**Dissemination for the first year of the project**

* **Activity 1**

On 26 and 27 September 2018, two information meetings on the Erasmus+ "Get in Shape for Europe" project financed by the European Union - took place at the High School of Economics and Gastronomy.
During the school meetings, the school project coordinator - Ms. Małgorzata Krzemińska presented the main principles and objectives of the project to the students and encouraged them to participate. She also informed students about the establishment of a European Club associating people belonging to the project. The meetings were very popular among young people - about 100 pupils interested in international projects and 4 teachers participated in them. They filled out questionnaires in which they declared their willingness to participate in the project.

* **Activity 2**

On 17 September 2018, during the teaching staff conference, the Erasmus+ "Get in Shape for Europe" international project was presented to the teachers of the High School of Economics and Gastronomy.

The school project coordinator, Ms. Małgorzata Krzemińska, presented to the 70 members of the teaching staff a PowerPoint presentation with the information on the Erasmus + program and familiarized them with the principles of the implemented project KA 229 - 'Get in Shape for Europe'. She presented the objectives of the project, its duration, partner schools, major project activities and transnational meetings. She also emphasized the fact that the project would be co-financed under the Erasmus + program of the European Union

* **Activity 3**

In October 2018 a school GISE project corner was established. It is a showcase in the main school hall in which the most important information about the GISE project and current activities for the students are displayed. It presents the logo of the project, the partner countries, the main objectives of the project as well as the information about the upcoming events.

* **Activity 4**

In October 2018 a school GISE project website in Polish languagee was launched. The school website informs the whole school community and the general public about the main local events and tasks carried out in connection with the Erasmus+ ‘Get in Shape’for Europe’ project. It presents the main objectives of the project, the partner schools, the logo, leaflet and the poster of the project. It also gives current information about the transnational meetings of the students and teachers. The school project site is updated regularly. All 15 project teachers contribute to the school project site.

<http://zseg.tarnow.pl/index.php/erasmus>

* **Activity 5**

In October 2018 a school project Facebook page in Polish language was launched. The school website informs the whole school community and the general public about the main local events and tasks carried out in connection with the Erasmus+ ‘Get in Shape for Europe’ project. On this FB page information on transnational and local project activities was posted periodically.

<https://www.facebook.com/ZSEG-Erasmus-490573664743518>

* **Activity 6**

On 6th November 2018, an article about the Erasmus+ 'Get in Shape for Europe' project implemented in our school since September 2018 was published on the local RDN radio website. The article informed the public about the main aims of the project, its duration and the partner countries. ( 3 teachers were involved in this activity)

<https://www.rdn.pl/kultura/program-erasmus-projekt-get-in-shape-for-europe>

* **Activity 7**

Between December 2018 – September 2019 the project logo was created by the Polish students.

* **Activity 8**

In February 2019 special issue of the school journal called Niecodziennik was printed and published online. The printed copes were distributed among the students for free. The whole issue was dedicated to the Erasmus+ project ‘Get in Shape for Europe’. The articles in the journal were written by the European Club members (3 teachers and 5 students) and included information about the project, the partner schools, the Erasmus name of the project, some interviews with the students and the teachers taking part in the project. It also gave the reasons why it is worth to take part in Erasmus+ projects.

<http://zseg.tarnow.pl/pliki_strona/Erasmus/erasmus_gazetka.pdf>

* **Activity 9**

On 18th March 2019, an article about the Erasmus+ 'Get in Shape for Europe' project and the first transnational meeting of the students and teachers in Bulgaria was published on the local RDN radio website. ( 3 teachers were involved in this activity)

<https://www.rdn.pl/kultura/uczniowie-nauczyciele-zseg-wizyta-bulgarii-zdjecia>

* **Activity 10**

On 25th April 2019, an article about the Erasmus+ 'Get in Shape for Europe' project and the second transnational meeting of the students and teachers in Sicily was published on the local RDN radio website.(3 teachers were involved in this activity )

<https://www.rdn.pl/kultura/u-zrodel-europejskiej-wspolnoty-wartosci-uczniowie-nauczyciele-zseg-wizyta-sycylii>

* **Activity 11**

On 17th April 2019 an Open Door Day was held in our school. During that day lots of students from middle schools were visiting The High School of Economics and Gastronomy. On that day the students of the European Club prepared a special stand/table where they were telling the students from other schools about the GISE project, partner countries and transnational meetings. They were giving out the project leaflets and informing about the Erasmus+ projects. A display about European Union was also prepared and shown to the visiting students.

(2 students and 1 teacher from the European Club were involved in this activity. The GISE stand was visited by 70 students from other schools)

* **Activity 12**

In April 2019 the European Club took part in Municipal Education Fairs which were organized in our town. The students presented the students from other school the GISE project, partner countries and transnational meetings. They were giving out the project leaflets and informing about the Erasmus+ projects. (5 students and 2 teachers were involved in this activity)

* **Activity 13**

Between October 2018 – June 2019, the project team members made 20 posts with information on transnational and local activities on the school Facebook page of the GISE project in Polish and 24 posts on the official school Facebook page.

* **Activity 14**

Between October 2018 – June 2019, the project team members made 40 articles with information on transnational and local activities on the school GISE website of the project in Polish.