

# YOUNG



Erasmus+

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Als ich nach Deutschland gekommen bin, musste ich mich mit einer neuen Kultur auseinandersetzen. Wir sind als Familie hierher gekommen und gleich in eine Wohnung eingezogen. Unsere Nachbarn waren nett und haben uns angelächelt. Ich finde es sehr angenehm, dass die Menschen sich gegenseitig anlächeln bzw. grüßen. Es hat uns ein bisschen beruhigt, dass die Umgebung angenehm ist. Später als wir unseren Nachbarn besser kennengelernt haben, haben wir Gespräche geführt. Nur diese Gespräche waren anders, als wir es gewohnt waren. Erst haben unsere Nachbarn uns Herr/Frau Kosztrub genannt. In Ungarn dürfen Menschen nicht mit Nachnamen angesprochen werden, da es sehr unhöflich ist. Man fühlt sich sogar auch beleidigt. In meinem Fall würde es heißen "Liebe Dominika oder einfach Kosztrub Dominika", wenn mich jemand ansprechen würde. Die Menschen werden nicht als Frau Kosztrub angesprochen. Wenn mich hier in Deutschland jemand anspricht, dann siezt mich diese Person, sei es ein Nachbar, bei der Bank der Berater oder bei der Behörde. Wenn die ältere Person anbietet, dass wir uns duzen können, dann dürfen wir uns duzen. Meine Erfahrung sagt, es ist ein interkultureller Unterschied zwischen den beiden Ländern. Als wir mit den Nachbarn geredet haben, waren wir meistens vor der Tür. In meiner Heimat ist es anders. Bei uns kommen die Gäste ins Haus herein. Wir sind sehr gastfreundlich und bei uns sind die Gäste herzlich willkommen, wir bieten Speisen und Getränke an. Der Gast wird bei uns als Familienmitglied behandelt. Das Gespräch ist nicht oberflächlich, sondern wenn wir fragen "Wie geht es dir? / Was hast du so alles erlebt jetzt?" dann haben wir tatsächlich Interesse daran, was mit dieser Person passierte. Wenn diese Person sehr lang eine Ge-

schichte erzählt, dann hören wir zu und lassen diese Person ausreden. Als der Nachbar uns gefragt hat, "Wie geht es euch?" hat er uns das Gefühl gegeben, er will nicht wissen, wie es uns wirklich geht. Er möchte nur hören, uns geht es gut. Hier ging es eher nur um eine Frage ohne Bedeutung. Das haben wir am Anfang nicht verstanden. Was man noch sehr gut beobachten kann, ich benutze sehr viel nonverbale Kommunikation wie Gestik und Mimik, ich zeige persönlich auch sehr viel mit den Händen oder ich berühre meinen Gesprächspartner, in Deutschland ist es eher selten. Die Menschen reden mit größerem Abstand voneinander. Bei uns ist die Körpersprache etwas anders, wir halten nicht so großen Abstand vom Gesprächspartner. Bei uns legt man auch großen Wert darauf, dass die Freunde, Bekannte sich beim Treffen umarmen und zwei Küsse auf die Backen geben. Als ich hier Freunde bekommen habe, habe ich festgestellt, dass dieser Körperkontakt hier nicht entsteht. Wie ich bereits erwähnt habe, bin ich mit meiner Familie nach Deutschland gekommen. Ich bin so aufgewachsen, dass meine Großeltern mit uns gewohnt haben. Bei uns ist es normal, dass die Familie zusammenlebt, solange das Kind keine feste Beziehung hat und nicht heiratet. Innerhalb der Familie wird alles besprochen, wer was macht und was man an dem Tag erlebt. Der Informationsaustausch in der Familie ist sehr wichtig. Meine Erfahrung sagt, die Kinder wohnen hier öfter in einer Wohngemeinschaft oder mit einem Freund und nicht mit der Familie zusammen, wie auch die Großeltern in einem Altersheim. Für uns ist es sehr ungewöhnlich. Aber ich finde es sehr interessant, wie unterschiedliche Menschen trotz Unterschieden ein harmonisches Leben haben können. Wir können sehr viel voneinander lernen. -Dominika Kosztrub

## Intercultural Competence

When I came to Germany, I had to deal with a new culture. We came here as a family and moved into an apartment right away. Our neighbours were nice and smiled at us. I find it very pleasant that people smile or greet each other. It reassured us a bit that the environment was pleasant. Later when we got to know our neighbour better, we had conversations. Only these conversations were different from what we were used to. First our neighbours called us Mr./Mrs. Kosztrub. In Hungary it is not allowed to address people with their last name, because it is very impolite. One even feels insulted. In my case it would be „Dear Dominika or simply Kosztrub Dominika” if someone addressed me. People are not addressed as Mrs. Kosztrub. If someone addresses me here in Germany, that person addresses me as Ms. Kosztrub, be it a neighbour, at the bank the consultant or at the authority. If the older person offers that we can be on first name terms, then we may be on first name terms. My experience says it is a cross-cultural difference between the two countries. When we talked to the neighbours, we were most outside the door. In my home country it is different. In our country, guests come in the house. We are very hospitable and in our house the guests are welcome, we offer food and drinks. The guest is treated as a member of the family in our house. The conversation is not superficial, but when we ask „How are you / What have you been up to now?” we are actually interested in what happened to that person. If that person is telling a story at great length, then we listen and let that person finish. When the neighbour asked us, „How are you doing?” he made us feel like he doesn't want to know how we are really doing. He just wants to hear, we're fine. This was more just a question without

meaning. We didn't understand that at the beginning. What you can still observe very well, I use a lot of non-verbal communication like gestures and facial expressions, I personally also show a lot with my hands or I touch my conversation partner, in Germany it is rather rare. People talk at a greater distance from each other. With us, the body language is somewhat different, we don't keep such a great distance from the person we're talking to. We also attach great importance to the fact that friends and acquaintances hug each other at the meeting and give two kisses on the cheeks. When I got friends here, I noticed that this physical contact does not arise here. As I mentioned before, I came to Germany with my family. I grew up in such a way that my grandparents lived with us. With us it is normal that the family lives together as long as the child does not have a steady relationship and does not marry. Within the family everything is discussed, who does what and what you experience that day. The exchange of information within the family is very important. My experience says that the children here more often live in a shared apartment or with a friend and not with the family, as well as grandparents in a retirement home. For us, it's very unusual. But I find it very interesting how different people can have a harmonious life despite differences. We can learn a lot from each other.

-Dominika Kosztrub

# Interkulturelle Kompetenz

Interkulturelle Kompetenz ist wichtig im Alltag. Sowohl im Arbeitsleben wie auch im Privatleben wird das Thema immer wichtiger. Aber was bedeutet Interkulturelle Kompetenz überhaupt?

Unter interkultureller Kompetenz versteht man die Fähigkeit, mit Menschen aus anderen Kulturen zu interagieren, Unterschiede zu respektieren und Rücksicht beim Kontakt zu nehmen. Die Globalisierung schreitet immer weiter voran, daher wird der Kontakt zwischen den verschiedenen Kulturen immer intensiver. Es gibt verschiedene Ziele der interkulturellen Kommunikation, darunter befinden sich eine erfolgreiche, globale Kunden- Geschäftskultur aufzubauen, ebenso wie neue globale Geschäftsbeziehungen zu knüpfen.

Man unterscheidet hierbei verschieden Formen der interkulturellen Kompetenz. Zum einen gibt es die Sozialkompetenz, diese setzt eine generelle Offenheit gegenüber den anderen Ansichten sowie Wertesystemen voraus. Man braucht hierfür aber auch Empathie, um sich in das Denken des Gegenübers hineinversetzen zu können. Die nächste Form ist die Methodenkompetenz, hierbei spielen vor allem Methoden zur Konfliktlösung eine entscheidende Rolle, um am Schluss eine gemeinsame Lösung zu finden. Eine weitere Form ist die Persönlichkeitskompetenz, dabei geht es vor allem, um die Selbstreflexion und die Fähigkeit sich in die Perspektive des Gegenübers hineinversetzen zu können. Zu guter Letzt gibt es noch die Form der Fachkompetenz, bei dieser spielt das eigene Fachwissen oder die Sprachkompetenz eine große Rolle und hilft dabei sich mit dem Gegenüber zu unterhalten oder Kenntnisse über seine Herkunft zu besitzen.

Die interkulturelle Kompetenz ist besonders wichtig um Missverständnisse sowie Konflikte, sowohl auf privater als auch auf geschäftlicher Ebene zu vermeiden.

Interkulturelle Kompetenz kann gefördert werden. Sei es in der Schule oder am Arbeitsplatz, es gibt verschiedene Möglichkeiten, um uns selbst damit auseinanderzusetzen.

In der Schule können Kompetenzen dieser Art zum Beispiel bereits mit einer Fremdsprache erlangt werden. Man erlernt hier sprachliche Fachkompetenzen und lernt im Unterricht nebenbei noch einiges über das jeweilige Land. Oft angebotene Fächer sind beispielsweise Englisch oder Französisch. Studenten können sich verbessern, indem sie ein Auslandsjahr machen und sich selbst einen Eindruck über die Situation und die Sitten vor Ort verschaffen.

Im Arbeitsleben hingegen gibt es kulturspezifische Trainingsvarianten, bei denen man Informationen über das Land, mit dem Geschäfte getätigt werden sollen sammelt, wie beispielsweise Gebräuche, typische Normen und Werte, sowie politische, kulturelle und soziale Fakten. Ebenso kann ein kulturallgemeines Training verwendet werden, hierbei macht man sich die eigene Kultur bewusst und zeigt auf, wie stark diese Prägung die interkulturelle Kommunikation stören kann. Diese Methode ist vor allem gut, um Vorurteile zu analysieren und zu beseitigen.

Wie Sie sehen, ist interkulturelle Kompetenz sehr wichtig in der heutigen Zeit, sowohl am Arbeitsplatz als auch privat. Die Globalisierung schreitet immer mehr voran und es wird immer wichtiger, sich selbst mit diesem Thema auseinanderzusetzen. -Julian Schlund

# Intercultural Competence

Intercultural competence is important in everyday life. Both in working life and in private life, the topic is becoming increasingly important. But what does intercultural competence mean?

Intercultural competence is the ability to interact with people from other cultures to respect differences and to show consideration when making contact. Globalization is progressing more and more, therefore the contact between different cultures is getting more and more intensive. There are various goals of intercultural communication, among which are to build a successful global customer-business culture, as well as to establish new global business relationships.

There are different forms of intercultural competence. On the one hand, there is social competence, which requires a general openness to other views and value systems. But you also need empathy to be able to put yourself in the mind of the other person. The next form is the method competence, here above all methods for the conflict solution play a crucial role, to find at the end a common solution. Another form is personality competence, which is mainly about self-reflection and the ability to put oneself in the other person's perspective. Finally, there is the form of professional competence, in which one's own professional knowledge or language competence plays a major role and helps to converse with the counterpart or to possess knowledge about his or her origins.

The intercultural competence is especially important to avoid misunderstandings and conflicts on a private as well as on a business level.

Intercultural competence can be promoted. Be it at school or at work, there are different ways to deal with it ourselves.

In school, for example, competencies of this kind can already be acquired with a foreign language. One learns here linguistic specialized authority and learns in the instruction besides still some over the respective country. Subjects often offered are, for example, English or French. Students can improve their skills by taking a year abroad and gaining an impression of the local situation and customs.

In the working world, on the other hand, there are culture-specific training options where one gathers information about the country with which business is to be done, such as customs, typical norms, and values, as well as political, cultural and social facts. Likewise, a culture-general training can be used, in which one becomes aware of one's own culture and shows to what extent this imprint can interfere with intercultural communication. This method is especially good for analyzing and eliminating prejudices.

As you can see, intercultural competence is very important in today's world, both in the workplace and in private life. Globalization is advancing more and more, and it is becoming more and more important to deal with this issue yourself.

-Julian Schlund

# Interkulturelle Missverständnisse bewältigen

Sicher ist es Ihnen auch schon mal so gegangen, als Sie in einem fremden Land Urlaub gemacht und dann bei der Bestellung von einer Kugel Eis den Daumen nach oben gezeigt haben. Dies sollte natürlich signalisieren, Sie sind mit der Bestellung einverstanden. Der Verkäufer hat Sie daraufhin aber nur fragend angeschaut, und Ihnen war gar nicht bewusst, warum.

Ja, damit sind Sie nicht alleine. Dies passiert, wenn zwei Menschen aus verschiedenen Kulturen aufeinandertreffen und dann auf ein interkulturelles Missverständnis stoßen.

Denn nicht alle Gesten und Handzeichen, welche bei uns in Deutschland gängig sind, haben auf der ganzen Welt dieselbe Bedeutung. Zum Beispiel bedeutet der Daumen nach oben, hier bei uns, eine zustimmende Haltung „gut gemacht oder alles in Ordnung oder ja, passt so“ in anderen Ländern, wie zum Beispiel in Griechenland oder Australien ist dies eine rüde, obszöne Geste.

Ich persönlich kann da aus eigener Erfahrung sprechen. Als letzten Sommer unsere europäischen Austauschschüler vom Erasmus+ Projekt bei uns in Deutschland waren, sind am Anfang gleich mal Missverständnisse aufgetreten, welche mit besserer Vorbereitung auf unsere Austauschschüler und deren Ländergepflogenheiten vermeidbar gewesen wären. Es ging schon los mit der Begrüßung. Während in Deutschland und Polen ein Handschlag mit Blickkontakt ausreicht, erwarten die Spanier und Franzosen in der Regel ein Küsschen rechts und links auf die Wangen.

Somit soll dieses Schreiben auch als Leitfaden für zukünftige Schüler, welche am Austauschprogramm teilnehmen, dienen. Die Schüler können sich dadurch vorbereiten,

um auftretende Missverständnisse besser zu bewältigen, indem sie sich einfach der Thematik von verschiedenen Sichtweisen von Symbolen und Handlungsweisen annehmen und bewusstwerden.

Denn am Schlimmsten finde ich, wenn eine solche Situation einen überrascht und man nicht weiß, wie man damit umgehen oder darauf reagieren soll. Deshalb möchte ich hier ein paar wertvolle Tipps zusammenstellen, um den Umgang mit Menschen aus anderen Kulturen einfacher und besser zu gestalten. Dadurch profitieren beide Personen und verstehen sich hoffentlich deutlich besser.

- Geht offen miteinander um. Wir alle sind Jugendliche.

- Habt keine Vorurteile.

- Sprecht unerwartete Reaktionen gleich an.

- Seid euch bewusst, dass ihr nichts falsch machen könnt, denn für euren Gegenüber ist diese Situation genauso neu.

- Nehmt nicht alles zu ernst. Manchmal gab es auch sehr nette und lustige Verwechslungen.

- Freut euch aufeinander und geht locker auf den Anderen zu.

- Genießt die gemeinsamen schönen Momente.

Es hat sich gezeigt, dass mit offener und ehrlicher Kommunikation ein gutes Miteinander gelingt und Freundschaften fürs Leben geschlossen werden können.

Markus Bosch

# Overcoming intercultural misunderstandings

Surely you have had the same experience when you were on holiday in a foreign country and then gave a thumbs up when you ordered a scoop of ice cream. Of course, this was supposed to signal that you agreed with the order. But the salesperson just looked at you questioningly and you didn't even realise why.

Yes, you are not alone in this. This happens when two people from different cultures meet and then encounter an intercultural misunderstanding.

Because not all gestures and hand signs that are common here in Germany have the same meaning all over the world. For example, a thumbs-up here in Germany means an approving gesture „well done or everything is fine or yes, that's fine" in other countries, such as Greece or Australia, this is a rude, obscene gesture.

Personally, I can speak from my own experience. When our European exchange students from the Erasmus+ project came to Germany last summer, misunderstandings arose right at the beginning, which could have been avoided with better preparation for our exchange students and their country customs. It started with the greeting. While in Germany and Poland a handshake with eye contact is sufficient, the Spanish and French usually expect a kiss on the right and left cheek.

