

## Job Shadowing in Poland 10-14<sup>th</sup> October 2022

### Meeting Report

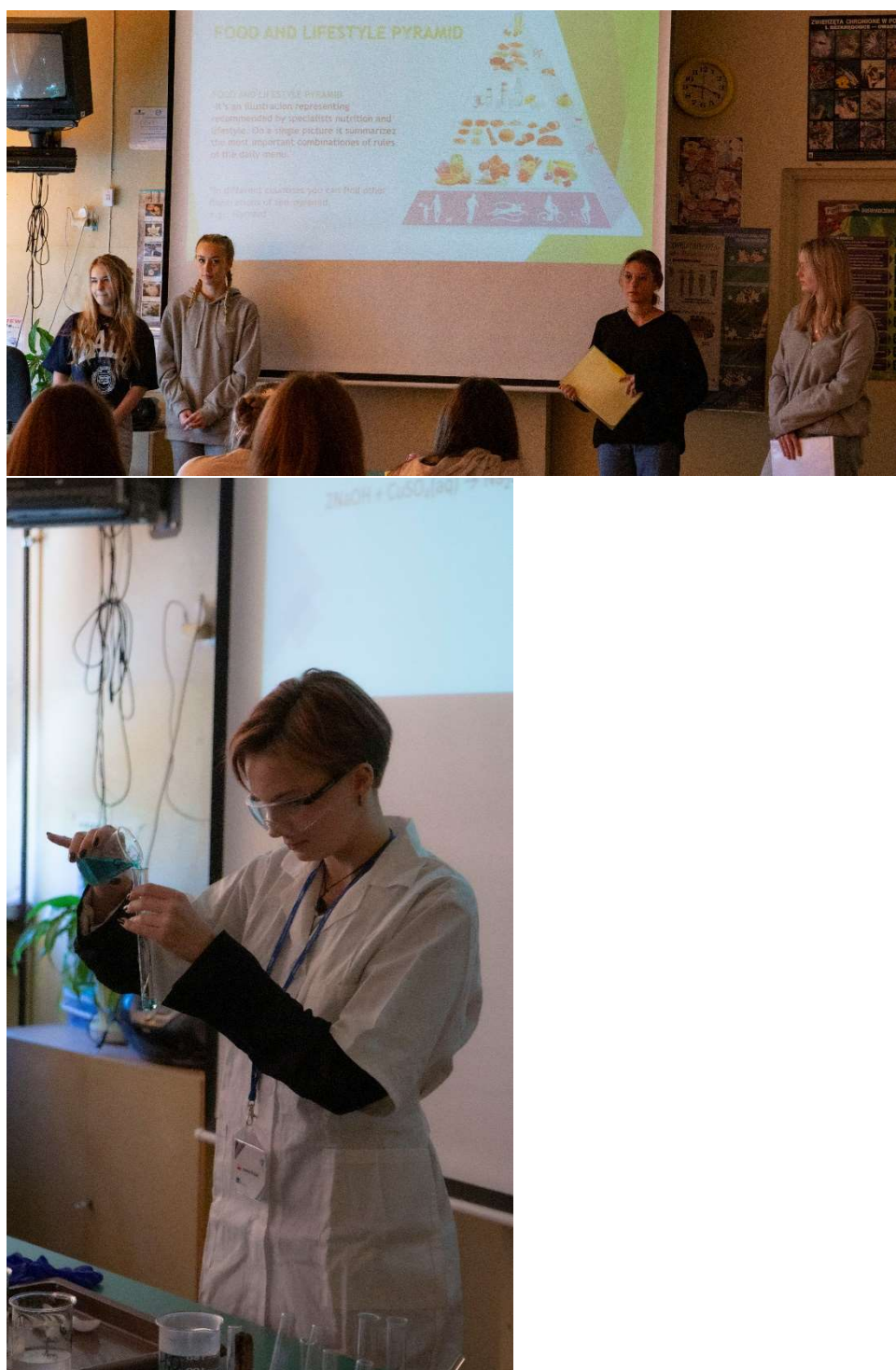
#### Day 1

##### Monday

For the first working day the teachers from Latvia, Austria and Germany went to the school "Liceum Ogólnokształcące im. Stefana Żeromskiego w Łodzi". After a very nice welcome by the members of the school management and the participating students of the Erasmus+ programme from Poland, the participants filled out a survey on what they were expecting to learn during the week.

