



Erasmus+

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

Newsletter No. 5 April 2021

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, Plevna) –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 two learning, teaching and training transnational activities ("Short-term exchanges of groups of pupils") organized by Romania team and Polish team:
"Get in shape for Europe ... in Romania" (14-16 April 2021) and
"Get in shape for Europe ... in Poland" (20-22 April 2021).**

Project funded by the **Erasmus+** Programme of the European Union. Material made with the financial support of the European Commission. The content of this material represents the exclusive responsibility of the authors and the National Agency and the European Commission are not responsible for the way in which the content of the information will be used.



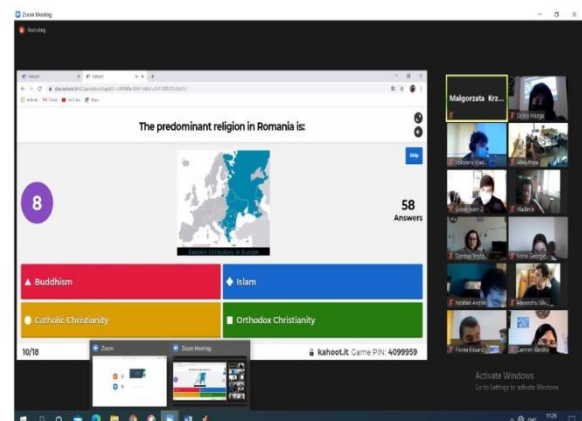
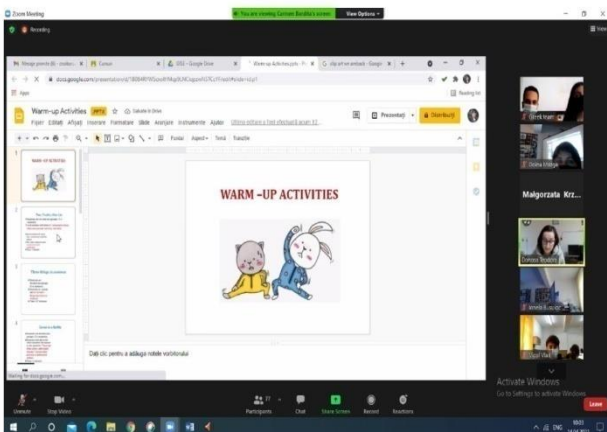
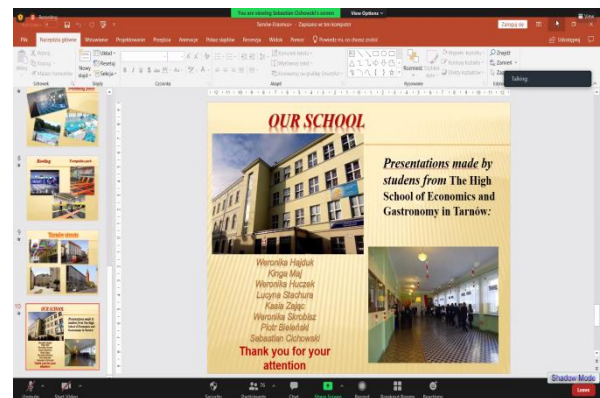
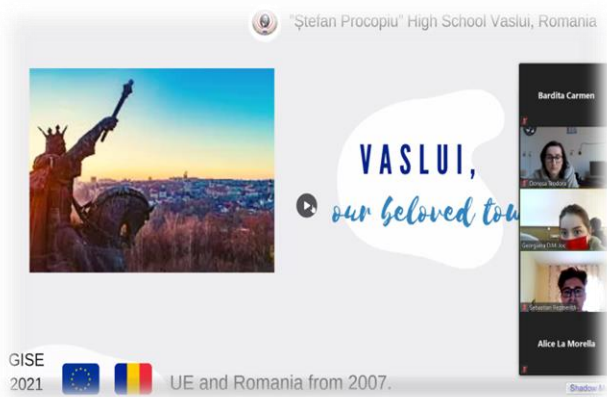
Erasmus+

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



GET IN SHAPE FOR EUROPE ... IN ROMANIA

14.04.2021 - The students participated in workshops such as "My country, my city, my school", "What do I know about partner countries?", "Exploring gender equality", "EU in 12 words" and explored the www.etwinning.net platform that facilitates collaboration between European schools.



padlet

csoboru daniela • 15 • 10 ore

Women who inspire Europe

Get in shape for Europe (GISE)

capitanu bogdan 2 zile

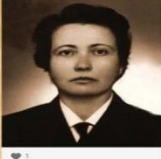
Teodora Angela Lefterescu

Date and place of Birth: 3 august 1926, **Fălticeni, județul Suceava**

Date and place of Death: 29 aprilie 2007, **Constanța**

Occupation: captain

Known for: the first female captain long haul in Europe.



1


Adaugă comentariu

Anonim 2 zile

Virgina Maria Andreescu-Haret

Virgina Andreescu Haret (1894–1962) was a Romanian architect and is credited as the first woman to graduate with a degree in architecture in Romania. She is also the first woman to reach the rank of Romanian Architectural Inspector General

Died | 6 May 1962 (aged 67) Bucharest, Romania




1

Adaugă comentariu

Anonim 2 zile

Sofia Ionescu

Sofia Ionescu-Ogrezeanu (25 April 1920 – 21 March 2008) was the first female neurosurgeon in the World. Sofia Ionescu-Ogrezeanu was born on April 25, 1920, in Fălticeni, Suceava County. Dr. Sofia Ionescu pioneered novel neurosurgical techniques, which were later perfected and reproduced, including intracerebral hematoma evacuation with the aid of a trocar in 1968, preliminary endoscopic neurosurgical interventions, as well as developing a novel ventriculocisternostomy technique. Furthermore, she aided in the development of a procedure involving the bulking of a fissured carotid artery using a sternocleidomastoid muscle flap, which potentially saved the life of one of her patients.




2

Adaugă comentariu

Anonim 2 zile

Sarmiza Bilcescu

- Date of Birth: 27th April 1867
- Date of Death: 26th August 1935
- Occupation: lawyer
- Known for: the first European woman ever to obtain a license and a PhD in Law from the University of Paris, and the first one in Romania to practice law. The first woman lawyer in Europe



5


1 comentariu(0)

Anonim 2 zile Romania

Adaugă comentariu

Anonim 2 zile

Nadia Comaneci



3

Adaugă comentariu

Anonim 2 zile


signup padlet

4

Adaugă comentariu

Anonim 2 zile

Image




5

Adaugă comentariu

Anonim 2 zile

Women who inspire Europe

Some of the most influential Bulgaria padlet




15

Adaugă comentariu

Anonim 2 zile

Maria Skłodowska-Curie (Poland)




angielski PDF document padlet drive

13

Adaugă comentariu

Anonim 2 zile

Image



0


Adaugă comentariu

Anonim 2 zile

Krzyszyna Skarbek (Poland)

She born 1 may 1908, Trzeplnica She died: 15 June 1952

In England, she volunteered for the British secret agency SOE, set up by Winston Churchill to subvert the German rear. She took the pseudonym Christine Granville and changed her birth year to 1915. As an agent, she was directed to Hungary from the port of conspiratorial work. From Budapest, where she worked as a journalist, she traveled to occupied Poland three times on a route through Slovakia as a Tatra courier.




7

Adaugă comentariu

Anonim 2 zile

Anna Lewandowska(Poland)

Anna Lewandowska was the polish sportswomen, she was karate fighter and ended her career in 2014 after capturing a bronze medal on Polish championships, now siq is a businesswoman and has her own business. She was born on 1988. I think she is very inspiring women for people that want to start doing sport.



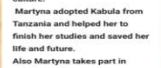
11

Adaugă comentariu

Anonim 2 zile

Martyna Wojciechowska(Poland)

Polish woman who can inspire Europe is **Martyna Wojciechowska**. She was born on the 28. of 09.1974 . She is a travelerjournalist and writes. She has a TV program where she visits different places on the world and talks about culture. Martyna adopted Kabula from Tanzania and helped her to finish her studies and saved her life and future. Also Martyna takes part in charity work. She can be inspiration for young people how to be strong and helpful person and make dream come true.



13


Adaugă comentariu

Anonim 2 zile

Iga Świątek (Poland)

Iga Świątek is a Polish tennis player. She is a woman who can inspire everyone in Europe. She was born almost 20 years ago in Warsaw.

In 2018 she won Wimbledon, when she was just 17! She has shown the whole world that you can do everything, if you just believe in yourself. She is a modest person, who is not afraid of taking a challenge.




