



Erasmus+

## ERASMUS+ School Exchange Partnership “Get in shape for Europe” (GISE)

### Newsletter No. 4 October 2020

The partnership takes place between September 2018 and August 2021 and involves 5 European schools:

“Stefan Procopiu” High School (Romania, Vaslui) - coordinator  
Foreign Language Secondary School (Bulgaria, Pleven) –partner  
5th General Senior High School of Aigaleo (Greece, Aigaleo) – partner  
The High School of Economics and Gastronomy (Tarnów, Poland)-partner  
I.I.S. E. Majorana-A. Cascino (Piazza Armerina, Enna, Italy)-partner



**ERASMUS+**  
*Changing lives. Opening minds.*

**This newsletter contains information about the local activities organized in the second project year by the European Clubs set up in the partner schools.**

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Erasmus+

<http://lspvs.ro/erasmus-gise/>



# 5th General Senior High School of Aigaleo

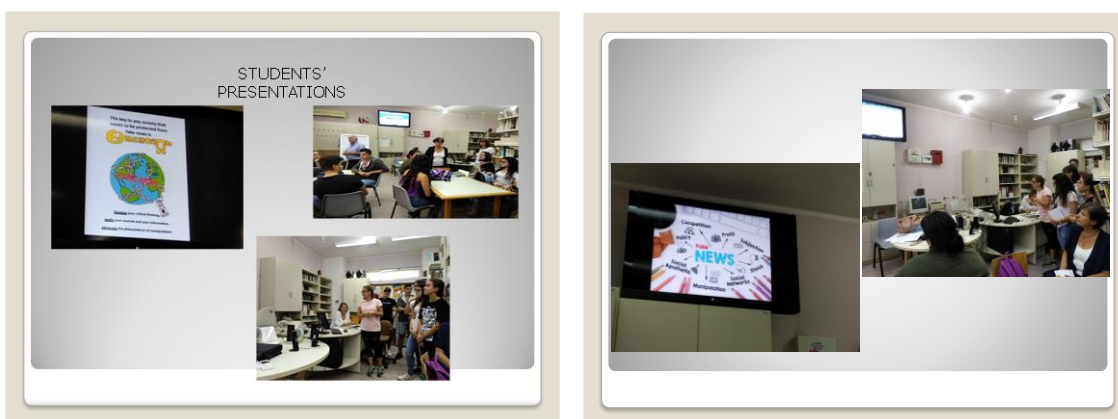
## ACTIVITIES WITH STUDENTS

The activities organized with students of our school in the second year of the project.

### PART A: ACTIVITIES WITH STUDENTS ON FAKE NEWS

**Activity 1:** The students were divided into groups based on their interests and preferences on the topics of the project, as they had completed them in **questionnaires**. In each group, they performed a lot of activities.

**Activity 2:** More specifically, they searched thoroughly on their topics of discussion and then they prepared **powerpoint presentations** on fake news, which they presented to their fellow students in their team as well as the other teams of the Erasmusplus and also, to whole classes.



**Activity 3:** Some teams designed **lessons** on fake news, which they taught in classes.

**Activity 4:** Some others did a **survey** to find out the students' knowledge of the EE and the European institutions. They analysed the findings and presented them to the other teams.



# 5th General Senior High School of Aigaleo

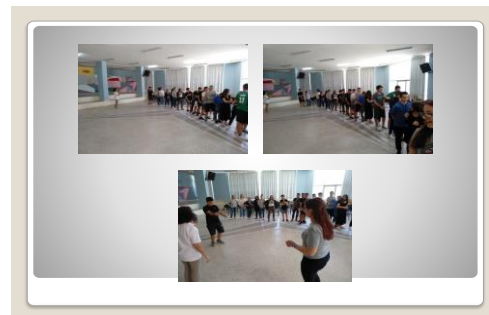


**Activity 6:** They created a questionnaire to see the students' attitude on the issue of disinformation and fake news awareness:

<https://docs.google.com/forms/d/e/1FAIpQLSf-a6xCJJG3fU6yWFyn53II4cuzmGzJHUKxUhl-GZWv2u0QA/viewform>

**Activity 7: Interactive activity: A game on fake news: "spread the news"**

The students took part in an activity to see the effects of disinformation. They were in a row, starting from the last student who performed a movement and the next students had to copy that and present it to the others in the row. Another variation of that was also presented with the students whispering a short sentence to the next student, the outcome of which was very different from the original one.



**Activity 8: The Pythia Game** - Delphi is best known as the home of the famous Oracle, the Pythia, the sibyl, a powerful priestess at the sanctuary dedicated to Apollo, who saw the future of kings and nations. She used to give ambiguous answers to the questions posed. The students played the game posing questions to Pythia and receiving equivocal answers, becoming thus aware of the disinformation and manipulation techniques currently implemented.



<http://lspvs.ro/erasmus-gise/>



# 5th General Senior High School of Aigaleo

So, they prepared all the details to play the “Pythia oracles giving” game in Delphi and the game “Solidarity from the navel of the Earth in Delphi” with all the students of the partner countries during the third transnational teaching and learning activities in Athens in November 2019.



## Activity 9: “Solidarity from the navel of the Earth in Delphi”



**Activity 10:** The students prepared the study visit to the park of Aigaleo for the teachers and fellow students of the partner schools in Athens titled: “Polysemy of the Park of Aigaleo: Space, Time, People”.



## Activity 11:

We had the opportunity to further our collaboration with Mr George Moschos and Ms Matoula Papadimitriou, founding members of Initiative for Article 12 who had made the presentation “*Real or Fake? Disinformation and democracy*” in our school during the third mobility. They started a research on the effects of the coronavirus pandemic in which students from the Greek European club participated in a livestream workshop. *The title was: “What do we believe and how do we feel about online education?”* The objective of this research was to listen to the voices of children so that their rights are respected, even during the coronavirus era.



# 5th General Senior High School of Aigaleo

## PART B: ACTIVITIES WITH STUDENTS ON INCLUSION

### Activity 12:

The members of the pedagogical team of ERASMUS+ of our school participated in a seminar organized by the third Directorate of Secondary education through the Environmental Education, Health Education and Cultural Affairs Officers in collaboration with the British Council to inform School Teachers and Principals of the "Participation Schools" program and educational material.

SUBJECT: Experiential seminar "Inclusive schools: practices of elective education"  
(<https://www.britishcouncil.gr/programmes/education/schools/inclusive-schools>)

The program supports the creation of a school environment where teachers and young people embrace and accept the challenges and benefits of diversity. The "Inclusive Schools" educational program is aimed at thousands of students and young people from Greece and other partner countries, coming from different backgrounds - irrespective of gender, learning needs, socio-economic status, religion and ethnic origin and its aim is to support their integration into the school community



### Activity 13: "ARE WE PUTTING OURSELVES IN THE PLACE OF OTHERS?"

On Wednesday, February 12, the students of the 5th GEL Egaleo who participate in the program "School Ambassadors of the European Parliament, 2019-2020" put themselves in the shoes of the person who faces difficulties due to nationality or disability. The students had to follow simple instructions to perform some actions.

