

# ERASMUS +



## 4TH MOBILITY - HOW NATURE PREPARES FOR WINTER

**For the 4th Mobility in Warsaw, Poland, the theme was about How Nature prepares for winter and how animals and plants strive during this harsh time!**

From 4th till 8th November, 2019 the students, project coordinators and members of all partner teams in the Erasmus+ project „Nature and Outdoor Education” hold the third Students short – term exchange activities in Warsaw, Poland with the main purpose to explore the topic. Szkoła Podstawowa nr 157 in Warsaw im. Adama Mickiewicza, as the host school was organized several training lessons and activities according to the topic to explore nature and several activities to explore deeper local culture and traditions.

According to activities from the form of the project application and the recommendations of the coordinators from previous active phases of this project. The schedule of days highlighted the purpose of the project and the possibilities of incorporating it. The first day was organised at a school where, through various practical and drama

activities, pupils could become more acquainted, thereby strengthening mutual cooperation and friendship, what highlighted very strongly throughout all 5 short – term exchange days. The first day was also meant to show students' prepared presentations on the topic. Presentations by all participants showed a deep exploration of the subject and immersion in ongoing processes in nature before winter.

The second day was organised at the zoo, where through practical workshops students could explore and learn about the lives of different animal species, danger and survival. These lessons established students' understanding of the animal as an integral part of nature and its importance, as well as the possibility of seeing different animals from different regions of the world, increased students' vision and interest in general.



**Host School**  
Szkoła Podstawowa nr 157 in Warsaw im.  
Adama Mickiewicza





# HIGHLIGHTS



The friendliness of students, the willingness to engage and participate were very important factors for reaching and achieving the objectives of the project. Mobility in general has been very successful and positive, which allows to think – the future development will be the same successful and focused on cooperation and achievement of objectives.

The third day, according to the basic idea of the project, was organised outside as the training tour to UNESCO World Heritage Forest in Białowieża what is one the last and largest remaining parts of the immense primeval forest that once stretched across the European Plain. In the presence of a knowledgeable guides, the students could see, experience and understand the importance of the wilderness the wide state of plants strengthened the knowledge of the broad nature and its impact. The training tour became an excellent adventure, coloured by national songs performed by students, thus showing the cultural and historical heritage of each country through the song.

The fourth day was organised to explore achievement and research in science by visiting Copernicus Science Centre. Many exposures and the possibility of practical action for students demonstrated and strengthened their awareness of the impacts of physics and chemistry and various natural forces. The visit of this centre enabled many students to understand and observe theoretical knowledge gained at school in practical applications and situations provided by samples in exposures.

The evening of this day was organised as a joint evening event for all involved in

this mobility. The friendly and open atmosphere, the hospitality and traditions of Poles, students positivity and enthusiasm brought a considerable positive emotions between all the members. The speeches of the parents' representatives and the coordinators brought a solemn and, at the same time, a family atmosphere in which the role and impact of the project were important for all of the evening participants.

The fifth day, as the closing day of this mobility, was organized by specific workshop sessions in which students could create their own portfolios to remember events, activities and acquired new friends, received souvenirs and certificates. Sharing the special cake made this day and event solemn and unforgettable.

As the project and its developments are currently in the middle phase, several coordinator meetings were organised, in which the main discussions were on the progress already achieved in nature research, on future mobility - in Turkey and the closure - in Latvia. As well as a lot of discussion about the design of the main purpose - the learning material created within this project for science lessons and final activities.







## On Latvian students words...

*We arrived after a 12 hour long bus ride after which we all split up into our host families. We didn't do much because it was really late so we went to bed.*

*On Monday we presented our projects for this exchange "how nature prepares for winter" which was interesting after which we had a free evening where we decided to explore Warsaw.*

*Tuesday we went to the zoo in Warsaw, which was huge, with so many different species of animals but before that we had a workshop about animals that hibernate during winter and ones that don't where we met a snake called Adam which soon fell in love with Diana.*

*Wednesday we went to a strict nature reserve which was in the UNESCO list. It was untouched and unaffected by humans.*

*Thursday we went to Nauki Copernik centrum. After which we had a tour of a high school. And later that night a dinner with teachers and students where we gave speeches on this project.*

*Friday was the last day when we had a workshop to make a portfolio. Then we had a second meeting and got souvenirs from the school. And then had a free evening.*

*The next day we had the trip back which was again 12 hours. We got snacks from our host families and said goodbye.*

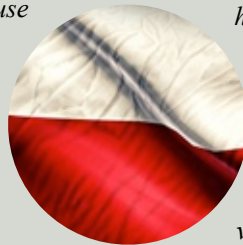
*Poland was an amazing chance to experience their culture and it was very interesting. Warsaw was a huge and beautiful city. The students were very welcomed.*

*Time flew by in Poland. We are grateful for this experience.*

*On behalf of students,*

*President of the Students Council,*

*Jānis Līdācis*



## Through the eyes of the Finnish...

We had a very nice time preparing our project towards Warzav. We had visited our national park three times during the Autumn to investigate how nature gets prepared to winter. We searched signs of winter from the plants, trees and animals. We took pics and videos with real enthusiasm.

We prepared a video and power point presentation. Unfortunately we had some major problems with the video but we were happy to succeed with the power point presentation. Our students were really brave and performed our presentation fluently.

Students had also a presentation about the school system in Finland.

