

Effective Communication for Mediation.
“Bull’s Eye Bullying”

NEWSLETTER Nr. 3

Erasmus+ in Gdańsk (1st -7th April 2019)

On the occasion of the second mobility of the Erasmus+ project which is funded with support from the European Commission, seven students from Manhemsskolan (Kalix) in Sweden, seven students from Evangelisches Heidehof-Gymnasium (Stuttgart) in Germany and seven students from IES Hermanos Machado (Dos Hermanas) in Spain spent the week from the 1st to the 7th of April at the III Liceum Ogólnokształcące im. Bohaterów Westerplatte (Gdańsk) in Poland.

Tuesday

We met all the other students from Poland, Sweden and Spain at the high school and we played funny games to get to know each other better. Then we watched the videos we had made about bullying prevention and talked about them, how they show the awful, sometimes dangerous consequences of bullying one another. After these discussions we had a food fair and we tried the typical food of each country. Each country had really delicious food we had the occasion to taste, from Reindeer to Pierogi - everyone found something to eat really quickly.



Next, we had a talk with each other about the most helpful solutions of bullying. And finally, we decided which of the songs each country had chosen before coming to Gdańsk, should represent our Erasmus+ Project. We ended up with the well known song by John Lennon: Imagine.

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Wednesday

In the morning, we met at the European Solidarity Centre and there, we had a guided tour with Lukasz Darski who explained what communism is about using some really impressing examples what it was like living in the time of communism and he talked about the Second World War. We had some spare time to have lunch and after that, we had an interesting sightseeing tour around the old town roads. We saw some churches, visited some important buildings and we got to know some information about the history of the buildings, as well as the history about Gdańsk



Thursday

We made the acquaintance with the well known, very impressive Former President Mr Lech Wałęsa in the BHP Hall. First, we saw a short documentary film which described his life and achievements. We had a great possibility to ask him a few questions. He was very interested, and we got to know his point of view on many aspects of today’s world and its problems. Then we came back to school and we took part in an economy class with a simulation activity on how inflation works and a workshop about discrimination in our lives.



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Friday

We went on a long trip by coach. Our first stop was the beautiful Malbork Castle(made out of 5 million bricks!) which was founded by Teutonic Knights, where we could still feel the atmosphere of the Middle Ages. Later, we visited Toruń, a small but very enchanting town, walked around the city with a tour guide and finally we learned how to bake gingerbread on our own. Unfortunately, we didn't get to eat them, but still - even the smell was like gingerbread-heaven.

Saturday

On Saturday we had a final meeting - singing and dancing included – and got our certificates as well as some presents from the program. After that, every student spent the day with his Polish family. Most of them made some trips to the seaside or the countryside, some met in smaller groups and all of us had a lot of fun.

We all really had a fantastic time in Gdańsk, the friendships we made are just amazing and we loved meeting new people (and of course meeting the polish students who had already been in Germany again). We learned how to talk in front of many people way more easily, and our english skills improved. Gdańsk is a beautiful city, inhabited by a lot of nice people, and at least I will visit this town again!