13

Adaugă comentariu

Anonim 2 zile

Helene Glykatzis-Abhrweiler




16

Adaugă comentariu

Anonim 2 zile

Ana Aslan



20


1 comentariu(0)

Anonim 2 zile Romania

Adaugă comentariu

Anonim 2 zile

Maria Callas (Greece)




17

Adaugă comentariu

Πολύζου Γρηγορίου 2 zile

Maria-Amalia (Melina) Mercouri (Greece)




20

Adaugă comentariu

Anonim 2 zile

Olga Tokarczuk (Poland)

Olga Tokarczuk is a Polish writer, essayist, screenwriter, poet and psychologist. She was born on 29th January, 1962. The greatest fame and success brought her two novels - *Bieguni* (Flights) and *Księż* *Jakubowe* (The Books of Jacob). She is a winner of the Nobel Prize and The Man Booker International Prize. Olga Tokarczuk is also a vegetarian, feminist and ecologist. She supports animal rights, fights to protect the environment and takes part in equality parades. She is an inspiring woman because she shows that people from small towns can also achieve success.




16

Adaugă comentariu

Πολύζου Γρηγορίου 2 zile

Maria Farantouri (Greece)




16

Adaugă comentariu

Anonim 2 zile

Nilde Iotti (Italy)




12

Adaugă comentariu

Anonim 4 zile

Samantha Cristoforetti (Italy)

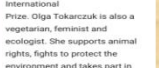


13

Adaugă comentariu

Anonim 4 zile

Liliana Segre (Italy)




11

Adaugă comentariu

Anonim 4 zile

Rita Levi Montalcini (Italy)




10

Adaugă comentariu

Anonim 4 zile

Liliana Segre (Italy)




11

Adaugă comentariu

Anonim 4 zile

Liliana Segre (Italy)




11

Adaugă comentariu

Anonim 4 zile

Margherita Hack (Italy)




9

Adaugă comentariu

Anonim 4 zile

Margherita Hack (Italy)



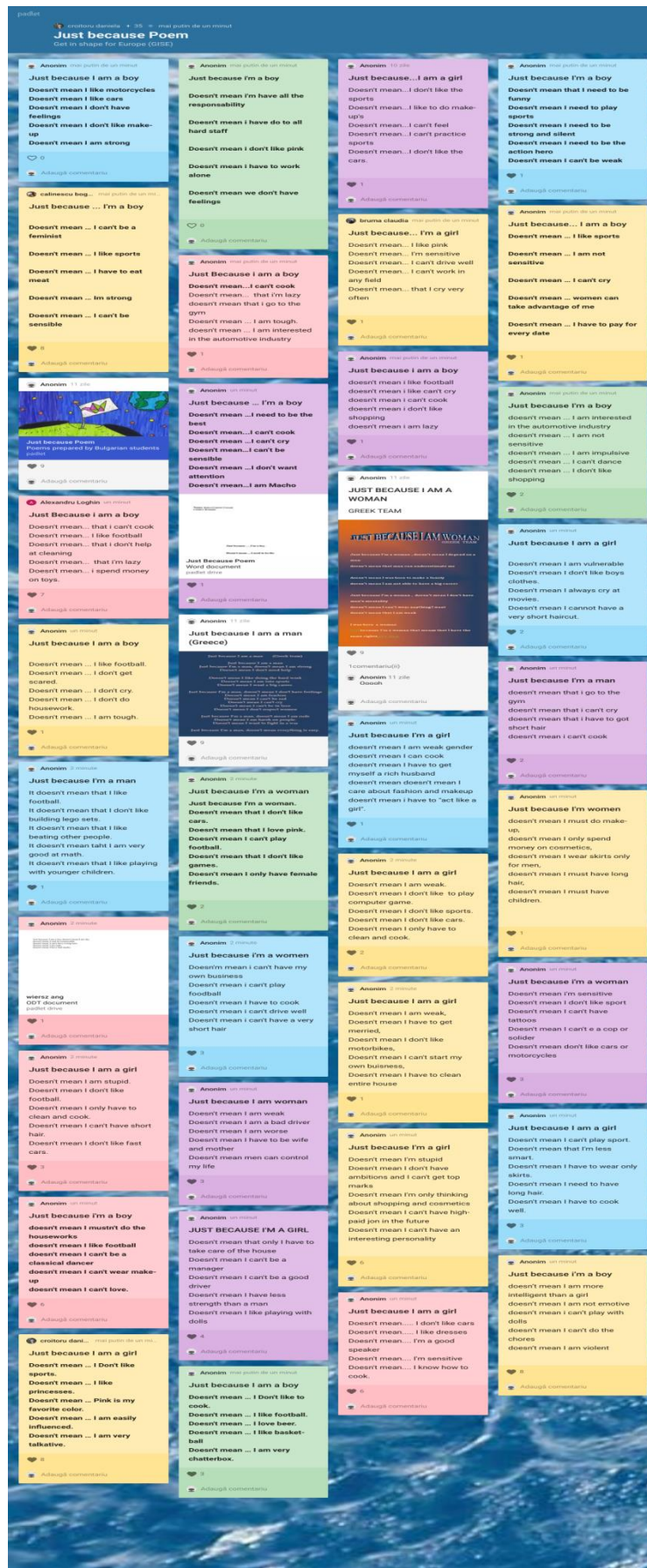
9

Adaugă comentariu

Exploring gender equality: Women who inspire Europe (padlet)

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





Exploring gender equality: Just Because Poem (padlet)

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



padlet

croitoru daniela • 6 • 0 21

EU in 12 words

Get in shape for Europe (GISE)

personal freedom, human dignity, solidarity, active civil society, market economy, democracy and rule of law.

0

Adaugă comentariu

EU in 12 words

Poster 19- GREEK TEAM

20

Adaugă comentariu

EU in 12 words

Poster 15-GREEK TEAM

13

Adaugă comentariu

EU in 12 words

Poster 12

14

Adaugă comentariu

EU in 12 words

Poster 8

UNIUNEA EUROPEANA

11

1 comentariu(0)

Anonim 2 zile
The biggest values in Europe from my point of view are personal freedom, human dignity, solidarity, active civil society, market economy, democracy and rule of law.

Adaugă comentariu

EU in 12 words

Poster 4

THE WORDS GISE

8

Adaugă comentariu

EU in 12 words

Poster 1

GET IN SHAPE FOR EUROPE GISE

15

In my opinion the biggest values in Europe are freedom and education

2

Adaugă comentariu

EU in 12 words

Poster 20 - ITALIAN TEAM

EU IN 12 WORDS

19

Adaugă comentariu

EU in 12 words

Poster 17-GREEK TEAM

ERASMUS+ GET IN SHAPE FOR EUROPE

14

Adaugă comentariu

EU in 12 words

Poster 13

SOLIDARITY TOLERANCE FREEDOM HUMAN RIGHTS PEACE GROWTH SAFETY EQUALITY JUSTICE INNOVATION DEMOCRACY DIGNITY

13

Adaugă comentariu

EU in 12 words

Poster 9

GET IN SHAPE FOR EUROPE GISE

11

Adaugă comentariu

EU in 12 words

Poster 5

European Union

11

Adaugă comentariu

EU in 12 words

Poster 1

GET IN SHAPE FOR EUROPE GISE

15

Poster 22- ROMANIAN TEAM

4

Adaugă comentariu

EU in 12 words

Poster 18- GREEK TEAM

Erasmus+ European Union in 12 words

14

Adaugă comentariu

EU in 12 words

Poster 14 - GREEK TEAM

12

Adaugă comentariu

EU in 12 words

Poster 11

GET IN SHAPE FOR EUROPE (GISE)

16

1 comentariu(0)

raineeu bogdan 2 zile
In my opinion the biggest values in Europe are freedom,peace,equality and education.

Adaugă comentariu

EU in 12 words

Poster 6

GET IN SHAPE FOR EUROPE (GISE)

11

Adaugă comentariu

EU in 12 words

Poster 2

EU IN 12 WORDS

16

Adaugă comentariu

EU in 12 words

Poster 3

GET IN SHAPE FOR EUROPE EUROPE IN 12 WORDS

16

Adaugă comentariu

EU in 12 words

Poster 21 - BULGARIAN TEAM

Foreign Language School - Pleven, Bulgaria

EU IN 12 WORDS

12

3 comments

Anonim 2 zile
Very good! I love it. It's beautiful and minimalist.

Anonim 2 zile
In my opinion, the biggest values in Europe are freedom and equality.

Anonim 2 zile
I believe that empathy and innovation are some of the biggest values in the European Union.