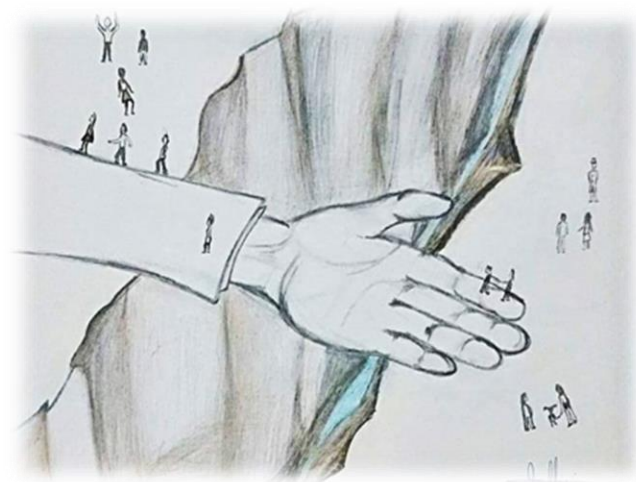
The aim of the action was on the part of the students to realize on the one hand the negative emotions that each kind of exclusion breeds and on the other hand to understand the importance of social cohesion for the Europe of the future. Policies aimed at the school of inclusion are moving to this direction. (The British Council Educational INCLUSIVE SCHOOLS program gave the occasion for the action.)



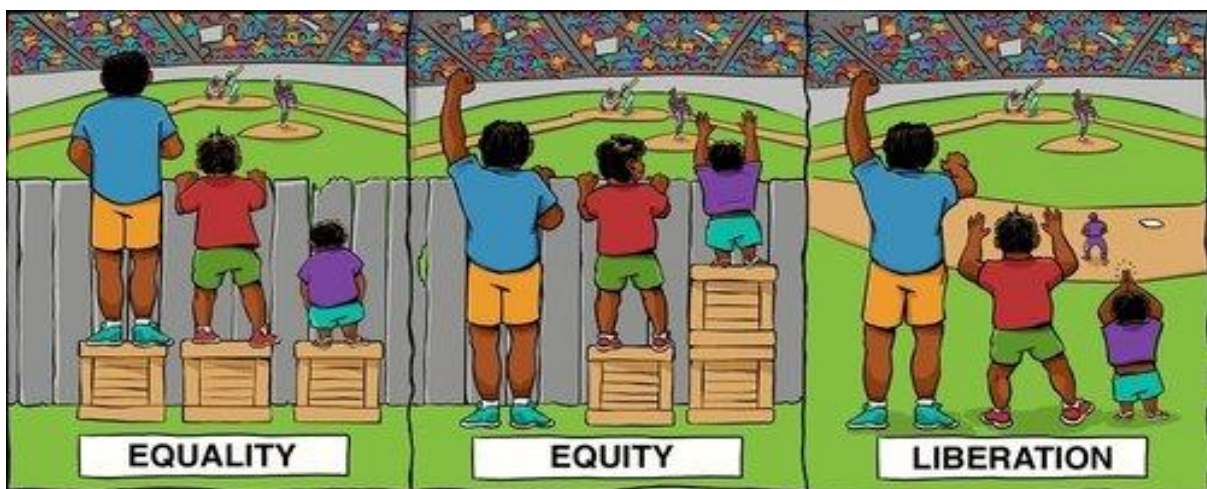
# 5th General Senior High School of Aigaleo



Activity 14: One of our students, **Zoe Milioti**, drew the hand of solidarity after this activity.



Activity 15: AN IMAGE ... A THOUSAND OF THOUGHTS



On Wednesday 4-3-2020 the students of the European Club discussed the issue of exclusion and inclusion on the occasion of the above image. They wondered about equal (or unequal) opportunities, barriers, mutual support, equality, parity, the absence of barriers, freedom ....



# 5th General Senior High School of Aigaleo

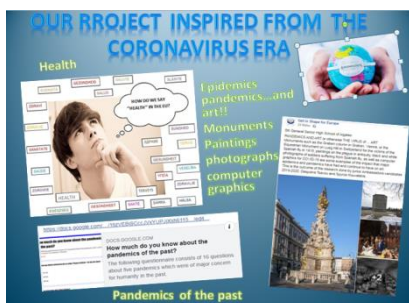
**Activity 16:** Our student Alkyoni Mendrinou took the opportunity to reflect upon this activity and draw a painting entitled: “Drawing the excluded people”, showing the feelings of exclusion in a sarcastic way.



## PART C: ACTIVITIES WITH STUDENTS ON THE PANDEMIC OF CORONAVIRUS

**Activity 17:** During the quarantine period in Greece due to the pandemic, two students of our school, Alkyoni Mendrinou and Anastasia Lekka of the last grade of Senior High School, created a video with the 6 life lessons they have learned from this unprecedented experience they have had!

<https://www.youtube.com/watch?v=CeDHTkui4tk&feature=youtu.be&fbclid=IwAR0eF4-uMmlZ19Scqm2htI-TQC9ZfCoDrzYJH62HuaU8dRt2X1ajcPb7ChY>



**Activity 18:** A project inspired from the coronavirus era was carried out by students of the GISE ERASMUS<sup>+</sup>. The outcomes of that project were a poster on health created by Despoina Tsavou, a quiz on pandemics by Kouvalakis Spyros and an interesting combination of coronavirus and art with reference to monuments, paintings, photographs and computer graphics dedicated to pandemics!

[https://docs.google.com/forms/d/e/1FAIpQLSd8eKPFUIAVi5a7SBtF49H8H37xqfkjYX05p\\_bvAOwvdkcuw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSd8eKPFUIAVi5a7SBtF49H8H37xqfkjYX05p_bvAOwvdkcuw/viewform)

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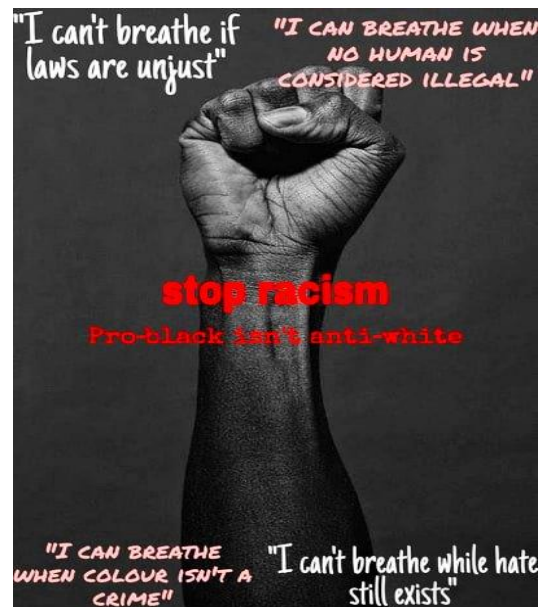
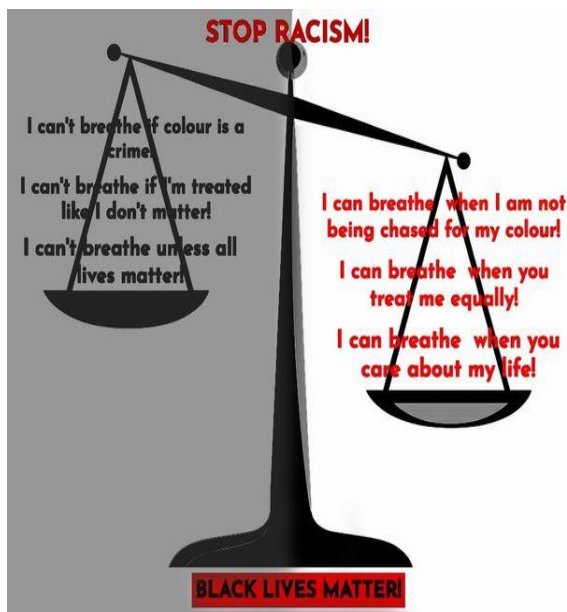
## PART D: ACTIVITIES WITH STUDENTS AGAINST RACISM