Then the first lesson started. For this, the participants joined a class in year 3. In the subject of biology, the topic of "sensible nutrition" was illuminated in all its facets by a student lecture. Besides the food pyramid, the class also learned about how often one should eat and drink during the day, for example. Eating disorders and the BMI as a guideline for a healthy body weight were also addressed. Afterwards, the students had to complete a worksheet which dealt e.g., with creating a healthy diet for an example female for one day, calculating the BMI for a young man and deducing what kind of actions that person needed to take in order to acquire a healthier ratio of height and body weight. Finally, they had to prove their acquired knowledge in detail in a digital quiz (similar to Kahoot). A positive aspect here was that the presenters had really researched and presented the topic very thoroughly. They took a great responsibility for the learning success of their fellow students. The subsequent chemistry lesson in a year 2 on monosaccharides was also held along the same lines, starting off with a detailed and complex presentation held by several students about the structure and impact on our health of different saccharides. At different stages of the presentation process, the students had to fill out a worksheet to use the newly acquired knowledge. Additionally, there was an experiment on the detection of fructose, which two students had prepared and demonstrated to those present. The school day was rounded off by a workshop in which an invited nutrition expert from the University of Łódź taught the participants which ingredients and additives are important in articles of food, but also which can be dangerous. The focus was on how to read nutrition labels correctly, as they are compulsory on every food item in the supermarket. In the end, the students checked nutrition labels on foods they had brought along themselves and check for good and bad ingredients and additives. This proved quite revealing in some cases and was commented on by the expert of how to add to or even change your personal food consumption. The students were also supplied with a list of which food additives to avoid if possible. After so much input, from which the Erasmus+-teachers could take away a lot for their lessons at home, the afternoon was mainly dedicated to learning about the history and culture of the hosting city of Łódź. A brilliant three-hour guided tour showed the participants that despite its in some places desolate appearance, which was also due to events closely connected to the overall European history, Łódź has an incredibly diverse cultural and industrial past, and is just now setting out again to successfully shape its future.





## Day 2

On Tuesday, a forest excursion on the outskirts of Lodz was on the agenda.

The Erasmus team was accompanied to Lagiewniki by students from the Polish host school. The class teachers divided into the groups on the spot and handed out worksheets. The



Erasmus team students led the groups on four different routes to a common meeting point through the forest.

On the way there, mushroom and tree species were identified and documented by photographing them. The environment was consciously perceived and special attention was paid to environmental protection. Geographical work assignments were also on the agenda, such as estimating the route length, determining the cardinal directions and the sea level.

The destination of the hike was a forest clearing, where a picnic with a campfire had been prepared. At the fireplace the participants grilled sausages and bread. Students also offered homemade bread, jam and dried fruits for tasting, as well as distributed apples. A traditional circle dance concluded the beautiful forest excursion.



In the afternoon, the Erasmus team teachers visited the Museum of the city of Lodz, the former palace of the Poznanskis' family. The collection reflects the history and daily life of the inhabitants of Lodz. Especially the diverse cultures, architecture, crafts and industry take a major role. The exhibition shows that Lodz was a stronghold of the textile industry in Europe. Former factory buildings still characterize the appearance of the city today. It also showed the four cultures (Polish, German, Russian, Jewish) that left their mark on the urban and cultural development of the city.