Adaugă comentariu

EU in 12 words

Poster 16- GREEK TEAM

Erasmus+ Get in shape for Europe

EUROPEAN UNION IN 12 WORDS

19

1 comentariu(0)

Anonim 2 zile
In my opinion the biggest values in Europe are freedom and education

Adaugă comentariu

EU in 12 words

Poster 10

Get in shape for Europe (GISE)

12

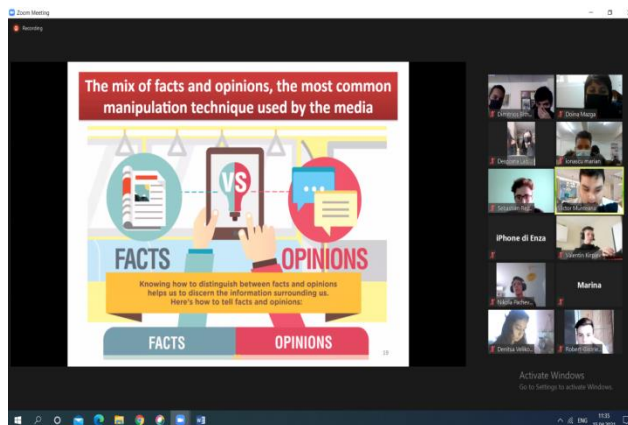
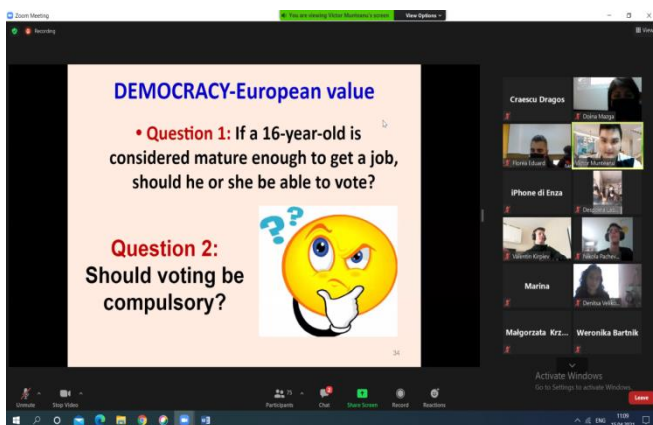
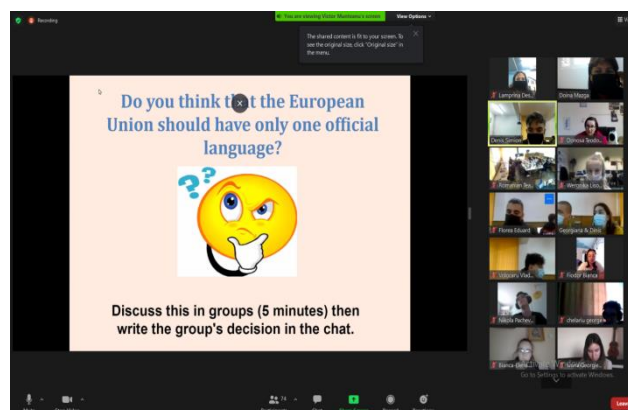
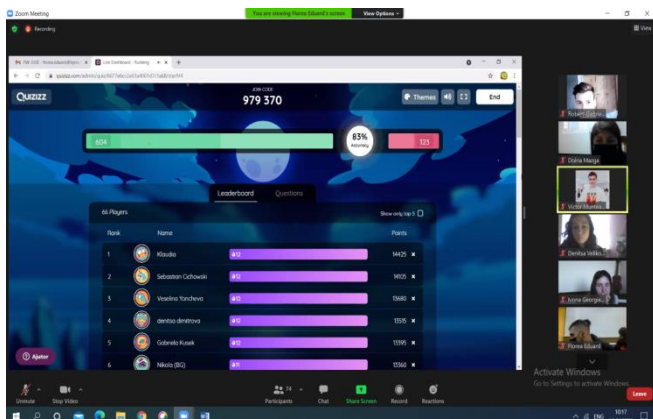
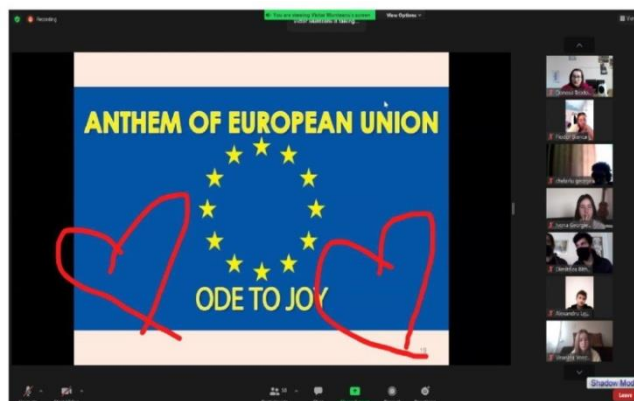
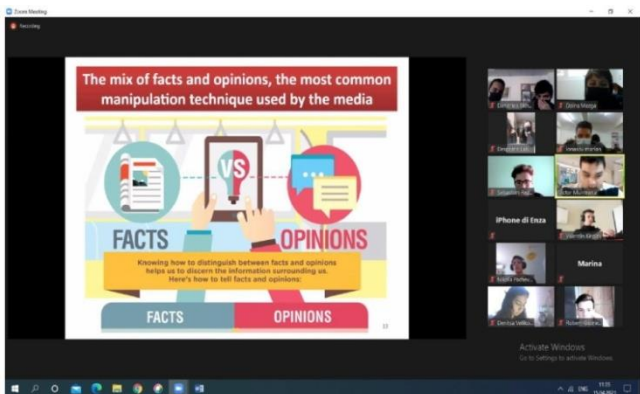
Adaugă comentariu

European Union in 12 words (padlet)



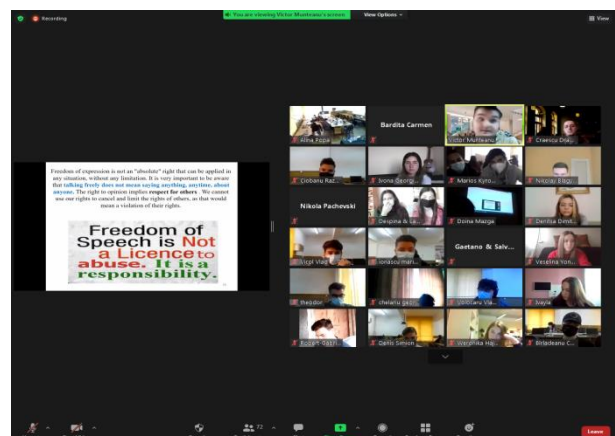
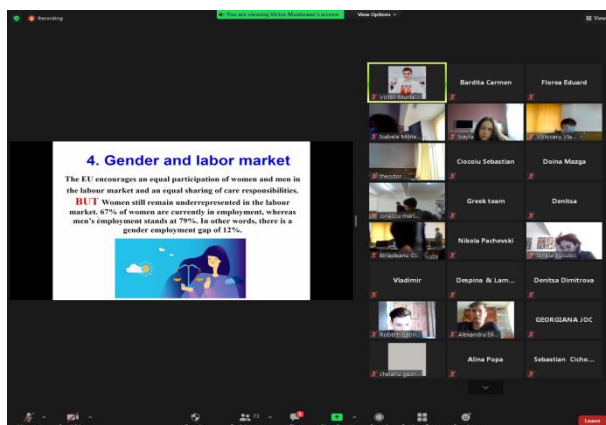
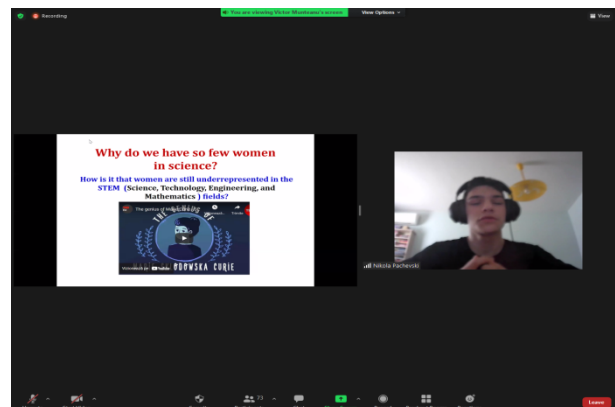
GET IN SHAPE FOR EUROPE ... IN ROMANIA

15.04.2021 - The students participated in workshops such as "Lessons about the European Union" and "False News" which were facilitated by Victor Munteanu, a former student of the "Stefan Procopiu" High School. During the sessions, students participated in group activities and consolidated the information through quizzes. Students also explored the [http://www.etwinning.net platform](http://www.etwinning.net) and the opportunities offered by the European Union in terms of studies, travel and work in EU member states during the "ME&EU: Mobility" workshop



GET IN SHAPE FOR EUROPE ... IN ROMANIA

16.04.2021 - The students participated in workshops such as "Gender Equality - a Fundamental European Value" and "Hate Speech and Freedom of Expression" which were facilitated by Victor Munteanu, former student of the "Ștefan Procopiu" High School. During the sessions, students participated in group activities and consolidated the information through quizzes. The students also explored the opportunities offered to European Union citizens in the digital field during the "ME&EU: Digital" workshop



GET IN SHAPE FOR EUROPE ... IN ROMANIA

What activity/work session did you like the most? Why? Feedback from students

I liked the so-called "Warm up" tasks the most, because we were divided into different groups and so I personally met different children from different countries.

