



XUNTA DE GALICIA
CONSELLERÍA DE CULTURA, EDUCACIÓN
E ORDENACIÓN UNIVERSITARIA



IES TERRA DO XALLAS

IES Terra do Xallas

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ERASMUS+, KA229 School Exchange Partnerships

"SOS - Sustain Our Souls"

2018-1-DE03-KA229-047309



Minutes of the 2nd Meeting
"Facing Nature-Deficit Disorder"

Santa Comba, Spain 18-22 February 2019



Saturday 16th and Sunday 17th February 2019

The participants from Germany and Italy arrive on Saturday at the airport of Santiago de Compostela, at 17:00 and at 20:45. On Sunday, the participants from Romania and Poland arrive together at 17:00, and Greece at 20:40, all of them at the airport of Santiago. Families go to the airport to pick up students and take them home. The 1st and 2nd coordinators of the project in Santa Comba also go to the airport to pick up teachers and take them to the hotel "Virxe da Cerca" in the center of Santiago de Compostela.

Monday 18th February 2019

8:50 Welcome reception. The project meeting officially starts in the assembly hall of the IES TERRA DO XALLAS with the bagpipe music of a *gaitero* (a bagpiper), Ángel Mourelle, a student of 2nd course of *Bacharelato*. The participants come into the hall: 33 students from partner countries, 29 host students from Santa Comba, 10 teachers from partner countries, five teachers from Santa Comba, and the youth technician from the Town Council.

At the opening ceremony, conducted by the coordinator of the project in Santa Comba, the headmaster of the IES Terra do Xallas, Mr. Modesto Refojo, officially welcomes the participants. Then, the Mayor of the Council of Santa Comba, Ms. M^a José Pose, also welcomes the participants pointing out the hospitality of our people. After that, a speech is given by the General Coordinator of the Erasmus+ Project from Germany, Mr. Frank Schmidt, a former partner in two Comenius projects. Finally, a speech is given by the Coordinator of the project in IES Terra do Xallas, Ms. Ana Isabel López Novo, giving more specific information about the aims of the project and the activities to be carried out throughout the week.



The project meeting started in the IES Terra do Xallas with the participation of the following school and organization representatives:

Participants	Organization	Country
1. Theodora Falagkara (coord.) 2. Georgios Vlachogiannis 3. Christos Apostolou 4. Evangelos Gkourmpaliotis 5. Evgenios-Vaios Koutsagias 6. Dimitrios Tsiopelakos 7. Dimitrios Tsivikis 8. Dimitrios Zisopoulos	1st EPAL of Trikala	Greece
9. Nicoleta Militaru (coord.) 10. Mariana Stancu 11. Marga-Luana Bărbucianu 12. Ivona Ana-Maria Coman 13. Diana-Maria Ghiță 14. Ioana Bianca Lupu 15. Laurentiu Neghină 16. Florentin Sebastian Ologu-Șutei	Liceum de Arte "Ionel Perlea"	Romania
17. Lukasz Brzeziński (coord.) 18. Marlena Drabik 19. Oliwia Gromadowska 20. Julia Jankowska 21. Aleksandra Paszcza 22. Małgorzata Florkiewicz 23. Jan Ślizewicz 24. Izabela Wolska-Brodzińska	XLII Liceum Ogólnokształcące	Poland
25. Frank Schmidt (coord.) 26. Andreas Hesse 27. Alissa Dittmann 28. Marlene Elbel 29. Ariane Hahn 30. Leonie Jessica Nuss 31. Alicia Offermann 32. Florian Wiederhold 33. Jana Zaljuk	Drei-Burgen-Schule	Germany
34. Angela D'Oria 35. Antonella Sibilio 36. William Antonante 37. Marco Francesco Sgura 38. Martina Amodeo 39. Luca Bongiovanni 40. Lorenzo Tedesco 41. Rossella Caputo 42. Martina Scarcella	IISS "Augusto Righi"	Italy

