



Co-funded by the  
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STUDENTS' EXCHANGE IN POLAND

ERASMUS+

“HELPING AND LEARNING WITHOUT BORDERS” PROJECT

05 - 09.12.2022.

**SELF-MANAGERS**

MOTTO: LEARNING IS ABOUT TAKING RESPONSIBILITY FOR  
WHAT YOU ARE DOING. THINK FURTHER THAN TOMORROW.

**“HELPING AND LEARNING WITHOUT BORDERS”**

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**EU GRANT: 195.278,00 EUR**

## **A warm Welcome to the Partners**

IX Liceum Ogólnokształcące im. Wisławy Szymborskiej w Sosnowcu was the hosting school for the students' exchange: Learning, Teaching Training Activities C-6 for five partner schools:

Mäntsälän lukio from Finland (Mäntsälä), represented by two teachers: Tarja Alanko, Kaija Turunen and four students: Karina, Aino, Pauliina, and Venla.





Escola Secundária Jaime Moniz from Portugal (Funchal, Madeira), represented by two teachers: Alzira Moreira Mendes, Teresa Sofia Nóbrega Gouveia and five students: Ana Maria, Bianca Soraia, Maria Margarida, Marta Raquel, and Sara Maria.



IES CAYETANO SEMPERE from Spain (Elche), represented by two teachers: Juana Marquez Navarro, Esther Agullo Gutierrez and four students: Evelyn, Denisa Rebeca, Margarita, and Pablo.





5th General Lyceum of Thessaloniki from Greece, represented by two teachers: Ifigeneia Kaklamanou, Paraschiakou Antonia and three students: Reggina, Soultana, and George.



Liceo delle Scienze Umane e Linguistico "Danilo Dolci" from Italy (Sicily, Palermo), represented by two teachers: Liboria Carfì, Giovanni Parisi and five students: Aurora, Giada, Francesca, Melissa, and Simone.





Poland was represented by the school Principal: Ewelina Stasik, the Deputy: Agata Stępień, the project coordinator: Katarzyna Baca, the Erasmus Team: Agata Heyda, Justyna Jopek, Izabela Zdańkowska, Patrycja Zbieranek-Pietraszczyk, Marcin Pałys, Michał Augustyniak, Michalina Malinowska, Leszek Śliwiński, Joanna Fochtman, Marta Szulc-Jędrusik, Krzysztof Brom, and students: Julian Szelaż, Maja Leśniak, Hanna Rek, Julia Książek, Maja Masłoń, Wanessa Marzec, Michał Strzelec, Oliwia Bryszkowska, Natalia Krupińska, Krystyna Czarnik, Matylda Czechowska, Alicja Lewandowska, Igor Kotyniak, Maja Kowalska, Jagoda Smolińska, Weronika Magdziarczyk, Oliwia Kozubek, Mateusz Koryciński, Julia Bujanowska, Wiktoria Cichoń, Roksana Duda.