### Activity 19: STOP RACISM PROJECT

The current debate on racism are largely focused on the United States with the movement “Black lives matter”, even though racism and hatred also exist in Europe. So, members of the EUROPEAN CLUB of the General 5<sup>th</sup>Senior High School of Aigaleo urge us to constantly fight racism and discrimination, with their posters.



## STOP RACISM





# 5th General Senior High School of Aigaleo

## PART E: ACTIVITIES WITH STUDENTS ON THE BIRTHDAY OF ERASMUS+ PROGRAMME

### Activity 20 A: ERASMUS birthday

On the occasion of its birthday on the 15th June 2020, 33 years after its creation in June 1987, the students of the ERASMUS+ program of the 5th General Senior School of Aigaleo Despoina Tsavou and Marios Kyroglou introduce us to the fathers and mothers of the program with a small online booklet whereas some others produced very interesting posters to celebrate the event.

<http://online.anyflip.com/ypxfg/eyxo/mobile/index.html?fbclid=IwAR11p66qsitAa8IFc0Nzb5hqTih8QgW10mbF0Ilyu0cKwMV829j6mqNvR9A>

### Activity 20 B:

We continue ERASMUS+, GISE: GET IN SHAPE FOR EUROPE, 2018-2021

As it is strongly believed by the students of the 5th Senior High School of Aigaleo that youth mobility will resume after the lifting of restrictive measures due to the pandemic, Nikoletta Rentoula, a student of the second grade of our senior high school, created a flipbook with the measures taken.

[https://flipbookpdf.net/web/site/3bf22b1269ef3b8afed013104dc3a9ffcc2c2e7a202006.pdf.html?fbclid=IwAR2ZeEyaFLf1d12sH157pkvohva\\_gjZ1In5i--di1u0NrSNorKI3MOxMiQQ](https://flipbookpdf.net/web/site/3bf22b1269ef3b8afed013104dc3a9ffcc2c2e7a202006.pdf.html?fbclid=IwAR2ZeEyaFLf1d12sH157pkvohva_gjZ1In5i--di1u0NrSNorKI3MOxMiQQ)



<http://lspvs.ro/erasmus-gise/>



# 5th General Senior High School of Aigaleo



In the framework of the Erasmusplus project "GET IN SHAPE FOR EUROPE" (GISE), the members of the European Club of the 5th General Senior High School of Aigaleo will present the activities on fake news that took place during the 3rd transnational teaching and learning activities in Athens in November 2019, entitled: "Democratic competences in the Digital Era".

This presentation along with the exhibition will occur at the premises of our school on Friday, the 16th October 2020, at 12.00 pm, taking into consideration the Covid19 measures.

<https://www.erasmusdays.eu/event/fake-news/>



<http://lspvs.ro/erasmus-gise/>



## The High School of Economics and Gastronomy (Tarnów, Poland)

### European Day of Languages

On 6<sup>th</sup> September, we celebrated the European Day of Languages. It was announced by the Council of Europe, on the initiative of the European Union, in 2001 during the celebration of the European Year of Languages and its purpose is to highlight the importance of learning foreign languages not only at school, but throughout life.

This event was also intended to emphasize the importance of all the languages that we communicate in Europe. There are over 200 European languages and many more spoken by citizens from other continents. It is an important heritage that proves our identity, which is why in September, the inhabitants of the old continent participate in this celebration by taking part in numerous cultural events.



Members of the European Club operating under the Erasmus+ 'Get in Shape for Europe' project also joined the celebration of the European Day of Languages. They prepared themed posters placed in the main hall of the school, and during English lessons, students prepared presentations on the topic: Why is it worth learning foreign languages.

### International Day of Democracy



On September 16-20<sup>th</sup>, 2019, members of the European Club operating under the Erasmus + 'Get in Shape for Europe' project at our school joined the celebration of the International Day of Democracy. This holiday is celebrated annually on September 15<sup>th</sup>, and was established by the UN General Assembly on November 8<sup>th</sup>, 2007, on the anniversary of the adoption of the Universal Declaration for Democracy.

In the main hall of the school students prepared a presentation on the concept of democracy and its history, democratic values and problems related to democracy. They also conducted a survey on democracy among 60 students of our school. In the central place of the school, a voting box was set up, where all students of our school could throw their ideas that could make our school better, more friendly and democratic.



## The High School of Economics and Gastronomy (Tarnów, Poland)



INTERNATIONAL  
*Day Of Peace*

renunciation of violence.

### International Day of Peace

On September 23rd, members of the European Club joined the celebration of the International Day of Peace. This special holiday was established by the UN General Assembly on September 21st, 1981. The aim of the holiday is to draw the attention of people around the world to the need to respect peace and to encourage all countries to refrain from all acts of hostility, ceasefire and

The celebration of the Day of Peace is a kind of opposition to wars. This is of particular importance in today's troubled world, where we are witnessing armed conflicts and one of the greatest problems facing the world today, which is the problem of the growing wave of refugees.

In our school, the idea of the peaceful coexistence of the nations of the world was commemorated by interesting posters and thematic slogans, which were placed in the main hall of the school. In addition, during English lessons, selected classes discussed world peace or created mind maps about what peace for young people is. During the lunch break, the students could listen and sing along with John Lennon the lyrics of the song 'Imagine'



### "Seven Wonders of Europe"

On 28<sup>th</sup> September 2019 a group of students from the European Club took part in the city game called "Seven Wonders of Europe". It took place in Krakow on the occasion of the European Day of Foreign Languages.



The aim of the game was to present the culture of 6 European countries: Great Britain, Germany, France, Spain, Italy and Austria. The organizers of the game were: the European Commission in Poland and EDJ's Krakow partners - Goethe-Institut Krakau, Istituto Italiano di Cultura di Cracovia, British Council Poland - branch in Krakow, Österreich Institut Krakow, Institut Français de Pologne à Cracovie and the Cervantes Institute in Krakow.



## The High School of Economics and Gastronomy (Tarnów, Poland)

In each cultural institute, 3 tasks related to tourist attractions, local customs and foreign languages awaited the participants. There were also interesting facts about each country, recognizing Spanish ships and sailors, learning the Viennese waltz, talking to a French fashion creator, singing a lullaby, building a German car, photos with the Queen of Great Britain, designing a fashionable outfit and walking on the catwalk. In addition, the group from our school took part in a demonstration lesson of Spanish at the Cervantes Institute. The students also visited the local seat of the European Commission at st. Mary Magdalene, and there they debunked all the euro myths and designed a monument to European Integration using natural materials.