DAY 3 because i will receive a multiple information about gender and UE.

Divided into group of 6-7.

The best activity in my opinion was that about the other rooms during the meeting, because you can discuss with other and you can improve your abilities.

I liked all the breakout sessions because I was able to communicate with people from other cultures.

The activity that I like the most was when I learned about strong women and the internet safety. I liked those lessons because it improved my knowledge about the importance of women in the EU and the dangers that we should avoid.

I like communicating with other people. It was great!

The 2nd day, we interacted continuously by sharing our opinions, our point of view on different subjects.

Quizzes. It was a good way to save the knowledge.

The work session about Hate speech is the one, that I liked the most, because I learned lots of new things.

The breakout rooms.

I enjoyed all of the activities in this project, because they were interesting.

The "Quizzes" was my favorite work session, because the tests were interesting and fun.

I liked the presentation about the EU the most, because it was very informative and I learned a lot.

I like the most when we can answer for a question and everybody can say what they think.

Every single activity was pleasant and I like them equally.

I liked the grouping the most because it gave me the opportunity to meet new people and thus I improved my communication with other people.

Fake news! Because fake news are the most common thing nowadays.

I really liked the activity related to gender equality because I was able to better understand these notions and to observe the opinions of others.

The Just Because poem, because it was something new and fun for me.

I really liked the presentation of the countries and activity 3 because we made those poems.

The one on Fake News as it was the most informative one.



"ME&EU:Mobility" is the activity I like the most because I was able to learn about travelling in Europe and I love travelling ,meeting new people ,interact with other cultures.

My favourite activity session was "Gender equality as a fundamental European value" because we talked about a major problem since the oldest times witch, in my opinion, causes the majority of others social discriminations (that are targeting race, age, thoughts, sexual orientation etc.).

The activity I liked the most was the presentation about the EU, because there was a lot of valuable information and I learned a lot of new things.

I liked the activities where we had to discuss different topics with the students of the other countries because we got to meet each other and exchange opinions.

The quizzes and the games because it was really educational and fun.

Where everyone presented their country, city and school along with their culture and habits.

I think that the best part was when we were talking with other people in groups.

Sex vs. Gender- because I learned to make the difference.

I liked the presentation about the EU the most, because it was very informative.

I like the most Quizzes because It was great fun.

The last one I liked the most, the one with gender stereotypes because it was the most interesting and full of games.

First day presentation because i learned about other countries.

Breakout sessions in which we came a lot closer with students from other countries.

Probably the questions that were being held by the presenter, because we were able to discuss about interesting topics (gender equality) and exchange opinions with people throughout the world.

I liked all the activities because i learned something from each other.

I liked all the activities, especially those activities in which we were put in groups to discuss certain topics.

I liked the presentation about the EU the most because I learned a lot of new things from there.

I liked the personal rooms the most. The reason is, that i was able to talk and get know each other with other students from different countries.

ME&EU: Digital.



GET IN SHAPE FOR EUROPE ... IN ROMANIA

DIGITAL RESOURCES USED

WORDWALL

"What do I know about partner countries?"

Whack-a-mole: GISE countries:

<https://wordwall.net/play/13503/363/656>

Labelled diagram – Locate GISE countries:

<https://wordwall.net/play/13505/427/669>

True or false:

<https://wordwall.net/play/13504/749/493>

Group sort – Cities:

<https://wordwall.net/play/13505/158/261>

Match up – Places to visit:

<https://wordwall.net/play/13505/793/419>

Find the mach – Dishes:

<https://wordwall.net/play/13507/065/704>

Rank order – Gise countries population:

<https://wordwall.net/play/13507/298/433>

Quiz about GISE countries:

<https://wordwall.net/play/13517/314/912>

KAHOOT

"What do I know about GISE countries?"

<https://create.kahoot.it/details/ede31f64-059c-4d5a-bf01-6d29669ffd08>

"Travelling TO Europa"

<https://create.kahoot.it/details/143435e4-f858-4b77-9662-d691aa53f7a3>

"Digital rights"

<https://create.kahoot.it/details/fe3e9adc-2d91-4cd7-bf56-63c4e5cd8230>

"What I know about Romania?"

<https://create.kahoot.it/details/cc09063e-3441-4ddd-a7e1-343245c3ab1d>

QUIZZZ

European Union History

<https://quizizz.com/admin/quiz/606b4bee08485a001b651978>

European Union: Symbols and Values

<https://quizizz.com/admin/quiz/606b304f08485a001b650d23>

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



The GISE countries Flags

<https://quizizz.com/admin/quiz/606b2ca24b88f7001f960d04>

Fact or opinion?

<https://quizizz.com/admin/quiz/606b567d79690b001bba54d>

Sex or gender?

<https://quizizz.com/admin/quiz/606b4ff54a39fb001bd4fd5e>

Test your knowledge on gender equality!

<https://quizizz.com/admin/quiz/606b526d7dc283001ddb05b9>

PADLET

Just because poem

<https://padlet.com/croitorudaniela/a033b56wpzbqiste>

EU in 12 words

<https://padlet.com/croitorudaniela/qucdy,jvfjff9p50>

Exploring gender equality: Women who inspire Europe

<https://padlet.com/croitorudaniela/Bookmarks>

YOUTUBE

European union history

<https://www.youtube.com/watch?v=4VCYHTGjr-U&t=437s>

Fake news

Disinformation, Misinformation and Malinformation

<https://www.youtube.com/watch?v=HD5MmuLDeFE>

Satire/Parody

https://www.youtube.com/watch?v=axQoH_tkB68&t=1s

False Connection

<https://www.youtube.com/watch?v=qVFkFKXKI-M&t=1s>

Misleading Content

<https://www.youtube.com/watch?v=ef06GbYR4Ik>

False Context

<https://www.youtube.com/watch?v=Aggnh54Vr-A>

Imposter Content

<https://www.youtube.com/watch?v=6xTqREmis04&t=3s>

Manipulated Content

<https://www.youtube.com/watch?v=ncwuKxFyX8&t=1s>

Fabricated Content

<https://www.youtube.com/watch?v=eTGNOxoTW60&t=8s>

How to detect fake news?

<https://www.youtube.com/watch?v=D0Cd9-eJ-No&t=2s>



**Gender equality as a
fundamental european value**

Gender – a social construction

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

Gender stereotypes

http://www.youtube.com/watch?v=x7QMoudKDGg&feature=player_embedded

Marie Curie

https://www.youtube.com/watch?v=w6JFRi0Qm_s

ME&EU: Mobility

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

ME&EU: Digital rights

<https://www.youtube.com/watch?v=Ox-s3PjjRoc>

GOOGLE SLIDES

Lessons about European Union

https://docs.google.com/presentation/d/1pD5F-R3VtePsFGWQ3k1HT_8R54riy8xeOIsYnH2IA0c/edit?usp=sharing

Fake News

<https://docs.google.com/presentation/d/1hZx4KR3ICqP3-bRrSxCFL6PyBfA0mlDIj5JfGkXjFjI/edit?usp=sharing>

Gender equality as a fundamental European value

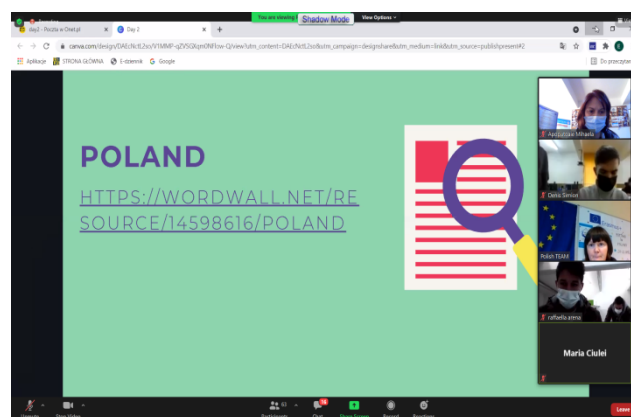
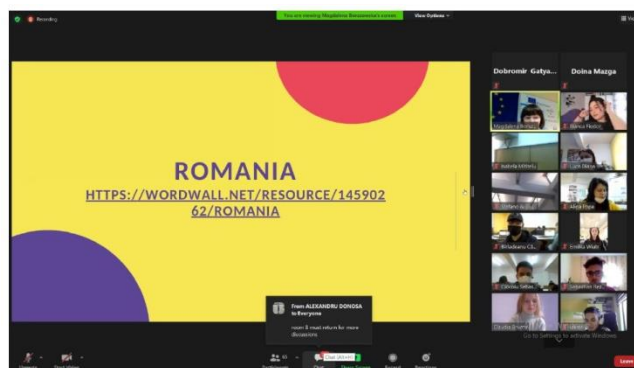
https://docs.google.com/presentation/d/1k5Ky5_1ToVpnsvzhk42Ove8kD2ILRCqney8_6-ArZjY/edit?usp=sharing

Hate speech and freedom of expression

https://docs.google.com/presentation/d/1VyTxg12FK33-ohPBfAuDtWJ_OhHCM20qLnmgNCkGkhY/edit?usp=sharing

GET IN SHAPE FOR EUROPE ... IN POLAND

20.04.2021 - The students participated in workshops such as "My country, my city, my school", "What do I know about Poland?", "What do I know about the European Union?", "Exploring inclusion" ("Inclusion in your school", "Famous people with special needs", "How could the school be more inclusive?"). Also students explored the <http://www.etwinning.net> platform that facilitates collaboration between European schools.