Thus, this letter should also serve as a guide for future students participating in the exchange programme. The students can prepare themselves to better cope with any misunderstandings that may arise, simply by

becoming aware of and accepting different ways of looking at symbols and ways of doing things.

Because the worst thing I find is when such a situation takes you by surprise and you don't know how to deal with it or react to it. Therefore, I would like to put together a few valuable tips to make dealing with people from other cultures easier and better. This way, both people will benefit and hopefully understand each other much better.

- Be open with each other. We are all young people.
- Do not have any prejudices.
- Address unexpected reactions right away.
- Be aware that you can't do anything wrong, because this situation is just as new for your counterpart.
- Don't take everything too seriously. Sometimes there have been very nice and funny mix-ups.
- Look forward to each other and approach the other person in a relaxed way.
- Enjoy the beautiful moments together.

It has been shown that open and honest communication can lead to good cooperation and friendships for life.

Markus Bosch



# Interkulturelle Differenzen am Arbeitsplatz

„Es ist nie zu spät, die Angst vor dem Fremden und Unbekannten zu überwinden“ (Beate Antonie Tröster). Dieser Satz regt zum Nachdenken an. Die Gesellschaft spricht oft von Offenheit gegenüber Neuem oder auch über Diversität, zeigt aber auch zeitgleich was für eine eingeschränkte Sichtweise die meisten Menschen gegenüber dem Neuen teilen. Zu beobachten sind zahlreiche interkulturelle Differenzen zwischen den Menschen auf der Welt. Interkulturelle Differenzen führen in verschiedenen Situationen oft zu Missverständnissen und folgend führen die Missverständnisse zu Schwierigkeiten.

Um einen besseren Einblick in diese Problematik zu erhalten, fokussieren wir uns auf das Thema interkulturelle Differenzen am Arbeitsplatz. Wir leben in der Zeit der Globalisierung, deshalb sind Kompetenzen wie die interkulturelle Kompetenz in unserem Berufsalltag nicht wegzudenken. Leider kommt es jedoch immer wieder zu Problemen sobald Personen verschiedener Kulturen zusammenarbeiten. Jede Kultur zeigt Unterschiede zu anderen Kulturen auf, vor allem im Hinblick auf Kommunikation und Ansichtsweisen. Sobald eine Form der Kommunikation stattfindet, können schnell Missverständnisse entstehen. Sehen wir uns genauere Beispiele hierfür an. Fangen wir mit der Begrüßung von zwei Geschäftsmännern verschiedener Herkunft an. Handelt es sich bei der einen Person, um eine Person aus Europa und bei der anderen Person um eine Person aus Asien und beide haben keinerlei Wissen über die Begrüßungsrituale des anderen, ist ein Missverständnis schon vorprogrammiert. Während das Händeschütteln in den meisten westlichen Ländern als gängige höfliche Begrüßungsmethode gilt, gilt diese in vielen Ländern von Asien als unhö-

flich. In Asien hingegen gilt es als respektvoll sich voreinander zu verbeugen. Als weiteres Beispiel nehmen wir die Pünktlichkeit. Handelt es sich um ein Geschäftstermin zwischen einem Deutschen und einem Franzosen, kann es auch hier schnell zu einem Missverständnis kommen. Während die Deutschen die Pünktlichkeit sehr ernst nehmen, sind die Franzosen eher gelassen und verspäten sich auch mal, was jeweils die andere Person als unhöflich betrachten könnte. Als letztes Beispiel nehmen wir das Geschäftsessen. Auch im Restaurant am Tisch, sollten kulturelle Unterschiede nicht außer Acht gelassen werden. Nehmen wir als Beispiel eine Person aus Frankreich und eine Person aus China. In Frankreich sucht sich der Franzose/ die Französin den Tisch nicht selbst aus, sondern lässt sich den Platz von einem Kellner zuweisen. Bei der Person aus China hingegen sollte bei einer Reisspeise aufgepasst werden, wo die Stäbchen platziert werden. Werden die Essstäbchen in den Reis gesteckt, gilt das in China zum Beispiel als Omen für den Tod.

Das Problem der Missverständnisse existiert aber nicht, weil jede Kultur anders ist. Die zahlreichen Missverständnisse entstehen durch mangelnde interkulturelle Kompetenz.

Menschen sind „Gewohnheitstiere“ und halten oft an ihrer Denk- und Ansichtsweise fest und lassen sich oft nicht so schnell auf Veränderungen ein. Genau diese eingeschränkte Sichtweise führt meist zu den Konflikten, die wir heute oft am Arbeitsplatz oder auch in anderen Situationen beobachten können. Missverständnisse und Konflikte, die durch fehlende interkulturelle Kompetenz herbeigeführt werden, können jedoch einfach vermieden werden.

Kommen wir dazu, wie Missverständnisse vermieden werden können. Zunächst ist es wichtig sich über die interkulturellen Unterschiede zu erkundigen und diese auch zu akzeptieren. Sobald die interkulturellen Unterschiede bekannt und auch akzeptiert sind, kann sich jede Person einer jeden Situation anpassen und Konflikte lassen sich vermeiden.

Um sich die interkulturelle Kompetenz anzueignen ist jedoch eine gewisse Offenheit gegenüber anderen Kulturen und Veränderungen fundamental. Kommen wir auf die Worte „Es ist nie zu spät, die Angst vor dem Fremden und Unbekannten zu überwinden“ zurück.

Sobald es der Gesellschaft gelingt, die Angst vor dem Unbekannten abzulegen und offen gegenüber neuen Situationen zu sein, steht einer erfolgreichen Zusammenarbeit trotz interkultureller Differenzen nichts mehr im Weg.

-Amelie Krassmann



# Intercultural differences in the workplace

„It is never too late to overcome the fear of the foreign and the unknown” (Beate Antoinie Tröster). This sentence is thought-provoking. Society often talks about openness to the new or about diversity, but at the same time it shows what a limited view most people share towards the new. Numerous intercultural differences between people in the world can be observed. Intercultural differences often lead to misunderstandings in different situations and consequently the misunderstandings lead to difficulties.

To gain a better insight into this issue, we focus on the topic of intercultural differences in the workplace. We live in the time of globalization, therefore competences like intercultural competence are indispensable in our everyday working life. Unfortunately, however, problems arise again and again as soon as people from different cultures work together. Every culture shows differences to other cultures, especially in terms of communication and ways of looking at things. As soon as some form of communication takes place, misunderstandings can quickly arise. Let's look at more specific examples of this. Let's start with the greeting of two businessmen of different backgrounds. If one person is from Europe and the other is from Asia, and neither has any knowledge of the other's greeting rituals, a misunderstanding is bound to occur. While shaking hands is considered a common polite greeting method in most Western countries, it is considered impolite in many Asian countries. In Asia, however, it is considered respectful to bow to each other. Another example is punctuality. If it is a business meeting between a German and a Frenchman, it can quickly come to a misunderstanding. While Germans take punctuality very seriously, the French are

more relaxed and sometimes late, which the other person might consider rude. As a final example, let's take the business dinner. Even in the restaurant at the table, cultural differences should not be ignored. Let's take as an example a person from France and a person from China. In France, the French person does not choose the table himself/herself, but has a waiter assign the seat. With the person from China, on the other hand, care should be taken with a rice dish as to where the chopsticks are placed. If the chopsticks are stuck into the rice, this is considered an omen of death in China, for example.

However, the problem of misunderstandings does not exist because every culture is different. The numerous misunderstandings arise from a lack of intercultural competence.

People are „creatures of habit” and often stick to their way of thinking and viewing things and are often not quick to embrace change. It is precisely this limited view that usually leads to the conflicts we often see today in the workplace or in other situations. However, misunderstandings and conflicts brought about by a lack of intercultural competence can be easily avoided.

Let's move on to how misunderstandings can be avoided. First of all, it is important to inquire about the intercultural differences and to accept them. Once the intercultural differences are known and also accepted, each person can adapt to any situation and conflicts can be avoided.

However, in order to acquire intercultural competence, a certain openness to other cultures and changes is fundamental. Let us return to the words „It is never too late to overcome the fear of the foreign and the unknown”.

As soon as society succeeds in overcoming the fear of the unknown and being open to new situations, nothing will stand in the way of successful cooperation despite intercultural differences.

-Amelie Krassmann



# **Gewinnerlied des Bundespreises im europäischen Wettbewerb**

## **„Mehr Frieden unter uns“**

**Geschrieben und komponiert von Mark Storz (Schüler der Kaufmännische Schule Heidenheim)**

Vers 1

Die schlechten Schlagzeilen in all den Medien wer kann das heute noch verstehen?

Angst und Hass breiten sich weiter aus, können wir diesen Test bestehen?

Die Gesellschaft schwimmt schon lange im Kreis gefangen in ihrer Uneinigkeit.

Der Wandel wird schon lang erwartet der Aufschrei braucht viel mehr Fahrtwind!

Chorus:

Ich hoff mein Wunsch geht eines Tages in Erfüllung

Mehr Verständnis, Toleranz das ist die Bestimmung

Was können wir tun für mehr Frieden untereinander?

Endlich zu vergeben und nicht mehr gegeneinander

Vers 2

Denkt man heute noch an morgen, sollte man sich lieber sorgen.

Was werden die Kinder von uns denken?

Hatten die alten Schiss was zu ändern?

Zeit die Dinge zu hinterfragen als nur einfach hinterher zu traben.

Vielleicht werd ich es noch erleben doch dafür müssen wir was bewegen

Chorus:

Ich hoff mein Wunsch geht eines Tages in Erfüllung

Mehr Verständnis, Toleranz das ist die Bestimmung

Was können wir tun für mehr Frieden untereinander?

Endlich zu vergeben und nicht mehr gegeneinander.

Song QR-Code:



# Winner song of the european contest in Germany

## „More freedom among us“

written and composed by Mark Storz (pupil of Kaufmännische Schule Heidenheim)

### Verse 1

The bad headlines in all the media who can understand that today?

Fear and hatred continue to spread. Can we pass this test?

Society has been swimming in circles for a long time caught in its disunity.

The change is already long expected. The outcry needs much more airstream!

### Chorus:

I hope my wish will come true one day

More understanding, tolerance that's the destiny.

What can we do for more peace among ourselves?

Finally to forgive and no longer against each other

### Verse 2

If you think about tomorrow today, you should rather worry.

What will the children think of us?

Were the old ones afraid to change anything?

Time to question things than just trotting along after them.

Maybe I will live to see it but for that we have to move something.

### Chorus:

I hope my wish comes true one day.

More understanding, tolerance that's the destiny.

What can we do for more peace among ourselves?

Finally forgive and no longer against each other

### Song link:

<https://music.youtube.com/watch?v=u-Me8QA5zXRw>

### Song QR-Code:



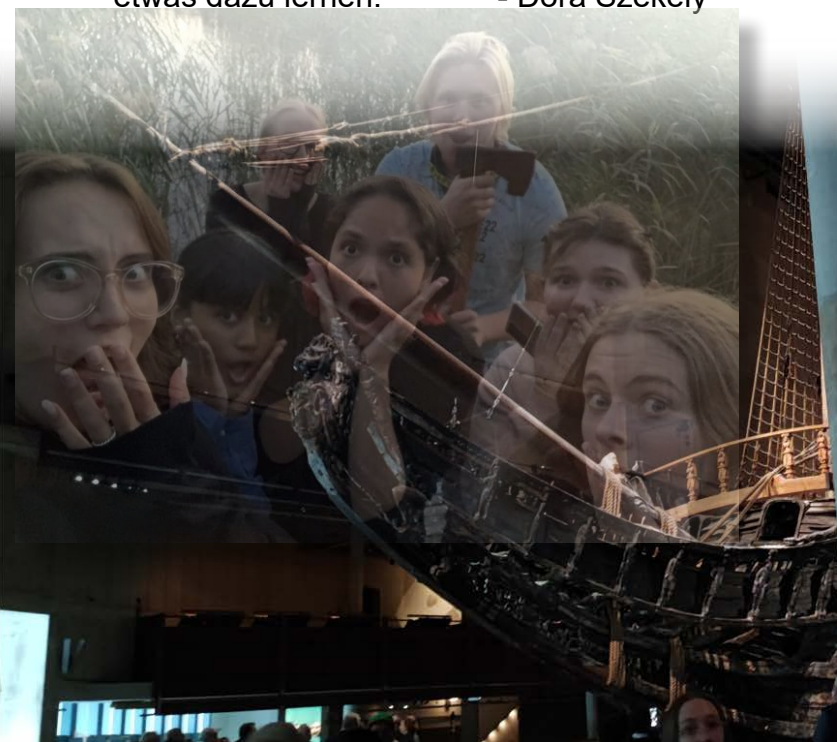
## Erasmus+ Schweden

Wie habe ich Schweden erlebt?

Schweden war wie ein neues Abenteuer. Unser Aufenthalt in Schweden war umgeben von Wasser und Wald soweit das Auge reicht. Västervik ist ein Ort voller Geschichte und Natur, eine Stadt, die durch ihrer Architektur und Kultur, die die Leute mit sich bringen von der Vergangenheit erzählt. Dank Erasmus+ konnten ich Schweden von eigener Sicht betrachten. Es war sehr erfrischend, nah am Wasser zu sein, sowie von der Natur umgeben zu sein. Die alten Schiffe Vasa in Stockholm und Mars in Västervik (oder die davon geborgenen Teile) live zu sehen war erstaunlich und wahrscheinlich mein Highlight des Austausches. Natürlich habe ich auch das Vergnügen gehabt, großartige Menschen kennen zu lernen und ihre Lebensweise zu erkunden. Was ich sehr an den Schülern dort schätze, ist, dass sie sehr selbstständig sind. Mein Eindruck von den Leuten war, dass sie zwar manchmal etwas schüchtern sind, doch wenn sie sich ein wenig einfinden in der Gruppe, dann sind sie sehr offen, hilfsbereit und gastfreundlich. Ich kann die Reise nach Schweden nur empfehlen man kann sehr viel Spaß haben und etwas dazu lernen. - Dóra Székely

How did I experience Sweden?

Sweden was like a new adventure. Our stay in Sweden was surrounded by water and forest. Västervik is a place full of history and nature, a city that tells the story of the past through its architecture and culture that people carry with themselves. Thanks to Erasmus+, I was able to look at Sweden from my own point of view. It was very refreshing to be close to the water, as well as to be surrounded by nature. Seeing the old ships Vasa in Stockholm and Mars in Västervik (or the parts retrieved of them) live was amazing and probably my highlight of the exchange. Of course, I also had the pleasure of meeting great people and exploring their way of life. What I really appreciate about the students there is that they are very independent. My impression of the people was that they are sometimes a bit shy, but if they get comfortable in the group, then they are very open, helpful, and hospitable. I can only recommend the trip to Sweden you can have a lot of fun and learn new things. – Székely Dóra



Beim Schüleraustausch in Schweden fand ich besonders die Landschaft und die Aktivitäten mit den anderen schön. Es hat mir sehr gut gefallen mit den Fahrrädern an den zahlreichen roten Häusern und am Meer vorbeizufahren. Dabei ist mir aufgefallen, dass die Schweden hauptsächlich Ihr Fahrrad als Fortbewegungsmittel nutzen und das Auto häufig stehen lassen oder sogar gar keins besitzen.

Außerdem habe ich das Spiel Kubb (auch hier häufig als Wikingerschach bekannt) kennen gelernt. Dieses hat mir so gut gefallen, dass ich die Gelegenheit genutzt habe und mir gleich eins gekauft und mit nach Hause mitgebracht habe. Neben dem gemeinsamen Kochen und Backen haben wir mit unseren schwedischen Gastschülern auch viele andere Aktivitäten, wie zum Beispiel Schlittschuhlaufen mit kleinen Eishockey Einheiten oder Marshmallows neben einem See zu grillen, erlebt.

