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E-diary of C1 mobility
From Capellades, Catalonia (Spain) to Kielce, Poland
Teachers meeting
Sunday, 16th December, 2018

On Sunday, December 16, 2018 at 7:30 am, Margarida, headmistress of the Secondary School, Francina, English teacher and Sílvia, Science teacher and Catalan coordinator of this Erasmus+, left Igualada to go to El Prat de Llobregat airport, next to Barcelona, to look for the flight that was to take them to Warsaw. Around 5pm, a van was waiting for us at Warsaw airport to transfer us to Kielce. First time we stepped on snow in Poland. How much excitement!

After arriving in Kielce, we were very kindly received by Iwonna Zalewska, the main coordinator of the Erasmus + project, in a very comfortable hotel. We had dinner and went to sleep early, as the next day, the beginning of a great adventure was awaiting for us.



Monday, 17th December, 2018

On Monday, we started the day after a good breakfast, in which we began to know who our project partners would be.



Then, a bus took us to Iwona's school, in Jaworznia. During the short trip, seeing how people walked through the snow very easily surprised us a lot. After arriving at the School, we were greeted by a large reception in an auditorium decorated with Christmas motifs made by the students themselves. Charming performances and dances, some theatre plays on the problem of lack of sustainability on the planet and the prizes for a handmade Christmas angel contest gave a lot of charm to the presentation ceremony.



Then each team was introduced.




After the ceremony, we had a very welcoming guided tour of the school. A short break at the library with coffee and pastries awaited us. It was the perfect place to take the first steps to get to know everyone a little more.

Then, we entered a classroom where the students explained to us the Polish education system. They also located us geographically and explained the customs, traditions and food of the area.

One of the most Polish traditional dishes is

DUMPLINGS (PIEROGI)

This is one of the most popular dishes in Poland. They are very tasty, but it takes a lot of time to make them done. At the beginning you must do the stuffing. It can be with fruit, meat, mushrooms or cheese. After cooking in boiling water, the dumplings are ready to eat.



Ingredients

For the mushroom and sauerkraut filling

- 50g/2oz dried mushrooms
- 250g/9oz ready-made sauerkraut (available in jars from larger supermarkets)
- 40g/1½oz butter

For the cottage cheese and potato filling

- 250g/9oz floury potatoes, such as Maris Piper, cut into pieces
- 3 tbsp olive oil
- 1 medium onion, finely diced
- 250g/9oz half-fat cottage cheese

For the dumpling dough

- 250g/9oz self-raising flour, plus extra for dusting
- 1 tsp salt
- 1 tbsp vegetable oil
- 150ml/5fl oz warm water

To serve

- 300ml/10½ fl oz soured cream
- small handful fresh dill, to garnish

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Bigos

"Bigos"


Cabbage stew is traditional Polish meal. This dish is prepared from cabbage, meat, mushrooms, onion and garlic and other spices such as Salt, pepper, allspices, bay leaves, juniper. Bigos is often served for the holidays at Christmas and Easter with some rye bread on the side. Every Poland has its traditions connected with bigos.

Cabbage stew is my favorite traditional dish of Poland.



Polish Breaded Pork Cutlets

Breaded and fried pork cutlets, known as *kotlety schabowy* are popular at Polish tables. Boneless center-cut pork chops or pork tenderloin that are pounded thinly can be used. They are often served with boiled and buttered potatoes garnished with caramelized onion and dill or parsley and applesauce on the side. Often, *mizeria* (cucumbers with sour cream) accompany this dish, especially in summer when garden produce is plentiful.



Ingredients

- 4 pork chops (boneless center-cut, or a 1-pound pork tenderloin)
- salt and black pepper to taste
- 2 cups flour (all-purpose)
- 1 large egg (beaten with 1 teaspoon water)
- 2 cups breadcrumbs (or panko crumbs)
- 1 cup shortening (vegetable or canola oil)


Steps to Make It

If using chops, trim off fat and gristle. If using tenderloin, trim off fat, remove silver skin and cut into 4 equal pieces. Pound pork between two pieces of plastic wrap to 1/4-inch thickness. Season both sides with salt and pepper. Dredge cutlets in flour, then egg-water mixture, then breadcrumbs or panko crumbs. Allow cutlets to dry for 10 minutes before frying. Heat shortening or oil to a depth of 1 inch in a large skillet. Fry one at a time by placing cutlets top side down into the pan. Fry 5 to 7 minutes per side until golden. Place on a heatproof plate in a warm oven (about 200 F) covered with foil and repeat with remaining cutlets. Alternatively, use two skillets to speed the process. Serve warm with applesauce, boiled potatoes and a green vegetable like Brussels sprouts if desired.

...tine noodles, often homemade. Rosół is the most comforting food I can think of and is one of the few foods that can truly warm your body and soul. It's a very popular winter soup that's hearty and bursting with flavours. Also, we often cook rosół when people are sick, believing in its healing qualities.

Ingredients

- ½ chicken, bones left in
- ½ kg beef, bones left in
- 2 carrots, halved
- 1 parsley root, halved
- 1 celery, cut into large pieces
- ½ leek, cut into large pieces
- 2 dried mushrooms (optional)
- 1 whole onion, delicately charred on a skillet
- 1 black peppercorn
- 2 dried bay leaves
- cooked angel hair pasta, to serve
- fresh parsley, to serve
- salt and pepper



Steps to Make It

Place the meat in a large soup pot and cover with 2 litres of cold water. Bring water to the boil, skim carefully, then lower the heat and simmer for 1 hour. Next, add the carrot, parsley, celery, leek, mushrooms and onion to the soup, with some salt, peppercorns and bay leaves. Simmer over low heat for an additional hour. Remove meat and vegetables, and season with salt and pepper to taste. Strain if required. Serve with angel hair pasta, chopped carrots and fresh parsley.