Celebrities/ Famous people with special needs who inspire Europe

Bulgarian Team- Milena Todorova
Milena Todorova Todorova is a Bulgarian athlete in sport shooting. At the age of three, she was diagnosed with muscle atrophy, which gradually affected the rest of her limbs. Since 1988 she has been participating in various international sports events. In 2013 in the Turkish city of Antalya, where at the World Cup she was ranked 10th in the 10 meters and 150 meters in the final, she qualified for the Paralympic Games with a silver medal from the World Shooting Cup for people with disabilities, held in Osaka, Osaka, from 7 to 15 May 2013. She is the first Bulgarian shooter in the history of the Paralympic Games.

Bulgarian Team- Stefie Enova
Stefie Aleksandrovna Enova is a Paralympian athlete from Bulgaria competing mainly in rowing events. She was born with a congenital disability of the legs, as a baby Enova underwent amputation of both lower and moved with prostheses. She graduated from the University of Varna with a degree in Accounting. She worked during athletics in 2000. She was created a sports club for people with disabilities called "Enova". At the 2008 World Athletics Championships in Asia, Enova won two gold medals in a 400-meter relay and a 21.04-meter distance.

Bulgarian Team- Zlatyu Boykov
Zlatyu Boykov, more commonly known as Zlatyu or Zlati, is a Bulgarian athlete. He is best known for his paralympic and Paralympic, which unfortunately, despite his disability in 1998, he won two gold medals in a 100 meters and a 200 meters and an silver medal with a result of 10.20 meters. Both results represent Europe's best personal achievement.

Bulgarian Team- Ruzhdi Ruzhdi
Ruzhdi Ruzhdi is a Bulgarian Paralympian track and field athlete, competing in throwing events: javelin throw, discus throw, and shot put. He represented Bulgaria at the 2016 Rio Paralympics, where he won the gold medal in shot put in class F45, and setting a world record of 12.33 meters. He was born in 1981 and he was 17 years old he had a stroke which caused a major car crash which unfortunately, left him disabled from the waist down.

Poland team - Monika Kuszyńska
Monika Kuszyńska is a Polish famous singer and lyric writer. She was born on January 14, 1968 in Łódź. She had a serious car accident in 1988 when she was a member of the band and as a result of which she lost her legs from the waist down and moves in a wheelchair. Despite the accident, Monika continues to act in public.

Romanian team - Iulian Ciuraru
Iulian Ciuraru is a Romanian Paralympian athlete. He was born in 1971 and he was 17 years old he had a stroke which caused a major car crash which unfortunately, left him disabled from the waist down.

Romanian team - Magda Corvan
Magda Corvan is a Romanian Paralympian athlete. She was born in 1971 and she was 17 years old she had a stroke which caused a major car crash which unfortunately, left her disabled from the waist down.

Romanian team - George Niculescu
George Niculescu is a Romanian Paralympian athlete. He was born in 1971 and he was 17 years old he had a stroke which caused a major car crash which unfortunately, left him disabled from the waist down.

Italian team - Andrea Bocelli
Andrea Bocelli (born 27 September 1958) is a pop singer and tenor. Due to congenital glaucoma, Bocelli is visually impaired from birth.

Italian team - Enzo Bossio
Enzo Bossio (13 September 1971 - 13 May 2020) was a composer, pianist, double bass player and conductor. He composed film scores such as the series and feature films. He was born with a congenital disability of the legs, as a baby Bossio underwent amputation of both lower and moved with prostheses. He graduated from the University of Varna with a degree in Accounting. He worked during athletics in 2000. She was created a sports club for people with disabilities called "Enova". At the 2008 World Athletics Championships in Asia, Enova won two gold medals in a 400-meter relay and a 21.04-meter distance.

Italian team - Fabio Zanzi
Fabio Zanzi is a professional racing driver and paralympian. He won the CART championship in 1997 and 1998, and took 13 wins in the series. He also raced in Formula One from 1993 to 1996 and again in 1998. He had a serious car accident in 1998, which resulted in a paraplegia. He returned to racing less than two years after the accident.

Italian team - Alex Zanardi
Alessandro Zanardi (born 23 October 1964) is a professional racing driver and paralympian. He won the CART championship in 1997 and 1998, and took 13 wins in the series. He also raced in Formula One from 1993 to 1996 and again in 1998. He had a serious car accident in 1998, which resulted in a paraplegia. He returned to racing less than two years after the accident.

Poland team - Rafał Wolski
Rafał Wolski is a Polish Paralympian athlete. He was born in 1971 and he was 17 years old he had a stroke which caused a major car crash which unfortunately, left him disabled from the waist down.

Poland team - Wojciech Czyż
Wojciech Czyż is a Polish Paralympian athlete. He was born in 1971 and he was 17 years old he had a stroke which caused a major car crash which unfortunately, left him disabled from the waist down.

Romanian team - Vasile Adamancea
Vasile Adamancea is a Romanian Paralympian athlete. He was born in 1971 and he was 17 years old he had a stroke which caused a major car crash which unfortunately, left him disabled from the waist down.

Romanian team - Mihai Neșu
Mihai Neșu is a Romanian Paralympian athlete. He was born in 1971 and he was 17 years old he had a stroke which caused a major car crash which unfortunately, left him disabled from the waist down.

Italian team - Federico Maffucci
Federico Maffucci (born 11 November 1993) is a paralympian swimmer and he is suffering from congenital hypoplasia of the left femur. Despite this physical pathology, Federico started swimming when he was only 10 years old, before directing himself to Paralympic competition. He won a gold medal in swimming at the 2012 London Paralympics.

Italian team - Bobe Vio
Bobe Vio is a Paralympian athlete. He was born in 1971 and he was 17 years old he had a stroke which caused a major car crash which unfortunately, left him disabled from the waist down.

Polish team - Jasiak Mela
Jasiak Mela is a Polish Paralympian athlete. He was born in 1971 and he was 17 years old he had a stroke which caused a major car crash which unfortunately, left him disabled from the waist down.

Celebrities/Famous people with special needs who inspire Europe (padlet)

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

malaxam + 15 = 2 zile

How to make your school more inclusive?

GISE Project

Bulgarian team

HOW TO MAKE YOUR SCHOOL MORE INCLUSIVE?

1. Organize regular talks with people of different professional fields. In this way everybody will be provided with additional information, inspiration and could ask face-to-face questions.

2. To form various clubs divided by the interest of every student.

Polish team

An accessible playground seems like an expensive proposition, but it's not impossible if the schools and the students have the willingness to do so.

Polish team

Schools need to ensure that they have a push-in instead of a pull-out approach, instead of pulling out students with disabilities into a separate classroom, they are pushed into the mainstream classroom and everyone learns to accept and appreciate their uniqueness.

Polish team

Students could be exposed to sign language. It could help them communicate with kids with speech and hearing disabilities and better understand their challenges. Teachers could encourage students to use sign language in some classes just to give mainstream students a glimpse of the life of kids who cannot express themselves verbally. Walking in someone else's shoes is the best way to know how they feel and deal with their lives.

Polish team

Awareness is the first step towards inclusion and acceptance. Schools can build in awareness days in their schedule. Awareness days could be observed on days like World Autism Awareness Day, World Down Syndrome Day etc. This way, every student in the school is aware of these conditions. Wearing blue in April in support of autism is an example of how this could be done. During awareness days, every class could be given "awareness points" for coming up with ways to raise awareness, and the class with the most awareness points gets a special privilege for a day.

Polish team

Schools could run an art contest where students express what disability means to them. Arts is a wonderful way of expression and this would be a great activity for the impressionable minds.

Bulgarian Team

HOW TO MAKE YOUR SCHOOL MORE INCLUSIVE?

STUDENTS SHOULD LEARN MORE ABOUT PEOPLE FROM DIFFERENT BACKGROUNDS.

DO NOT COMPARE THE PROGRESS OF ONE CHILD TO ANOTHER. EVERYONE HAS THEIR OWN WAY OF LEARNING.

CREATE A CALM, PURPOSEFUL LEARNING ENVIRONMENT.

Bulgarian Team

HOW TO MAKE YOUR SCHOOL MORE INCLUSIVE?

Make time for collaboration!