### World Food Day

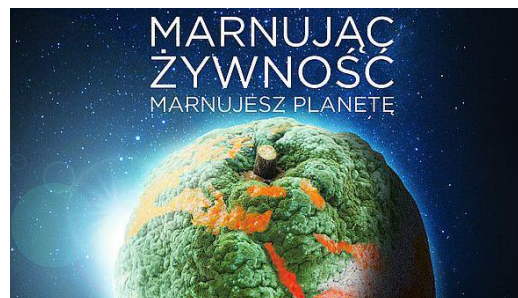
On 16<sup>th</sup> October 1, World Food Day was celebrated. On this occasion, members of the European Club prepared an educational campaign at school under the slogan "Don't waste food".

Its aim was to build respect for food and sensitize our students to the problem of wasting it, as well as to draw the attention of the student community to the problem of hunger, malnutrition and poverty that affect the poorest parts of the world.



## The High School of Economics and Gastronomy (Tarnów, Poland)

In the main hall of the school there was a presentation that showed the scale of the phenomenon of hunger and malnutrition in Poland and in the world, their main causes, as well as ways to prevent these phenomena and simple advice on how to reasonably manage food so as not to waste it.



### Getting to know Greece



On 24<sup>th</sup> October 2019, a multimedia presentation about Greece, its luxuries, culture and traditions was organized at our school. It was prepared especially for the students of the European Club who were to take part in the transnational meeting in Athens. During the 45-minute presentation, members of the European Club had the opportunity to learn about Greek culture, art, history and traditions. There was also information about Greek customs, delicacies, national symbols, the most important monuments and famous personalities.

### National Olympiad of Knowledge about the European Union

On 25<sup>th</sup> October 2019, 20 students took part in the National Olympiad of Knowledge about the European Union called "Star Circle". It was organized by the European Commission Representation in Poland, the European Parliament Office in Poland and the European Information Network Europe Direct in Poland. Students had to write a test and answer 50 questions about the EU and the EP.



**Transnational project meeting in Athens, Greece** - 4-8th November 2019, 8 students and 4 teachers took part in the transnational project meeting in Athens, Greece



# The High School of Economics and Gastronomy (Tarnów, Poland)

## International Children's Rights Day

On 20<sup>th</sup> November 2019, members of the European Club joined the celebration of the International Children's Rights Day. They prepared an information campaign in the main hall of the school on children's rights included in the Convention on the Rights of the Child.

## Inauguration of EPAS program

On 22<sup>nd</sup> November 2019 the inaugural meeting for Junior Ambassadors of the EPAS program (European Parliament Ambassador School) was held at our school. The meeting was hosted by Senior Ambassadors of the program—Ms M. Krzemińska, Ms M. Borszowska and Ms J. Erazmus. They presented the Junior Ambassadors the assumptions of the EPAS program, a work plan and tasks that will be undertaken in the near future.



## 'Students' voice matters'

In November 2019 the 'DEMOCRACY event' called 'Students voice matters' was organized by the students from European Club and EPAS. It was aimed at collecting the voices and ideas of young people on how to improve the school to make it more democratic and student-friendly. In the main hall of the school there was a special box where students could put their ideas.

The students jointly reviewed and counted all the votes, discussed the students' proposals, and presented the best ones to the headmaster during a special meeting. The headmaster promised to get acquainted with the ideas for improving the school and discuss the possible proposals at the next meeting with the students.



# The High School of Economics and Gastronomy (Tarnów, Poland)

## Euroscola contest

On 13<sup>th</sup> December 2019, students took part in the first part of the next edition of the European Union knowledge contest called Euroscola, organized by the European Parliament Information Office in Poland. The main prize in the competition was a grant for a visit to the seat of the European Parliament in Strasbourg.



The competition tested the participants' knowledge about the European Union, and the students had to jointly solve the EU knowledge quiz, consisting of 30 randomly selected questions of varying difficulty. The students answered all the questions and received the maximum number of points, which guaranteed them the transition to the second part of the contest.



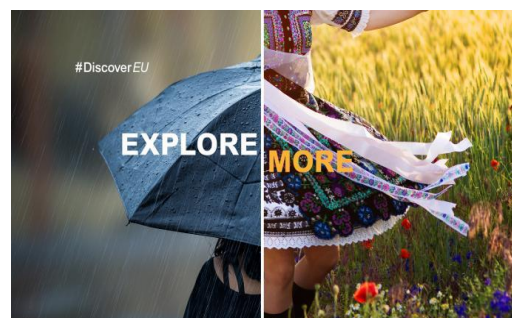
## "An eco-friendly school"

In January 2020, additional pro-ecological activities for students from the European Club took place. They were organized in connection with the announcement of the European Green Deal plan by the European Commission. There were classes in ecology, energy and waste management.

The students collected ideas together and made the film "An eco-friendly school", a number of articles on the above-mentioned topic were made available on social media.

## Discover EU competition

In January 2020, 5 students took part in the Discover EU competition. Discover EU is an EU initiative that aims to encourage young people to cross borders, travel and discover Europe - literally and figuratively, to visit other European countries, learn about their cultures and ... share their impressions with their peers from other countries. EU officials hope that such an experience will strengthen young people's sense of unity and contribute to a sense of belonging to a European community. Originators also want to promote educational mobility, solidarity and pro-civic attitudes.





## The High School of Economics and Gastronomy (Tarnów, Poland)

The winners of the competition received a ticket that allowed them to travel by train free of charge in all European Union countries - individually or in groups, for a maximum of one month in the period from April to October 2020. The competition was aimed at people who are 18 years old - in many cases it was their first independently planned and traveled trip.

### European Information Center

At the end of February, a stationary European Information Center was opened in our school. It was prepared by students from the European Club and Junior Ambassadors of the EPAS program together with Ms M. Krzemińska.

In the main hall of the school, brochures, maps, folders, leaflets and books related to the activities of the European community were displayed. We have received the materials from the Office of the European Parliament in Warsaw and they were available at the point for free for all students, teachers and parents.



In May, an online (virtual) European Info Center was created - on the school's home page - with downloadable materials and links to websites and films about the EU and EP. The Virtual European Info Center offers downloads and links to interesting websites about the EU and the EP.