Finally, a representative of eco-schools presented us with the green flag and how to obtain it, as well as the methodology of eco-schools. He remembered to us that is one of our main goals.



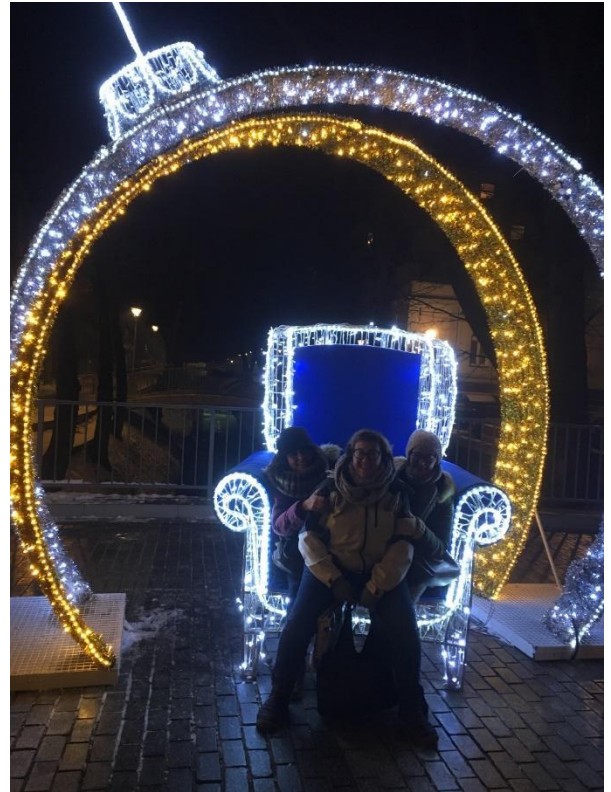
After a good restaurant lunch, we visited Kielce. We were walking through the streets around the Cathedral, the Episcopal Palace, the main square where there was a Christmas market with the typical mulled wine and, finally, a shopping centre.





A great day, on which we began to direct our project, to make friends, and to know the lovely city of Kielce.





Tuesday, 18th December, 2018

Let's start a new day! A good breakfast was shared with our colleagues who were already starting to be family.

Then, we went to Chęciny, where there is the Regional Science and Technology Center, a large center for teaching science and, in particular, environmental education. A place, with a lot of exhibitions, to get ideas for our teachings. The teachers had a great time conducting experiments on the pH of different soils.





Then, we went back to Jaworznia school to meet the members of the eco-committee. They told us about their projects and we listened to a practical open science class mixing Polish and English languages. We also did a workshop to get used to e-twinning.



In the afternoon, the students of the school prepared an endearing performance about the nativity of Jesus.



Next, we were able to enjoy a lovely dinner, with the students' parents, prepared by themselves. We were able to taste typical dishes from there, like the beet soup. The dinner was presided over by the mayor and other city officials. The reception from the community was spectacular.



Wednesday, 19th December, 2018

A new day began to get us used to the cold temperatures in Poland. We went back to the school in order to share the different presentations we had made about our countries, our schools and our ecology projects.

Afterwards, we had a brief meeting of coordinators where we could talk about our project.” Little steps make a big difference. Together, we care for our home “. Then, they had prepared a big surprise for us: a visit to a kindergarten in the middle of nature, an out-of-school education project where students learn some contents or others depending on what nature offers them that day. Then, we made another very interesting visit, the Geoeducation Center. A very large, visual and modern space, where it’s very easy to explain geology and natural history. Very interesting.



In the afternoon, as always after a good lunch, we visited an exhibition of miniature pieces (especially cars).



And we also visited the exhibition “Dialogue of Cultures” at the National Museum. An exciting exhibition, with phrases that make you think about the importance of learning from all cultures and that peace reigns in the world.

Back, a new visit to the Christmas market in the main square of Kielce, with those who were already our companions for a few days.

Thursday, 19th December, 2018

This day started very early as a long journey to Krakow awaited us. A really very amazing city, and especially at this time, dressed in white and all decorated for Christmas. We spent most of the morning visiting the Wawel Castle and the Cathedral. The visit was very interesting, with beautiful places, very rich decorations and stunning views of Krakow.





Again, a typical lunch there, amazing.



In the afternoon, we had free time to walk around the Christmas market area, the old town of Krakow, very elegant and touristy, with lots of souvenirs to choose from.





When returning to Kielce, the sad time for some farewells arrived. Some teams were already leaving. The rest of us enjoyed our last night in Kielce





Thursday, 19th December, 2018

Last day. This was the day to return. Again, the van picked us up from the hotel after saying goodbye to our great host, Iwona. But this time, before going to Warsaw airport, we turned off to the Wieliczka salt mines, a real spectacle, a mixture of natural and man-made saline effects, with the main importance of the great hall with salt lights. A highly recommended visit.



We went back to Warsaw airport and there, we took the flight to Barcelona and back to our homes. We were just about to celebrate Christmas, but with a different vision. We learned about other very interesting cultures, we made some great project friends and we were very eager to continue with this one to help a little to protect the sustainability of our planet.