Grow students' social and emotional skills!

Polish Team

1. We can organise workshops and after class events to integrate school community.
2. Students should encourage tolerance and respect for diversity.

Bulgarian Team

1. In order to make our school more inclusive it would be a useful idea to organize regular talks with people of different professional fields. In this way everybody will be provided with additional information, inspiration and could ask face-to-face questions.
2. To form various clubs divided by the interest of every student.

Vanina Petkova

HOW TO MAKE YOUR SCHOOL MORE INCLUSIVE?

Let's make our school a better place for every child. Let's make our school a better place for every child.

Bilyana Moshevska

Most important part: HARMONIC CO-EXISTENCE AND RESPECTFUL BEHAVIOUR.

Polish Team

1. In this type of school, hearing impaired kids should have special wireless headphones to which teachers' microphones would be connected to improve the comfort of hearing lessons.

2. There should also be a lesson called "Culture and Tolerance" where children could learn about other countries, faith, skin color and their tolerance would increase.

Polish TEAM

1. In this type of school, hearing impaired kids should have special wireless headphones to which teachers' microphones would be connected to improve the comfort of hearing lessons.

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Crăcană Robert

MORE PERSONAL DEVELOPMENT OPPORTUNITIES FOR STUDENTS WITH SPECIAL NEEDS

Crăcană Robert

from child to child

Peer tutoring, also called "buddy" or "peer support", is a strategy in which students help each other learn. It is a form of social learning that can be used in a variety of settings. It is a form of social learning that can be used in a variety of settings.

GREEK TEAM

1. Create opportunities to cooperate with a wider community.

2. Have discussions about respect and equality in all programs.

3. Enforce rules fairly. Write consequences as alternatives.

ITALIAN TEAM

HOW TO MAKE YOUR SCHOOL MORE INCLUSIVE

"Respect your rights to happiness"

Inclusion in schools is a fundamental right that gives us the opportunity to participate in the development of our community and to contribute to the well-being of our society.

1. BILINGUALITY (L1 AND L2)
2. READING CLUB
3. ACTIVITIES TO HELP STUDENTS WITH SPECIAL NEEDS
4. SCHOOL ASSEMBLY

10 Things You Can Do to Make Your Class Socially Inclusive

1. Switch up the seating plan - give students a change of scenery and someone new to work with by changing up your seating plan several times during the school year.
2. Find common ground.
3. Partner or small group work.
4. Offer structured recess activities.
5. Use socially inclusive language.
6. Role-play situations where students can include one another.
7. Set expectations for socially inclusive behavior - clearly communicate your expectations of socially inclusive behavior.
8. Find ways to highlight student interests and strengths.
9. Ensure that all students have an effective and appropriate way to communicate.
10. Provide opportunities/places for students to meet and interact in your classroom.

GREEK TEAM

1. Create opportunities to cooperate with a wider community.

2. Have discussions about respect and equality in all programs.

3. Enforce rules fairly. Write consequences as alternatives.

How to make your school more inclusive?

FOCUS ON STRENGTHS AND CAPABILITIES

HOW TO MAKE YOUR SCHOOL MORE INCLUSIVE

1. Organize regular talks with people of different professional fields. In this way everybody will be provided with additional information, inspiration and could ask face-to-face questions.

2. To form various clubs divided by the interest of every student.

HOW TO MAKE YOUR SCHOOL MORE INCLUSIVE

1. Organize regular talks with people of different professional fields. In this way everybody will be provided with additional information, inspiration and could ask face-to-face questions.

2. To form various clubs divided by the interest of every student.

Steps to inclusion in schools

1. Be clear about the difference you want to take.
2. Make use of existing skills and knowledge.
3. Develop a shared language of practice.
4. Promote a respect for difference.
5. Share responsibility for leadership.
6. Create a culture of learning, teaching and full participation.

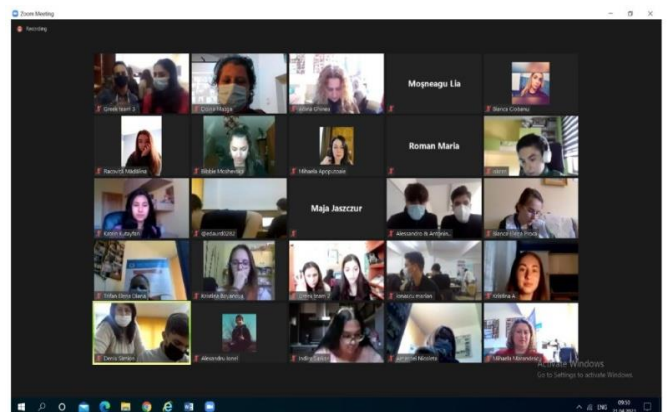
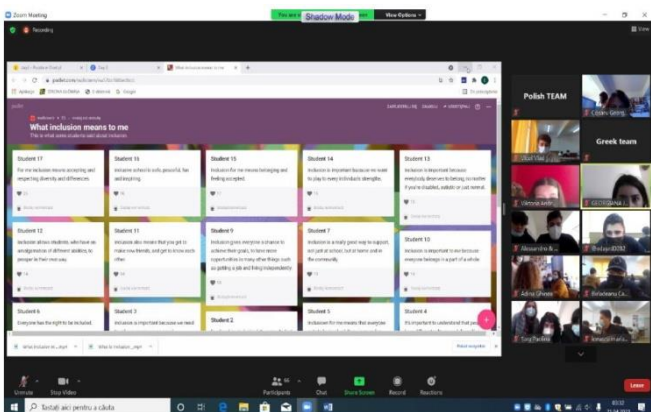
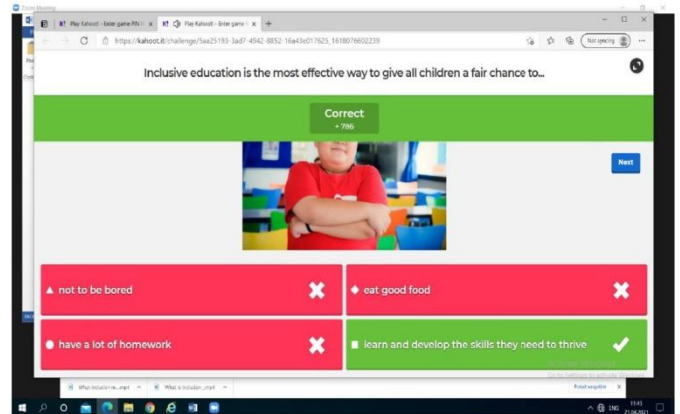
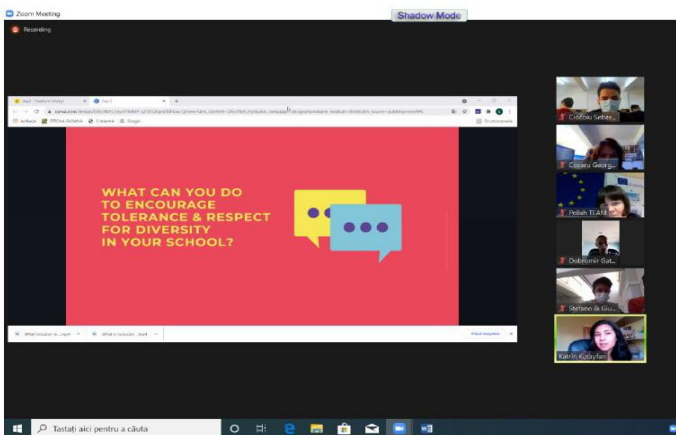
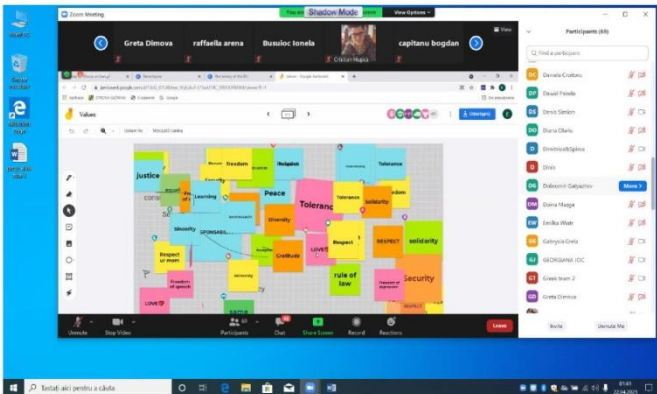
How to make your school more inclusive? (padlet)