### Europe Day

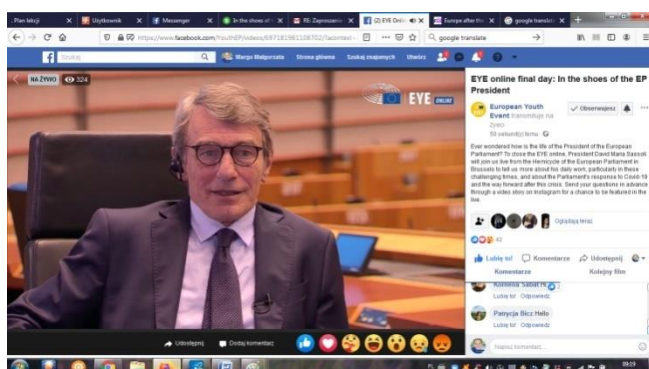
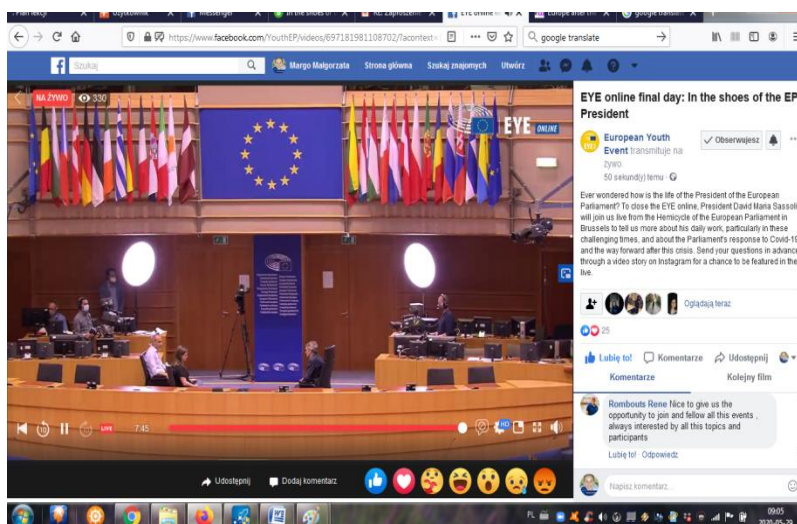
In May 2020 students from the European Club celebrated Europe Day, which falls on May 9. This year, due to the coronavirus pandemic, the celebration moved online.

On the occasion of the European Day celebration, the students prepared a quiz on the European Union and a series of presentations on European issues, including: Institutions in the EU, Elected Polish MEPs for the 2019-2024 term, European Union symbols and the most beautiful monuments of



# The High School of Economics and Gastronomy (Tarnów, Poland)

Europe, as well as European sports clubs. In addition, senior ambassadors conducted special lessons on the European Parliament and the EU. The biggest attraction was the opportunity to ask questions and take part in the online live broadcast with the President of the European Parliament, Mr David Maria Sassoli at the European Youth Meeting (EYE) online. Mr Sasoli was talking about his working day and the actions of the European Parliament in response to the epidemic crisis.



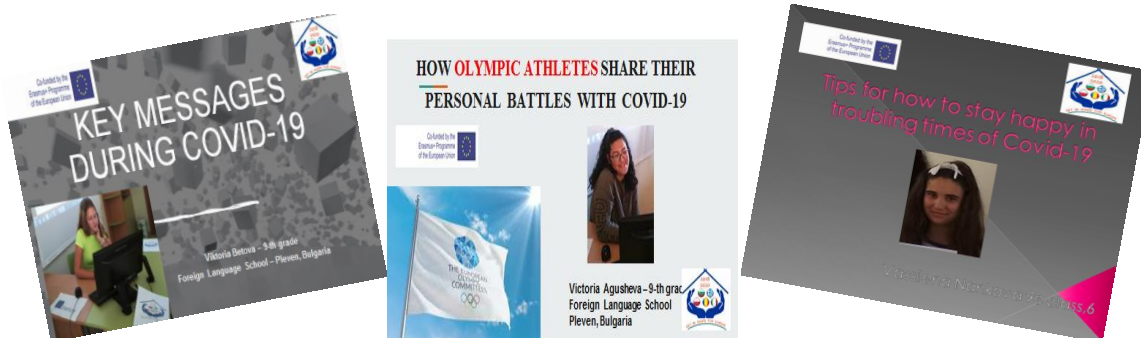
## Foreign Language Secondary School (Bulgaria, Pleven)

**Activity 1-Students from 12-th grade and teachers - members of the club „Europe”** from FLS made and **presented to their classmates** the presentation: “Freedom of expression and hate speech in the digital age”- Freedom of expression refers to the ability of an individual or group of individuals to express their beliefs, thoughts, ideas, and emotions about different issues free from government censorship.

The First Amendment of the U.S. Constitution protects the rights of individuals to freedom of religion, speech, press, petition, and assembly. Some scholars group several of those freedoms under the general term “freedom of expression.” The students explained why it is so important to defend our right of freedom of expression and to have access to it, article 10 Of European Convention of Human Rights, what hate speech is, types, how to detect, ways to prevent.



**Activity 2–Students from Foreign Language School** launched an international campaign to overcome stress in the fight against the coronavirus - **#ResponsibleToghether** in cooperation with the EU office in Bulgaria - **#EuropeAgainstCovid-19**.



They explored and found out information, which they summarized in presentations on the following topics: „10 positive messages to all children in the world in the time of COVID-19”, „Communication with empathy during COVID-19”, „Uplifting our world through volunteering in the time of COVID-19”, „How Olympic athletes share their personal battles with COVID-19”, „Solidarity and hope – the response against the COVID-19”, ”Key messages during COVID-19”, „United in Europe vs COVID-19”, „Messages of hopes to other people during COVID-19”, „Uplifting our world through love in the time of COVID-19”.



# Foreign Language Secondary School (Bulgaria, Pleven)



We announced this initiative through the Program for Schools of Ambassadors of the European Union, through the Office of the European Union in Bulgaria with the hashtag #EuropeAgainstCovid19, through the e-Twinning platform and Facebook pages of international projects, school website, through social networks and media, which we called on other students and teachers to be involved in order to enrich it with new ideas and works.



**Activity 3-"Bank for European Shared Empathy"**. Concerning COVID-19 situation our students created videos with messages to young people, posters, pictures, wrote essays in which they shared that more than ever there is a need for unity, for reaching out to each other, for believing that by going through these difficulties we will become stronger and better.



# Foreign Language Secondary School (Bulgaria, Pleven)



**Activity 4-Students from 9-th grade and teachers - members of the club "Europe"** from FLS started new initiative **"Europe in our hearts"** and they **presented virtually** to their classmates the presentations **"We believe in Europe"**, **"European culture"**, **"9-th May – Europe day"**, **"Structures of the EU"**, **"What is Europe for me?"**, **"European Union Member States"**, **"How do people celebrate European day?"**, **"Young people in Europe"**, **"EU and labour market"**, **"European investment funds"**, **"My Europe"**, **"13 years Bulgaria in Europe"**, **"The Symbols of the EU"** and then discussed with students in a virtual classroom.



This initiative was announced through the Program for Schools of Ambassadors of the European Union, through the Office of the European Union in Bulgaria, through the e-Twinning platform and Facebook pages of international projects, school website, through social networks and media.



# Foreign Language Secondary School (Bulgaria, Pleven)



**Activity 5-Students and teachers-members of the club “Europe”** from FLS create presentations, videos and write messages concerning European Union, European structures and their meaning and people’s behavior during COVID-19 and presented them to their classmates and to students and teachers from another school in Pleven – Valeri Petrov Secondary School.



**Activity 6–Awards for junior and senior ambassadors from Foreign Language School – Pleven, Bulgaria from the EU office in Bulgaria as a school European ambassador**

For the active and meaningful activity of the junior and senior ambassadors at Foreign Language School – Pleven, Bulgaria a letter of thanks was sent to the Principal of the high school by Mr. Teodor Stoychev, head of the Bureau of the European Parliament in Bulgaria, with certificates for active participation, in-depth research and successful performed functions of junior ambassadors were awarded 20 students and 1 teacher.