43. Pasquale Carafa		
44. Ana Isabel López Novo (coord.) 45. María Sol Lorenzo Álvarez (2nd coord.) 46. Modesto Refojo Alvariño (headmaster) 47. Cristina Durán Arufe (deputy headm.) 48. Laura Rodríguez Pereira (math teacher) 49. Iria Antelo Gómez 50. Paula Antelo Lado 51. Nerea Ferreiro Couto 52. Ainhoa González Baña 53. Uxía Pensado Flores 54. Mireia Pérez Marante 55. Andrea Suárez Rey 56. Paula Vila Lois 57. Sara Couto Rieiro 58. Iván García Amarelle 59. Noemí González Pena 60. Patricia Pose Duarte 61. Clara Antelo Facal 62. Laura Baña Barcia 63. Alba Pichel Velo 64. Carla Rodríguez Rial 65. Tania Calvelo Blanco 66. Sara González Antelo 67. Maitena Lois Rieiro 68. Romina Mourelle Álvarez 69. Antía Oreiro Martínez 70. Noemí Jallas Rey 71. Uxía Tasende Blanco 72. Natalia Bahamonde Brenlla 73. Estrela Lois Iglesias 74. Naiara Arijón Rodríguez 75. Kayla Vilariño Pombo 76. Alexia Capelo Duarte 77. Analía Míguez González	IES Terra do Xallas	Spain
78. María Josefa Pose (Ms. Mayor) 79. José Manuel Vázquez (youth technician)	Town Council of Santa Comba	Spain

9:40 All the partners give a presentation or show videos about their schools and their areas in the assembly hall.

10:30 Each participant is given their credentials. Teachers are also given a folder with a map of Galicia, a map of Santiago and several leaflets about Galicia, Santiago de Compostela and the area around Santa Comba.

10:35 Short coffee break. Partners offered gifts in the headmaster's office.

10:50 Tour of our school. All the 43 participants are split up into 3 groups, each group is guided by 3 students from Santa Comba. The students in charge of this activity, monitored by the school counsellor Ms. Mar Fuentes, are: Tania Calvelo, Sara González, Maitena Lois, Romina Mourelle, Antía Oreiro, Uxía Tasende, Natalia Bahamonde, Estrela Lois and Kayla Vilariño. They start a tour around the school, visiting the three buildings, the workshops of Mechanics and Food & Service, the sports hall, playing fields and gardens. The guides show them some classrooms, such as music, art or technology, and they also show an exhibition of rocks in the biology lab, do an experiment in the chemistry lab, and print a 3D logo of our SOS project in the ICT room.



12:00 Activity in nature: **WikiLoc**. All the partner participants, together with 9 students and 3 teachers from Santa Comba, get on the bus to go to the nearby small village of Randufe, our starting point for doing the hiking route by the river Xallas while tracking it on the GPS through the free app WikiLoc. The objective is to map the green area and spot the most important places and elements from an environmental point of view.

Five students, monitored by the Biology teacher Aurora Puentes, are in charge of delivering information: Paula Antelo, Nerea Ferreiro, Noemí Jallas, Alba Pichel and Uxía Tasende. The participants from our 5 partner countries enjoyed the trekking journey for a couple of hours surrounded by nature, and learnt about the common vegetation by the river Xallas in Santa Comba:

- Native species such as oak tree, chestnut tree, pine tree, ash tree, alder and birch.
- Meadows.
- Riparian vegetation.
- Large woody debris.
- Common plants in Galician woodlands, like ferns.
- Hammocks and aquatic plants.
- Invasive species like eucalyptus.

- Negative impacts on nature, such as mines, quarries and hydroelectric power stations.
- Climate change: unusual temperatures in February, too hot for this time of the year.



14:30 Lunch time. Students go with their hosts. Teachers have lunch at school, being served by the students who study the vocational course Food and Service (*FP Básica Cocina e Restauración*). For these students and both teachers, Mr. José Pais and Mr. J. Manuel Oliveira, this is a very complete practice, which gives added value to their continuous work. Students prepare food, serve and speak English. They offered a brochette of octopus with potatoes Galician style (*polbo con cachelos*), the traditional Galician stew (*caldo galego*), veal shank with rice and mushrooms, and for dessert a chestnut tiramisu. All included: bread, Galician red wine and white wine, coffee and the traditional Galician liquors (coffee, herbs and cream).



16:30 Edit the WikiLoc route. In our usual school timetable on Monday afternoon, from 16:30 to 18:10, we use an ICT room for learning how to edit the route. This app allows us to track the route, upload our photos and write about the most important facts from a biological or geological point of view. Saving the route in English allows us to promote Santa Comba at an international level.



18:10 Go home. Students go with their host families. Teachers are transferred to the hotel in Santiago de Compostela by car.