Der Aufenthalt in Schweden war wunderschön und hat mir super gefallen! Ich würde gleich wieder nach Schweden fahren!

During the student exchange in Sweden, I particularly enjoyed the landscape and the activities with the others. I really enjoyed riding my bike past the many red houses and the sea. I noticed that the Swedes mainly use their bicycles as a means of transport and often leave their cars behind or even don't own one at all.

I also got to know the game of Kubb (often known here as Viking chess). I liked it so much that I took the opportunity to buy one and bring it home with me. In addition to cooking and baking together, we also enjoyed many other activities with our Swedish host students, such as ice skating with small ice hockey sessions or grilling marshmallows next to a lake.

The stay in Sweden was wonderful and I really enjoyed it! I would go to Sweden again in a heartbeat!

Emilie Zahn





In Schweden war es oft üblich das man mit dem Fahrrad gefahren ist. Wir sind auf der Insel Hasselö mit dem Fahrrad herumgefahren, um die Insel anzuschauen. Dabei konnten wir die Häuser und deren Gärten betrachten. Da die Wege gut waren war das kein Problem. Auch Schüler fahren normal mit dem Fahrrad zur Schule oder zu Freunden. An Bahnhöfen oder auch mitten in der Stadt gibt es mehrere Möglichkeiten Fahrräder anzuschließen. Zusätzlich gibt es viele Fahrradwege und Fahrradampeln, dies macht das Fahrradfahren innerhalb einer Stadt um vieles einfacher. Die Fahrradwege sind sehr gut gekennzeichnet. Der Einkauf wird auch ab und wann mit dem Fahrrad gemacht, welches ist durch die guten Wege kein Problem.

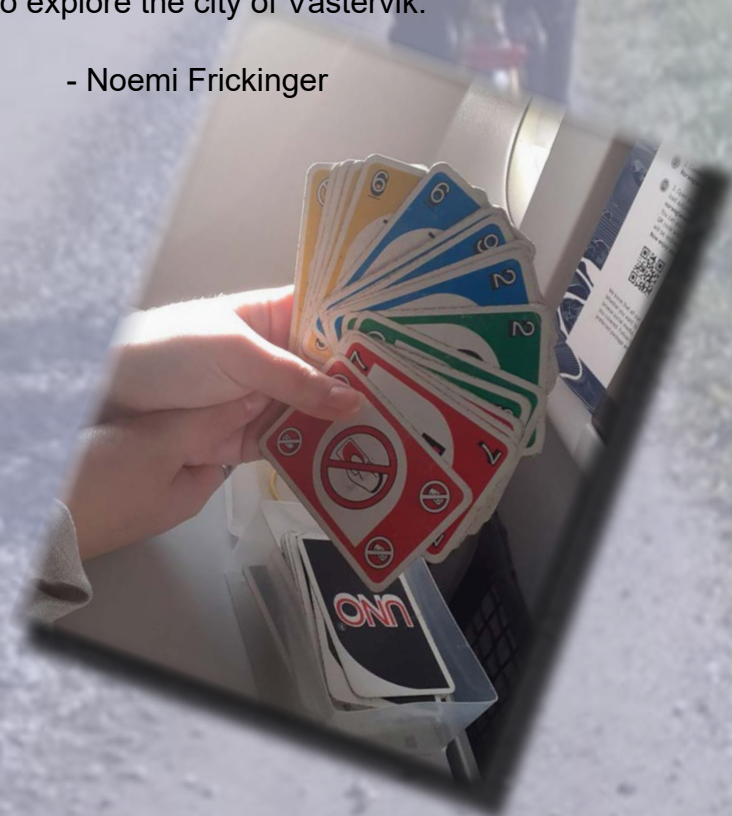
Es wird zu dem Fahrradfahren auch viel gelaufen. Oft sind die 30 Minuten nicht sehr viel, also läuft man und nimmt nicht das Auto. Dementsprechend liefen wir zur Schule, zu Freunden, Museen, ... Dabei konnte man sich über viele Dinge unterhalten und austauschen. Bei den Freuden selbst hörten wir Musik und spielten Uno da es dort ein weniger bekanntes Spiel. Wir hatten sehr viel Spaß dabei, ein ständiger Begleiter. Nachdem die Regeln immer mehr klar wurden, machte es genauso viel Spaß wie das nach Hause laufen danach. Somit hatten wir oft einen Abendspaziergang und konnten etwas die Stadt Västervik erkunden.

- Noemi Frickinger

In Sweden it was often common to ride a bike. We cycled around Hasselö Island to see the island. We were able to look at the houses and their gardens. Since the paths were good this was no problem. Students also cycle normally to school or to friends. At train stations or in the middle of the city there are several ways to connect bicycles. In addition, there are many bike paths and bicycle traffic lights, which makes cycling within a city much easier. The cycle paths are very well marked. The purchase is also done from time to time by bike, which is no problem due to the good ways.

There is also a lot of walking to the bike. Often the 30 minutes are not very much, so you walk and do not take the car. Accordingly, we walked to school, to friends, museums, ... You could talk and exchange ideas about many things. At the delights themselves we listened to music and played Uno because there is a lesser-known game. We had a lot of fun, a constant companion. After the rules became more and more clear, it was just as much fun as running home afterwards. So, we often had an evening walk and were able to explore the city of Västervik.

- Noemi Frickinger



Die Schule in Schweden hat ein paar markante Unterschiede im Vergleich zu Deutschland. Zum Beispiel können die SchülerInnen nicht einfach in das Schulgebäude gelangen, sondern müssen ihren Schülerschein an einem Gerät einlesen. Das ist dazu da damit nicht Fremde in die Schule laufen können.

Besonders gut war, dass die SchülerInnen in der Mensa kein Geld für das Essen bezahlen müssen.

Der Stundenplan unterscheidet sich auch ein bisschen. Der Unterricht beginnt erst um 8.20 Uhr. Die SchülerInnen haben keine große Pause, sondern nur eine Mittagspause. In der Pause essen sie dann in der Mensa.

In der Oberstufe wählen die SchülerInnen einen Bereich, in dem sie einen höheren Abschluss erwerben können. Ein Beispiel für einen Bereich wäre Naturwissenschaften oder Sozialwissenschaften. Sie haben dann hauptsächlich Fächer, die mit dem Feld zusammenpassen. Die SchülerInnen können aber noch weitere Fächer freiwillig belegen.

Jana Horn

# Schülerinnen und Schüler aus fünf Ländern treffen sich an der Katholischen Schule

Eine ereignisreiche internationale Woche ging zu Ende: viele schöne und interessante Gespräche mit Partnern aus vier Ländern, gemeinsame Pläne für weitere Aktivitäten, neue ungeahnte Eindrücke, vertiefte Freundschaften, Einsichten in andere Lebensumstände, neue kulinarische Entdeckungen – kurz – wir erlebten eine Erasmus+ Projekt-Begegnung, wie man sie jedem Bewohner in Europa einmal wünscht.

Highlights der Begegnung sind natürlich die persönlichen Kontakte, die Schüler und Lehrerinnen knüpften, wie auch die Programmpunkte, die für die europäischen Partner vorbereitet wurden. Insbesondere die Museen, wie etwa das Open-Air-Museum in Sierps, das Museum für Jüdische Geschichte in Warschau (mit der Geschichte des Ghettos) oder das Museum der Illusionen oder das Kopernikus-Museum zeigten vertiefte Einblicke in Geschichte und Kultur des Landes.

Auch typische Tänze wurden geübt, denn 100 Tage vor den Abiturprüfungen findet an der Schule ein Ball statt, der den Abiturientinnen und Abiturienten anzeigt, dass nun die wichtigsten Tage der Prüfungsvorbereitung beginnen sollten.



Nicht nur für die Gäste, sondern auch für die polnischen Schülerinnen war die Betriebsbesichtigung der Firma Orlen ein besonderes Ereignis, denn die Bürger von Plock selber können nicht einfach ihre petrochemische Fabrik besichtigen. Allein das Gelände der Firma ist so groß wie die Stadt Plock selber. Hergestellt werden hier Treibstoffe wie Diesel, Benzin und weitere Flüssigkeiten für die chemische Industrie, die daraus weitere Produkte produziert.

In einem katholischen Land wie Polen durfte natürlich auch eines nicht fehlen: Der Besuch bei den Schwestern der Muttergottes von der Barmherzigkeit in Plock. Sehr beherzt und lebendig führte uns die Oberin des Frauenklosters und erläuterte ihren Gästen die göttliche Kraft der Barmherzigkeit.

Gemeinsames Arbeiten im Projekt ist für die Schülerinnen und Schüler die Voraussetzung zur Teilnahme am Austauschprogramm: Schon vier digitale Zeitungen erstellten die fünf Schulen gemeinsam. Dass man dabei nicht einfach Bilder aus dem Internet nutzen kann, ohne die rechtlichen Folgen zu kennen, lernte die Gruppe in einem Workshop im Medienzentrum von Plock, nämlich das richtige Zitieren und Veröffentlichenden von Bildern und die Vergabe von Rechten an diesen Bildern.

## Pupils from five countries meet at the Catholic School

An eventful international week came to an end: many beautiful and interesting conversations with partners from four countries, joint plans for further activities, new unexpected impressions, deepened friendships, insights into other living conditions, new culinary discoveries – in short – we experienced an Erasmus+ project encounter, as one wishes every inhabitant in Europe.

Highlights of the meeting are, of course, the personal contacts made by students and teachers, as well as the program items that were prepared for the European partners. In particular, the museums, such as the open-air museum in Sierps, the Museum of Jewish History in Warsaw (with the history of the ghetto) or the Museum of Illusions or the Copernicus Museum showed in-depth insights into the history and culture of the country.

Typical dances were also practiced, because 100 days before the Abitur exams, a ball takes place at the school, which indicates to the high school graduates that the most important days of exam preparation should now begin.



Not only for the guests, but also for the Polish students, the tour of the Orlen company was a special event, because the citizens of Płock themselves cannot simply visit their petrochemical factory. The company's premises alone are as large as the city of Płock itself. Fuels such as diesel, gasoline and other liquids are produced here for the chemical industry, which uses them to produce other products.

In a Catholic country like Poland, of course, one thing could not be missing: a visit to the Sisters of Our Lady of Mercy in Płock. Very courageous and lively, the superior of the convent led us and explained the divine power of mercy to her guests.

Working together in the project is a prerequisite for the students to participate in the exchange program: The five schools have already produced four digital newspapers together. The group learned that it is not possible to simply use images from the Internet without knowing the legal consequences in a workshop in the Płock media center, namely the correct citation and publication of images and the assignment of rights to these images.

## **Fremde Kultur, sehr freundliche Menschen aus 5 verschiedenen Ländern und jede Menge neue Erfahrungen- Eine knappe Woche in Spanien**

Am Donnerstag, den 26. Januar ging es schon früh morgens los. Um 6 Uhr fuhren wir mit dem Taxi nach München. Doch bevor wir um 10.45 Uhr abheben konnten in Richtung Madrid, kamen wir ein wenig in Stress, nachdem wir die falsche Tür benutzt hatten und der schlechten Beschilderung gefolgt waren. Nach zweifacher Sicherheitskontrolle konnte also nun nichts mehr schiefgehen und wir schafften es alle stressfrei in den Flieger. Doch die Reise würde noch die eine oder andere Überraschung für uns bereithalten. Der Landeanflug machte der kleinen Passagiermaschine sehr zu schaffen. Die Turbulenzen überraschten sowohl die Personen, die ihren ersten Flug an diesen Tag erleben durften, als auch die mit viel Flugerfahrung. Frisch gelandet in Madrid wartete die nächste böse Überraschung auf uns, denn ein Koffer wollte einfach nicht auf dem Fließband durch die schwarze Klappe in die Gepäckabgabehalle kommen. Nach langem Hin und Her mit spanischen Flughafenmitarbeitern tauchte der Koffer nach einer Stunde Warten auf. Wegen dieser Stunde mussten wir leider auf direktem Weg zu unserer bevorstehenden Segway Tour fahren und konnten uns nicht nochmal im Hotel frisch machen. Wir fuhren alle typischen Sehenswürdigkeiten ab, wie die Plaza Mayor oder den Parque Retiro. Es war einfach schön, alle Bilder aus dem Spanisch-Schulbuch jetzt in Wirklichkeit zu sehen. Am Abend ging es dann für uns zum Tapas und anschließenden chocolate con churros Essen bei der weltberühmten Chocolatería San Ginés. Wir schlenderten noch durch die Gassen Madrids bevor wir müde ins Bett fielen, denn auch am nächsten Morgen sollte es für uns früh nach Valladolid gehen. Wir trafen uns um 8.30 Uhr, um die Metro zu einer Busstation zu nehmen,

bei der wir in den Fernbus nach Valladolid einstiegen. Nach einer zweistündigen Fahrt wurden wir von spanischen Lehrern zur Schule begleitet. Hier durften wir zum ersten Mal den spanischen Unterricht erleben. Im Englischunterricht waren wir sehr überrascht als die Schüler, typischerweise für Spanien, ihre Lehrer mit dem Vornamen ansprachen. Nach der letzten Stunde gingen wir mit unseren Austauschschülern zu ihnen nach Hause und lernten ihre Familie kennen. Am Abend trafen wir uns mit den Schülern aus den anderen Nationen gemeinsam zum Tapas Essen in der Schule. Das gemeinsame Austauschen über Gemeinsamkeiten und Unterschiede im Schul- und Alltagsleben war sehr lustig und wir freuten uns, nach dem Wochenende alle wiederzusehen, denn das Wochenende verbrachte jeder mit seinem Austauschschüler. Ich durfte mit meinem Austauschschüler den Samstag in Segovia verbringen und gemeinsam mit ihm die historische Stadt anschauen. Wir besuchten die muslimische Burg, ein Aquädukt und eine Kathedrale. Und zurück in Valladolid ging es für mich und seine Freunde in den Coocom Club, in dem wir auch auf die anderen Erasmusschüler aus Spanien, Polen, Deutschland, Schweden und Frankreich trafen. Es war ein unvergesslicher gemeinsamer Abend, an dem wir die europäische Gemeinschaft feierten. Nach einem Sonntag, an dem ich die fantastische spanische Küche genießen durfte, trafen sich alle Erasmusschüler Montag morgens in der Schule wieder. Vormittags bekamen wir die Schule gezeigt, arbeiteten zusammen an dem Radioprogramm und nahmen gegeneinander an einem Tapas-Wettbewerb teil. Nachmittags durften wir in einer schönen Tour durch Valladolid mehr über die Geschichte der Stadt erfahren und

im Anschluss genossen wir zusammen noch churros. Der Dienstag hielt einige Überraschungen für uns bereit! Wir durften das vorbereitete Radioprogramm auf einer Bühne im Stadtsaal vortragen. Danach ging es für uns alle zurück in die Schule. Hier bekamen wir Flamenco Unterricht von einer Tanzlehrerin. Am letzten Tag in Valladolid ging es für uns in die Region um Valladolid. Hier besuchten wir die historischen Plätze in Tordesillas und besuchten ein Weingut in Rueda, bevor wir am Ende des Tages eine Burg in Medina del Campo ansahen. Im Anschluss an die Rundfahrt gingen alle Erasmus Schüler zusammen bowlen und zusammen essen. Dies war

ein fantastischer Abschluss einer sehr schönen Woche in Valladolid. An diesem Abend mussten wir uns leider auch verabschieden, denn wir alle fuhren am nächsten Morgen auf verschiedenen Wege nach Madrid und flogen mit tollen Erinnerungen nach Hause.

Als wir im verregneten München landeten vermisste ich das sonnige spanische Wetter sehr! Doch noch mehr vermisste ich die spanischen, polnischen, französischen und schwedische Freundinnen und Freunde die ich neugewonnen hatte. Ich hoffe euch alle bald wiederzusehen und mit euch eine so schöne Zeit wie im Spanien zu verbringen!