**Activity 7 – European Day of Languages in Foreign Language School – Pleven, Bulgaria**

On September 26, 2019, Foreign Language School - Pleven celebrated the European Day of Languages. The information from the presentations and posters presented by the students was extremely important for everyone, namely: at the initiative of the Council of Europe based in Strasbourg, since 2001 the European Day of Languages is celebrated annually on 26 September. Represented by the 47 member states of the Council of Europe, 800 million Europeans are encouraged to learn more languages both in and out of school.



## Foreign Language Secondary School (Bulgaria, Pleven)



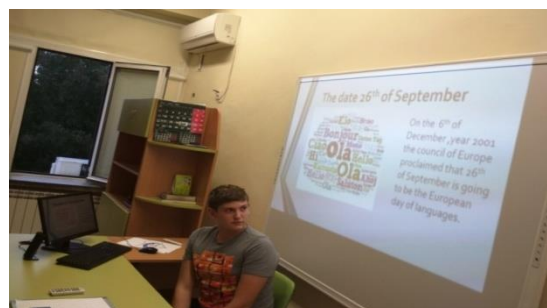
This day is celebrated officially for the first time in 2002. It has a few objectives:

- to encourage people in European Union to learn languages
- to celebrate the diversity of languages within Europe understanding
- to promote intercultural understanding



The Council of Europe encourages the continent's multilingualism with the conviction that linguistic diversity is a means of achieving better intercultural understanding and a key element of Europe's rich cultural heritage. It is extremely important for the students from the Foreign

Language School – Pleven, Bulgaria to be encouraged in learning and promoting foreign languages throughout life in and out of school, whether for educational purposes, for professional needs, for mobility or exchange, as well as to improve intercultural understanding and communication in Europe.



### Activity 8 – European Erasmus Days in Foreign Language School – Pleven, Bulgaria

From 10 to 12 October 2019, the European Commission is organizing the Erasmus Days initiative to celebrate the huge positive impact of the Erasmus + Program, simultaneously in all countries around the world eligible to participate in the Program. The initiative is under the patronage of the President of the European Parliament, Antonio Tajani, and the European Commissioner for Education, Culture, Youth and Sport, Tibor Navracic.

The aim of the event is to present European values, the benefits of educational mobility, the positive impact of project results and the importance of the Erasmus + Program within these pre-determined days, so that they are visible and accessible to citizens, businesses, media and those responsible for the formation of policies in the field. Students from the Foreign Language School – Pleven, Bulgaria, participated in this European initiative by organizing information boards and holding classes in which students were introduced to the results and impact of the implementation of projects under the Erasmus + program, in which the school has a prestigious experience and rich contribution.



## Foreign Language Secondary School (Bulgaria, Pleven)



### Activity 9 - A team from Foreign Language School – Pleven, Bulgaria participates in the annual national meeting of NABEC

From October 31 to November 2, 2019 in the hotel "RIU Pravets Resort" was held an annual meeting of the National Association of Bulgarian European Clubs - NABEC on "What kind of Europe do we believe in?". NABEC is a network of European school clubs in Bulgaria, where participants have the opportunity to learn more about Europe and integration processes. Also to make contacts and exchanges, as well as to participate in joint projects of European clubs and to enrich their activities in schools.



29 schools from all over the country, 64 students and 37 teachers took part in this spectacular event. Profiled high school with foreign language teaching - Pleven is a member of this European organization, carrying out its activities through the club "Europe". The school was represented by the students: Mirela Yolova - 12th grade, Teodor Dimitrov - 12th grade, Veselin Nanov - 11th grade, led by Mrs. Greta Dimova - Deputy Principal of the school. On November 1, the forum was officially opened with a video address by the European Commissioner Maria Gabriel and Tomislav Donchev - Deputy Prime Minister and welcomed by Mr. Lyudmil Valkov - Representation of the European Commission in Bulgaria, by Dr. Kaloyan

Metodiev, political scientist, Head of the Cabinet of the President of the Republic of Bulgaria. Part of the agenda of the event was the presentation by each school club of a product on the topic "What kind of Europe do we believe in?" The team of Foreign Language School - Pleven presented brilliantly with the one-of-a-kind essay-appeal and visual electronic support, with which they continue their participation in an international forum, because of the style and class shown.





## Foreign Language Secondary School (Bulgaria, Pleven)

The rapid rise of the performance of the alumni of Foreign Language School - Pleven entitled "Sport unites Europe" continued in the "Evening of Talents", where Mirela Yolova - 12th grade and Teodor Dimitrov 12th grade, world and European champions in karate, demonstrated fighting techniques as a means of self-improvement, self-defense and as a sport.

Greta Dimova, Deputy Principal for Academic Affairs and Project Coordinator for KA2, presented the successfully completed European Quality Label project in French, as well as the activities of the other two ongoing projects „Get in Shape for Europe” in English and „Communication” in German.



### Activity 10 – European Day of Languages in Foreign Language School – Pleven, Bulgaria

‘Education begins with language’ is the title of a new European Commission report, which seeks to support the implementation of the Recommendation of the Council of the European Union (EU) on a comprehensive approach to the teaching and learning of languages. The report is based on research and a series of seminars produced by the Commission. Together, at the 2020 European Day of Languages, we will discuss about the role of language competences in the context of the European Education Area, how to boost foreign language learning, how to incorporate language diversity and support literacy in all languages in schools.

At the initiative of the Council of Europe, the European Day of Languages (EDL) has been celebrated every year, on 26 September since 2001. It represents a call to encourage all European citizens to learn languages and to recognise and appreciate Europe's cultural diversity.

Represented by the 27 member states of the Council of Europe, 800 million Europeans are encouraged to learn more languages both in and out of school. The Council of Europe encourages the continent's multilingualism with the conviction that linguistic diversity is a means of achieving better intercultural understanding and a key element of Europe's rich cultural heritage.



# Foreign Language Secondary School (Bulgaria, Pleven)

European Day of Languages is celebrated annually on 26 September at the initiative of the Council of Europe, based in Strasbourg, France since 2001. Students and teachers from Foreign Language School make a video with some theoretical information about the history of celebrating this day and some interesting facts that every European has to know. This is the link to see it:

<https://drive.google.com/file/d/1r1BePNUsUVTsmWu2HqjHesURyr9pwGxO/view?usp=sharing>



## Activity 11– European Erasmus Days in Foreign Language School – Pleven, Bulgaria

The #ErasmusDays 2020, now in its fourth edition, will take place on 15, 16 and 17 October. Whether you are an Erasmus+ beneficiary, alumnus of the programme, or are another European actor, #ErasmusDays is an opportunity to spread the word about your project, share your experience and showcase the impact of your work.

What is #ErasmusDays? Launched as an initiative of the Erasmus+ French National Agency on the 30th anniversary of Erasmus+, #ErasmusDays consists of a series of events organised all over Europe and beyond. At the core of this international celebration is a simple idea: to put the spotlight on European values, on the benefits of mobility, and on Erasmus+ projects results.

