



# Poland

## Report of the Meeting in Poland

For a week, you had the opportunity to hear Romanian, Italian and French at our school and to see many new faces. What was the reason for this confusion? Let us start at the beginning...

A group of students from our school, under the care of Mrs. Małgorzata Kujawska, are participating in the Erasmus+ international exchange project. The theme of our project is "Moving2Health", so the main theme of our international meetings is to learn how to take care of mental and physical health. For a few months we have been acting dynamically, performing the tasks entrusted to us. We participated in lectures on healthy lifestyle and in meetings with athletes. We also tried to prepare as best as possible for the reception of guests whose arrival was approaching in great steps. We were the first hosts, so stress was an integral part of our preparations. The time passed very quickly, and we welcomed new friends from abroad to our homes. Despite many complications with communication, we tried to catch the best possible contact with all the participants. On the first day, the guests were greeted with a speech delivered by the director Mirosław Żylik. We participated in the first integration game, which gave us a lot of emotion and laughter. We also had the opportunity to taste delicacies, brought from different regions of Europe by our guests. Each day of our meeting required a great deal of commitment from us. We took an active part in health workshops, as well as in the proper creation of posters and advertising spots. During these few days we focused on addictions among young people. We have created posters FOR USERS that can be viewed in the library. Together with our guests, we have also created several advertising spots. We chose the logo, the slogan and the poster of our project and integrated. The last day was the day of the ceremonial farewell. During dinner, our friends from abroad tasted Polish delicacies. There was a karaoke contest in which each country prepared two songs in their native language. Many people remember this day and the whole visit with a smile on their faces. Despite the fact that it was a very exhausting week, everyone benefited from it. We are happy to have met so many interesting people and look forward to seeing them again. The next one, which will be attended by a few students from our school, will take place in Italy!

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