

Erasmus+ CYCLE 2019-22

Project 2019-1-ES01-KA229-064109

The general objective of the project is to value the European cultural heritage and take on responsibility for a better Europe as far as sustainability is concerned. We want to value the importance of water in our lives and the origins of the channels that are all over Europe and on the other hand, to promote the use of the bicycle, along Eurovelo routes, to know the heritage of Europe and as a sustainable way of transport. The participant schools in this project are: **Palencia** (Spain) who coordinates, **Kuopio** (Finland), **Aalst** (Belgium) and **Stancuta** (Romania).

Erasmus teams from Palencia, Kuopio, Stancuta and Aalst.

DATE: JUNE 2022

CYCLE (CYCLE YOUR CHANNELS TO LEARN ABOUT EUROPE) - 2019-2022 - OBJECTIVES:

- to value the European cultural heritage
- to take on responsibility for a better Europe as far as sustainability is concerned
- to value the importance of water in our lives and the origins of the canals that are all over Europe
- to promote the use of the bicycle, along Eurovelo routes and to know the heritage of Europe and as a sustainable way of transport.
- To implement active methodology and the use of ICT.



ETWINNING LABEL

Schools involved in the project:

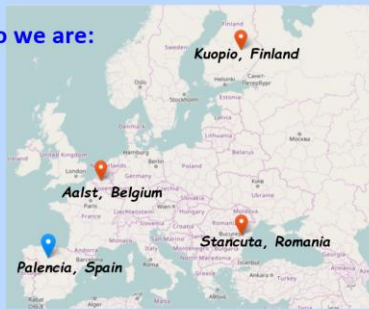


NTRA SRA DE LA PROVIDENCIA- PALENCIA- SPAIN



The schools has 26 teachers and over 350 students from 4 months old to 16 years old. The levels of education are from kindergarden to secondary. A safe learning environment where all students are important is provided. The open communication between parents, students, and teachers is valued and Intellectual curiosity and creative thinking is promoted.

Who we are:



SECONDARY SCHOOL OF STANCUTA-ROMANIA-



It's located in the south-east of Romania, on the left bank of the Danube river. It is a rural school. There are 334 students, from 3-15 years old. The purpose of the school is to prepare students for life and it is based more on the relationship between school - student - family. The school is very active in sports, social projects, environmental issues and other areas that are on the concern of the community.



GO! LYCEUM AALST - BELGIUM

Lyceum Aalst is a school located in the centre of the city. It offers general secondary education to students aged 11-18: economics, modern languages, human sciences, classical languages, science. The school population has 550 students, 50 teachers.

They guide students in becoming European citizens of the future with key competences and values: freedom, embracing cultural diversity, tolerance, non-discrimination combined with building a strong, critical personality.



KUOPIO- FINLAND : Minna Canth School

It's a secondary school in the central area in Kuopio. There are about 620 pupils in grades 7-9, and 25 pupils in grade 10. The school has six music classes and three dance classes. It's essential to widely integrate physical activation of students.

INFO POINTS

These are our info points, with them the project has been present in our schools.



Mobility to Spain

Welcome Event



Romanian team

Belgium group

Finnish mates

Education board

enjoy

Logo contest:

During the mobility to Spain we organized a contest to select a logo to represent our project.



School presentations



Bike ride: Canal de Castilla. We did part of Eurovelo route 1



Burgos



School trips to work on the objectives and enjoy together.



Pozo azul, Covanera



Barruelo, Palencia



Orbaneja del Castillo: water everywhere.



Guided tour around Palencia



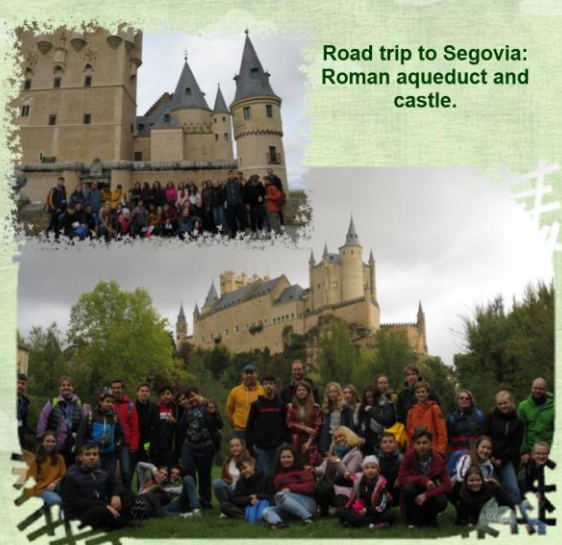
During the mobility to Palencia, Spain we carried out several activities to achieve the goals set in the project.



Locks in the canal.



Reception at the Town Hall in Palencia



Road trip to Segovia: Roman aqueduct and castle.



Project management and dissemination:



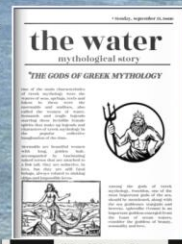
Our project has been publicized through social networks such as: twitter, Instagram, Facebook (#cyclerasmus) and on the different websites of the participating schools.




- In addition to these channels, some activities have also been carried out to promote and give visibility to our project such as:
- Making of brochures distributed among the different schools addressed to families, students and institutions.
 - Newspaper Articles
 - Talk about CYCLE at the Provincial Council of Palencia, in a multiplier event
 - Lectures about Erasmus Projects organized by the Teachers' Center of Palencia.
 - Articles in school magazines

PBL: THE PHILOSOPHY OF WATER

Project teams were formed to develop a project, using problem based learning method - PBL. Our students have worked on different topics related to water: In folk rituals, in religious rituals, water symbols, wisdom of water, sayings and proverbs.