Students and teachers from Foreign Language School make a video with some theoretical material and information about school projects and Erasmus+ experience. This is the link to see it:

[https://drive.google.com/file/d/1fh1Ohvg\\_IHZrEp8-dqK1NWycqCLWY5WF/view?usp=sharing](https://drive.google.com/file/d/1fh1Ohvg_IHZrEp8-dqK1NWycqCLWY5WF/view?usp=sharing)



## From bullying to cyberbullying

**Cyberbullying** is a concern of parents, students, and teachers alike. Once kids go online, the chances that they'll encounter mean behavior are quite high. In Common Sense's 2018 study *Social Media, Social Life*, more than **1 in 10 teen social media users (13 percent)** reported having "ever" been cyberbullied, and nearly **two-thirds (64 percent)** "often" or "sometimes" reported coming across racist, sexist, homophobic, or religious-based hate content in social media.

Lessons on this topic teach students about the effects of **cyberbullying, and hate speech** on both themselves and their larger communities. Students explore how individual actions—negative and positive, intentional and unintentional—can affect their peers and others.

They're encouraged to take the active role of **upstanders and build positive, supportive online communities, and they will learn how to cultivate empathy, compassion, and courage to combat negative interactions online.**

### LESSON PLAN

#### OBJECTIVES:

- Recognize similarities and differences between in-person bullying, cyberbullying, and being mean.
- Empathize with the targets of cyberbullying.
- Identify strategies for dealing with cyberbullying and ways they can be a upstander for those being bullied.

**TIME:** three meetings of 90 minutes each

**METHODOLOGY:** The theme of the project will be developed using a methodology that aims to involve and stimulate all the participants in order to get a deeper awareness about their own experiences and the others' ones. It promotes empowering processes among participants in terms of their self-awareness and confidence, with a positive impact on their level of social capital. The methodology will be based on:

- Brainstorming
- Interviews/questionnaires;
- Discussions/debate on issues related to the theme of the project;
- Searching information on the internet;
- Watching videos;
- Cultural activities.

**TOOLS/MATERIALS:** ppt presentations, photocopies, post-it notes, pc, interactive whiteboards, youtube, internet

#### FIRST MEETING - WHAT IS BULLYING (90minutes)

**WARM-UP:** the teacher shows three photos and ask the students to describe them (the teachers leads the discussions on that the students can reflect on the characteristics of bullying (intentionality, imbalance of power, repetition))



## I.I.S. E. Majorana-A. Cascino (Piazza Armerina, Italy)

**First picture:** what can you see in this picture? Is there a child who is subjected to a bad treatment by other children? Are there any spectators? Are they active or passive?

**Second picture:** how many children are there? Is one of them suffering from a bad action? What are both of them doing?

**Third picture:** what are the two children doing? Are there any spectators? Is there an imbalance of power?

### DEFINITION OF BULLYING

- **Bullying** is the use of force, coercion, or threat, to abuse, aggressively dominate or intimidate. The behavior is often repeated and habitual. One essential prerequisite is the perception (by the bully or by others) of an imbalance of physical or social power. This imbalance distinguishes bullying from conflict. Bullying is a subcategory of aggressive behavior characterized by the following three minimum criteria: hostile intent, imbalance of power, and repetition over a period of time.

### THE ROLES OF BULLYING

- The teacher focuses on the roles that all the actors of Cyberbullying play: the victim, the bully and the active and passive spectators. Look at these pictures: which role do you want to play? The students are asked to answer to this question on post-it notes.

### SECOND MEETING: from bullying to cyberbullying (90 minutes)

**WATCHING VIDEOS:** the students are watching a video from the website [www.generazioniconnesse.it](http://www.generazioniconnesse.it) created by the Italian Education Ministry cofinanced by the European Union (<https://youtu.be/1sJ-zcm01Fc>)

**DEFINITION:** the teacher leads the students to give a definition of cyberbullying and then gives the official one.

**What Is Cyberbullying?** Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content.

Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.

**CREATING A CHART:** The students after a brainstorming on the different and common characteristics of bullying and cyberbullying create a chart.

## I.I.S. E. Majorana-A. Cascino (Piazza Armerina, Italy)

### THIRD MEETING: WHAT TO DO ABOUT CYBERBULLYING? (90 MINUTES)

**BRAINSTORMING:** The teacher asks the students what are in their opinion the effects of cyberbullying on the victim. How would you feel if you were a victim of cyberbullying? (brainstorming)

After the brainstorming the teacher shows A slide with the most common effects of Cyberbullying and compare it with the students' answers.

**WATCHING VIDEOS :**The students watch the video of an interview to Paolo Picchio the father of a 14-year-old, Carolina Picchio,14, who jumped out of her bedroom window after an explicit video of her taken at a party was uploaded by her ex-boyfriend and shared by bullies with insults and threats. He said that, "**armed with a smartphone, teens can ruin their lives**". Picchio, who has made it his priority to fight cyberbullying, explained that he is contacted everyday by parents from all over the country who ask for help.

"**I tell kids who are victims of cyberbullying not to hesitate and talk, while I tell bullies and cyberbullies: what you are going is not just foolery, it's a real crime**", he said.

**OPEN DISCUSSION:** if you had been in Carolina's shoes what would have you done? What is the role of school, friends and family in this situation? The teacher gives some tips to the students to follow in case of cyberbullying.

**SELF-REPORT QUESTIONNAIRES:**the teacher gives the students a questionnaire that is anonymous and explains to the students that they have to answer to the questions individually and being as much sincere as possible.



## "Stefan Procopiu" High School (Vaslui, România)

Because we are active "Erasmunians" (or at least, that's how we like to think about ourselves), we couldn't overlook the ERASMUS+ Days, so from September our ideas for marking this event started to outline.

Thus, on 10.10.2019, about 75 students and teachers from the "Stefan Procopiu" High School in Vaslui gathered to participate in the activity **"Impact of ERASMUS+ projects on the development of key competences"**. The purpose of our activity was to highlight the impact of the ERASMUS+ programme on the personal and professional development of the students in the target groups of the two ERASMUS projects that our high school started in the autumn of 2018, namely "Get in shape for Europe" - GISE and "21st Century Teaching"-Acquiring Skills and Expertise Using Mobile Devices and the Future Classroom. The students from the 9<sup>th</sup> grade also participated in the activity because we wanted to promote the ERASMUS+ programme and among the freshmen!



## "Stefan Procopiu" High School (Vaslui, România)

In the first part of the activity the "Public cafe" method was applied by which students exchanged information on the impact of their participation in the activities of ERASMUS<sup>+</sup> projects on the development of the 8 types of key competences (literacy skills, multilingual skills, science, technology, engineering and mathematics skills, digital skills, personal skills, social and learning to learn, citizenship skills, entrepreneurial skills, awareness and cultural expression skills).

At each table, the discussions focused on one type of key competence. During the discussions, the host students noted on a flip-chart the ideas mentioned by the other students. After the discussion rounds, the host students presented the summary of what was discussed at each table. Also, the presentation moments were an opportunity for those present to come up with proposals regarding the activities that we will organise this school year.