21:00 Teachers' dinner at a traditional restaurant in Santiago de Compostela, in Casa de Xantar O Dezaseis, in a Rúa de San Pedro, 16. Teachers can try several traditional Galician dishes: homemade pie (*empanada caseira*), cold ham (pork's foreleg), tomato salad with tuna and *galmesano* cheese, scrambled eggs with prawns and turnip greens, mussels, *piquillo* peppers stuffed with cod, and meat casserole at Galician traditional style. For dessert, chestnuts with cream and hot chocolate, and cheese cake. Bread, Galician red and white wines, coffee and liquors. Price for person: 25€.

Tuesday 19th February 2019

8:50 Attend lessons. All the 43 participants, students and teachers, join the lessons at IES Terra do Xallas, previously chosen and assigned. The list of available lessons had already been sent by the coordinator of Santa Comba for partners to be able to choose according to their preferences.

9:40 Attend lessons.



Helping in “Restauración” in a Food & Service practical class with the teacher Mr. Manel Oliveira (left).
Applying Thales’ theorem to measure a building in a Maths class with the teacher Ms. Laura Rodríguez (right).

10:30 School break.

10:50 Watch students’ videos with the **interviews to grandparents and parents**. This was the task to be done for the meeting in Santa Comba: students of every partner country had to interview their grandparents and parents using the questionnaire that the students from Santa Comba had elaborated. Selecting the best parts of these interviews, they had to edit a video that shows the progressive loss of contact with nature over the three generations.

12:00 Creation of the **Draw my Life video**. After watching the videos from every country, students create a “Draw my Life” video in transnational groups. Using all the information they have gathered, they must write a good storyline to explain how their grandparents and parents used to spend their free time, comparing to what they do nowadays. The story is to be told while drawing. They are in two classrooms (music and art classrooms) and each group is provided with a board, a black marker, a duster, and a stand for the mobile phone.



13:35 Teachers' meeting. Work meeting in a room next to the classrooms where students are working. Too soon for a review of the project in the 2nd meeting, so only discussion about the programme for the next mobility in Italy that had been previously sent by the coordinator. These are the tasks and decisions made during the 2nd meeting:

Task	Organization in charge	Deadline	Comments
We need all the material in pieces for eTwinning.	All partners	-	-
Task to be done for Italy: <ul style="list-style-type: none"> • research about eating habits in our country/region • bring traditional recipes • relate food to holidays & festivities 	All partners		This could be connected with the section "Special Days" on eTwinning
Send to Italy the names of participants (students and teachers)	All partners	8 th March	
Upload photos and materials	All partners	8 th March	
Declaration of acceptance by grandparents/parents to be filmed and uploaded	All partners		
Use the 3 logos in all the documents	All partners		

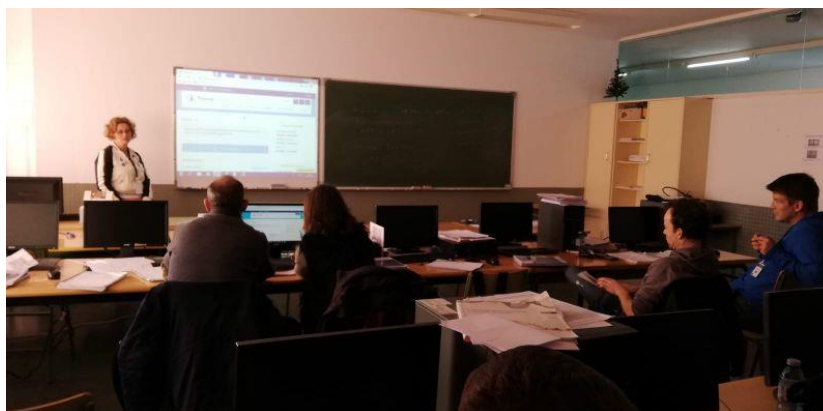
14:30 Lunch time. Students go with host families. Teachers have lunch at school, being served again by the students who study the vocational course Food and Service. They offered a wide range of *pinchos* (pies, canapés, croquettes, ham, cheese), a vegetable cream, hake (a common Galician fish dish) and a variety of desserts typical at Carnival.



16:30 Watching a video in the assembly hall about the interviews with grandparents/parents that could not be seen in the morning.

17:00 Editing the Draw my Life video in an ICT room. Students have to finish with this activity.

17:00 Teachers' meeting for working on eTwinning. The coordinator of Romania, and founder of the eTwinning, Ms. Nicoleta Militaru, shows the digital platform and informs about all the possibilities for working, especially to the new members.



