As a part of Erasmus+ KA229 project "Helping and Learning Without Borders", from 23-30/10/21 three of our students: Emilka Nowak, Roksana Duda and Karolina Przybysz, under the care of the school principal Ewelina Stasik, and Katarzyna Baca, the Erasmus+ coordinator, took part in a week-long student exchange (C-3 LTT activity) at Liceo delle Science Umane e Linguistico "Danilo Dolci" in Palermo.

The international teams of participants conducted research on being a reflective learner and typical Learnish expressions in this field and reflected on how they can improve and develop their learning process and move towards their short, medium and long-term goals. Together, they designed two posters to be translated and shared in their native languages for their school communities. They discussed the reality portrayed in the fast fashion documentary "The True Cost" and drew conclusions. Creative recycling activities led by volunteers from the "Sartoria Sociale" association were undertaken. A survey was conducted, the results were discussed and international student teams prepared a public information announcement on how noise, sound and silence can affect our daily lives and well-being. Educational trips to places of cultural, natural, and historical significance were organized.

In addition to the project tasks that were related to the development of learning to learn competences (PLTS framework - six individual learning and thinking skills), with an emphasis on reflectivity, the girls learned a lot about the history and nature of Sicily through outdoor learning in places such as the historical center and the Botanical Garden of Palermo, the medieval city of Erice, the Valley of the Temples in Agrigento, the Salinas in Trapani and the Botanical Gardens of Colymbetra.

The greatest value of the exchange, however, turned out to be the accommodation in the hosting families, and the resulting new international friendships and the opportunity to get to know Sicilian culture "from the inside". Saying goodbye to our new friends was very difficult.

Many thanks to the Italian host families, the teachers and the Headmaster of the Italian High School , Matteo Croce, for the wonderful care of the international group, which consisted of participants from six European schools from: Finland, Greece, Portugal, Poland, Italy and Spain! Special thanks to the Italian coordinator, Rina Carfi!

We would like to thank our Italian Friends from the bottom of our hearts for creating a wonderful friendly atmosphere and conditions for achieving the mobility goals!

We all experienced unforgettable, unique moments! Our students gained new families.

May the new friendships continue and blossom!

 Soon, we will publish the fruits of students' international cooperation: posters with tips on how to be a reflective student, in two language versions - Polish and English

 We encourage everyone to follow the Instagram account of our project : @helpingwoborders

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