INTERNATIONAL DAY OF WETLANDS



Our students had several talks by a naturalist about flora and fauna in our areas of wetlands, rivers and lakes. They also went to some wetlands, visited museums, created posters and models that depict the area where they live.

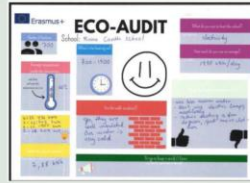


In Primary Education, we have designed our own 3D wetland model. First of all, we discovered what a wetland is, and why they are so important. We introduced the content using some videos about wetlands, types, functions and bio diversity.



ECOAUDITS

We have done our Eco Audit to analyze if our schools are sustainable and to what extent, we will then decide steps to be taken in order to make our schools even more sustainable if possible.



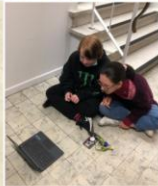
On 9th May is an occasion to celebrate peace and unity in Europe. Each year, the EU institutions in Brussels open their doors to the public for celebrations and activities, in our schools we have celebrated events such as games, cultural events, lectures...



Europe day



Students' and teachers' online meetings help us to share results and coordinate activities.



Speed date:
During quarantine and throughout the pandemic time our students met online to keep our project alive and support each other in this difficult time.



PROMOTING THE USE OF EUROVELO ROUTES

EuroVelo is a network of 17 long distance cycle routes connecting and uniting the whole European continent. In our schools, we have given visibility to the following routes:

- Belgium Eurovelo 5**
- EUROVELO ROUTE in PALENCIA**
- EUROVELO no.6 ROMANIA - The Danube**
- EUROVELO no.6 Atlantic - Black Sea**
- Finland**
- Spain**

WHAT IS EUROVELO?

- It is a network of 17 long distance cycling routes across the whole of Europe.
- Made up of more than 60,000 km.
- Dispersed in 16 different countries of Europe.
- Spanned across all the European Union countries.
- Controlled by national governments.
- This cross-border network is a project created by the European Cyclists' Federation, based in Brussels.

Different lectures and research activities have taken place so that every student is aware of the importance of these European routes.

WORLD WATER DAY

On the 22nd March we did a padlet to reflect on this important date.

In each country students did different activities about World Water Day. We organized some activities and an online meeting between the students of Spain, Finland and Belgium in which they talked about some topics of our project.

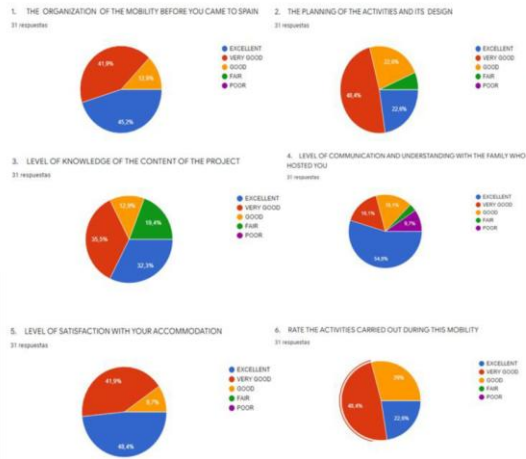
SPRING BIKE RIDES

Every country has promoted the use of the bike among our students. Different activities such as rides and trips have been organized to do so. We have also participated in activities developed by other organizations.



We exchanged letters, cards and sweets to wish Merry Christmas to our friends on the project.

Interim Asesment



VIRTUAL MOBILITY TO BELGIUM



In our virtual mobility to Belgium, we carried out several activities:

- Clean-up activity to raise awareness about the importance of keeping our environment clean.
- Lectures on microplastics or online meetings.

Mobility to FINLAND

May 22nd-28th 2022



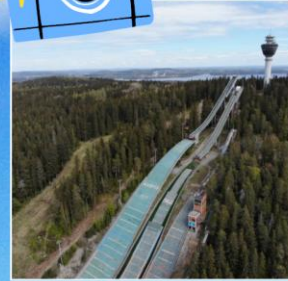
Ready to go !!

School presentations





Dancing lessons and lectures on microplastics



Wetlands and trekking

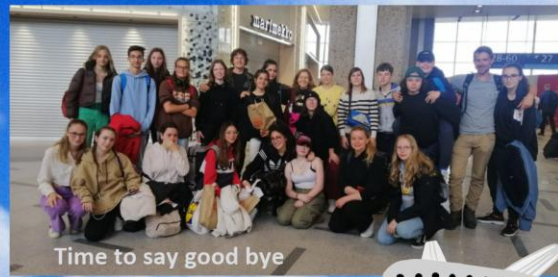


At the church camp: games, culture and sauna





Helsinki: guided tour & Suomalina.



Time to say good bye



And finally our mobility to Finland arrived. Many activities: visits to museums, walks in wetlands and forests, sports, presentations, lectures... but above all many fun moments, exchange of experiences, cultures, new friends...

It has enabled us to become aware of the values of our project and of Europe. THANKS FOR EVERYTHING!!



Virtual mobility to Romania



In June 2022, we carried out our virtual mobility to Romania. We agreed to do several activities, such as videos/photos supporting Ukrainian children, presentations about Eurovelo, or virtual walks through Braiila...

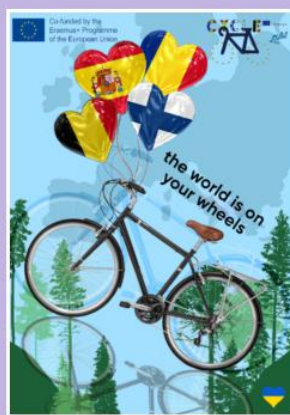


Supporting Ukrainian children

Students' impressions



Results from the satisfaction questionnaires



We want to thank all the students who took part in the different Logo Contests organized during these three years.

