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E-diary of C5 mobility

Wellcome to Capellades, Catalonia (Spain) Waste cut, and how to measure it

Saturday, 29th February, 2020

From Capellades, we eagerly awaited the arrival of all our colleagues from all partner countries. But the advance of the Covid 19 pandemic did not allow the arrival of our friends from Poland and Greece.

The Romanian team arrived on Saturday morning. The students went to the houses of the corresponding families and the teachers made a small tourist route through the area.



In the evening, very late, the Slovakian team arrived.

Sunday, 1st March, 2020

On Sunday the team from Turkey arrived. He was also received by the corresponding families and the teachers were able to stay at the hotel.



Monday, 2nd March, 2020 (reusing day)

This day began the activities in our center, the INS Molí de la Vila, presenting our school with different welcome events.

- Welcome to Capellades. Speeches of the management.
- Short presentation of Spain, Catalonia, Capellades, and Molí de la Vila Secondary School



Languages in historical nationalities



Official spoken languages: Spanish, Catalan, Galician, Euskera and Aranese

Catalunya









Barcelona







CAPELLADES

In Capellades there are more than 5,000 inhabitants. There are 2 nurseries, 2 schools and 2 high schools; only 1 has "batxillerat" (A level).








Dimonis de Capellades


People dresses up as devils with masks dance under fireworks.


Next to the Museum, there is "La bassa". It is a pond , a nature reservoir.



INSTITUT Molí de la Vila



In this school the students do different activities, for example the "triató": we run, ride a bike and swim in "la bassa".



To see all the slides click [here](#)

- Presentation of all the guest teams





- Small representation of Catalan/local folklore



- Small theatrical performance of "Each type of waste in its container"



- Joint song with all the participants from different countries



"Sing for the Climate" / "Do it now" / "Bella ciao" - Italian Subtitles

Do it now - Sing for the climate

We need to wake up (Need to wake up)
 We need to wase up (We need to wase up)
 We need to open our eyes
 And do it now, now, now

 We need to build (We'll build)
 A better future (A better future now)
 And we need to start right now (To start right now)
 We need to build (We'll build)
 A better future (A better future now)
 And we need to start right now

 We're on a planet (On a planet)
 That has a problem (That has a problem)
 We've got to solve it, get involved
 And do it now, now, now

 We need to build (We'll build)
 A better future (A better future now)
 And we need to start right now (To start right now)
 We need to build (We'll build)
 A better future (A better future now)
 And we need to start right now

 We'll make it greener (Make it greener)
 We'll make it cleaner (We'll make it cleaner)
 We'll make it last, make it fast
 And do it now, now, now

 We need to build (We'll build)
 A better future (A better future now)
 And we need to start right now (To start right now)
 We need to build (We'll build)
 A better future (A better future now)
 And we need to start right now

 No point in waiting (No point in waiting)
 Or hesitating (Or hesitating)
 We must get wise, take no more lies
 And do it now, now, now

 We need to build (We'll build)
 A better future (A better future now)
 And we need to start right now (To start right now)
 We need to build (We'll build)
 A better future (A better future now)
 And we need to start right now



<https://www.youtube.com/watch?v=pTPt3h8OBMU>

Afterwards took the Reception of the Mayor of the town of Capellades in the Conference room of the Paper Mill Museum



Then, we did a small introduction to the most necessary phrases in the Catalan language



After that students were divided into different groups, with representatives' members from different countries to work together. They were captained by a Catalan comrade. Each group had the name of a flower Mediterranean

GRUP 1: ROSEMARY:

- Andreea-Ana-Maria Comana
- Simona
- Greta Requena*
- Paula Sabuquillo



Grup 2: DAISY:

- Radu
- Emine Çetiner
- Montserrat Martin*
- Laura Pinyol
- Aurà Lleixa



Grup 3: SUNFLOWERS:

- Gabriel Daniel Berechet
- Lukas
- Aiba Monteagudo
- Beth Bernabéu
- Maria Fernandez*