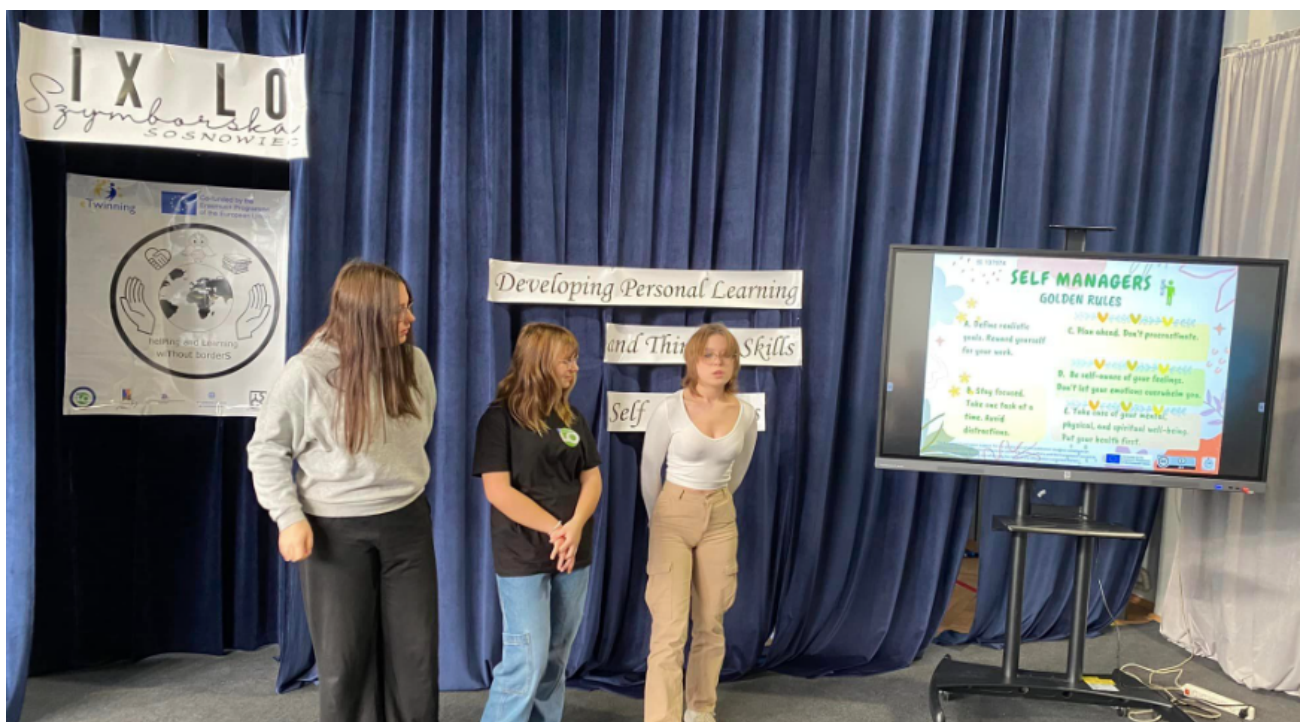
**After the official welcome, the participating students took part in Integration Workshops** led by our e-sport teacher, who is also a university lecturer, Mr Marcin Pałys. The workshops included ice-breaking and relaxing activities. In the meantime, the participating teachers

visited some parts of our school: the library, the science, foreign languages, e-sport classrooms.



## First Day Activities

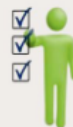
We started with the Presentation of the PLTS Posters on What it means to be a Self-Manager: Golden Rules and Learnish Expressions by the Polish students and the coordinator, Mrs Katarzyna Baca, followed by a Teamwork (Cooperative Learning and Critical Thinking routine) - students in mixed teams discussed and wrote down the practical examples of being a self-manager in the area of: emotions, time, energy, money, learning, health and space. Final product - posters.





# SELF MANAGERS

## GOLDEN RULES



**A. Define realistic goals. Reward yourself for your work.**

**C. Plan ahead. Don't procrastinate.**

**B. Stay focused. Take one task at a time. Avoid distractions.**

**D. Be self-aware of your feelings. Don't let your emotions overwhelm you.**

**E. Take care of your mental, physical, and spiritual well-being. Put your health first.**

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# SELF MANAGERS

## LEARNISH EXPRESSIONS

**A. Only I can change my life.  
No one can do it for me. I am my own boss.**

**B. What are my priorities for this week/month/year?  
Am I focused on what really matters?**

**C. Do I keep a good life and study balance?  
Am I getting enough rest? Do I eat well?**

**D. I want to be reliable. Sometimes less is more.  
It's OK to say no when I feel overloaded.**

**E. Do I put enough effort into my relationships?  
Do I find enough time to make bonds with my family and friends stronger?**



After lunch, the students spent time with their host families, integrating with the families and socializing with one another.





## Second Day Activities

The second day started with Practical Workshops on being a self-manager with the school psychologist. Participating students could learn about the causes of stress and how to deal with them. They practiced mindfulness and breathing techniques in order to better manage stress in everyday life situations.



In the afternoon, students and teachers participated in Creativity Workshops in Aspen valley (Osikowa Dolina) - they were making a Christmas tree from the regional wood, learning about the culture of the region.





In the evening, the participants experienced Museum Education by visiting Silesian Museum in Katowice with Polish students as tour guides. They could learn about the history of the Silesian region.