## **Foreign culture, very friendly people from 5 different countries, and plenty of new experiences - a short week in Spain.**

On Thursday, January 26th, we set off early in the morning. At 6 o'clock, we took a taxi to Munich. But before we could take off to Madrid at 10:45 a.m., we got a bit stressed after using the wrong door and following the poor signage. After two security checks, nothing could go wrong now, and we all made it onto the plane without any stress. However, the journey had a few surprises in store for us. The landing approach was challenging for the small passenger plane. The turbulence surprised both the people experiencing their first flight that day and those with a lot of flying experience. Freshly landed in Madrid, the next unpleasant surprise awaited us, as one suitcase just wouldn't come out on the baggage carousel through the black flap into the baggage claim area. After a long back-and-forth with Spanish airport staff, the suitcase finally appeared after an hour of waiting. Unfortunately, because of this delay, we had to go directly to our upcoming Segway tour and couldn't freshen up at the hotel again. We visited all the typical sights, such as the Plaza Mayor or Parque Retiro. It was simply beautiful to see all the pictures from the Spanish textbook come to life. In the evening, we went for tapas and then had chocolate con churros at the world-famous Chocolatería San Ginés. We strolled through the streets of Madrid before we fell tired into bed, because the next morning we had to leave early for Valladolid. We met at 8:30 a.m. to take the metro to a bus station where we boarded the long-distance bus to Valladolid. After a two-hour journey, we were accompanied to the school by Spanish teachers. Here we experienced Spanish lessons for the first time. We were very surprised in English class when the students, typically for Spain, addressed their teachers by their first names. After the last class, we went to

the homes of our exchange partners and met their families for the first time. In the evening, we met with students from other countries for tapas at school. It was fun to exchange similarities and differences in school and everyday life, and we were looking forward to seeing everyone again after the weekend, as everyone spent the weekend with their exchange partners. I spent Saturday in Segovia with my exchange partner, exploring the historic city together. We visited the Muslim castle, an aqueduct, and a cathedral. And back in Valladolid, my exchange partner's friends and I went to the Cocom Club, where we also met the other Erasmus students from Spain, Poland, Germany, Sweden, and France. It was an unforgettable evening celebrating the European community. After enjoying the fantastic Spanish cuisine on Sunday, all the Erasmus students met again at school on Monday morning. In the morning, we were shown around the school, worked together on the radio program, and participated in a tapas competition against each other. In the afternoon, we took a beautiful tour of Valladolid to learn more about the city's history, and then we all enjoyed churros together. Tuesday had some surprises in store for us! We were allowed to perform the prepared radio program on a stage in the city hall. After that, we all returned to school. Here we received flamenco lessons from a dance teacher. On the last day in Valladolid, we visited the surrounding region. We visited historical places in Tordesillas and a winery in Rueda, before visiting a castle in Medina del Campo at the end of the day. After the tour, all the Erasmus students went bowling and had dinner together.

## Culturas extranjeras, gente amable de cinco países diferentes y mucha diversión- una semana en España

El último jueves de enero de 2023 salimos muy temprano. A las seis de la mañana usamos un taxi para llegar a Múnich. Pero antes de volar a Madrid, estábamos muy estresados, porque entramos por la puerta equivocada. Solo dos controles de seguridad después, pudimos volar. Sin embargo, el viaje tenía algunas sorpresas para nosotros. El aterrizaje fue muy duro para el avión y las turbulencias nos asustaron un poco a todos. Cuando finalmente aterrizamos, faltaba una maleta. El personal del aeropuerto no pudo ayudarnos. Después de mucho tiempo la maleta por fin apareció. Por el tiempo de espera, no pudimos ir al hotel primero, sino tuvimos que ir directamente a nuestro tour de segway a través de Madrid. Allí, vimos todos los monumentos típicos de la ciudad como la Plaza Mayor o el Parque del Buen Retiro. Fue increíblemente hermoso. Especialmente nos gustó ver los lugares que conocemos de nuestro libro de clase de español en realidad. Por la tarde, comimos en un bar de tapas y después fuimos a la chocolatería San Ginés, que es famosísimo.

El día siguiente tomamos el autobús a Valladolid, la ciudad de nuestros estudiantes de intercambio. Durante el viaje, vimos la



Cruz del Valle de los Caídos, la más grande del mundo. Después de dos horas de viaje en bus, nos acompañaron a la escuela los profesores españoles. Allí pudimos asistir por primera vez a clases en español. Nos pareció muy raro que los estudiantes tutearan a sus profes. Después de la última clase, fuimos con nuestros estudiantes de intercambio a sus casas y conocimos a sus familias. Por la noche, nos reunimos con los estudiantes de los otros países para comer tapas en la escuela. Compartir similitudes y diferencias en la escuela y en la vida cotidiana fue muy divertido y nos alegramos de volver a ver a todos después del fin de semana porque todos pasaron el fin de semana con su estudiante de intercambio. Pude pasar el sábado en Segovia con mi estudiante de intercambio y ver la ciudad histórica juntos. Visitamos el castillo musulmán, un acueducto y una catedral. Y, de vuelta a Valladolid, sus amigos y yo fuimos al Cocom Club, donde también conocimos a otros estudiantes Erasmus de España, Polonia, Alemania, Suecia y Francia. Fue una noche inolvidable juntos, celebrando la comunidad europea. Después de un domingo disfrutando de la fantástica cocina española, todos los estudiantes de



Erasmus se reunieron de nuevo en la escuela el lunes por la mañana. Por la mañana nos enseñaron la escuela, trabajamos juntos en el programa de radio y competimos en un concurso de tapas. Por la tarde, hicimos un bonito recorrido por Valladolid para conocer mejor la historia de la ciudad y después disfrutamos juntos de unos churros.

El martes, pudimos presentar el programa de radio preparado en una sala del ayuntamiento. Después, todos volvimos a la escuela. Allí recibimos clases de flamenco de una profesora de baile. El último día en Valladolid fuimos a los alrededores. Allí visitamos los lugares históricos de Tordesillas y visitamos una bodega en Rueda, antes de terminar el día con una visita a un castillo en Medina del Campo. Después de la visita, todos los estudiantes de Erasmus fueron juntos a la bolera y cenaron juntos. Fue un final fantástico para una semana muy agradable en Valladolid. Desgraciadamente, también tuvimos que despedirnos esa noche, ya que la mañana siguiente todos tomamos rutas diferentes hacia Madrid y volamos a casa con grandes recuerdos.

Cuando aterrizamos en la lluviosa Múnich, echaba mucho de menos el soleado tiempo español. Pero echaba aún más



de menos a los amigos españoles, polacos, franceses y suecos que había hecho. Espero volver a veros pronto y pasar tanto tiempo con vosotros como lo pasé en España.



# La Reunion – Europa im indischen Ozean



Deutsche Schüler mit ihren Gastgebern

Als letztes Treffen der Projektpartner aus Frankreich, Schweden, Spanien, Polen und Deutschland war die Reise nach Reunion angesetzt.

Nach kurzen Startschwierigkeiten sind wir in Ulm mit dem TGV nach Paris gestartet. Von dort aus ging es über Nacht, elf Stunden lang, mit dem Flugzeug zu unserem Ziel, der Insel Reunion.

Auf der im pazifischen Ozean liegenden Insel angekommen, haben wir uns mit einem Nachmittag am Meer an die hohe Luftfeuchtigkeit gewöhnt. Den Abend ließen wir mit den Lehrern in einem Restaurant ausklingen. Eine ausruhende Nacht lang blieben wir im Hotel und genossen das warme tropische Klima der Insel am Strand von Saint-Pierre.

Am Freitag fuhren wir mit den spanischen, schwedischen und polnischen Austauschschülern an die Schule Lycée Pierre Poivre, in Saint-Joseph, wo wir unserer Gastfamilien kennen gelernt haben.

Der Samstag stand als Familientag zur Verfügung, wo unsere Austauschschüler individuelles Programm unternommen haben. Manche machten eine Vulkanwanderung, an-

dere gingen zu einem Naturpool oder einfach an den Strand. So konnten wir erste Eindrücke der wunderschönen Natur der Insel erlangen.

Sonntags startete der Tag für uns um 7.45 Uhr. Zuerst besichtigten wir das Stella Matutina Museum, in dem es um die Geschichte der Insel ging, hierbei vor allem um die Versklavung und Ausbeutung dunkelhäutiger Menschen für die Produktion von Zucker. Nach einem kurzen Picknick ging es dann weiter nach Kelonia, einer Schildkrötenfarm. Dort durften wir die Schildkröten beim Schwimmen beobachten und viel über den Panzer, verschiedene Spezies und den Körperbau lernen. Anschließend genossen wir noch die Sonne am Strand in Saint-Pierre.

Montagsmorgen starteten wir mit einem stärkenden Frühstück in der Schule. Danach folgten spannende Workshops, welche aus dem Lernen von Französisch, Creol (die Nationalsprache der Insel), Spanisch, Schwedisch und Polnisch und dem Erstellen von Mindmaps zu Fragen, die uns gestellt wurden, über das Erasmusprogramm und unsere Erfahrungen und Erwartungen daran, bestanden.

Da am Dienstag auf der gesamten Insel gegen die Rentenreform gestreikt wurde, verbrachten wir den Tag wieder mit Unternehmungen zusammen mit unseren Gastgebern, welche von Shopping über schwimmen bis wandern gingen.

Mit Mittwochmorgen begann dann unser letzter Tag auf La Réunion, wieder mit Workshops. Diesmal wurden Mindmaps über gesellschaftliche Themen, die uns wichtig sind, angefertigt. Aufbauend zu den Mindmaps haben wir Protestplakate gestaltet. Außerdem hat die Kultusministerin La Réunions bei diesem Workshop der Schule einen Be-

such abgestattet. Am Nachmittag wurde uns ein traditioneller Tanz beigebracht. Danach fuhren wir an den Strand „Grande Anse“ an dem wir dann ein letztes Mal das Meer genießen konnten. Der Tag endete mit einer Abschiedsfeier am diesem Strand bei der wir noch die Chance bekamen einige traditionelle Speisen der Insel zu kosten, welche von den Eltern unserer Gastschüler zubereitet wurden.

Am Donnerstag starteten wir um vier Uhr an der Schule mit einer zweieinhalb Stunden Busfahrt zum Flughafen. In Saint-Denis hatten wir Herr Ketterle mit unseren Koffern und Taschen am Flughafen gelassen, um ein bisschen die Zeit in der Stadt zu verbringen und letzte Souvenirs zu kaufen. Da es möglicherweise Hindernisse wegen der Streiks geben hätte können sind wir um eins wieder an den Flughafen gefahren und haben die restlichen acht Stunden dort verbracht. Mit ein wenig Komplikationen sind wir nach insgesamt 42 Stunden Reise mit dem TGV wieder in der Heimat angekommen..



## La Reunion – Europe in the Indian Ocean

As the final meeting of the project partners from France, Sweden, Spain, Poland, and Germany, the trip to Reunion was scheduled.

After a few initial difficulties, we departed from Ulm to Paris on the TGV. From there, we flew overnight for eleven hours to our destination, the island of Reunion.

Upon arriving on the island located in the Pacific Ocean, we acclimated to the high humidity with an afternoon by the sea. We spent the evening with the teachers at a restaurant, and then enjoyed a restful night at the hotel, savoring the warm tropical climate on the beach of Saint-Pierre.

On Friday, along with the Spanish, Swedish, and Polish exchange students, we went to Lycée Pierre Poivre School in Saint-Joseph, where we met our host families.

Saturday was a family day, allowing our exchange students to engage in individual activities. Some went on a volcano hike, while others visited a natural pool or simply relaxed at the beach. This way, we could gain initial impressions of the island's beautiful nature.

Sunday began at 7:45 a.m. First, we visited the Stella Matutina Museum, which focused on the island's history, particularly the enslavement and exploitation of dark-skinned people for sugar production. After a short picnic, we continued to Kelonia, a turtle farm. There, we observed the turtles swimming and learned a lot about their shells, different species, and anatomy. Afterwards, we enjoyed the sun on the beach in Saint-Pierre. Monday morning, we started the day with a hearty breakfast at the school. Then, we participated in exciting workshops that involved learning French, Creole (the island's national language),

Spanish, Swedish, and Polish, as well as creating mind maps to address questions about the Erasmus program and our experiences and expectations related to it.

Since there was a general strike against pension reform across the entire island on Tuesday, we spent the day engaged in activities with our hosts, ranging from shopping to swimming and hiking.

Wednesday morning marked our last day on La Réunion, and we began with workshops again. This time, we created mind maps on societal topics that were important to us. Building upon the mind maps, we designed protest posters. Additionally, the Minister of Education of La Réunion visited the school during this workshop. In the afternoon, we were taught a traditional dance. Later, we went to the „Grande Anse” beach, where we could enjoy the ocean one last time. The day concluded with a farewell celebration on this beach, during which we had the opportunity to taste some traditional dishes of the island prepared by the parents of our host students.

On Thursday, we departed from the school at four o'clock in the morning for a two and a half-hour bus ride to the airport. In Saint-Denis, we left Mr. Ketterle with our suitcases and bags at the airport to spend some time in the city and purchase final souvenirs. As there might have been obstacles due to the strikes, we returned to the airport at one o'clock and spent the remaining eight hours there. With a few complications, we finally arrived back home after a total of 42 hours of travel on the TGV.

**Poland**

**memories  
from our trips...**



**Erasmus+**

**Danke!**

**Heidenheim  
Germany**

Erasmus was one of the best experiences of my life. Despite the fact that it was a stay in Germany, I learned relatively little about German traditions and dishes, because I was staying with a Syrian, Greek Catholic family. One of the most memorable days for me was Sunday. Together with my hosts, we went to a city near Munich to participate in the Holy Mass in the Greek Catholic rite. We spent the next part of the day feasting together with a group of about 60 people. They created such a family atmosphere around me that even for a moment I did not feel any alienation or cultural or language barrier.

For me one of the best attractions the school provided us with was visiting the Mercedes museum in Stuttgart. It's amazing how one of the most popular brands in the automotive industry has developed over the years.

I hope that the acquaintances and friendships we have made with people of different nationalities will last and will be an opportunity to travel even more often.

Agata Zawadzka

Dal 27 maggio al 2 giugno ho avuto l'opportunità di andare in Germania grazie al progetto Erasmus+. Già durante il primo giorno ho incontrato tante nuove persone provenienti da Germania, Spagna, Francia e Svezia e grazie a ciò ho capito quanto siano diversi i nostri paesi. La famiglia che mi ha ospitato si è presa cura di me e mi ha trattato come un membro della famiglia. Questo ha reso l'inglese piacevole e non stressante.

Molteplici sono stati i modi in cui questo viaggio me l'ha arricchito. Tra questi c'è stata la possibilità di praticare l'inglese con i nostri amici, conoscere i piatti tipici del posto, imparare le nuove parole tedesche, visitare il

museo Mercedes Benz e diverse città affascinanti. Ma l'aspetto più importante di questo viaggio è stata la possibilità di conoscere persone meravigliose che saranno nostre amiche per molto tempo!

Karolina Kacprowicz

La primera vez en mi vida tuve la oportunidad de participar en el proyecto Erasmus como docente. Fuimos a Heidenheim en Alemania donde nos reunimos con grupos de: Alemania, España, Francia y Suecia. Esta fue una experiencia agradable para mí tanto por motivos profesionales como personales.

Durante nuestra estancia, los alumnos vivieron con sus familias anfitrionas. Cada mañana los profesores se reunían con los alumnos en la escuela donde se desarrollaban diferentes actividades lingüísticas e interculturales. Los estudiantes quedaron muy contentos con su visita y además de la experiencia lingüística que tuvieron allí, hicieron amistades que perdurarán por años. Desde el punto de vista turístico visitamos las ciudades: Heidenheim, Stuttgart y Ulm.

