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Erasmus+



**National Agency
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S **USTAINABLE**

L **IVING -**

A **CTIVE**

C **ITIZENS**



E-magazine



Mobility France topics



TASTE OF EUROPE

It's not everyday you walk on the streets and see a person with a baguette sticking out of their bag. This is normal in France along with having chocolate filled pastries and croissants for breakfast. In Finland it's more likely to have something savory in the morning rather than sweet.



French food includes a lot of bread such as baguettes and croissants. Instead of spreading butter on top of their bread French people like to spread cheese. Not having tasted so powerful flavours of cheese before it was quite a shock!



Food in French schools is very tasty and different from Finland. It is really diverse and delicious. A typical lunch at school could be for example some kind of cheese, fruit, salad, chicken, potatoes and apple pie.

One thing still has some room for improvement. Gluten-free food isn't very familiar in France and that's understandable considering that it's much more likely to be intolerant to gluten in Finland than in France. In the school this was very well taken care of but in restaurants it was a bit more challenging to find suitable options.



Overall, France was a very enjoyable taste experience and we would welcome many of their dishes here in Finland with open arms!



EU PARLIAMENT-THE PLACE WHERE THE FUTURE OF EUROPE IS BORN

The European parliament is a place of exchanges between politicians and leaders from every European country. It is an organ of the European Union, and has legislative, budgetary and supervision abilities. Today, it hosts 751 deputies as members of the European parliament. It was founded in 1952, september 10, as a common European assembly of coil and steel. It's only in 1962 that it became the



European parliament, hosting its first direct elections in 1979. It is located in the city of Strasbourg, but there are other ones : In Brussels and in Luxembourg. But how does the parliament works? In order to simplify, for instance, there are commissions, who prepare legislation. The parliament has 20 of them, each of them being about a different topic. The commissions can take a look at the amendments; and the European Members of Parliament and political groups can reject or accept the amendment (Like the article 1) The parliaments can also interact with us, citizens, through petitions.

Speaking of Europe, the elections will happen very soon: May the 23 to the 26. These elections will determine the European deputies who shall represent the 27 states who are members of the European Union, for 5 years. In the end, it is really important to take the time to vote (if you can!) because it determines how and by who our future will be shaped.





FIRST STEPS: THE LOGO CONTEST

The logo contest was a quite simple but also engaging activity for a lot of students that were a part of this project. However, this contest was not limited to only the students that were a part of this project as student who were not in this project had the right to participate. A few rules were made just to keep everything

moving in an acceptable pace. Each country had to have an internal/private showcase of logos (more than 2) made from their students. Then each country had to choose two logos that would represent their team in France where everyone had to anonymously vote for one winner logo.

When it came to the voting, all of the logos had to be showcased on the 5th of November, in Remiremont, and the names of the creators/countries where the logos came from had to be omitted for the sake of fairness.

The election was quite fun, as the logos were presented on a white board and students had the right to go closer and inspect them in order to make a totally autonomous decision for their vote. This of course opened a lot of discussions and opinions, which led to a lot of the students from different countries

to mesh together and share their harmless, honest opinion. The professors had no right to vote, and it was suggested that no one votes for their own logo.

Once the votes were in, everyone sat down, and the votes were read out loud, and counted. The winner of the logo contest was the Macedonian team's logo and now serves as the SLAC "amblem" of recognition.



THE HEIGHTS OF HOHNECK

The long journey to the mountain Hohneck was done by bus. The ride was very entertaining.



Our initial destination was a beautiful lodge. In this we drank hot cocoa together with all the participants from Macedonia, Italy, Norway, France, Finland and Germany. While we were enjoying our lunch (sandwiches, fruits, cheese and a bottle of water), we had a beautiful view over the black forest and could see the German border. 😊

We talked with everybody and took pictures of the landscape.

Our tour guide, Doug, was from New Zealand. He was very nice, made the tour very exciting and gave us very useful tips while hiking (for example not running around when it is foggy or putting your empty mobile phone battery under your armpits, to recharge it again to make an emergency call when needed).



He also gave us a bit of a history lesson because he told us that the Hohneck was once a golf course and that we were walking through an old war scenery.

While wandering the Hohneck we saw mountain goats and walked on high, small paths near the cliffs. The clouds beneath us looked like water swimming through the mountains which made the landscape appear even more fantastic. Everybody took pretty pictures.



At one point the tour guide told us that we crossed the border and were now on German territory. All in all we can say that the hike was amazing and that we had lots of fun.



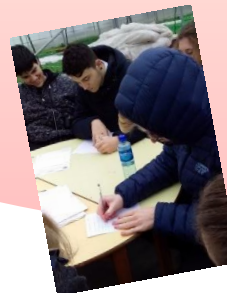
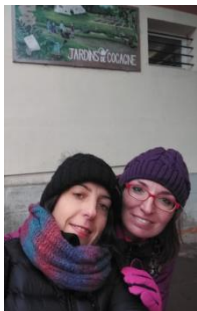
GARDENS OF EPINAL-NOT A COMMON SIGHT!