## Third Day Activities

On the third day, we went on an all day trip to Wieliczka Salt Mine and Kraków with English speaking guides. We visited the Wawel Castle, the Mariacka Cathedral and the Main Square. We could learn a lot about the Polish history and culture. (outdoor education).





## Fourth Day Activities

Our guests participated in an educational visit to Auschwitz Concentration Camp with a tour guide. There was time devoted to reflection and discussion- What a place like Auschwitz can teach us today.



The afternoon was spent with the host families - our students baked biscuits and cakes for the donation stands.





Unfortunately, the science workshops on examining air, water and soil in our school laboratory had to be cancelled due to the illness of our chemistry teacher, Mr Jakub Skuta.

## Fifth Day Activities

The final, fifth day was rich in activities.

We started with the Festival of Six Cultures - each partner presented a national song and/or a dance, representing the country's culture.



The students prepared Donation Stands - on the ground floor we sold Christmas gifts prepared by all the six countries: Christmas cards, candles, Christmas candies, decorations. On the first floor we sold homemade cakes and biscuits.



We collected 1000 PLN for our students in need for Christmas!

Additionally, our Italian partner donated over 1000 EUR to the Great Orchestra of Christmas Charity, which helping Ukraine during the war.





The next activity was the workshops led by our biology teacher, Mr Krzysztof Brom: Take Action - How Can I Take Care Of Fresh Air In My Town?- students worked in six international teams. Each team developed a presentation that informed one of the partner schools' local community about the air situation in their region.



The last activity held at school was the Farewell ceremony with certificates.



In the evening, we all met at one of the most modern concert halls in Europe - NOSPR, Katowice. We experienced supranational culture of Europe through music. - Lawrence Foster (conductor)/ Peter Jablonski (piano), Grażyna Bacewicz, Piano Concerto, Program: Carl Maria von Weber, Overture to “Der Freischutz” [The Freeshooter] , Hector Berlioz “Romeo et Juliette”, dramatic symphony, Op.17 (selection).





## **Before the LTT Activities took place in Poland:**

- each project student in each partner school used a time management log for a week to document how long they spent on specific tasks, assignments, or collaborative work. They posted their reflections on a page created on Twinspace. The log inspired our students to use their time more efficiently;
- each partner country identified the major and minor local/regional air polluters and answered the following question: What is the quality of air in my school town.
- each partner posted their report on Twinspace, which resulted in a collaborative work about air quality in all the partner countries;
- all the students ( from each partner school) did research on what it means to be a Self-Manager. The Polish students analyzed the suggestions made by all the partners and made a digital poster in English and listed the typical Learnish expressions in this field.

## **BENEFITS IN TERMS OF LEARNING2LEARN:**

Students were invited into the process of improving their learning/time/money/energy/space/health/relationships in their school and private life.



They could learn from one another, share their good practices with others. They could inspire one another for a better self-management in different areas of their lives.

The students could learn about the causes of stress and practical ideas on how to cope with stress in everyday life situations.

Using time management logs allowed students to document and then reflect upon the time they spent learning and working.

Improved self-management skills will allow students to follow through on plans to complete assignments, study for tests, and stay focused in class. It is critical to reaching goals related to learning or life, like developing a new professional skill or achieving a goal.

#### OTHER BENEFITS:

- Making the learning process more enjoyable thanks to innovative methodologies
- Bigger awareness of one's own responsibility for the environment protection (air)
- Engaging learners into voluntary work for others
- Providing the opportunities for face to face communication and collaboration
- Developing critical thinking, entrepreneur skills
- Awareness of different cultures and language diversity of EU
- Developing creative, entrepreneur skills
- Developing cooperation, communication skills, proactivity
- Sharing experiences and knowledge
- Developing linguistic competence (English and native language)
- Opportunity for lifelong real (not virtual) friendships
- Learning about the Polish culture, traditions, customs, history
- Polish students appreciated their own culture more by sharing it with other nations

Visit our fb group:

**PLTS - helPIng and Learning wiThout borderS**

 facebookapp

Visit our website:



Summary written by the project coordinator, Mrs Katarzyna Baca, IX Liceum Ogólnokształcące w Sosnowcu