Grup 4: ROSE:

- Alexa Ioana Fratilda
- Fatma Gül Uysal
- Vinyet Morant
- Ruth Bruna*
- Ariadna Gil



Grup 5:TULIP:

- Daria Franyi
- Beyza Nur Sakir
- Idil Ece Arican
- Milan
- Carla Sangüesa
- Ariadna Diaz*
- Pol Latorre




Grup 6: THYME:

- Trian-Gabriel Mocanu
- Joanna Rafallia Chaireti
- Laila Gil
- Ainhoa Aguirre
- Anna Lopez*




Grup 7: RED POPPY

- Cristina-Daria Piele
- Esther Monteagudo
- Cesar Gallardo*
- Jana Font



Grup 8:BELLFLOWER:

- Daria-Maria Coaje
- Arzu Gencer
- Enna
- Zuzanna Majchrzyk
- Ferran Sidera
- Erisa Oya
- Adrian Ordoz*



With these groups done they began a guided tour of the center and entered some classrooms. It should be noted the presentation that was made in the mathematics classroom of mathematicians from the different partner countries. You can see it [here](#).

Then started making reconnaissance games in the school yard. It was about group dynamics to make new friends.



Then we continued with various activities prepared by our students in order to reuse waste materials or various waste.

- Presentation of the project on waste by first-year students.



- Presentation of the Yard Brigade Project: For a School Free of Aluminium Foil and Film



- Guided visit to the exhibition: "Reusing materials" and activities about it



Propulsion cars made with recycled materials, made by the students of 2nd ESO in the subject of technology
Games (badminton, beach shovels) made with recycled materials made by 4th ESO students in the Culture and Values subject



Exhibition of jewels made with reused materials manufactured by 4th ESO students in the visual and plastic subject

The last activity of this completely morning was “Games of over the world with reused materials”. All the flower teams were able to play with 4 board games known around the world made by 2nd year high school students in the subject of mathematics.

You can see the presentation we made about these games by clicking [here](#)



After this intense morning, we had a good lunch with the families or in the restaurant.

In the afternoon, after a rest, teachers, students and families walked through Capellades or Igualada city guided by Catalans colleagues.

Tuesday, 3rd March, 2020 (recycling day)

During this second day of work the students were able to hear the explanation of the Explanation of the door-to-door waste collection system by the Counsellor who implemented it, Mr. David Sanchez. This is a way of collecting the different fractions of rubbish on separate days in the users' own homes and which has made it possible to increase the correct selective collection.

Then, throughout the morning, students were able to participate in several workshops.