## “Stefan Procopiu” High School (Vaslui, România)

In the second part of the activity, a general culture competition was organised using the Kahoot application (digital skills) on various aspects related to the culture and civilisation of the cities where the partner schools are located in the two ERASMUS<sup>+</sup> projects (awareness and cultural expression skills). About 20 students received prizes. The evaluation of the activity was performed by applying the Exit slips method. After reading their comments, we can say that the students liked our “public cafe”. But the most emotional feedback we received from Ciobanu Mihaela, a student in the 9<sup>th</sup> grade, who, immediately after completing the activity, posted on his Facebook page photos and the mention that he liked it very much!

Due to participating in this activity, the students reminded themselves (others have learned for the first time) what ERASMUS<sup>+</sup> is, what are the key competences and why they are important in this world in permanent change, what knowledge, skills and attitudes each type of key competence assumes and, of course, they found interesting information about the cities where the partner schools are located in the two ERASMUS<sup>+</sup> projects.





## "Stefan Procopiu" High School (Vaslui, România)

Between September 15th and November 15th, 2019, the members of the European Club are involved in the information and awareness campaign **"Open your eyes!"** which aims to develop critical thinking among students regarding the use of the Internet and social networks. (September 15th - World Democracy Day). 21 activities were organized with the participation of about 300 students.

Within the campaign, are organised activities such as:

- ✚ "Techniques of manipulation through mass media"
- ✚ "Facts vs. reviews "
- ✚ "Misinformation and manipulation through Fake News".
- ✚ The lesson plans were proposed for the booklet "Democratic competences in digital era", the tangible product of this transnational learning / teaching / training activity.



## "Stefan Procopiu" High School (Vaslui, România)

Following the participation in these activities, the students:

- ✚ know techniques of manipulation through the media;
- ✚ manage to differentiate the facts of opinions better;
- ✚ they better understand concepts such as: information, media information, quality of information, information intoxication, manipulation through the media, informational fast-food, fake news, media literacy, misinformation,
- ✚ they have developed critical thinking about what they see or hear in the media or on social media;
- ✚ they understood why it is important to develop media skills in the 21st century.



## "Stefan Procopiu" High School (Vaslui, România)

For the period November 16<sup>th</sup>–December 20<sup>th</sup> 2019, we have set up a new information and awareness campaign entitled **"Say NO to Hate speech!"**. The campaign period is marked by the Day of Tolerance (November 16th), the Human Rights Day (December 10th), the International Day of Migrants (December 18th) and the Day of Human Solidarity (December 20th).

The purpose of the "Say NO to Hate Speech!" Campaign: to make students aware of the consequences of hate speech that is associated with phenomena such as intolerance, discrimination, social exclusion and incites the propagation of negative stereotypes towards individuals or groups of people.



### Objectives:

1. Recognising what hate speech is. → to understand/analyse the causes, manifestations, consequences and impact of hate speech. → to learn how hate speech constitutes a human rights violation → to develop participant's knowledge, skills and attitudes needed for the promotion and protection of human rights.
2. Learning practically to use empathy as a tool to respond to hate speech.
3. Overall understanding of how this relates to Fundamental Rights.
4. Motivating and empowering students to take actions against hate speech.

- ✚ What are the forms of hate speech?
- ✚ What are the causes and consequences of hate speech at the individual and social level?
- ✚ How is hate speech controlled in Europe ?
- ✚ And what can be done to combat hate?

These are some of the questions we answer by organising this information campaign.



## "Stefan Procopiu" High School (Vaslui, România)

### "Say NO to Hate speech!"

Within this campaign, were organized 54 activities related to hate speech and bullying and cyberbullying events in which about 500 students participated.

Students are very active on the Internet, on social networks, but they do not have the media skills to identify the discourse that incites to discrimination and violence. Students need to be taught to behave responsibly as online content generators". The online space is a public space and thus all the principles of a democratic society *can* and *should be* applied in the online environment as well. In this context, the role of young people in the online environment is extremely important in combating hate speech. The online environment is also a space for participation, especially in terms of Internet governance processes.



## "Stefan Procopiu" High School (Vaslui, România)

### "We share from our experience!"

On December 10th, 2019, 50 students from the target groups of ERASMUS + inter school exchange projects implemented by "Ștefan Procopiu" High School Vaslui in the period 2018-2020 - "Get in shape for Europe" (GISE) and 21st CenturyTeaching – Acquiring Skills and Expertise Using Mobile Devices and the FutureClassroom) –took part in the dissemination of transnational learning/teaching/training activities (activities such as "Short-term exchanges of student groups) that took place between 4th-8th November 2019.

Andreea, Georgiana, Răzvan and Bogdan, members of the GISE project team, presented the results of the transnational activity "Get in shape for Europe ... in Greece" hosted by the partner school in Aigaleo, Greece. Robert, Ionuț and Eduard, members of the "21st CenturyTeaching" project team, presented the results of the transnational activity hosted by the school in Naples, Italy. In the second part of the activity a test was applied using the Quizizz application with questions about the information presented by students.



**Conclusion of the activity: ERASMUS + projects contribute to the personal and professional development of students!**



## "Stefan Procopiu" High School (Vaslui, România)

On December 12th, 2019, seven members of the European Club participated in the event **"Europe of future generations – brunch with professionals"**. The event brought together businessmen, professionals and young people looking for a profession. This meeting responds to the need of young people over 16 to be advised in choosing a profession and to receive useful information about their professional future. The event was organized by the Europe Direct Vaslui Information Center within the Vaslui County Council.



**2020 marks the 75th anniversary of the liberation of the Nazi concentration camp Auschwitz.** By a decision of the United Nations General Assembly (resolution 60/7 of 1st November 2005), the International Holocaust Remembrance Day is marked annually on 27th January to raise awareness of the fight against anti-Semitism and other forms of violence, prejudice, as well as ensuring respect for human dignity and fundamental rights. 40 students marked this day by watching movies, discussions, making posters.



## "Stefan Procopiu" High School (Vaslui, România)

### Safetyday on theInternet! (SAFER INTERNET DAY)

In the 2019-2020 schoolyear, Safetyday on the Internet was marked on February 11th, 2020. This year's events took place under the theme "Together for a better internet!". Safety day on the Internet is a good opportunity to raise awareness of the online danger but also to spread the necessary methods to protect users in the virtual environment.



On 12.02.2020, The CountyPolice Inspectorate Vaslui carried out an activity related to internet safety. 35 students participated. The activity was organized within the campaign "A world without fear!". "A world without fear" is a place in the digital space where cyberbullied people can find encouragement, but also stories of those who know just as well what it means to go through this. The first stories shared were those of influencers and celebrities in Romania.



## “Stefan Procopiu” High School (Vaslui, România)

The European Club set up as part of the Get in shape for Europe (GISE) project, contributes to creating a conducive environment to promoting the principles of an inclusive school, a friendly and democratic school in which all children are respected and integrated without discrimination and exclusion of ethnic origin, disability, special educational needs, the socio-economic status of families, the environment of residence or the school performance of students. Thus, the GISE project aims to contribute to the implementation of European policies mentioned in European Union documents (such as the Europe 2020 Strategy, the Paris Declaration, Proposal for a Council recommendation - 17.01.2018) which aim to promote a fair, democratic and inclusive society. A key factor in achieving this strategy is social, civic and intercultural skills that promote inclusion.