GET IN SHAPE FOR EUROPE .. IN POLAND

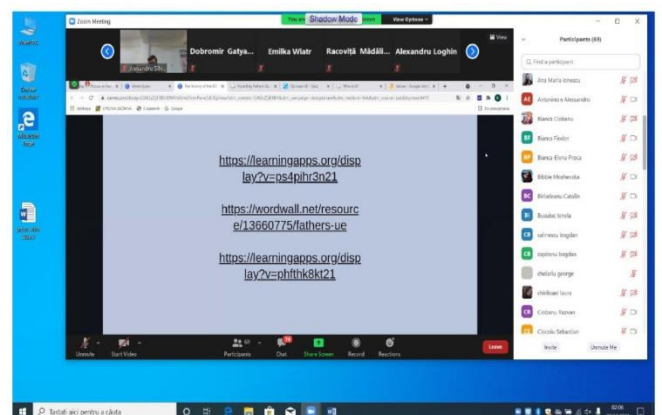
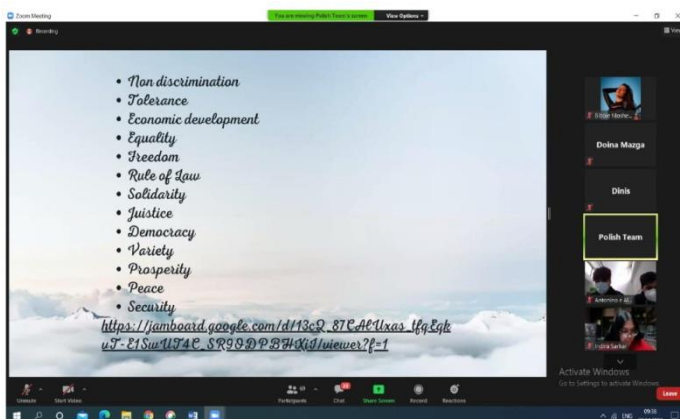
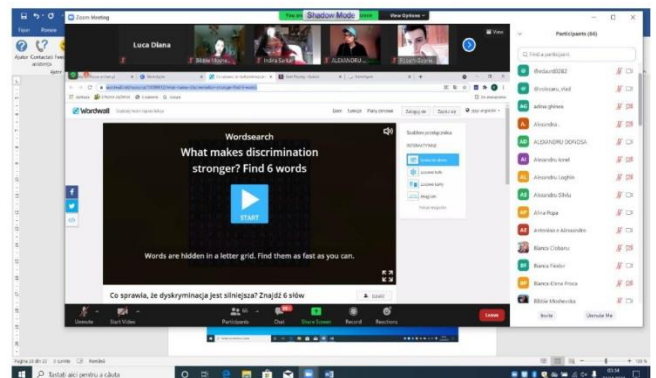
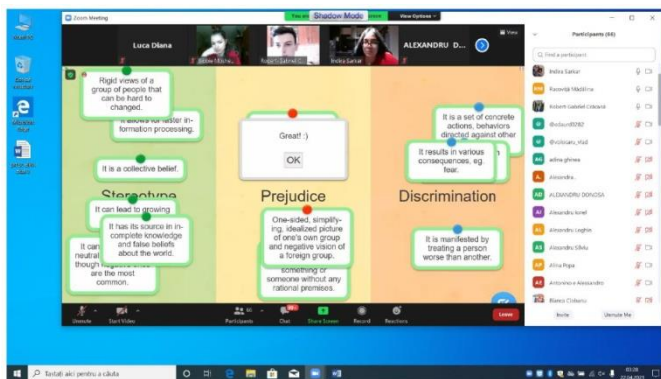
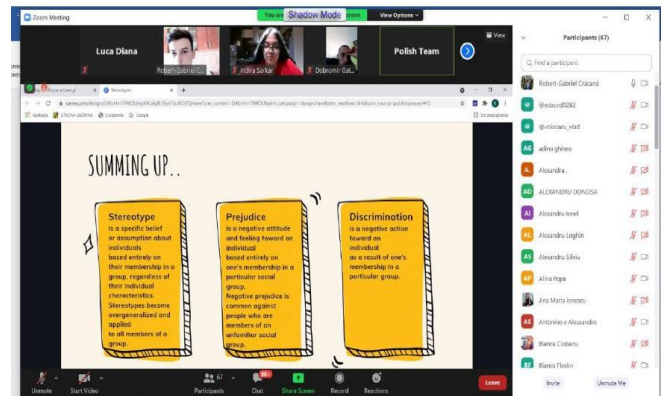
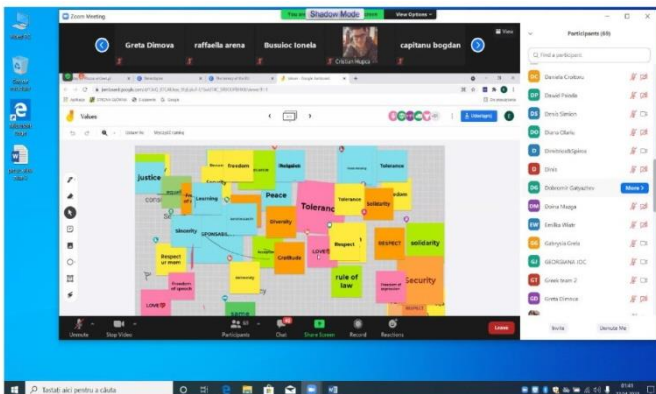
21.04.2021 - The students participated in workshops that addressed issues such as freedom of expression and hate speech, fake news and media manipulation, cyberbullying, personal data protection in the era digital democracy, digital democracy, inclusion and non-discrimination.

Students also improved their knowledge of Poland and explored the <http://www.etwinning.net> platform and the rights of European citizens included in the "Charter of Fundamental Rights of the European Union" in the "ME&EU: Rights" workshop.



GET IN SHAPE FOR EUROPE ... IN POLAND

22.04.2021 - The students participated in workshops such as "Lessons about the European Union" and "Stereotypes, prejudice and non-discrimination". The students also explored the platform www.etwinning.net and the opportunities offered by the European Union in terms of work, career and entrepreneurial skills in the "ME&EU: Skills and Business" workshop. During the 3 days, students discussed in mixed groups and used digital tools such as Kahoot, Quizizz, Wordwall, Learningapps, Padlet, Jamboard, Mentimeter, Google Forms, ZOOM, www.etwinning.net.



GET IN SHAPE FOR EUROPE ... IN POLAND

What activity/work session did you like the most? Why? Feedback from students

The breakout rooms where suddenly you end up with different people discussing various topics were especially interesting for me as well as most of the quizzes that we did.

I like the most the first day because was so many games in activity.

All were nice activities.

I liked the activity with tolerance. We should accept ourselves as good and bad.

The discussions that we had in the breakout rooms were my favourite part as I was able to hear the opinions of different people. In addition, doing quizzes was very fun, especially Kahoot as it brings out my competitive side.

I liked the presentations the most, they were very interesting and I learned new things.

I like the most the activity from the first day, the presentation activity, because I learned many cultural things about the other countries.

My favourite activity was when we were divided into groups and we had to find the things we had in common. It was really fun and i had a great time with the people that were in the group.

Break rooms, because we could communicate better.

I like very much group working and quiz time because I can develop my language skills.

My favorite activity was "Inclusion in your school" because it was more about us, students, than citizens.

All of it no exception.

When we got divided into groups and we had to share our opinion.

Work in groups because Im talked to others, exchanged information and made new friends.

I believe I enjoyed all the quizzes the most, because I was able to learn a number of new facts and information in a short period of time, in an interactive and more dynamic way!

When we was divide in groups.

I liked it when I had the chance to talk to other people who were from the other countries because I get to know what their type of thinking was and I was able of course to make new friends 'cause I'm talkative and positive.

I don't have a favorite activity, I liked them all.

I liked the activities from the first day the most because we had the opportunity to get to know each other and discuss many, many things.

When we were separated in groups interacting with other children.

I took pleasure in the breakout rooms where different people gathered in small groups and discussed different topics. Another thing that I liked were the informative quizzes that we did.

The activity I liked the most is the one on the first day of the presentations because I befriended other students and learned more about the other colleagues in the project.



I loved working on my topic about Freedom of expression and Hate speech since that is something I am very interested in and developed lots of my skills! Also the discussion about stereotypes was the most appealing to me!

Talking about the topic with my mates in group chat.

I liked the most when we were in groups and discussed different topics. I also liked the quizzes, EU&ME topics and the short films.

I liked all the activities.

When you break us into small groups. In this was everyone can share their opinions on the topic.

My favorite activity was the "Quizizz", because it was fun and competitive.

Liked all of the activities and all the sessions because they helped a lot in developing my skills.

All activities was so interesting.

The movie from day 2 was very interesting.

I like the most all quiz and activities because they were entertaining.

Group works, because we had the chance to socialize.

I liked all games and activities because they were fun!

The activity where we communicated with each other and exchanged ideas because we got to meet new people.

In the activities of these three days, I liked the most when we were explained what is stereotype, prejudice and discrimination. And especially those interactive games.

The activity in which each country spoke about its culture. It was something new to learn information directly from the citizens of those countries.

I liked the activity based on stereotypes because I had the opportunity to talk to other people and to notice that we have mostly the same opinions.

Conversations in rooms because it was really interactive.

