

ERASMUS +



DAY 1

First we had to welcome our visitors. Our headmistress introduced our guests and then said a few words about our school.

Next part of the program was a lesson prepared by class 3C. They discussed the key value of the event such as healthy eating and ecology.

After that visitors attended in lesson prepared by class 2C about monosacharides in which they learnt how to detect and avoid them. They watched a chemical experiment and calculated their BMI.

The last part of the day was lecture presented by dietitian about products etiquettes and unsafe ingredients we can find there.

In the end we have concluded that sugar is necessary for our survival but in right amount.





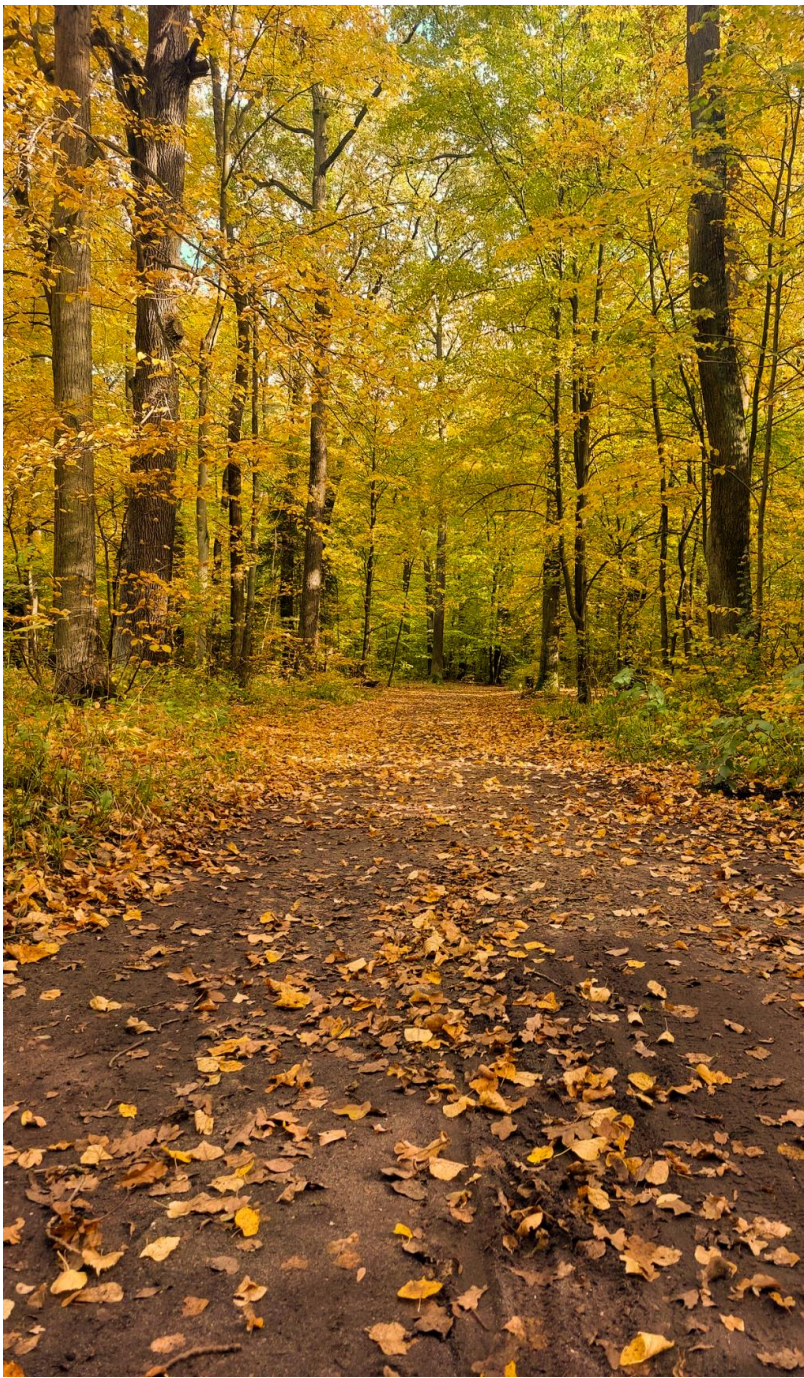
DAY 2

Day two of the visitation was very intense, productive and engaging.

We participated in a terrain game which took place in Łagiewniki forest. We were divided into four groups which had assigned teachers from the Erasmus programme, and also two to three guides from classes 2C and 2A, but the main point of this event was to strengthen friendship and bonds between classes 1A-D from our school.

First, assigned guides met their classes and Erasmus teachers at varying, predetermined locations, to check if everyone got to the place safe and secure. Then, we got on buses and drove to designated spots in Łagiewniki forest. Then the classes received cards with several tasks, which they had to complete during the game. The tasks were solely tied to the students' environment, and so they involved taking photos of local flora, track the distance of how much they've travelled etc. Forest was filled to the brim with different kind of mushrooms, trees and bushes, and the sights were very pleasant to the eye. After the game, we've gathered in a spot in the middle of the forest, and had a delicious meal by the campfire, which consisted of fried sausage, bread and ketchup. Polish Erasmus participants also prepared some of the local products, such as plums, jams, freshly baked bread etc. Then the headmistress of our school made a speech about the event, and we've performed a dance called "Belgian dance", which is very popular among Polish youth. After the dance, everybody said goodbye to each other and the terrain game was over.







DAY 3

Wednesday! What a day!

We came only for few lessons and around 11 we went for a walk to culinary school which is located in the center of Łódź. Everyone met up at 12 under the entrance and got in.

Our school made us a surprise with a cooking course. We were going to learn about pickling.

First we have listened to some theory, teacher was good at explaining and we were curious so we enjoyed it. Later we started to prepare some food with guests it was really nice. We made pickled: cauliflower, cabbage, beetroot, pumpkin and radish. After 4 hours we were fed up everyone received 5 jars with our pickles and went home.

It was marvelous day and now we know how to pickle.







DAY 4

On the last day of our cooperation, the guests got the chance to attend lessons prepared by students and teachers from our school.

Pupils from class 2A had prepared presentations covering the topic of locals restaurants being caring and/or customer-friendly. They discussed the range of menu, location and whether the place were concerned about the environment. It's safe to say that not only visitors, but everyone had learned something new about Łódź and now we all know what this city can offer.







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