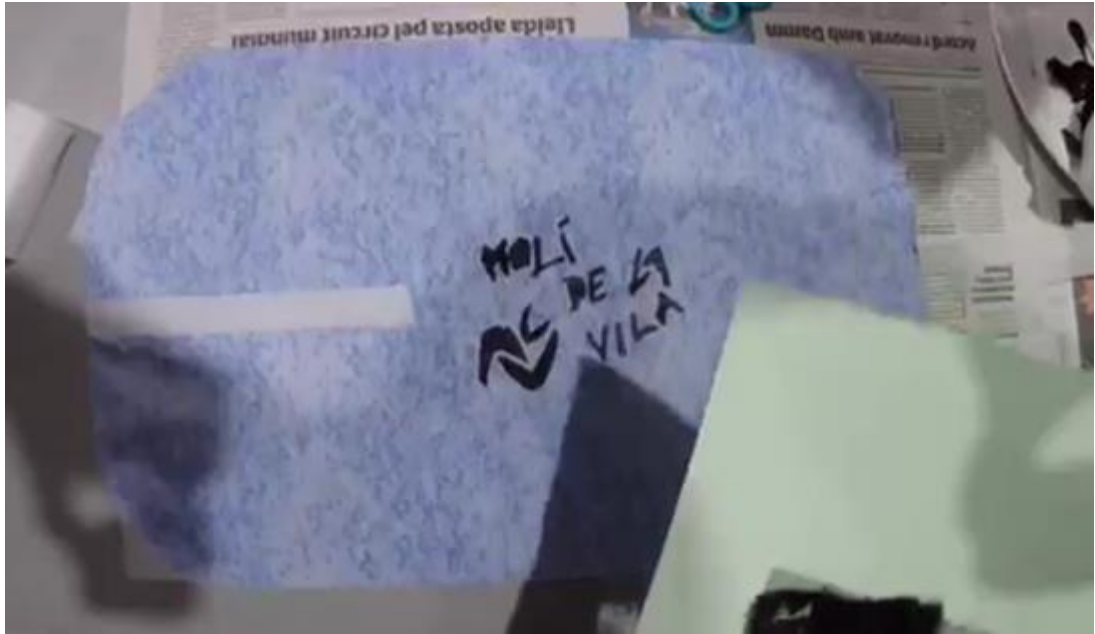
- Workshop 1: Let's do our boc'n'Roll

Boc'n roll is a type of packaging that allows you to bring sandwiches or other foods and replaces aluminum foil or plastic film.

The students, in several sessions, made one themselves.







- Workshop 2: visit to the Paper Mill Museum and make our own recycled paper

In Capellades there is an old paper mill which is now a museum that receives many tourist visits throughout the year. You can see how the whole process of obtaining the paper is done from leftover clothes, paper from different origins, etc. Students were also able to make their own recycled paper.





- Workshop 3: visit to the archaeological Paleolithic site of “L’Abric Romanií”

This was a tourist visit to one of the most interesting points of Capellades, where you can see perfectly preserved remains of tools from the Neardenthals.



After lunch a real "paella" we still had a fourth workshop

- Workshop 4: "Trencadís" workshop (the technique Gaudí used to decorate his buildings, made with recyclable material)

Since the next day the students visited Barcelona and especially went to see works by the architect Antoni Gaudí (the Sagrada Família, Parc Güell), it was interesting to do a workshop on the technique used by this architect to decorate his construction: the "trencadís". The "trencadís" is like a mosaic made of remains of building materials: glass, tiles of different textures and colours, stones, etc. We simulated the "trencadís" with remnants of clothes, felt, plastic, chalk, colors, newspaper, and so on. And artistic results were achieved!

