is the Patriarch of the Forest) but the real symbols of the forest are the turkey oak of Vico, a tree that is hundreds of years old that was planted in 1719, and the Zappino Dello Scorzone, a pine that is more than 700 years old. During the year, the undergrowth flourishes with orchids, ferns, violets and cyclamens, and during fall mushrooms are everywhere.



When it comes to animal species, one of the most important ones is the Garganic roe deer, a quite shy animal, that you can see only if you are very lucky, and that can't be found anywhere else in the world. The forest is also populated by badgers, owls, wildcats, and many types of reptiles.



6.3. BELGIUM

LIMBURG



The Belgian province of Limburg has a solid reputation as a cycling paradise. This province offers 2,000 kilometers (1.242 mi) mainly car free cycling routes, enough for days of cycling pleasure through varied landscapes. Cycling in Limburg is possible throughout the whole year.

Limburg is also mainly known as a province of bike routes. Many people in Belgium come to Limburg just to enjoy the nature and bike through beautiful routes through the nature.

Like this route in the picture, which goes through the water, is one of the many assets of our region.



We also explored a little route when you were in Belgium with our bike, but it was just a little in comparison with all the routes.



The bicycle network of numbered junctions in Limburg, which has been copied on a worldwide basis, takes you through the most charming landscapes - from junction to junction.

The rolling hills of Haspengouw with its typical villages, castles and endless orchards.

The flat Maasland where you can cycle along the Maasdijk and take the free bicycle ferries across the border with Holland. The region of "Voeren"



with its steep hills, streams and idyllic autumn scenes.

The Campine with its colorful mix of canals, purple heathland, pine forests, sweeping views and ponds. Limburg is gekend in België als een fietsstreek.

Vele mensen in België komen speciaal naar het Maasland om een fietstocht te doen en van een terrasje te genieten. Daarom besteed onze provincie hier veel aan omdat het een toeristische trekpleister is.

Zoals dit fietspad door het water bijvoorbeeld.

Wanneer de Erasmus leerlingen hier waren hadden we dit ook gedaan maar hebben we maar een kort stukje gefietst in vergelijking met alle fietsroutes.





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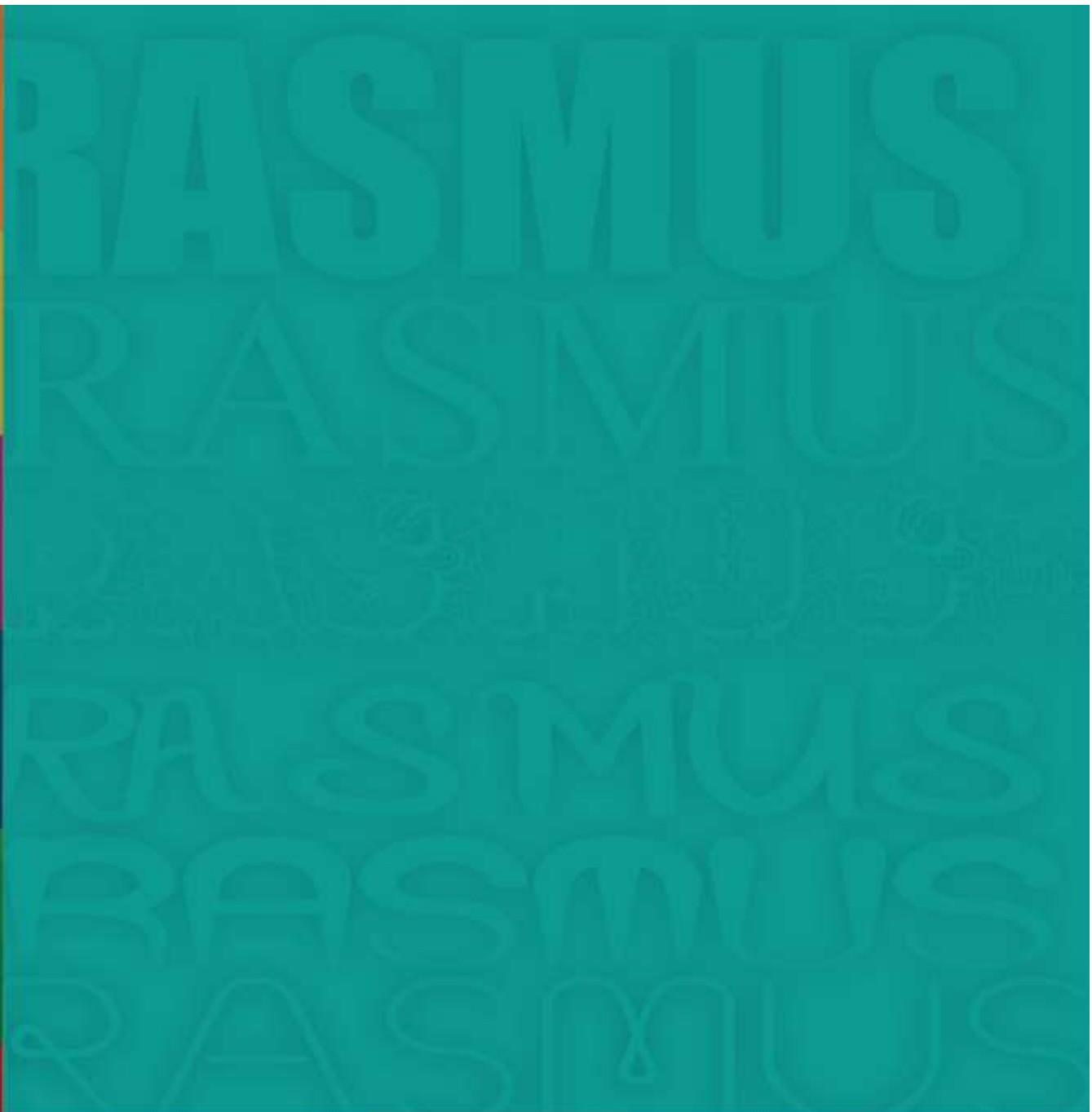
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