We felt really nice hospitality from our hosts. All students enjoyed their time at the families. Minor problems occurred but they were solved easily. The program during the week was reflected to the application. We visited the amazing Bialowiez Unesco- forest and all the beautiful views of nature. we got to know about animals wintering with a lecture and our own eyes at the zoo. Science center and school visits were interesting. We got such a nice visits to the old town guided by Anietzka. We really enjoyed our time at Warzav.

Jussi and Henkka



I was very excited about our visit to Poland, because I have always wanted to go there.

I was very suprised about the school. There is totally different ways to study and spend breaks. We have to go

outside during the breaks but there they don't do that.

I would have wanted to see and experience more normal lessons like physics, history or english for example.

I think that the zoo was the best thing we did together, because I like to see different zoos in different countries. There I learned that leopard

and gecko stores its nutrition in tale.

I also learned that there is so many ways to prepare for the winter and it depends on an animal how they do it.

In the free time I hanged around with my host and with Viivi

and her host. We visited in the city centre, in the science centre, in the old town, in the park with palace on the isle, in the light garden which was the best. We also visited in the Neon museum.

In free time I learned a lot of little things about Poland's history.

Kiia

I was part of the Finnish team that visited Warsaw in November. The trip was great and I got

to explore the town and later on in the week the Bialowieza forest. I especially liked the forest even though the bus ride there was long. I liked the trip a lot and I would like to visit Poland again.

Viivi

The trip to Poland was nice the first day we were in school, only the rest of the day was nice then

The other day I went to the zoo and learned to appreciate all animals and learned about animals

On the third day we went to the forest on the border of Belarus to learn history and appreciate nature there

The fourth day we went to another school was fine and modern

On the last day we were at school and went back to Finland.

Samu

The trip to Warsaw was very fun and I enjoyed it. I learned a lot from the Polish culture and also nature, especially from the trip to Bialowieza. The people were very kind and everything went well. I would like to visit Warsaw again in the future.

Oliver

## HIGHLIGHTS





# HIGHLIGHTS



## Through the eyes of the Turkish...

We arrived Warsaw after two flights that took about 10 hours and then we split up to our hosts.

On Monday students presented some slideshows and projects. They were all well prepared and we had fun. After that we had a free evening so we went sightseeing.

On Tuesday we went to see a zoo. It was pretty big and there were a lot of trees and parks scattered around. First, we visited the animals and then we went to a place where we learned about hibernation and overall reptiles.

On Wednesday we got onto buses for a long trip and went to a well-protected National Forest (one of the first national forests). Trees were plenty and forest was such giant. The entire place was totally untouched by human and it was protected under UNESCO. Then we had a late-lunch and went back to our hosts.

On Thursday we went to Nauki Copernik centrum. It was a science centrum with a lot of exhibitions. The group splitted up to discover all the centrum and everyone had fun. We also had a tour of a high

school. And we had a dinner with teachers and students and parents.

Friday was the final day and we went to a workshop at school to make a notebook. It went well and then the school gave us some souvenirs. The same day we had planes back to our country. We got snacks from our host families and some souvenirs and said goodbye.

Poland was an incredible city and Warsaw was amazing in the shades of brown and orange. The air was surprisingly fresh and sights were spectacular. We had a lot of fun and I sincerely hope it was an amazing experience for everyone who participated.

I am sure everyone will remember how amazing Poland was, it was a great trip.

On behalf of students,

President of the Students Council,

İlker Kesal





## Through the eyes of the Portuguese...

The school was large but very welcoming. The student environment was fantastic, they were all very helpful and sociable, we had an activity of making a notebook by hand, where I was having some difficulties, and they were very helpful and helped me get the job done. They were dear to us, offered us ice cream, key rings, notepads, fridge magnets and mugs. Apart from this school experience, we went to the forest which they treasure a lot. The water park was a moment of relaxation and fun. At the zoo we saw the care they have with all species. Regarding the food was a little different from ours. We ate some kind of patties, and a bio hamburger that was fantastic. I loved it. I loved this experience. *Leticia*

On my trip to Poland we went to a school where we saw two presentations: one of dance and other of music. In this school we present our Powerpoint and learned how to make a book that we then took home.

We also visited the Natural Park Białowieża consisting of a forest that had not been touched by man for a long time. In this park were made the movies Shrek and Jurassic Park.

In Poland we also visited: the Warszawa, the zoo and the Copernicus Science Center.

I enjoyed Poland very much. *Leo*

When we arrived at school we were very well received by the students and teachers who sang the school anthem and had a guided tour of the school which was a bit old but very cozy.

We watched a PowerPoint presentation that talked about "Nature is preparing for winter," and about bird migration, we also built a book about the project that had images of footprint examples.

What I liked the most was learning new things, and what I brought home was an experience for life, an unforgettable adventure, as well as lots of memories and fun new things. *Gabriela*

**It was the first time I went abroad to visit a new school: it was very different from ours and they had very creative works on the walls. I learned a little bit of Polish language with a Polish teacher.**

**I enjoyed visiting the zoo, where we learned how animals prepare for winter. I also learned about the ancient forest - Białowieża.**

**João**



## HIGHLIGHTS



### Białowieża Forest

is one of the last and largest remaining parts of the immense primeval forest that once stretched across the European Plain. The forest is home to 800 European bison, Europe's heaviest land animal.

In 1976 was designated the Polish Biosphere Reserve *Białowieża*. The Białowieża Forest World Heritage (UNESCO) site covers a total area of 1,418.85 km<sup>2</sup>.