El ambiente era fantástico. Me llamaron la atención las relaciones tan amistosas entre las personas y la posibilidad de intercambiar experiencias laborales. La mayoría de los profesores hablaban más de un idioma extranjero con naturalidad y con mucha alegría aprendiendo lo mejor de nuestro viaje. Hemos intercambiado contactos que, esperamos, sean de utilidad para nuestro futuro y el de nuestros colegios.

Renata Scott da Polonia



Wonderful visits to tourist attractions of the region. We were astonished by the beauty of nature and cleverness of technology.





**Tack!**

**Erasmus+**

**Vastervik  
Sweden**



In September I had a chance to visit Sweden. At first I was petrified and wasn't sure if I would make it. I was quickly proved wrong by sweet and welcoming Swedish students. We got along very fast and had great conversations. I was shown how life works in their hometown. I saw their school and I attended the lessons with my host. I was also taken to sightseeing in the city. Västervik is a beautiful little town with breathtaking nature and pretty views. This whole week was an amazing experience for me! Meeting new people, culture and speaking in English is everything I needed!

Nadia Ciarcińska

When we arrived at the assembly point where the ferry to the island was supposed to leave, many project participants were already there. We set off a little after 10, and the cruise lasted about an hour. We spent this time getting to know our hosts better. The trip passed quite quickly surrounded by peers from the school in Västervik. When we got to the island, the guide interestingly told us about the history of the island, including jokes that made the whole company laugh. After a few moments of rest for fika, we were divided into 2 groups. One went on a bicycle for a picturesque ride around the island, admiring the Swedish landscapes, and the other started walking to a place where interesting games and activities took place. These were: a shooting competition or the traditional game Stövelkastning (throwing a lampshade into the distance by throwing it over the head), etc. After the long-awaited lunch break, the groups exchanged activities.

When we finished the bike ride, on the beach you could play volleyball or the traditional Swedish game of Kubb, which involved throwing blocks at kubby. Once all the cubs had been knocked down, it was time to hit the King, who was standing in the middle of the field. The day on the island was a very interesting experience, everyone had a great time.

Michał Radolinski

My adventure with the „Erasmus+” project, which took place in Sweden, will be remembered for many years. I met great people. My favorite memories from the trip are connected with these people. One evening, together with Emy and Julia, who hosted me in their house, and with their friends - Olle, Gustav and Tekla, we went on scooters outside the city to a house in the woods. Late in the evening we decided to go to the sauna, which was located on the boat, and in order to cool down, we swam in the lake from time to time. It was an amazing experience. I will never forget the sight of that starry sky. After a few hours we returned to the cabin in the forest, where Tekla made us a warm apple pie.

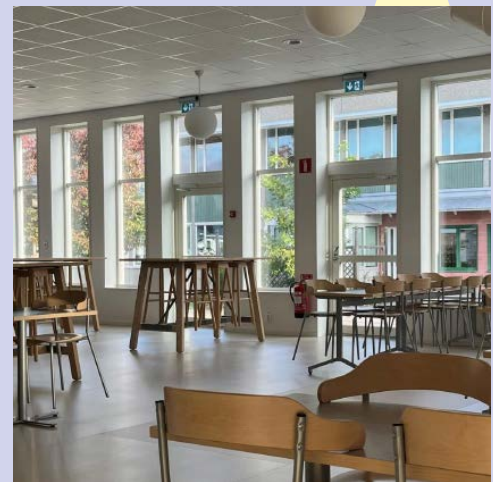
Agata Jablonska

During our visit to Sweden, we had the opportunity to attend lessons at a school in Västervik. The school building is very modern, well equipped and spacious. The form of conducting lessons differs from the one we are used to in Poland, because there it depends more on the motivation and self-discipline of the student.



We also participated in a workshop on the Baltic Sea, where we learned a lot about the crucial importance of water and the crisis caused by its inappropriate use by people. I really enjoyed visiting this school, it was a new experience that I will remember for a long time.

Aleksandra Kośmider



We had chance to see both. A small, cute Vastervik and big, multicultural Stockholm.



**Gracias!**

**Erasmus+**

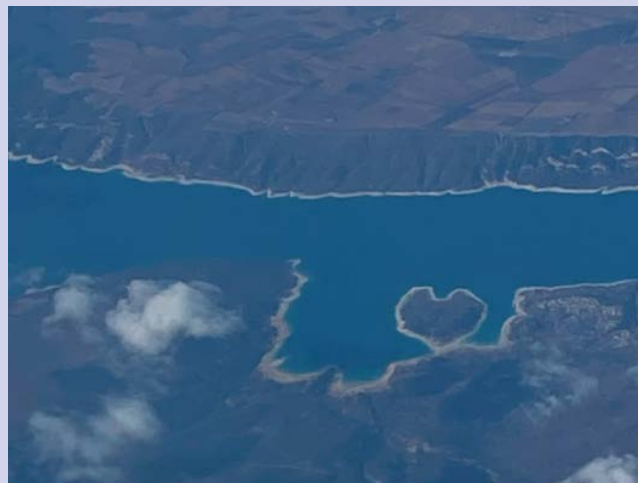
**Valladolid**  
**Spain**

My experience in Spain. To be honest at first I was a little stressed, Spanish Latin culture was very different from Polish Slavic culture that I have known for my entire life, and add to this that I didn't know what to expect from my host family. But my worries were quickly proven to be false. I have met new people and learned some Spanish culture and history. I really enjoyed staying in my host's house, his family was very kind and I really appreciated that. Coming to Spain was one of the greatest things I did in my life and all I needed for this was to speak English.

Maciej Szkopek

In January I had a chance to visit Spain. It was a wonderful visit, that taught me how to communicate in another language, and it allowed me to live in another culture, with different traditions and dishes. In my opinion the most interesting day was Sunday, when my host took me with his parents to Segovia and we met up with other Polish students and just visited the whole city. But in general I think that Valladolid is a beautiful city and it is very impressive with all monuments and events. I am really grateful for this opportunity and I hope I will see this amazing group of people again.

Julia Zareba



I was looking forward to improving my English speaking skills and having a good time. My expectations came true, it helped me expand my vocabulary and break the language barrier. The Spanish culture was surprising, which I liked very much, everyone was friendly and willing to learn about my culture.

Wiktoria Rokicka





As a Spanish learner my main goal was to improve my Spanish. the week spent in Valladolid was the best deal, and after a few days I was able to communicate freely with Spaniards who did not speak English. In addition, I met many wonderful people with whom I still keep in touch and plan to return to them. It was an interesting experience to take part in Spanish lessons and compare them to classes in Poland. I remember it very well and would repeat it 1000 more times.

Ada





**Merci!**

**Erasmus+**

**Reunion  
France**

I wasn't scared that much when I was in Poland, then on the plane to France and on the plane to Reunion. I was scared on the bus on the island when there was no way out. But when first fear was gone I thought: "hey, it will be okey". And it was even better. This trip was one of the best experiences in my whole life. It showed me that I can do things that I've dreamed of. So if you want to try yourself in hard conditions this is a very good idea to join this project!

Basia Pikała

On Sunday we all met at the school from where we went to the sugar cane museum. Lunch was based on a picnic and then we drove to the turtle sanctuary. In the evening I met with Polish friends on the beach, after which I went with one of them for ice cream. We all met at school on Monday. At the beginning it was time for breakfast, after which we visited the school. Later, there were classes - learning languages and a mind map in groups on various questions. Then, a trip to the botanical garden was organized, followed by admiring the beautiful view. There were strikes on Tuesday and all activities were cancelled, so my host family took me and a Polish friend and we went on a tour of the island - we saw a frozen bench, then we visited a waterfall park and then a church that was surrounded by lava many years ago. In the evening I went to a party with the French and the Swedes. The next day we met again at school. We started with the work related to our project, and then we recorded a video in which we answer the questions we were asked earlier. Lunch was then followed by dance

lessons. Then we got on the bus and went to a beautiful beach where we had a great time. In the evening we were joined by the parents of the host families and we experienced a real Réunion picnic and traditional food. That day I had to say goodbye to some friends, because the next day at 4:15 we left Saint-Joseph for Saint-Denis, stopping in Saint-Pierre to pick up teachers on the way.

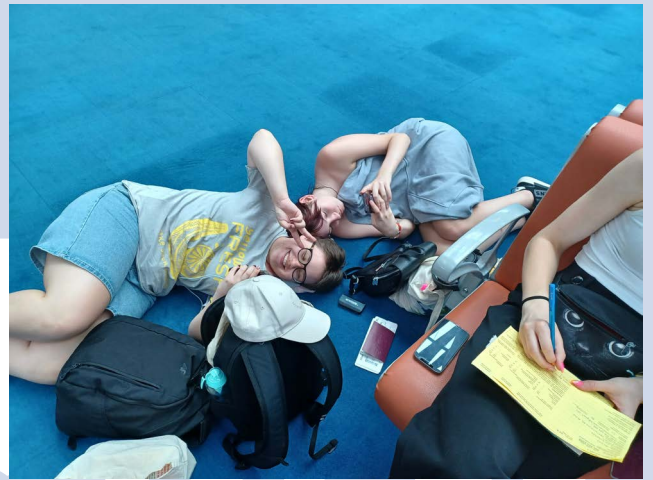
However, this was not the end of our trip, because we decided to visit the nearby island of Mauritius, where a funny driver took us around, acquainting us with many interesting things and places. That same evening we boarded the plane back to Paris, which we arrived in the morning. Again, we didn't plan to return home yet, and we visited many beautiful places in the capital. The flight to Warsaw was with slight turbulence but luckily we arrived safely and I arrived home at midnight.

Malwina Malinowska

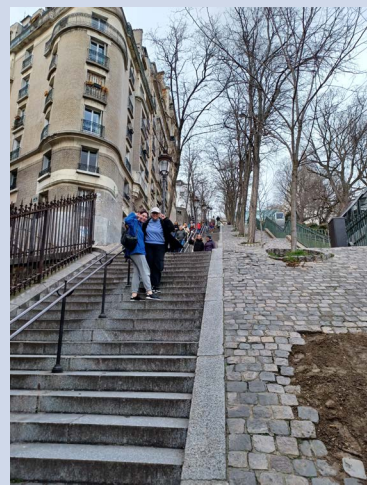








# Erasmus+



## And at our school...



There was a very difficult time when we tried to cooperate. We had many interesting meetings, we tried to let everybody know that we were participating in such a great project. We were also happy to meet on-line with all our partners.

During the school year we organised Erasmus Days and Erasmus meetings for all the students to share our wonderful experience. We also invited students from other schools who participated in Erasmus.



Erasmus project was a wonderful experience form our school and we hope we will also cooperate with our partners in the future.

Thank you all for great time!

Visit our TikTok to see some more.



**TikTok**

## In Germany

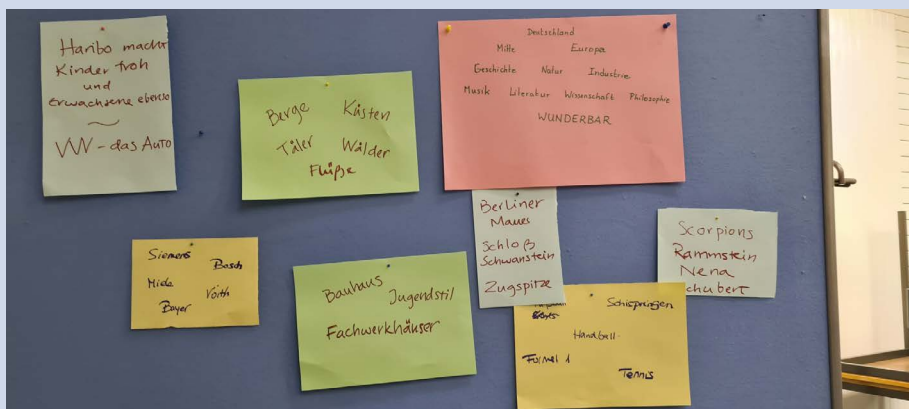
When my teacher first told me that we were going to Germany, I couldn't really believe it. I got so nervous about all of it and started counting days until the day I had been waiting for finally arrived.

We got out of the plane and had to wait in the Munich airport for the rest of the students, then we all went together by bus to Heidenheim, our destination, where our hosts were eagerly waiting. The family that took me in was really nice. They were super caring for me and the other student they were receiving.

The days in the school went by quite fast, we did lots of fun activities, visited some nearby important cities and museums like the Mercedes-Benz museum in Stuttgart.

Overall the experience was really nice. I learned a lot of things about German culture, for example that there is a dish called Wurst Salat (literally, sausage salad), and I even got to practice my German. I would love to repeat it, it was sooo enjoyable.

Alvaro Juárez



The trip to Germany was a wonderful experience that I won't forget. It helped me practice and improve my English. As well, it was great to get to know other people who now I can call friends. Visiting places like the Mercedes-Benz-Museum and the cities of Ulm, Stuttgart and Heidenheim, where we stayed the whole week, was very pleasant. I had a memorable time, although I hope it had been longer.

Diana Román



## TRAVEL TO GERMANY

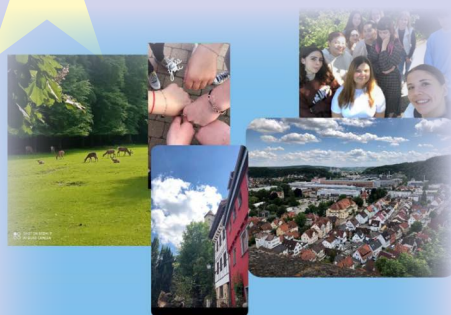
I am an Erasmus student, I have always dreamed of traveling to Germany.

I enjoyed this experience with my Spanish friends and I have met wonderful people

I will always remember this because it was great.

I hope to have a good time when they come to Spain and they are going to have a great time here.

Laura Méndez



**GERMANY** 



## MY ERASMUS+ EXPERIENCE

The first thing I've noticed the moment we reached Germany was that the climate and the colours of the landscape were different, The first thing I said was "Hey, there are way more green colours than in Spain" whereas in Spain is more likely to find empty yellow fields.

In my opinion, the best experience was when we visited the Mercedes museum, I've always wanted to visit it, whether for the building or the cars, of course I also loved my exchange friend as well the teachers.

In conclusion, my stance at Germany was unforgettable, I learned a lot of new things, met new cultures, and the most important thing, new friends.

Santiago Luna



## In Sweden

### SWEDEN WITH ERASMUS+

Hello, my name is Álvaro and I'm going to talk about my Swedish experience. At first, when they told us that we were going to be able to travel to another country, I was nervous, because I was afraid but I knew that I wanted to travel. They gave us the options and I decided that I wanted to go to Sweden.



For me, Sweden was a country that I wanted to visit in the future and I never thought that I would visit it so soon. It had to be a very natural country, very ecological and the people were very civilized, and after having been there I can confirm it, it's a great country!



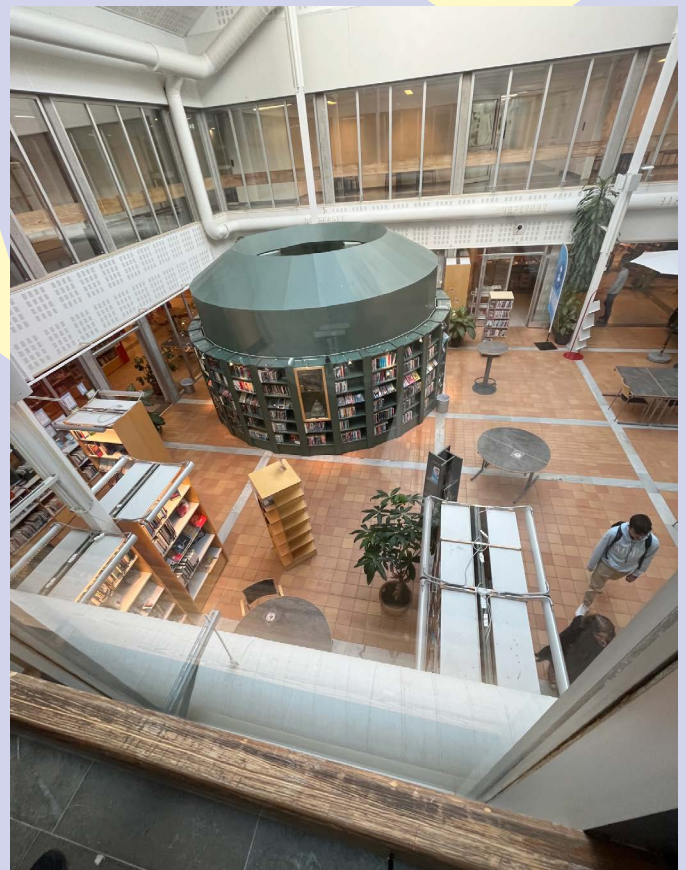
One of the things that made me the most nervous thinking about it was the plane trip, it was the first time I travelled on one and it was also a four-hour trip, it seemed long but I liked it.