I enjoyed all the activities and learned a lot.



GET IN SHAPE FOR EUROPE ... IN POLAND

DIGITAL RESOURCES USED

WORDWALL

Warm up – Randomwheel – each group

Romania

<https://wordwall.net/resource/14590262/romania>

Bulgaria

<https://wordwall.net/resource/14587306/bulgaria>

Italy

<https://wordwall.net/resource/14592232/italy>

Greece

<https://wordwall.net/resource/14591214/greece>

Poland

<https://wordwall.net/resource/14598616/poland>

”What do I know about Poland? What do I know about EU ”

Labelled diagram – Poland’s Neighbors:

<https://wordwall.net/resource/14239305/polands-neighbors>

Gameshow quiz – People from Poland

<https://wordwall.net/resource/14240542/people-poland>

True or false:

<https://wordwall.net/resource/14238666/true-or-false-about-poland>

Match up – Polish symbols:

<https://wordwall.net/resource/14324560/polish-symbols>

Definitions + examples

<https://wordwall.net/resource/14603092/definitions-examples>

Matching pairs – Polish dishes

<https://wordwall.net/resource/14338816/polish-dishes>

What Makes Discrimination weaker?

<https://wordwall.net/resource/14600359/what-makes-diskrimination-weaker-find-6-words>

What makes discrimination stronger?

<https://wordwall.net/resource/14599912/what-makes-discrimination-stronger-find-6-words>

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



LEARNING APPS

Millionaire – EU-Quiz

<https://learningapps.org/watch?v=p0f1gfvr21>

Who is it?/ - groups

<https://learningapps.org/display?v=ps4pihr3n21>

Founding fathers

<https://wordwall.net/resource/13660775/fathers-ue>

Founding fathers quiz

<https://learningapps.org/display?v=phfthk8kt21>

Groups

<https://learningapps.org/display?v=pi2kb0exa21>

QUIZZIZ

Quizziz – “What do I know about EU?”

<https://quizziz.com/admin/quiz/607205a9168008001be0bda3>

Quizziz: “How much do You know about Poland?”

<https://quizziz.com/admin/quiz/606f2ea1d55260001bbb89c3>

Quizziz: “What do You know about EU”?

<https://quizziz.com/admin/quiz/606464d0571435001b57f987/what-do-i-know-about-eu>

Introduction – Quizzizaboutstereotypes

<https://quizziz.com/admin/quiz/6064a25bc640d0001b91fea0/stereotypes>

Quizziz

<https://quizziz.com/admin/quiz/607c29bc0f2574001c5429e5>

CANVA

Founding Fathers

Presentation:

https://www.canva.com/design/DAEbZSjFXBY/DMVtA3Im05crvPw-e5dCIQ/view?utm_content=DAEbZSjFXBY&utm_campaign=designshare&utm_medium=link&utm_source=publishpresent

Stereotypes, prejudice, nondiscrimination

Presentation:

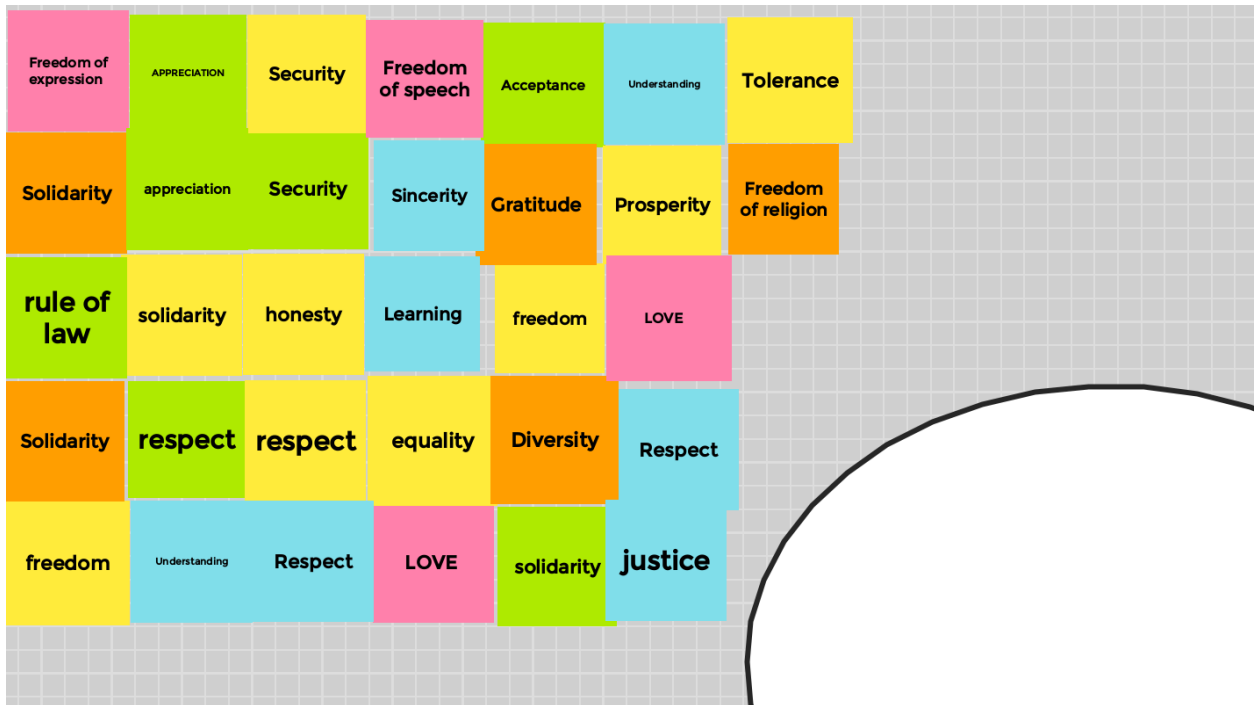
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<http://lspvs.ro/erasmus-gise/>



JAMBOARD

Jamboard – commonevalues



https://jamboard.google.com/d/13cQ_87CAIUxas_tfqEqkvT-E1SwUT4C_SR9ODPBHXil/viewer?f=1

YOUTUBE

What is inclusion?

<https://www.youtube.com/watch?v=3VMz06iVzqs&t=3s>

What inclusion means to me?

<https://www.youtube.com/watch?v=e9aweqCusRw&t=2s>

ME&EU: Skills and Business

<https://www.youtube.com/watch?v=7QBaAm13q6o>

ME&EU: RIGHTS

<https://www.youtube.com/watch?v=fhPXXp85IYA>

PADLET

What inclusion means to me

<https://padlet.com/malkrzem/vw57zo18t8ec8scc>

KAHOOT

INCLUSIVE SCHOOL

https://kahoot.it/challenge/07170367?challenge-id=5aa25193-3ad7-4942-8852-16a43e017625_1618076602239

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



GET IN SHAPE FOR EUROPE ...

IN ROMANIA ... IN POLAND

LEARNING/TEACHING/TRAINING ACTIVITIES ACHIEVEMENTS

KNOWLEDGE

- about democratic values, fundamental rights, active European citizenship, nondiscrimination, hate speech and freedom of expression, fake news and media manipulation and disinformation, European rights
- about knowledge about the EU (values, principles, policies, history), about Romanian and the other countries culture and civilization

LANGUAGE SKILLS

- Improvement of English communication (speaking and listening skills)

CIVIC, SOCIAL AND INTERCULTURAL COMPETENCES

- abilities to participate in different communication situations
- teamwork skills, cooperative learning skills
- better understanding of cultural and linguistic diversity, cultural awareness and expression competence, ability to adapt to and act in new situations, to a new cultural environment, openness to link with people belonging to other cultures, respect and empathy towards other cultures, more tolerance towards other persons' values and behavior
- citizenship competences, emotional skills (e.g. having more self-confidence)

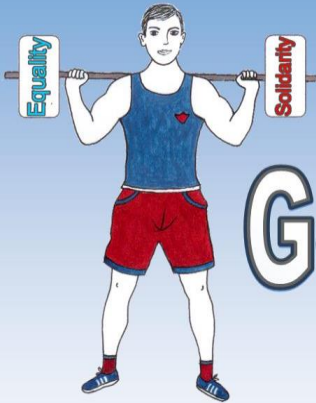
LEARNING TO LEARN COMPETENCE, TRANSVERSAL SKILLS

- literacy competence
- searching for information from various sources, structuring and the information based on certain requirements, ability to reflect, formulate own opinions, arguments and interpretations, improvement of the social communication skills within a multicultural environment
- organising tasks and activities, ability to plan and carry out the own learning independently
- analytical skills and critical thinking skills
- problem-solving skills and taking decisions abilities
- digital competences

NEW ATTITUDES

- increasing motivation and confidence in one's own person;
- openness to link with people belonging to other cultures,
- respect and empathy towards other cultures;
- positive attitudes towards the EU.





Get In Shape

for

Europe



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