



Erasmus+

I AM WHAT I EAT

EVALUATION OF THE Erasmus+ - PROJECT 2017 "I am what I eat"
School exchange, Gdańsk, Poland 20-24th March 2017

NAME & COUNTRY _____

Thank you for allowing yourself a few minutes to answer the following questions about this year exchange project between Gdansk, Kotka and Lübeck. You will help us improve our work for subsequent years.

1. HOW USEFUL FOR THE PROJECT WERE THE FOLLOWING ACTIVITIES?

(MARK THEM TAKING INTO ACCOUNT THAT 1 IS THE MINIMUM MARK AND 5 THE MAXIMUM)

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|--|---|---|---|---|---|
| • Presentation of the <i>Gymnazjum n°20</i> | 1 | 2 | 3 | 4 | 5 |
| • Group work on nutrition an Kahoot Game | 1 | 2 | 3 | 4 | 5 |
| • Guided visit at Lubiana Porcelaine Factory | 1 | 2 | 3 | 4 | 5 |
| • Guided visit at the ethnologic museum in Wdzydze | 1 | 2 | 3 | 4 | 5 |
| • Cooking Workshop in Kashubia | 1 | 2 | 3 | 4 | 5 |
| • Lecture on food additives | 1 | 2 | 3 | 4 | 5 |
| • Group work on healthy snacks | 1 | 2 | 3 | 4 | 5 |
| • Slow Food restaurant "Avocado" | 1 | 2 | 3 | 4 | 5 |
| • Presentations of table manners role play | 1 | 2 | 3 | 4 | 5 |
| • Shopping for healthy food | 1 | 2 | 3 | 4 | 5 |
| • Art Workshop | 1 | 2 | 3 | 4 | 5 |
| • Presentation of serving food (School of Hotel) | 1 | 2 | 3 | 4 | 5 |
| • Preparing healthy snack in School of Hotel | 1 | 2 | 3 | 4 | 5 |

2. GIVE YOUR OPINION ABOUT THE OTHER ACTIVITIES

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| • Bowling Center and Pizza | 1 | 2 | 3 | 4 | 5 |
| • City game around the Old Town of Gdańsk | 1 | 2 | 3 | 4 | 5 |
| • Lunch at Dom Harcerza in Gdańsk | 1 | 2 | 3 | 4 | 5 |
| • Jump City | 1 | 2 | 3 | 4 | 5 |
| • School film night | 1 | 2 | 3 | 4 | 5 |
| • Lunch at Awocado | 1 | 2 | 3 | 4 | 5 |

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**3. WHAT WAS/WERE THE ACTIVITY/IES (FROM 1 AND 2) YOU ENJOYED MOST?
& WHY ?**

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**4. ARE YOU HAPPY WITH YOUR WORK AND THE ATTITUDE YOU SHOWED?
& WHY ?**

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5. WRITE DOWN SOMETHING YOU COULD HAVE DONE BETTER.

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6. WRITE DOWN SOMETHING YOU MISSED IN THE EXCHANGE.

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7. WRITE DOWN SOMETHING WE COULD IMPROVE IN FUTURE PROJECTS.

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