18:15 Students finish the Draw my Life activity. They go home with their hosts. Teachers are taken to Santiago de Compostela.

Free evening.

Wednesday 20th February 2019

8:50 Visit Ézaro and Fisterra by bus.

Ézaro: where the river Xallas flows into the ocean. It is the only river in the continental Europe that flows into an ocean forming a waterfall, tumbling over granite rocks from a height of nearly 100 metres, which makes it a geological jewel. The rock of the Mount Pindo is unique: a variety of red granite. And there is also a unique species of oak that grows on the rock mass of O Pindo, it is a dwarf oak tree (*quercus lusitanica*) that the CSIC (the major state agency of scientific investigation) is preserving *in vitro* because of the serious danger of extinction due to fires. The *Monte Pindo* is believed to be the sacred Olympus of the Celts. Galicia has deep Celtic cultural roots.

11:30 Coffee break in Corcubión. Corcubión is a small fishing village on the way to Fisterra.

12:30 Arrival in Fisterra. "Fisterra" in Galician language and "Finisterre" in Spanish language derive from Latin *finis terrae*, the end of the land. It was believed to be the end of the world by Romans. There are also Land's Ends in Brittany and in Cornwall, as there are many historical connections between Galicia, Brittany, Cornwall and Ireland from pre-Roman times. Geographically, it is another cape at the end of a peninsula where a lighthouse was built in the XIX century, like many others along the coast of Galicia.

However, the cape Fisterra became a landmark of Galicia because of its spiritual and mythological value: its spectacular scenery on the Coast of Death (*Costa da Morte*) marks the end of the Saint James' Way to Santiago.



14:30 Back to school. Students have lunch with host families. Teachers go to Santiago.

Free afternoon and evening.

Thursday 21st February 2019

8:50 Visit Santiago de Compostela by bus. Teachers are already there.

9:45 Arrival in Santiago de Compostela. The old city of Santiago de Compostela is a UNESCO World Heritage Site because it preserves a group of Romanesque, Gothic and Baroque buildings around the tomb of the Apostle St. James inside the cathedral, which became a famous pilgrimage site as a symbol of Christianity. The Saint James' Way preserves the most complete material record of all Christian pilgrimage routes. We walk from the parking La Salle towards the cathedral, passing by Praza de San Roque, stopping to explain at San Martiño Pinario, Casa da Troya, Rúa da Acibechería and Obradoiro's Square. Due to works inside the cathedral, staying inside for long is not allowed, but we could admire the silver urn with the tomb and hug the statue of the Apostle Santiago behind the High Altar. Then, the Praterías Door and the Quintana's Square.



11:45 A coffee break. Around Quintana's square, being able to walk along the arcades of Rúa do Vilar or Rúa Nova.

13:00 Visit to the *Museo do Pobo Galego* (Museum of Galician People), where there is a wide display of all the elements that embrace Galician cultural heritage. It is set in the former Convent of Santo Domingo de Bonaval (17th century) and projects a complete picture of traditional Galician life with major collections devoted to both marine and farm worlds. Other halls host models of traditional villages, houses, all about traditional trades, popular clothing, costumes and musical instruments, architecture and printing sections, as well as some social issues such as emigration or school. From an architectural point of view, it is also spectacular the 13th-century triple spiral staircase. Next to the museum, the Church of Bonaval houses the Pantheon of Illustrious Galicians, and at this time also the temporary exhibition of "*Alba de Gloria*", a speech given by Castelao in Buenos Aires. Castelao is one of the major examples of intellectual figures who struggled for the recognition of Galician culture and Galician language in times of Franco's dictatorship repression.



14:00 Lunch time. Lunch in the shopping centre *As Cancelas*, which is convenient for many reasons: many restaurant choices all together on one floor, including cheap choices, and no risk about weather conditions.

16:15 Free time in the city.

18:15 Going back to Santa Comba. Teachers stay in Santiago.

Free evening.

Friday 22nd February 2019

8:50 Watching the works done during the week in Santa Comba: the Draw my Life videos.

10:00 Presentation of the **business plan** to revitalize the area as an ecotourist destination. Carried out by Ms. M^a Sol Lorenzo, Economy teacher and 2nd Coordinator of the Erasmus+ project in Santa Comba. Exchange of good practices among partners: Romania and Italy also present business plans that students have been working on in their schools for revitalizing their own areas.