On this day, our group embarked on a sensory experience at the “Jardin de Cocagne” in Épinal.

Enchanting place for its “purple vegetables”, its colors, but most of all for its genuine food.

It’s well-known not only for its organic agricultural products but also for it being a rooted charity, also fostering culture for unemployed people.

On our arrival, two welcoming young volunteers divided us into two groups: one with an English-speaking guide and one with a French-speaking guide. The two groups explored two different paths: the “French” one discovered the different vegetable planting techniques, and also that twice a week (every Wednesday and Friday) there is held a renowned organic market during which packaged products are handed to regular and conscientious consumers. On the other hand, the “English” group learnt about how to produce fertilizer and the materials it is composed of. Just before lunch, the two groups introduced their presentations made during the two workshops. And ...the icing on the cake...a tasty lunch on topic gave us the possibility to plunge into the authenticity and the good smells of this fantastic organic vegetable garden.





BOWLING BATTLES-EPISODE 1

After visiting the market garden, we went to a big bowling hall in Épinal. We were divided into small groups, all made up of different nationalities and people. Playing was fun, even though it was hard to score points. There were some people who managed to throw spares and strikes, but this was a rare thing. We stayed at the bowling hall for a few hours. Some of us played air hockey and other arcade games after we had finished bowling, whilst others bought themselves milkshakes or other refreshments. We had lots of fun at the bowling hall, so not everyone was pleased when we had to leave for a museum.



Mobility Finland topics



ALL OF US CAN BE MOVIE STARS!

With the advanced technology and countless sites and apps that anyone can post on, it isn't that crazy to say that anyone can become a star nowadays. Using online tools that are available to everyone to create, entertain, but educate as well. This is exactly what it meant participating in Finland Mobility to me.

Students from six countries who traveled to Finland worked together and learned about different cultures, traditions and SUSTAINABLE LIVING! We learned how to live a more eco-friendly life, and even created educational videos promoting ways of being more eco-friendly for the Sustainable living-Active Citizens Erasmus+ Project. We wrote and produced six amazing videos using only what we had on-hand at school or in the surrounding area.

The themes for these videos were 'What can an individual do to make things better?' and 'What is wrong with our daily habits?' Even though the subject matter is not a funny one, a humorous approach was very much encouraged. It took us only a moment to let our creative self free and make videos for the benefit of the Project's aim-sustainable living. Creating these videos has aided our growth as persons and most importantly, has taught us and others how to be better citizens for the benefit of our planet.



At the end of the students' stay, during the farewell party, all of us watched the videos together and we were super excited when we received Erasmus Oscars for a range of categories such as the best overall performance, the best slogan, the most creative video, the best storyline, the most informative video and the best visuals.

For a day all of us felt like film stars in Kodak Theatre in Hollywood, nevertheless, people who actively participate in making our planet a better place are the real stars.

SNOWSHOEING IS THE LATEST THING!

Snowshoes look like big rackets that we have on our feet. It enables us to walk through a land full of snow easier. It avoids sinking into the snow. So the snowshoes were firstly created in order to walk in the snow. Nowadays snowshoeing is an outdoor activity for tourists or just for entertainment.



Snowshoeing activity in Rokua Geopark with Doug (left), Capucine (middle), Maëva (right).

First of all the snowshoeing is used by the people who live next to places in which there are a lot of snow in winter. For example in the mountains in "Les Vosges", we can still go hiking in winter thanks to snowshoeing. For the local people snowshoeing isn't that much the latest fashion activity: indeed skiing is more beloved.



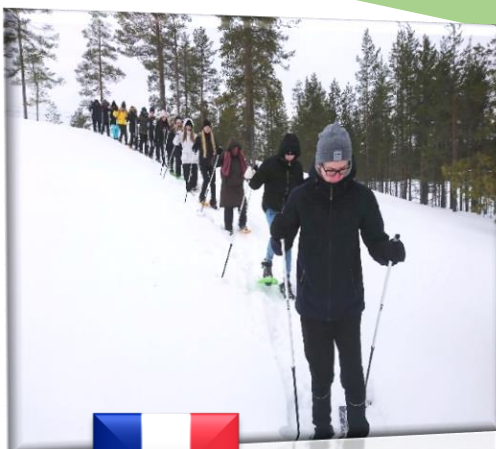
Colas (left) and Titouan (right) ready to go snowshoeing.

However there aren't mountains in every snow place. For example Finland is quite flat. That's why snowshoeing became a fashion activity. Furthermore snowshoeing is way easier than skiing, it doesn't require a learning beforehand. It is a way to go for a walk with friends or family and to spend a good moment together. During this little walk we can talk and learn new things about the nature if we are snowshoeing with a guide.

Indeed in Finland we went to go for a little walk with snowshoes. There the guide showed us how to measure the density of the snow. That's what workers are doing quite often in order to forecast the amount of water that will be delivered after that the snow melted and avoid the floods.

In a nutshell, snowshoeing is the latest fashion activity because of its amusing aspect.