When we got there, it was all strange for me, I thought that the time we would stay there would be very long, but I was wrong, every day was getting shorter and in the end when it was time to leave, I didn't want to, I would have been there longer.

I think this trip has been very enriching and it has helped me not only to learn English but also to get to know another culture and another way of living, it has been one of the best experiences I have had and now I am waiting for them to come here to Spain.

In the photo I appear on top of some stone legs by the Baltic Sea, I took this photo one of the last days there. It was quite cold there and I had to be warm almost all the time, one thing that surprised me and that I have not said before is that there were very few cars and the ones that there were many were electric, people mainly moved around on foot or by bike

Alvaro Leonardo



## SWEDEN

When the teachers told me that I had been selected to go to Sweden, and with lots of my friends, my emotion was notable. I love traveling and of course Sweden was on my travel list!

We were all incredibly nervous, Sweden had always been described to us as a magical place, full of nature and with very friendly people. And definitely, it has not disappointed us even a little!

From the moment that we arrived, everyone was genuinely nice, and the families were lovely. They had prepared to us lots of fun activities like going ice skating, cooking cinnamon rolls, traveling to a nearby island... All of them were fantastic and such an opportunity to get to know people from all over Europe. I love meeting new people, and everyone was nice. Especially the Swedish girls, who took care of us at

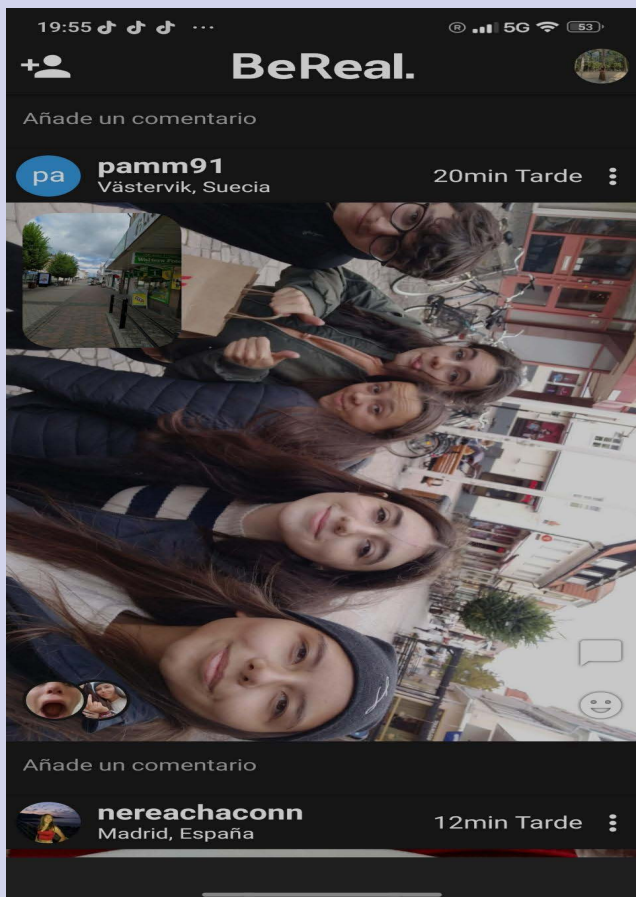


all moments and taught us lot of amazing things about their culture. We are going to miss them a lot.

The village, Västervik was awesome, I had never been in a place with such beautiful views before! I remember the mornings bike rides next to the immense Baltic Sea. Or the incredible coniferous forest where they took us to, on our last day, to eat marshmallows around the campfire! Magical places that you cannot find easily in Spain.

Although I would have loved having more time there, it has been an incredible experience that I would love to repeat, and I am sure that my partners too, we have had a wonderful time together. Of course, as soon as I can, I will return to Sweden!

Emma Cortázar





I mainly chose to go to Sweden, because I've always been curious about the Northern countries and I saw this as the perfect opportunity to satisfy my curiosity.

Before the trip, I was kind of nervous, although I was going to go with people I knew. I



had doubts about my host family but all of them disappeared when I arrived. At first, it was we-

ird, because at the end of the day, we we're strangers. Once we got there, they all welcomed us warmly, and that was something I did not expect at all, because from what I had heard, the Swedish, Norwegian... people weren't the most welcoming when it came to foreigners.

The thing I liked the most were definitely the landscapes. While we were travelling by train on our way to Västervik, we got to admire the view throughout the entire journey. It was strange, because if you find yourself in the middle of nowhere, here in Spain, you'll just see dry vegetation, whereas in Sweden, it was the opposite, the fields were full of green and vivid colors.

At first, the cultural shock was a bit impressive, mainly because of the eating schedule considering that they ate somewhere between 2 to 3 hours before us here in Spain but I soon started to get used to it.

There are many memorable moments of the trip, but some of them are; the day we made a barbecue, ate hot dogs and baked cinnamon rolls; the second night, which was taco night and we all had a great time together and the last one, was the afternoon of our last day the-



re, when we made a campfire and ate s'mores, which are toasted marshmallows and chocolate sandwiched between two pieces of biscuit.

I would say this journey has taught me a thing or two. In the first place, I improved a lot my English speaking skills, because living with someone even if it's for a week, forces you to speak a language you both know, in this case English. In second place, I think we all internalized and learned about the Swedish culture, which is something not everyone is capable of and, although we didn't learn Swedish, we did gain some independence since, in a way, we travelled alone.

The experience was obviously awesome, and particularly in my case, I did create a bond both with my Swedish partner and her whole family. We still keep in touch and I will surely go back to Sweden someday.

I think we all had an amazing time and it was something I would definitely be doing again. We went to a lot of places and did some awesome activities. I was obviously lucky to have this opportunity and not a lot of people have it.

PamelaGrigorova



# My swedish experience with Erasmus+

Hello, my name is Ane and I'm going to talk about my experience in a swedish city called Västervik. The journey was an exchange organised by the Erasmus+ project, in which we had to stay for a week living with our exchange student and their family.

I remember that I felt really nervous about the journey because I didn't have a clue about how it was going to be. I didn't know their culture and traditions and also didn't know anything about the activity program until one week before we were leaving. When I knew who my exchange student was, I started getting in contact with her and she was really nice to me.

I waited patiently until we had to travel, and finally the day arrived. I remember feeling really nervous because it was the first time in years that I was going to take a flight, and not a flight to anywhere, to Sweden!

The journey was way too long, but every hour we spent in a bus or a train was worth it. When we arrived to Västervik we met the person we were going to stay with, and all of them were really nice to us. We had some kind of welcoming dinner with typical swedish food, which was amazing, and then we went to sleep and rest.

During the following six days, I improved a lot my english and also I learned lots of things about the swedish culture, about other countries' cultures, I met really nice and amazing people and I got to know almost by myself another country.

I definitely know that I won't forget any moment spent in that city, just because it was so special to me, but I will remember with special love when we went to do ice skating all of us, when we went to the forest to make marshmallows and the last day dinner with all of the Erasmus students from every country

participating in the project. It was definitely an experience that I'll remember for the rest of my life and that I recommend to anyone with access to this incredible opportunity.

Ane Picazo



## Sweden:

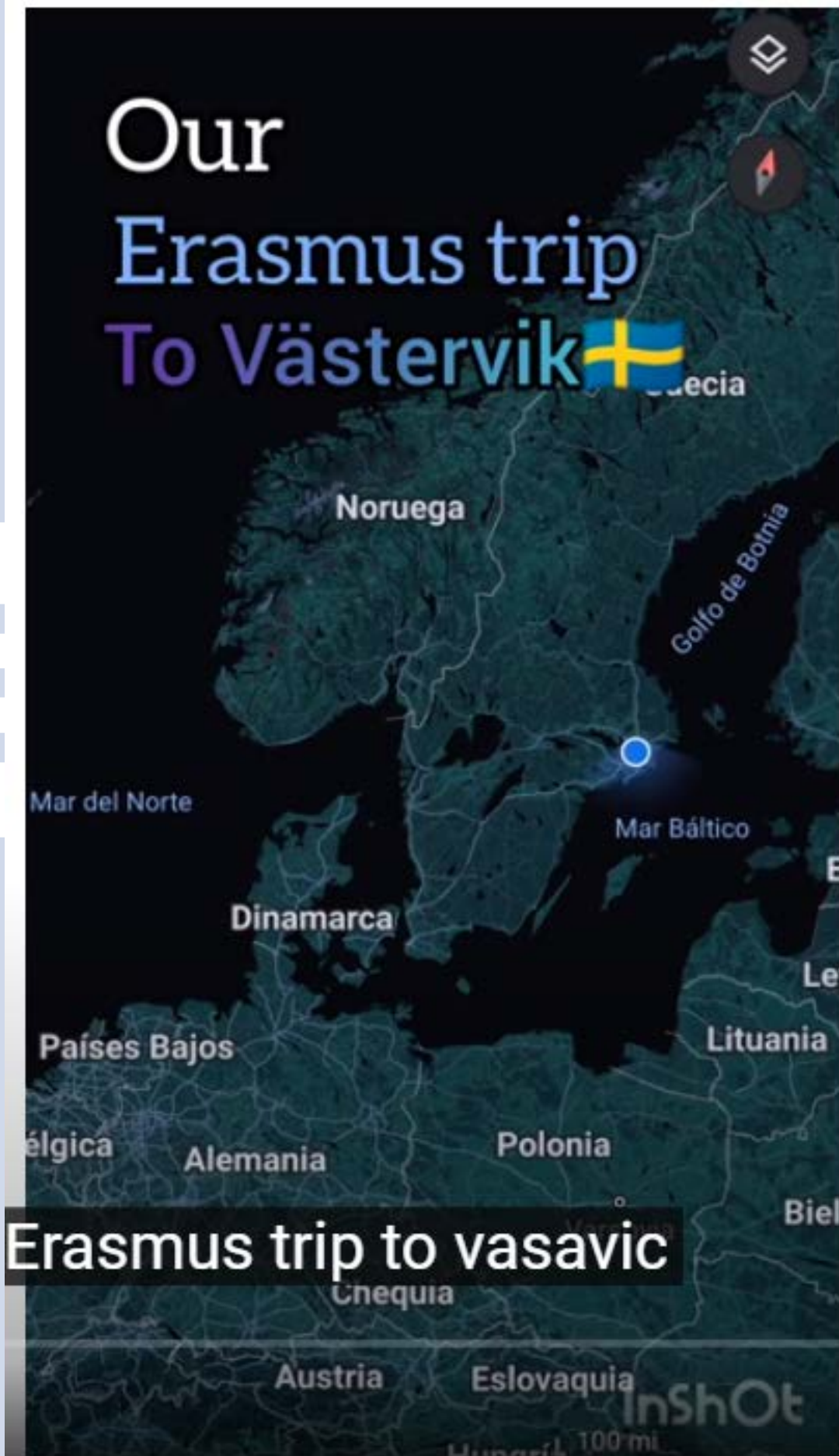
Before going to Sweden, I didn't really know what to think, I just wanted to have fun and to live an experience that I could remember forever, and that was exactly what happened. When we arrived there, I was very surprised of how much green that city has and how gentle and kind people is. I learned a lot of things there, and I practiced my English a lot. Every time we were on our bikes down a road, i felt like that was perfect, like a dream come true. I had so much fun, and I made friends that I know I'm gong to remember forever. That also helped me to reconnect with my Spanish friends, we experience that adventure together and we were so happy. I felt loved there and I just can say thank you to every person to make this possible.

In the picture, me and my friends were doing ice skating, honestly that was probably my favorite thing from the whole week.

Lucía Gutiérrez



# Our Erasmus trip To Västervik 🇸🇪



Erasmus trip to vasavic

## In Poland

I really enjoyed the Erasmus experience because it brought me a lot of new and good moments, like travelling to a different country, meet their own traditions and culture, living with a Polish family for a week, practising my English daily, trying their food and above all, the school atmosphere, which is very different from ours. I also made a lot of friends from different countries, such as Sweden, Germany or France, with whom I keep in touch.

I also enjoyed the country, cause Plock is a very beautiful town, even more covered in snow, which made it more beautiful. So I absolutely recommend the experience to other people.

Abel Saad Villameriel



I signed up for the Erasmus programme because my fourth grade teacher said it would be a very enriching experience and I personally think that you should never miss out these opportunities that are suddenly offered to you, even if they are scary.

When I arrived there I was especially nervous because English was never one of my favourite subjects and having difficulties communicating with my new host family would be awful.

I quickly noticed the cultural difference, they were not as overcoated as I was, they were more tolerant of the Polish cold air, they drank a lot of tea and were more distant with the people. I remember that they were especially impressed by how close we Spanish people were to them. Surprisingly for me, I didn't have any problems with the language in my host family, very nice people who did everything they could so that I wouldn't catch a cold in that freezing country.

I realised that this is how you really practise English, being your only option for communication, and I can say that once you start everything is much easier.

Now I see everything in a different perspective, because I don't consider that I am learning English to pass an exam or get a better job, but to know how to express yourself and meet different people from whom you can learn or, at least, get some funny anecdotes out of it.

I try not to lose contact with my Polish host, because in a short time she became very important to me. In general, I made a lot of friends that I will always carry in my heart and I hope to be able to meet them in other parts of the world. It is a highly recommendable experience and if you have the opportunity you should never miss it, especially because I will never forget the people I met.

Angela Tomás



This week has been wonderful and surprising; I have learned a lot about news, education, meals, and various lessons. I can now perceive our good fortune and advantages in comparison to other nations. I enjoyed the activities we engaged in; we went to museums, went ice skating, and saw the lovely city of Varsovia. I also enjoyed the chance to play in the snow like I did as a child, and I enjoyed speaking with and getting to know people from all cultures.

In conclusion, I have really enjoyed this experience because it gives us a chance to grow personally and become more independent. I would repeat this experience without hesitating and I cant wait for the Poles to come.



Juan Fernández

I joined the Erasmus programme because I wanted to keep in touch with other cultures, like the Polish one. This is not the only reason. I also wanted to improve my English level. The thing that I liked the best of my trip to Poland was meeting some nice people and knowing how they live there. Of course I made lots of friends, I had a very good relationship with the German ones, mostly with Mortiz. I think that I achieved my goals and I recommend the experience: by travelling and keeping in touch with other cultures as much as you can you will meet very nice people and enjoy.



Alvaro Verdugo





I joined this programme because I saw it as a great opportunity to make new friends abroad and improve my English. I think that what I liked the most is how Polish people seemed so relatable to Spanish people. I also liked the visit to Warsaw. I made lots of friends, mostly with the Polish group. I also learned to accept different cultures and to socialize a lot. I even learnt some Polish words. I recommend the experience to everyone. You will love it and you will learn a lot.

Sandra Vallejo



Before going to Poland, I thought it was going to be a boring journey. However, it wasn't as I thought. The week was pretty well organized, and I was very comfortable in my host's house. Also, we did lots of amusing activities and we visited many interesting places, such as Warsaw or the science museum, where I learnt lots of things. Finally, the Polish food was delightful. I hope the Poles who are coming here have as good time as I had there.