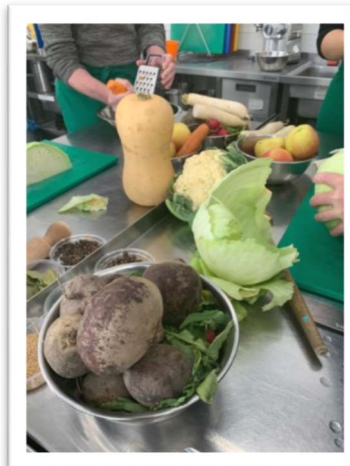


Day 3

Wednesday

The meeting started at 9.00 at the school. Teachers arrived and started working on the planning of the mobility for Teachers and Students in Latvia in December 2022. Moreover, the team successfully completed the accounts of the previous days for the Meeting Report, lesson scenarios and project blogs for their project webpages. Then, the Teachers and a group of Erasmus+ Students participated in a hands-on Pickling Workshop Session to find out the basics of this food preservation method. The session started with an introduction and theoretical knowledge behind pickling. It focused on the process of fermenting, ingredients, nutrition values, the role of acids, right proportions, storage etc. Next, the participants went through the entire process of pickling. Each participant got involved in the production process and left the room with five different jars of pickles. The workshop was an immersive experience highly enjoyed by the participants. The teachers can take home the methods of running the workshop and adjust it to the needs and conditions at their school premises (e.g. equipment and kitchen availability) The day finished with Jewish cuisine tasting, as the tastes are deeply imprinted in the history of the city of Lodz





## Day 4

### Thursday

Thursday was the last day of work together. On this day, a total of three different lessons were visited. The English lesson of a 2nd class was the first one. In preparation for this lesson, the students had dealt with what actually constitutes a responsible and customer-friendly restaurant. For this purpose, they were divided into four groups, which then prepared questionnaires on their own. For this purpose, the groups had developed partly very different criteria, which for example included the question of available parking spaces, but also, for example, whether vegetarian and vegan dishes were on the menu. They also took a critical look at what actually happened to leftover food. Afterwards, the groups had each determined four to six local restaurants, which they visited personally in the course of a week and interviewed the management there with the help of the criteria catalogue they had created themselves. In the lesson shown, the results were presented in a presentation. These presentations were on average of a high level, but the language level and the self-confidence with which the students spoke English was much more impressive. The feedback of

the teacher was always focused on stressing the positive aspects of each group's performance. The "control group" of three students from other classes did not find it difficult to adequately summarise the results of the research and presentations.

The second lesson was a mathematics lesson, which also took place in a second class and followed a classic pattern. After a short instruction phase by the teacher, the students were confronted with the task of completing a recipe for a healthy dish. However, the quantities were missing and had to be derived by solving quadratic equations. These tasks had to be solved in groups, which was clearly fun for them.

Finally, a "business lesson", which can best be translated as "company lesson", focused on health in the workplace. This time, the participants watched a third class. Once again, the students had prepared presentations on the four aspects of "architecture", "labour law", "emotions at work" and "healthy lifestyle", which were held to the usual high standard. Afterwards, data collected in advance by questioning the parents about their workplace was made available to the groups, which had to discuss and evaluate it under their respective focus. The results were then presented with the help of a poster. Finally, the students were given a homework assignment that required them to address the question of why it may be necessary for employers to provide the appropriate healthy working conditions. It was also interesting that before leaving the room, the students had to fill in a questionnaire to give the teacher feedback on today's lesson.

After these very different and informative lessons, it was time to celebrate the official farewell. Again, all the students and teachers who had been involved in the project, as well as the members of the school administration, came together to officially end the mobility in a heartfelt ceremony.

After the students had left the school for the most part, the participants of the mobility were able to take advantage of an extended tour of the school, which highlighted both similarities and differences to their own school.

In summary, it can be said that the four days of work together were quite demanding and sometimes physically exhausting, but from the participants' point of view it was definitely worth it, as they were offered a fascinating insight into a different school and teaching system. In addition, they were able to take away numerous impulses to further diversify the project topic of healthy and sustainable nutrition in their own school and to make it appealing and thus motivating for the pupils. In particular, the high level of practical relevance to the students' lives remains in their memories and a benchmark for their own efforts to inspire students for this challenging and immensely important topic.

But the mobility has achieved much more - namely the constantly new realisation that the European idea is carried by people who do their job with enthusiasm, are not afraid of exchange in a foreign language and have internalised for themselves that we can only become better together in constant exchange, because only in this way can diverse impulses be absorbed, reflected and integrated into one's own practice. And that is ultimately the core concern of Erasmus+ for schools.