Colas, Titouan with the guide.



Capucine PETITJEAN



FINLAND'S EXAMPLE OF RENEWABLE ENERGY SOURCES!

One of the topics developed during the Finnish mobility is the search for sustainable energy sources. The interesting introductory conference held by mister Mikko Kiuttu from the Rokua Geopark was focused on the geothermal energy as a well-known and almost 'traditional' sustainable energy.



A visit to the Rokua Geopark, a UNESCO site, has followed three days later. The works on the third day have begun with a debate on the sustainable energy sources, started with the presentations on the subject done by the Finnish pupils. The question was how

much the wind turbines or the solar modules can be considered sustainable.

An impressive experience has been the visit to an old hydroelectric plant, likewise on the third day. It's the Pyhäkoski Power Plant (Finnish:



Pyhäkosken voimalaitos), near the town of our host-school, Muhos, one of the biggest ones in Finland, another example of how a sustainable way may also not be a recent custom. The plant was built between the years 1941-1949, on Oulujoki River and when it was finished, it employed a lot of people from the surroundings, providing abundant quantities of electric power for the economic development. Now the plant is remote-controlled and few people work in it, but a museum of the history of the plant is housed inside the vast building, in the rooms first used as offices, where all the tools used by workers, for instance calculators and pots, are displayed.

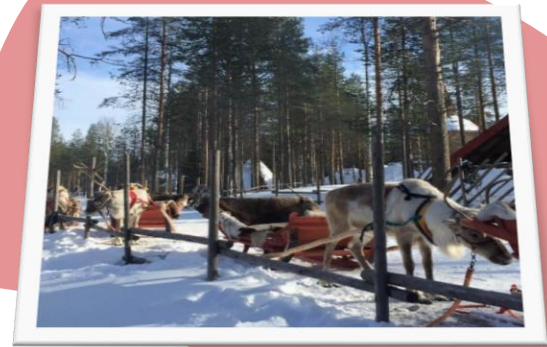




**EXTRA! EXTRA! READ ALL ABOUT IT!
SANTA EXISTS IN ROVANIEMI!**

In March 2019 we had the pleasure of hosting the Erasmus+ project in Finland. It was a wonderful week full of activities like ice skating and a trip to the Geopark in Rokua. Everyone got to make some new friends and learn about other cultures. While learning about the different cultures, the Finns noticed a concerning trend. People around Europe seem have some misconceptions about Christmas, more specifically Santa Claus.

Quite a few people thought that Santa Claus lives in the North Pole. Doesn't sound too harmful, he could definitely live there. The thing just is that he doesn't. Santa actually lives in this place called "Korvatunturi", which directly translates to Earfjell. It is an actual place located in the northeastern part of Finland.



Since we couldn't convince anyone that he lives in Finland, we went on a trip to his workshop in Rovaniemi. There we saw some of his reindeer, elves and everyone got to visit the Arctic Circle as the border runs right through the workshop.

Then of course there was the man himself. There was a long line to visit Santa but after a while we all managed to squeeze into a small room for a picture. Every country even got a photo to take back home as proof.



So Santa really lives in Finland!



THE ARKTIKUM MUSEUM IN ROVANIEMI

Wednesday 13th of March 2019 we were on a trip to Rovaniemi to go visit Santa. While we were there, we also visited the Arktikum Museum. Arktikum is a science centre and museum that lets you experience northern nature, culture and history up close. We had a guided tour through the different areas of the museum where each area represented a different theme of the arctic.



It was interesting to see the history of the Sami people and the Finnish people. The main attraction was the northern lights room where you could lay down and watch the lights dancing in the sky.



CAMPFIRE LUNCH – THE WAY OUR ANCESTORS DID IT!

On Tuesday we made a trip to UNESCO Rokua Geopark. It's a huge territory of beautiful landscape which also includes the small town Muhos, where our Erasmus-partners from Finland live. So, in the morning we went from the school to Rokua by bus. As the name says, Rokua is in the center of the Geopark. When we arrived, our guide Mikko Kiuttu welcomed us. He had already held a lecture on the Geopark and sustainability on our first day in Muhos, so we already knew him. As we arrived in Rokua our whole group was split in 3 groups. The first group dealt with the topic of the climate change and did some task to get to know more about the topic and the Geopark.

The second group did a walk in the snow with snowshoes with our guide Mikko Kiuttu. It was very interesting because we did some experiments with the snow in the park. And it was a new exciting experience.

The third group was in an old rustic house where we roasted sausages above a campfire and drank some hot juice. It was quite difficult to roast the sausages without burning them, but they were very delicious. We also got some bread and juice to fill our stomachs with. The day was very exhausting, but also a lot of fun. We were all a little bit tired after this trip, so we got to rest in the bus on our way back to Muhos.

After having a few hours to regain some energy we met again, without the teachers, to do some ice-skating. The special thing about that was that it was not in a hall or something, it was outside. The whole day was very special, nice and fun and something we surely will not forget.



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