



## Extra activities Poland in 04/06/2019

### A trip to the marina.

On June 4th, the Erasmus participants went to the marina for kayaks and SUP's boards. We went to the lake with our teachers who were on a motorboat and instructed us how to use the equipment. Some fell into the water, some learned immediately, but there was a lot of laughter and fun. After a short time, most people learned to swim on boards and exchange kayaks. It is not difficult to just focus and you can swim on the board all day! When everyone was tired and it was time to go back to school. After putting away the equipment, we took pictures together and jumped into the water and swam. We changed clothes, got on the school bus and came back exhausted and happy to school. A few days later, we repeated the exit to the marina and everyone was doing a lot better. Everyone was able to row in a standing position and was not afraid, but there were some waves and it was hard to come ashore. For sure we will go for swimming together many times, because sport teaches being humble and finding the bond in the group.

### Swimming sailing and surfing activities





## Visit to the healthy restaurant "Jak Malina"

Erasmus participants on June 4th 2019, went to lunch at the vegan restaurant "Jak Malina". Everyone chose something for themselves from the menu the day before and when we got there the dishes were ready. You could choose from salads, vegan pizzas, pastas, soups, burgers and pancakes, and a smoothie or delicious raspberry and lemon lemonade. The dishes were quite unusual, because not everybody eats this type of cuisine every day, but it was worth trying something different. Various types of flours and non-standard ingredients were used to compose the dishes. Not everyone liked everything, but we think it was a nice experience. We spent a great time together in a nice atmosphere and an interesting place.

## Visit to a healthy food restaurant