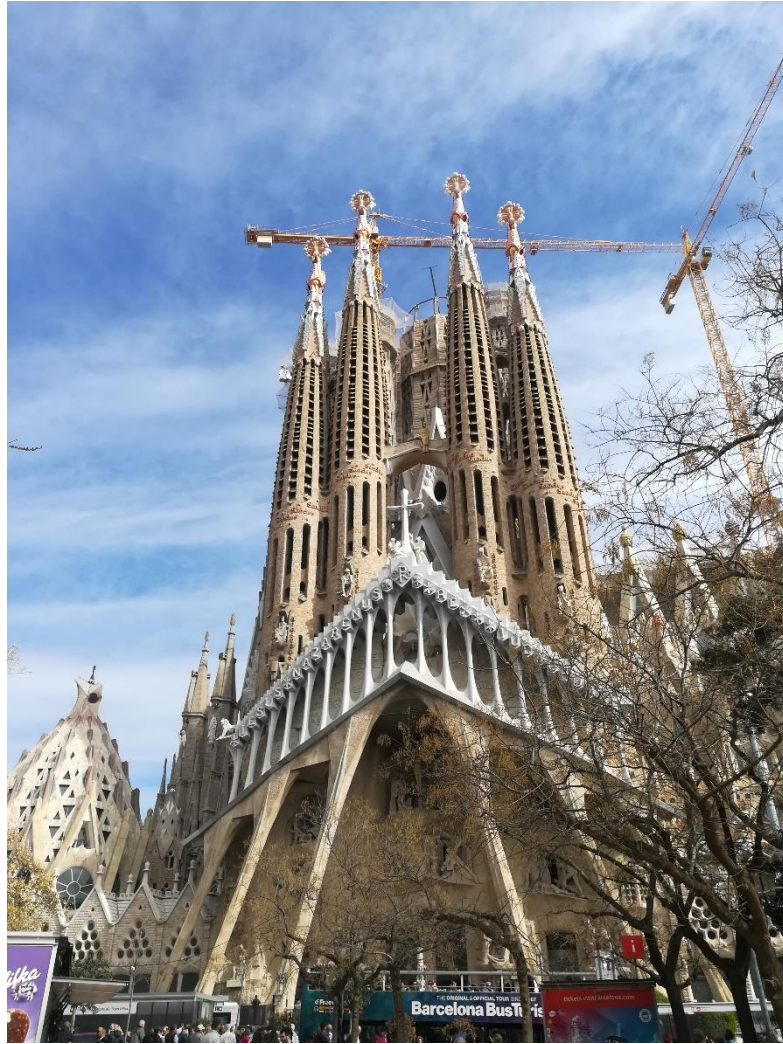


After all this the students returned to their respective homes with the families or to the hotel to rest.

Wednesday, 4th March, 2020 (tourist day)

This was the day to visit Barcelona. Parc Güell, the Sagrada Família, Plaça de Catalunya, Passeig de Gràcia, Ramblas, Cathedral ...





When the group returned from Barcelona we still had a surprise in store for them. It consisted of being able to attend the essay of the human tower group that exist in Igualada: “Els muixigangers”. Some students dared to go up!



After dinner at the same local, teachers and students returned to the hotel and with their families.

Thursday, 5th March, 2020 (reducing day)

We started this day with a guided tour of the city of Igualada visiting the old town, the area where the ancient walls were, the town hall, the Basilica of Sta Maria and the party's house, a small museum where there is all the festive imagery of the city.





Then we went back to Capellades, to high school, and did some virtual activities with e-twinning and simultaneously the teams from Poland and Greece could be connected from their centers in their respective countries.



The activities consisted of:

- Ideas to reduce waste in our institute

How to cut waste at school

Subscribe

- In Poland, we are going to arrange
- special containers for paper waste in each classroom
 - containers outside school to segregate waste
 - conduct lessons related to the topic
 - make posters

Edit • Delete

Jwona Zalewska - Lech - 24.11.2019 @ 19:05

In Catalonia, some of the things we will do will be:

- Finish placing the new boxes for recycled paper in each classroom
- Declare our institute free of aluminum paper and film paper
- Start the yard's brigades, teams of students who will monitor the correct separation of different types of garbage in the yard.
- Do an exhibition of easy crafts to do with reused material

Our first activity will be to make all the institute Christmas decoration with material that is being reused. Do you encourage to do the same? Can we share it through different videos?

Reply • Quote • Edit • Delete

Silvia Escura - 06.12.2019 @ 21:07

Recycling at School

It is important to take our recycling habit into our schools; it is estimated that 80% of what is used at school can be recycled. Providing children and young adults with exposure to the importance of recycling can help to provide all of us with a greener and healthier community.

Our school in on the recycling revolution, here's how:

1. The majority of recyclable material at schools is paper. Every classroom, eating space and office should have plenty of bins available for recycling paper.
2. If there are any school supplies left over at year's end, we donate them to students in need or to a local organization that helps the needy.
3. We have already began a composting program in your school cafeteria to reduce the amount of food waste thrown away. Some cafeterias and even restaurants in Heraklion Crete, Greece can use waste compactors that will reduce how much space kitchen and food waste occupies.
4. There are containers for plastic, paper and metal recycling around the school.
5. Common materials at school including aluminum, paper, cardboard and plastics are very easy for schools to compact into bales that can be hauled away by the recycling company.
6. Every school administration should invest in effective recycling and waste management equipment, including automatic trash compactors that increase the efficiency of waste management in high traffic areas for students.
7. We try to use social fundraisers for the school that promote recycling, such as selling reusable shopping bags.
8. We think about making our school as paperless as possible. Students and teachers can do a lot of their work with email, electronic documents and online rather than printing out many paper copies for students. Staff and administration for the school also should understand how to make minor changes that can make more of the school curriculum paperless.