Our business idea is to create a café-bar offering light meals, with free toilets and locker rooms in the Xallas riverside, in nature, allowing us to create a meeting point for social, recreational, cultural and sports for all users: young people, adults, and elderly. Our suggestion is to promote, in collaboration with the Town Council, an area of great natural interest, advertising it and making it more accessible and attractive to the public in general, both local and visitors. The joint action between the Council and our company will guarantee the success of the dual objective: creating an attractive eco-tourism destination and amenities for people that want to enjoy themselves and also starting a business that will give temporary work for three people.

Romania also presents the economy students' ideas for Amara, a town by the Lake Amara, at 7 km north of their home city, Slobozia, which offers a spa and a huge park. The students identified the weak elements about this resort and made suggestions in order to improve, including the refurbishment of hotels or the building of tennis, football and basketball pitches.

Italy presents the students' work on the project called "Due Mari" to promote their city, Taranto, as a major tourist destination. They started with the design of a logo that could be the cornerstone of their brand to help customers understand who they are and the place they are located in.



11:00 Leisure activity in nature: **Geocaching-Gymkhana**. *Geocaching* is an outdoor game where participants need to hunt a hidden treasure using a GPS device and the Geocaching App. "Geocach" is the name for the hidden container. There are millions of geocaches in about 200 countries waiting to be discovered.

In our Erasmus+ project, we have done our particular version of the game starting from a completely different point: mobile phones forbidden. With all the technological devices that point out the geographic coordinates, people can't get orientated using their own senses anymore. For this reason, we banned the use of any GPS navigation system. In order to be aware of the world around, we must develop a better sense of cardinal direction.

We have chosen the mining area of Varilongo, next to the quarry, in order to learn about the negative impacts that big mining companies cause in our environment.

Students are divided in transnational groups and each group has to write down their answers in a logbook and follow an itinerary, since all the groups have to go through the same points and do the same challenges, but in a different order. Questions and clues are about the environment, especially trees and rocks, all we have already learnt on the first day during the tour of our school and during the WikiLoc activity. But there are also challenges like singing, drawing or reading a tongue-twister in Spanish just for fun. In every point there are some students who guide, but also judge.

The game is interrupted by an unexpected situation: the blowing-up in the quarry, which forces us to move away from the area for security reasons. After that, we go back to the mine-house of Varilongo to continue with the game.



14:00 Back to school.

14:20 The team in charge of the Geocaching activity deliberate in front of the teachers and decide which group is the winner.



From left to right: Clara Antelo, Antía Oreiro, Carla Rodríguez, Sara González, Maitena Lois, Tania Calvelo, Laura Baña and Romina Mourelle, monitored by the teacher Aurora Puentes.

14:30 Farewell lunch with families in the local community centre of the Town Council. All the participants, together with many of the parents who hosted and the Mayor of Santa Comba, have lunch in the community centre in the town of Santa Comba. At the end of the farewell lunch, the certificates of attendance are given to each team.



17:00 Finish farewell lunch. At the end of the project meeting the invited participants in Santa Comba are asked to fill in an evaluation sheet. The results will be presented in another document.

21:15 Teachers' farewell dinner in Santiago at the restaurant A Horta d'Obradoiro, Rúa das Hortas, 16. Unusual restaurant in a 17th-century building near the cathedral that offers modern cuisine with a profound respect for Galician products and Galician roots. Price for person: 35€.

Saturday 23rd February 2019

Partners' departures from the airport of Lavacolla, Santiago de Compostela, except the Italian team who spent Sunday night at the hotel San Lorenzo, as their flight is on Monday 25th. Romania's flight is at 6:40, Greece and Poland's flight at 9:10, and Germany leaves at 17:00. Parents take the students to the airport and both 1st and 2nd coordinators of Santa Comba take the teachers from the hotel to the airport.

DISSEMINATION OF THE MEETING

Local press:

<https://www.adiantegalicia.es/costa-da-morte/2019/02/18/os-participantes-no-programa-sustain-our-souls-estan-no-concello-de-santa-comba-.html>

The headmaster, Mr. Modesto Refojo, is on the local radio on Monday 18th:
lunslema18022019-naencrucillada-ivoox32651526.mp3

POSTER OF THE MEETING



SANTA COMBA
2nd MEETING
Facing Nature Deficit Disorder
18 - 22 February 2019

SCHOOLS



IES Terra do Xallas



Drei Burgen Schule Felsberg



Liceul de Arte "Ionel Perlea"



IISS "Augusto Righi"



XLII Liceum Ogólnokształcące



1st EPAL of TRIKALA



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