Rodrigo Pérez



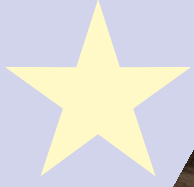
# In Spain

## At school...

Our first contact



We had a chat about educational systems



We learnt to dance



# SPANISH CULTURE



It is held in Cuenca, Málaga, Sevilla, Valladolid, Zamora, León, Salamanca, Cartagena. Ávila or Medina de Rioseco among other towns, with typical religious parades.



Singer, songwriter, composer producer and actress. She makes fusión music with flamenco, pop, reggaetón. She has won several Grammy music award, and others.



He was a writer, poet and soldier considered one of the most important ones. Author of *El ingenioso hidalgo don Quijote de la Mancha*, best known as *El Quijote*, which is the first modern novel and one of the best Works of international literature.



She is the first Spanish actress who was a candidate to best leading actress in the Globos de Oro awards for her film *Volver*, by Pedro Almodóvar. She is also the first Spanish actress to have got an Oscar for best actress in the film *Vicky Cristina Barcelona* directed by Woody Allen

# SPANISH CULTURE



He was a painter and sculptor, creator of Cubism. He took part in the several artistic movements of the XXth century and he was a great influencer for other contemporary artists. Two of his remarkable Works are: *El Guernica* o *Las señoritas de Avignon*.



It is a cold soup made with olive oil, cucumber, pepper, tomato, vinegar, garlic and water. Always served fresh during the hot months. It is a typical Andalusian dish.



This theme park is located in a village near Madrid and has 33 rides. It is divided into 5 areas according to different settings, produced by Warner Bros. and DC Comics, and areas of the USA, such as California beaches, Hollywood, Beverly Hills or New York. It is one of the 20 most visited theme parks in Europe.



# IES PINAR DE LA RUBIA

## SPANISH CULTURE



Professional tennis player considered as the best one in the history of clay courts and one of the best ever, with the highest number of championships of Grand slam...  
Born in Mallorca.



Built as a mosque in 784. With an area of 23400 square metres, it was considered the second mosque in the world after the one in La Meca. Today its the most important monument in Córdoba and and it is part of our cultural heritage.



Contemporary art museum, located in Bilbao, with an innovative building in round shapes.

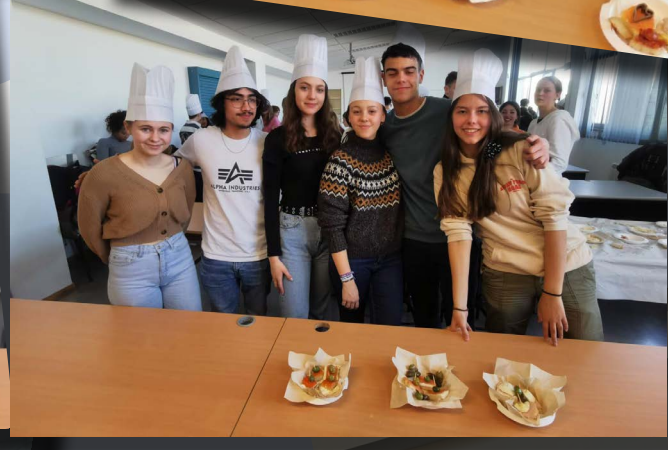


An ancient Roman gold mine located in Leon, in our región, it is considered the biggest open gold mine in the whole Roman Empire, also part of our cultural heritage.



# MAKING TAPAS

IES PINAR DE LA RUBIA  
(VALLADOLID)  
ERASMUS



We wrote together the radio script for "[The future of the European Union](#)"



[January 31, 2023](#)

And our students also made chat radio programmes about their experiences:

[December 20 2022](#)

[January 17 2023](#)

[March 20 2023](#)

We also had a lecture to celebrate the [Day of Europe](#)

[May 5 2023](#)



8 Denominaciones de Origen  
 Provincia Valladolid:

- > RUEDA
- > CIGALES
- > TORO
- > LEÓN
- > RIBERA DEL DUERO
- > VP URUEÑA
- > VP DEHESA PEÑALBA
- > VP ABADÍA RETUERTA



We toured Valladolid and we visited some of the historical places we had written about in the 5th edition



## In Reunion Island

Par rapport à la Réunion je ne savais pas quoi espérer parce que c'est une île qui est trop loin de chez nous. Je pensais qu'il allait faire très chaud et que le climat serait tropical. Je pense aussi qu'on a eu de la chance car on a connu x nos correspondantes de la Réunion avant d'y aller. C'est pour cela que j'espérais que l'expérience x allait être très drôle comme quand les



étrangers sont venus en Espagne. En plus, je voulais connaître la culture et des choses typiques de la Réunion, et faire des amis des différents pays.



Notre expérience à la Réunion a été incroyable. Nous avons fait plein de choses, par exemple, nous avons visité le merveilleux sanctuaire des tortues, le Musée Stella Matutina, le Jardin des Parfums et des Épices, et bien sûr, nous avons travaillé au lycée. En conclusion, cette expérience a été magnifique et incomparable.



Elisa Alvarez and Elisa Ortega

Dear European friends

I am very grateful and happy to have been able to live this great experience where I have been able to get to know a bit of very different cultures. I have learned about Polish, German, Swedish and French cultures; but above all, the French culture of Reunion island, where I travelled at the beginning of March. As for landscapes and fauna, it is impressive. I have seen things that I had never seen before, beautiful animals and places such as black sand beaches, mountains, sea turtles, chameleons, tropical plants and trees, and even an active volcano. Even so, I'd say the people I have met through Erasmus programme are the most important experience, everything they have taught me, such as the fact that everyone wants to see the world, that it doesn't matter which language you speak, what race you are, everyone just wants to socialize. It's only been a week, but I will never forget all the people and friends I've made on the show.



I have grown as a person thanks to this experience, I have opened my horizons and I have learned that I am not as shy and introverted as I thought. Thanks to this trip, I really want to see more of the world, travel and get to know many cultures that are very different from ours.

Lucía Casares

## Visit to Germany

### Places of Interest

Trip to Burg Hohenzollern with my host family and it was a great experience because it was fun to learn about the history of Germany.

We visited an amusement park in Heidenheim with our host students. There was a pariswheel, radio cars and different games to play. This amusement park was temporary. Some of the rides felt a little unsafe but it was still fun.

We visited a cafe in our spare time after the city tour. It was exciting to see the differences in what they had to offer.

One of us visited Rothenburg with her host family. Rothenburg is a small town not far from Heidenheim with old German houses from the medieval times and are still preserved. It was really beautiful and interesting to see

the old houses.



We all visited the Mercedes Benz museum in Stuttgart. It was very interesting and fun to see what the cars looked like a long time ago and how the horse carriages were developed into the modern cars we have today.

### Activities and workshops that we did together.

**Fake news** = We discussed fake news and the problems it can cause.

**Point hunt** = The school held a point hunt for the exchange students, the goal was to complete tasks all around the school and get as many points as possible.

**München** = We ate breakfast and did some shopping before leaving Germany. We bought different German candy to try when we got home. (This was not organized by Erasmus, but still a



fun experience)

**Ulm** = We had a whole day in Ulm and visited the exhibition called Otl Aicher 100 Years 100 Posters.. Afterwards we were free to do whatever we wanted, which mostly included shopping. We went by bus back and forth from the school in Heidenheim.



transports such as trains and buses in both Sweden and Germany

**City walk in Heidenheim** = We got to see the city and visit some places. For example the city library, a castle and a church.

### Cultural similarities and differences.

The types of food, for example bread/sandwiches were seen as normal food for breakfast, lunch, snacks and dinner, not as common in Sweden

They pay for their lunch in school if they don't bring something from home. In Sweden we get food for free. Everything they drank always had some kind of seasoning, and you could really miss just drinking normal water.

It is very common to ride with public



### What experiences from the project can be beneficial for the future?

This was a great experience which has both taught us things about other cultures and school systems, but also things about ourselves.

We have also had the opportunity to experience other families' lives in a way that only was possible because of the exchange program.

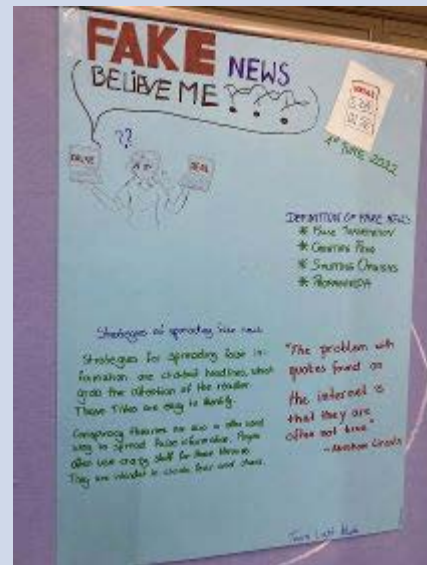
We understood that we should appreciate the great things about Sweden more, and not take everything for granted. Not every country offers, for example, free school food to their students.

### How can exchanges such as these contribute to a more united Europe?

Bringing different cultures together al-



allows people to discuss and learn about each other's ways of looking at things. Also to make contacts with people you would never have met otherwise, which allows people to get to know each other and maybe meet up later in the future.



must



# Visit to Spain

## Interesting places you have visited

Valladolid

Tordesillas

Medina del Campo, Castle of La Morta

Vineyard

Madrid and Segovia



## Activities and workshops that we did together

We had a competition making the best tapas, which our teachers judged.

We made a radio program where we discussed 3 big questions that were popular during our trip; Ukraine, Erasmus + and how to improve the EU

We went on different guided tours in the city of Valladolid and Tordesillas. On these tours, we learnt about the history of the places, with many interesting stories about royals such as Isabella the Catholic whose castle we saw. We learnt about Spanish history with wars against the Portuguese and information about discoveries such as the discovery of America by Christopher Columbus. We also saw Columbus' first grave, in the center of Valladolid.

We went to a vineyard where we learnt how



they made wine, both past and present. We saw the big machines and tanks with the newly produced wine. We also got to explore their old parts of the factory with long, confusing almost maze-like tunnels below the ground. This is where they stored really old wines that are owned by different families from the region, and their old barrels that were used maybe a hundred years ago.

We went to Medina del Campo to see the Castle of La Morta, an old but well preserved ruin of a castle that was created for a military function. It was really interesting to see such a big and well preserved castle, with its big moat surrounding the castle.

## Cultural similarities and differences

The school was quite different from what we are used to. They had shorter school days, but quite similar subjects and similar learning methods. They did not have any longer breaks and did not get served any lunch at school, which took some time for our stomachs to get used to.

Foodwise, there was a huge difference! Here in Sweden we kind of want typical boring and bland food with not so many seasonings and variations. In Spain we got to try many different and new dishes, with more spices and more flavors. They also eat a lot of different kinds of meats, like dried meats and hams. They also eat tapas a lot! Tapas is a kind of small dish that you go around the city and eat at different places. Here in Sweden we usually stick to one place and eat until satisfied, so it was fun to explore and see many different places and dishes in one evening. For example I ate Spanish Ham Croquettes and a dish with



squid and aioli and of course what seemed like the Spanish's favorite potato Tortilla! They also ate everything with a lot of bread.

## What experiences from the project can be beneficial for the future?

We got more knowledge about other countries and cultures which can lead to a better understanding of the outside world. For example we got to understand how we can work together to solve different big problems that may occur in the future or are already happening in different parts of the world right now. We did this by doing a radioprogram discussing these kinds of problems together, and talking about how we could solve them.



## How can exchanges such as these contribute to a more united Europe?

It can strengthen the friendship between different people from different countries, where we learn new things and can see similarities and differences between our cultures and counties.



## Visit to Poland

### Interesting places you have visited

Sightseeing in Plock was enjoyable, we learned about the history of the town.

We also had a trip to Warsaw, a guided tour around the old town of Warsaw and then we visit the Copernicus science museum. Very interesting and fun activity, though it was very cold on the guided tour since it was snowing. On the way to Warsaw we stopped at the birthplace of Frédéric Chopin, we got to watch a movie about his life and see the place where he grew up. That was very interesting. Then we got to listen to students play on the piano, songs by Chopin.

We also had a guided tour around a large oil refinery that is located in Plock. We got to see how people worked and how to operate it.

### Activities and workshops that we did together

We had a workshop about copyright, dancing, a polish lesson and a lesson about the history of Poland – more specifically about Plock.

### Cultural similarities and differences

Poland is a catholic country. That differs very much from Sweden which is a much more secularized country. We talked a lot about this difference. The church was a very important part of their daily/weekly schedule. It was a catholic school, so all over the



school there were religious symbols and crucifixes, which was very strange for us as Swedes where religion isn't supposed to be a part of school.

A similar thing between Sweden and Poland was the weather. It was very gray and gloomy, as Sweden often is around that time of the year. The architecture of some buildings also reminded us about Sweden.

### What experiences from the project can be beneficial for the future?

Visiting other countries and cultures can contribute to a larger understanding of those. You also become more social and develop your language skills. These trips also make you realize that people most often are the same. People tend to think that just because someone is from another country that those people are completely different. But that is not the case, the only major difference is the language.

### How can exchanges such as these contribute to a more united Europe?

The young students get to learn about other cultures and get new contacts which can lead to future collaborations for example. When the teenagers get to see both the benefits and improvement opportunities they can apply this in their future jobs which will unite Europe.





## Visit to France

### Places of interest

Examples of places we visited and enjoyed: Plaine des Sables, Garden of Perfumes and spices, Kelonia, Manapany, les bains, Cascade de Grand Galet.

### Activities and workshops that we did together

We had the opportunity to learn material art dance. One of the students' father, who was an instructeur in the dance, together with one of his students showed us different moves. When we, sort of, managed to do them correctly we were instructed to dance with each other.

We had a workshop called youth and commitment where we teenagers made boards signs of the most important things that concerning the world such as the environment and civil rights

We visited a place called Kelonia. Kelonia is a rescue center for injured turtles. We got to see both sea turtles and tortoises. They also had a small museum of the turtles' history on the island.

We also visited a museum focused around the island's history. Which is a lot about colonization, slavery and the production of sugar from sugarcanes. The museum building was an old processing plant for just sugarcanes.

### Cultural similarities and differences



On Réunion Island they ate a lot of spicy food while we here in Sweden have a more bland spiced kind of food.

A difference when it comes to school is that they were not allowed to leave school during the day. In the morning when school starts they close the gates to the school and they open in the afternoon when school is over.

Réunion is an island in the Indian ocean which has a tropical climate while in Sweden it has a temperate climate. Both cultures, Sweden and Réunion island, have appreciation for nature. Sweden is known for its forest and lakes while Réunion is known for its mountains, beaches and natural beauty.

Réunion island has various religions with christianity, hinduism and muslims while Sweden is for majority of the population as being non religious.

### What experiences from the project can be beneficial for the future?

Talking a lot of English have certainly improved both our vocabulary and our pronunciation. We have learned the importance of having contact with people around the world. We can learn a lot from each other.

The trip was an opportunity to travel and to learn how to travel in a good environment which is great if you haven't traveled a lot. In general, being more open minded and gaining confidence as relying on yourself when you go to a foreign country and meet new people with different cultures and languages. You become more independent

as a person.

When participating in more democratic life and taking part in civil and social activities educates us in unity and diversity

## How can exchanges such as these contribute to a more united Europe?

It can help us develop an understanding of both how other educational systems work and how the big as well as the small differences in our countries' cultures affect our respective lives. It can also show that people around the world aren't that different after all. During this trip everyone could relate to things. These things range from school to interests. All this leads to a connection between the ones involved. The whole Erasmus+ project offers a chance to create friendships between people from all over the world.

Exchanges are positive for individuals and organizations between different countries, by working together and develop more personal connections and perspectives leads to more cooperation between countries. Exchanges contribute to a more united Europe as being a part of the Erasmus projects makes us belong to a greater Europe when participating and understanding important issues such as human rights and social justice by communitating.