Reply • Quote • Edit • Delete

Kyriaki Kydonieos - 09.12.2019 @ 20:1

email, electronic documents and online rather than printing out many paper copies for students. Staff and administration for the school also should understand how to make minor changes that can make more of the school curriculum paperless.

Reply Quote Edit Delete Kyriaki Kydonieos - 09.12.2019 @ 20:28

We placed the bins for recycling in the ground and the first floor of our school and it is nice to see our students that they know where to put plastic material or waste and where paper etc.

We also have a container for discharged batteries in entrance hall of our school.

We continue in proenvironmental education and World Largest lesson in this year with the focus on food waste and elimination of our daily waste.

We are working on the poster called "What is on my plate" in these days.

Reply Quote Edit Delete Jana Sudzinová - 22.12.2019 @ 18:31

1. Start a composting program in our school cafeteria to reduce food waste.
2. Create a recycling and waste management team.
3. Educate our students and staff about the recycling and waste reduction program.
4. Let's think paperless. There is much that can be done via e-mail, electronic documents, and online instead of printing paper.
5. Get to know our local recycling facility, what they accept and how materials should be sorted.

Reply Quote Edit Delete Ömer Poyraz - 07.01.2020 @ 18:11

- Padlet of different ways to reduce packaging

🌱 Sara Roca Lopez • 21 • un any

PADLET OF DIFFERENT WAYS TO REDUCE PACKAGING

Little steps make a big difference. TOGETHER WE CARE FOR OUR HOME.

The Padlet board contains the following posts:

- romanian team**: we should take a reusable container to hold our water
- romanian team**: Our school has implemented garbage baskets for each material category
- romanian team**: we can put trash cans with different colours to be easily distinguishable
- ones**: [Image of plastic bottles]
- ones**: [Image of plastic bottles]
- Romanian Team**: we use reusable water bottles.
- Guadalup**: Guadalup
- CATALAN TEAM**: we use bottles of plastic to make new objects.
- CATALANIAN TEAM**: We use back and roll to foil our breakfast.
- Catalonian Team**: We have our own orchard to plant our food.
- spanish team**: [Image of a lifehack video thumbnail]
- spanish team**: Mensajes con BOTELLAS DE PLÁSTICO ... by unComo YouTube
- Catalonian Team**: We don't use aluminum foil because it pollutes the environment
- Marievi,Greece**: Use cups that you can wash instead of plastic ones
- catalonia team**: 1. Drink tap water, don't buy plastic or glass of water bottles every day 2. If you draw, you can use the other side of the page 3. use paper instead of plastic
- hello from the othersideeeee**: Send Holis pistolis please Guadalupppp need your help
- Spain team**: we have to reduce the consume of the plastic
- Spain team**: we have to reduce the consume of aluminum
- catalonia team**: reuse things, utilize they for a differents things, like this example;
- Slovak team**: Simona
- Catalonia Team**: Ariadna César
- CATALONIA TEAM**: We should buy glass water bottles and reuse it
- turkish team**: 1. encourage minimal packing 2. we stretch wrapper for safe packing 3. use the right loose filling .
- Slovak team**: Ema
- Catalonia Team**: For example one project could be if you give oil, plastics, batteries... They change it for sweets!
- Slovak team**: Video about recycling in our school
- Slovak team**: [Image of recycling bins]
- Slovak team**: WE SHOULD PRINT LESS ON PAPER AND SEND THINGS ONLINE SO THAT WASTE IS REDUCED BECAUSE WE DON'T USE THAT MUCH
- Dimitris,Greece**: go to the library to read a newspaper or book.
- Dimitris,Greece**: Use cups that you can wash instead of plastic ones.
- ioanna,Greece**: Recycling saves natural resources.
- stella**: [Image of a video thumbnail]
- Waste, reducing Eco_Spain Erasmus+ Green_Flag video**
- Ria,Greece**: Give gifts and presents to friends in re-usable boxes!
- Ria,Greece**: Wrap your presents and gifts in a cloth bag!
- ioanna,greece**: don't take a plastic bag when you buy something
- stella.greece**: use cups that you can wash instead of plastic ones
- Zuzia, Poland**: 1. If you bring drinks from home, use the same bottle manytimes 2. Do not use plastic bags, buy sandwiches or cakes at school shop wrapped in plastic 3. Don't throw away paper, when you can do something with it like drawing or writing 4. Segregate rubbish and give it to recycling
- Anna, Greece**: All the landfill will soon be full and we will have nowhere to bury our rubbish. So use refillable containers as much as you can.
- Gabrysia, Poland**: 1. Bring school lunch in reusable lunchbox. 2. Use cotton bags instead of plastic bags. 3. Don't throw away "old" things, try to create something with it. 4. Avoid single use items/foods. 5. Buy things in bulk.
- Dominika,Poland**: 1. Buy refillable cosmetics-shampoo, soap. 2. Let's buy as much as we really need. 3. Let's take a shopping bag from home. 4. Let's choose a glass returnable bottle instead of a plastic bottle 5. We pay attention to the expiry dates of products that we buy in stores. 6. Avoid disposable products, for example plastic cutlery for the grill or paper plates.
- Anna, Poland**: 1. Drink tap water, don't buy plastic or glass of water bottles every day 2. when possible, wear/use second-hand items 3. If you draw, you can use the other side of the page 4. use paper instead of plastic 5. Instead of throwing away clothes, give them to the people in need
- Stamatis Greece**: Use re-chargeable batteries instead of new ones

To end the morning we did one last, interesting and very fun workshop: Percussion beats with recycled instruments

For some days, 4th ESO students, have been building timpani of different types with recycled drums from different factories and other recycled materials. Several monitors from a percussion group gave us a master class on rhythms.



In the afternoon we had to improvise an online meeting with the coordinators of Poland and Greece in order to exchange views on how we would follow the project due to the problem posed by the imminent approaching of Covid 19 pandemic.



In the evening, at 19:00, we organized a farewell party. First there was a demonstration of the folklore of the area and then an informal dinner with students, parents and teachers that the parents themselves had prepared.



The giants of Capellades



Percussion group



Capellades's Demons



Capellades's Falcons



Capellades's ball pla with some mixed bigheads



A bit of Sevillian dances, flamenco



Neanderthal's bighead



Great friends

Thursday, 5th March, 2020 (reducing day)

This was the last day of work. And we dedicated it to seeing how nature also reuses materials. We went to visit the mountain of Montserrat, one of the largest and most beloved symbols of Catalonia.

It is not really a mountain. It's a mountainous formation due to the mouth of a very old river. The material that dragged the river was cemented and conglomerate rocks were formed.



We did the workshop called: "Geological formations: an example of reusing natural materials"



Then we could visit the Basilica of Montserrat and listen to "El Virolai" sung by the Escolania of Montserrat, one of the hymns of Catalonia



Back at the institute we made a quick delivery of the certificates of participation and what would be the final all group photo. The flight of the Slovak team took off in a few hours.



Saturday, 6th March, 2020 (departure day)

The Turkish and Romanian teams left on Saturday. Some families accompanied us in their farewell



It was a very intense week but it was a very real experience.

We did not think that after this meeting would come this great pandemic of Covid 19 that has changed the way we teach, the way we relate socially and does not allow us to travel. A great memory that we hope one day we can repeat again.