# Hosting in Sweden

## Interesting places our guests visited

We have visited Hasselö, a small island on the coast.

## Activities and workshops that we did together

A guided tour through town

Project about water crisis and the Baltic Sea

Music quiz with Swedish songs



## Cultural similarities and differences

Apparently there are a lot more people riding bicycles in general compared to Poland.

We eat dinner a lot earlier than in Spain.

It seems like schools and teachers are a lot more strict in some of the other countries, where as in Sweden it's a lot about taking responsibility yourself.

## What experiences from the project can be beneficial for the future

We have made new friends in other countries that we can visit in the future.

We understand other cultures and countries better.

## How can exchanges such as these contribute to a more united Europe?

We get to know more about other countries and their cultures.





# Erasmus+



# Reunion

## film summary



our mobilities



when you visited us





# Evaluation of our project "European Digital Magazine"

## This is the end... or the beginning!

Dear Readers,

In 2020, 3 years ago, this ambitious European project was launched. Together with our old (Spain and France) and our new (Poland and Sweden) partners, we wanted to strengthen European cooperation, eliminate prejudices, promote intercultural skills and raise awareness of fake news by publishing together a European digital school newspaper.

As if these goals and 5 participating schools spread across Europe were not enough of a challenge, the Corona pandemic also got in our way, which showed the advantages of digital collaboration over thousands of kilometres between the partner schools, but made our mutual visits impossible for almost two years.

At the beginning, we promised you, Readers, to publish six editions with a focus on the environment, education, economy, news and history over the project period of two years (then extended by Corona to three years) and although we no longer believed in it ourselves at times, we actually managed to achieve this ambitious goal despite completely different school and holiday times, Corona requirements and examination periods

We were only able to do this because the project was not carried out by different schools but by a team that developed into friends in the end. Committed colleagues and motivated students planned, discussed, researched, wrote, designed and worked together to find solutions to the numerous stumbling blocks that awaited us over the three years.

We were all the happier when the opportunity for mutual visits arose in the last year of the project. Finally, we were able to see each other without a screen barrier and internet fluctuations and show each other our home countries.

The experiences that one makes in such exchanges as travelers, hosts, pupils, parents and teachers, the insights into everyday life, the encounters with local people are what one does not forget for a lifetime, which makes everyone involved more cosmopolitan, tolerant and thus more "European".

We as the Erasmus team are convinced that such projects make sense in many ways and we will continue to drive them forward in the future.



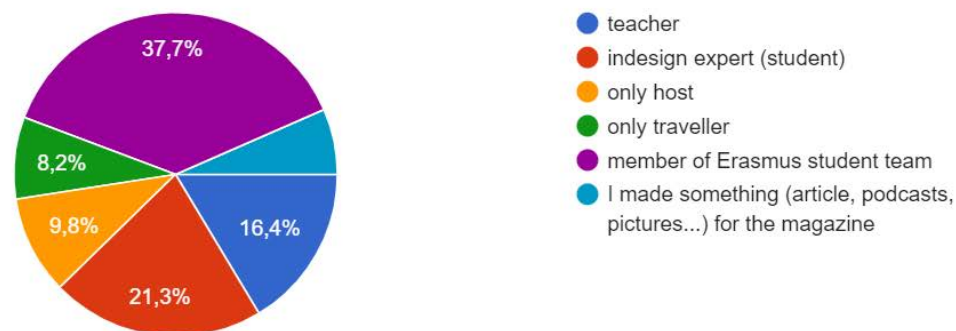
In order for us to constantly improve, we have also carried out an evaluation among all participants in this project and here is the feedback.

Some of the answers you can see below, others you will find after clicking on the link.

Annette Macionczyk - Head Coordinator of the Project

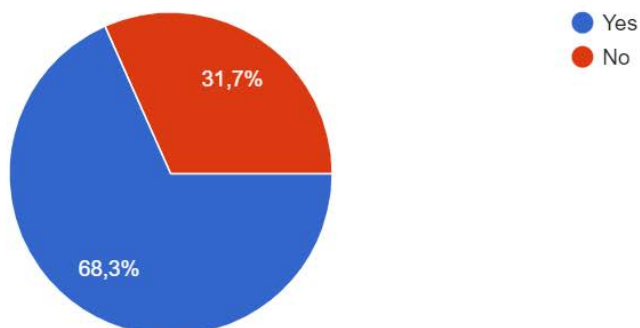
What was your role during the project?

61 odpowiedzi



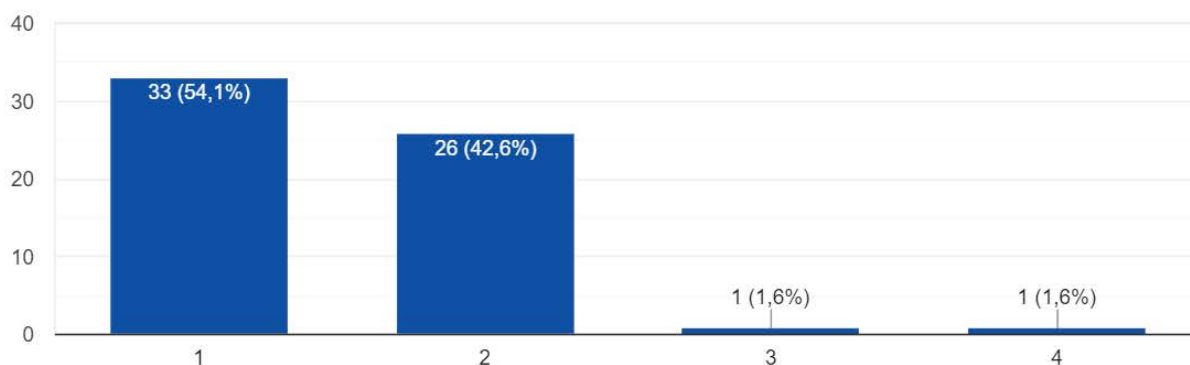
Would it have been possible for you to visit other European countries if you didn't participate in this project?

60 odpowiedzi



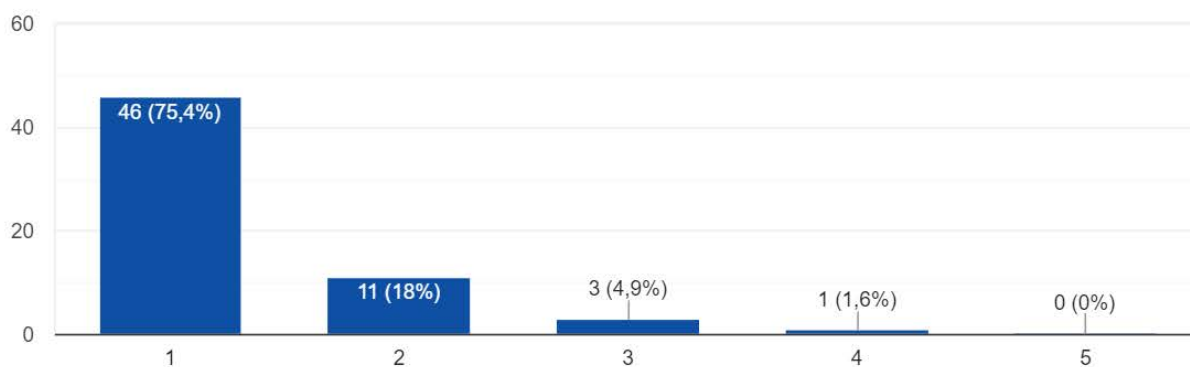
### What do you think about the organization of the project?

61 odpowiedzi



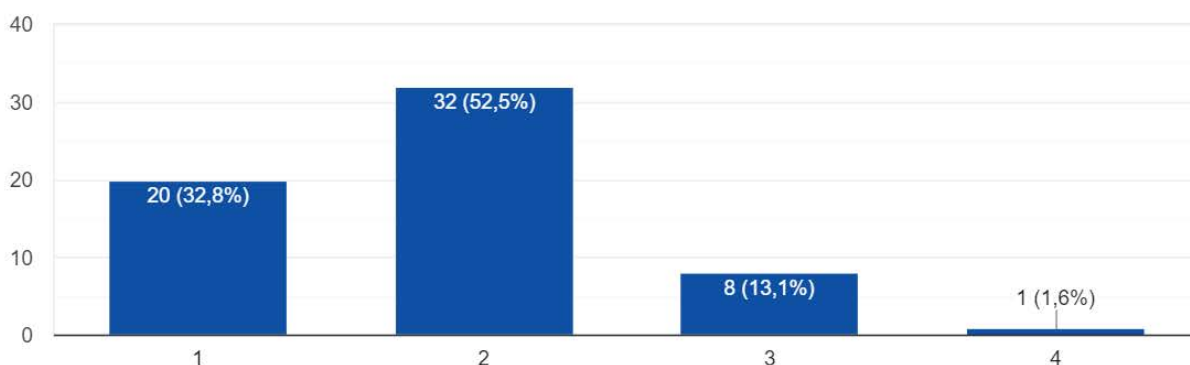
### Are the goals in this project (improve language skills, cooperate within Europe, eliminate stereotypes, gain knowledge about publishing a magazine, be aware of fake news) useful for you?

61 odpowiedzi



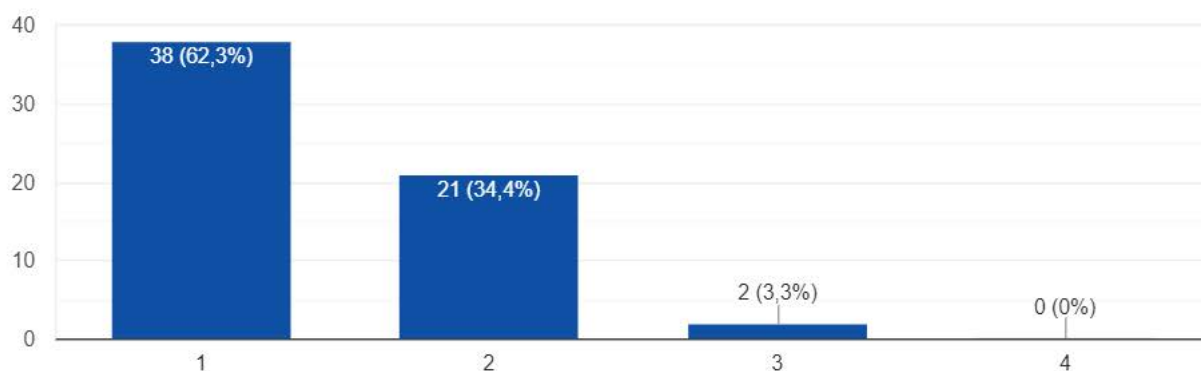
### What do you think about the activities during the project, other than exchange trips, such as Skype conferences, online meetings, working on the editions, celebration of the earth day, etc.?

61 odpowiedzi



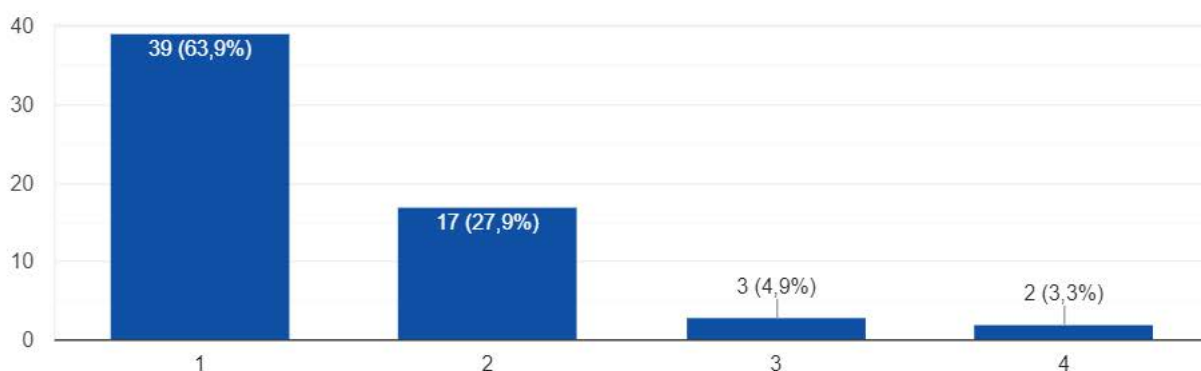
What do you think about the exchange activities, such as visiting schools, sightseeing, workshops, etc?

61 odpowiedzi



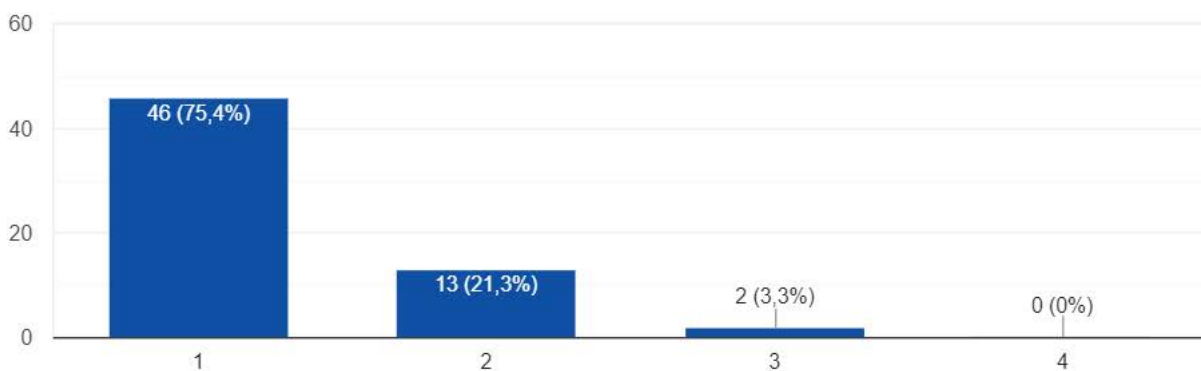
Do you think that the project improved your language skills (English, Spanish, German, French)

61 odpowiedzi



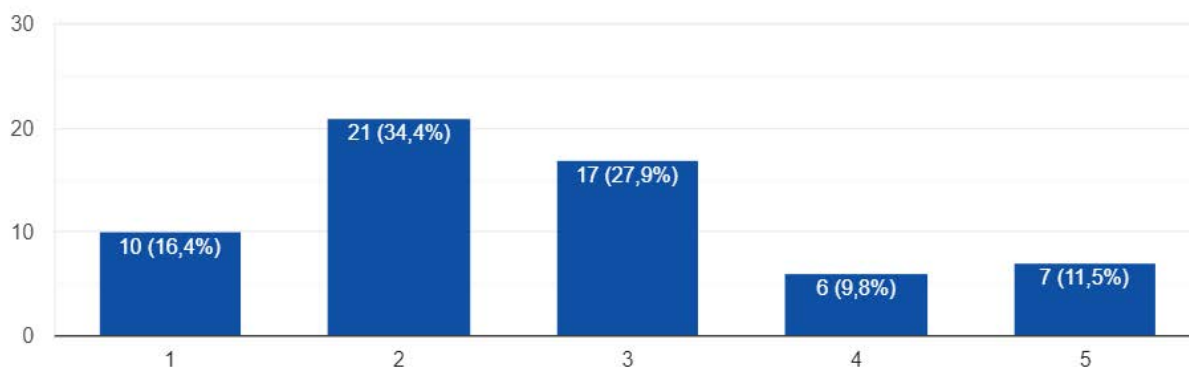
Do you think that the project improved your intercultural competence (e.g.: less stereotype thinking, be more open minded, be aware of intercultural differences, etc)?

61 odpowiedzi



Do you think your digital competence improved during the project?

61 odpowiedzi



[\*\*you can view all the answers here\*\*](#)

So all that remains to be said is:

Thank you for the great experiences, interesting conversations, wonderful journeys and unique learning opportunities.

See you soon, friends!

