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WINGS
Erasmus+ KA229 Project

Wellbeing Improvement for New Generations at Schools
wings.montesion.es

Meeting in Łębork (Poland) · 23th October – 27th October

International WINGS Erasmus+ meeting in Łębork, Poland



On October 22-28, Primary School N° 1 hosted the participants of the ‘Wellbeing Improvement for New Generations at Schools’ Project

Last week, on October 22-28, Primary School N° 1 hosted the participants of the ‘Wellbeing Improvement for New Generations at Schools’ project, ie improving the students’ well-being at school as part of the Erasmus+ programme. Our school was visited by students and teachers from Spain, Finland, Luxembourg, Greece and Italy - a total of 41 people. We welcomed our guests in the school traditionally with bread and salt and a short presentation announcing the tasks and attractions planned for the week. Next, the participants of the project visited the Mayor of Łębork - Witold Namysłak and the Secretary of the town - Marian Kurzydło.

We had prepared numerous attractions, integration games, as well as trips presenting our regional cultural heritage for the participants of the project. Together with the international group, we visited Łeba and the Moving Dunes. We were also in Gdańsk, at Westerplatte, at the European Solidarity Centre and in Sopot.

While implementing the project tasks, students and teachers worked on the eTwinning platform - a space for safe online school collaboration. Each country presented their proposal for the competition in order to select the logo of the project and the winner – the Spanish logo - was chosen.

The students watched films prepared and presented by their friends depicting their countries, towns and schools, and then checked their knowledge by taking part in a knowledge quiz.

There were also discussions summarizing the questionnaire on the well-being of pupils in order to find out the reasons for similarities and differences which had emerged in the survey.



Welcome ceremony



Moving Dunes, Łeba



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During the integration games, pupils and teachers danced ‘Belgijka’, they had a lot of fun at the international disco at the Różana restaurant, and on Saturday, we invited our guests to participate in the ‘survival’ march in Runowo, a great place in the countryside, and then to play together by the fire there.

For our friends from abroad, we organized an event called ‘World Curiosity Day’ promoting individual project countries with the help of advertising posters and slogans, a knowledge quiz, a sports task and a dance routine.

The Erasmus+ group also had the opportunity to visit the ‘Meyn’ company and get to know the production process of machines necessary in the poultry industry.

You can find more information in the following links:

[Łęborg city official webpage](#)

[Primary School N° 1, Łęborg webpage](#)



Students working on the survey results



Visit to ‘Meyn’ factory



You can see more images on the following [link](#)
or scanning the following QR code





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My Erasmus+ experience in Poland

by *Juan Pons (Spain)*



My name is Juan Pons and this has been my first mobility experience in an Erasmus+ Project. To tell you the truth, I was a bit worried when José María Almodéver invited me to join the group of Spanish students and teachers to visit Łęborg in Poland, but once we arrived to the train station in this city and I saw the warm welcome all the host families and teachers made to us, I was sure the week I was about to spend was going to be an absolute success and, as it turned out, it really was.

For the very beginning we were received at the gym with a ceremony that reminded me the openings of the Eurovision Song Contest Festival, with the difference that all foreign students and teachers were the privileged spectators of an outstanding sample of some of the Polish students' abilities.

After that we gathered together in the library's school and there, all in a sudden, it was where I understood the aim of this fabulous Erasmus program: we were sitting down in groups of transnational teams watching the presentations that each country was showing to the rest and getting ready to play a kahoot contest. All students were watching each presentation closely and commenting on them. The teachers were also doing the same and, there it was, a perfect communion of people from six different countries getting to know each other, enjoying the moment, with no apparent differences among them. That was the spirit that accompany us through the rest of the week, which by the way was perfectly distributed in a mixture of working time at school and trips to visit some interesting places in the country.



The thing is that I brought home the feeling that we are all Europeans with our differences and similarities, but far from this being a difficulty, it allows us to be in the very same room enriching our lives with the company and knowledge of the others.



Then we went on a tour around school and I was greatly surprised to experience a cosy atmosphere and homey feeling while looking at some of the classrooms and facilities that we were shown.

What a spectacular example of peace and **wellbeing** for our students at schools!





Spanish Students' experiences

Teresa (Spain)

Hello! I'm Teresa, and I'm going to tell you my experience in Poland.

I had a very good time, and I know that this trip, as one of those moments I will never forget. Because in a week, we visited a country, we learnt English and we met lots of nice people.

The host family was so friendly and I think that thanks to them I wasn't homesick.

School activities and teachers were great, they were so varied, and teachers planned every minute, so we never get bored!!

To conclude, it has been an amazing experience, and, I recommend everyone to try to join it, because, believe me, even with a thousand of exams, it was worthy!!!

Lucía (Spain)

Hello. I'm Lucía and I took part on this first meeting in Poland. I really had a very good time there: we visited the country. we met lots of people and also we learnt English.

Mostly I'm not going to forget my host family. they converted this week in the best of my life.

And also we have to thank all teachers that planned this meeting because they have did a very good job.

I think it's a unique opportunity so if you have this opportunity take advantage of it!

Isabel (Spain)

Hi my name is Isabel, and I am member of the Spanish team. My experience in Poland was great. The host family were very friendly and generous

The school was huge and Poland is a good place to visit, I'm in love with the country's history!! And, I didn't just had a good time I also improve my fluency English skills!! I recommend this experience to everyone, is amazing!!!

Ana Simó (Spain)

Hi, I'm Ana and my experience in Poland has been very positive.

First of all I'd like to thank the teachers who have accompanied us for having made this super trip possible. I liked my experience in Poland a lot, because apart from being able to know some very beautiful cities with a lot of history, I have learned about their culture and the way of living in that country. Also, thanks to my staying in Leżbork I have been able to meet people from other countries, for example, Finland Italy ... we still keep in touch with them.

As for the schedule of activities we were proud of the Spanish team having won the prize of the logo. The day that I liked the most was the day we went to Gdansk.

Without realizing it, the day came, to say goodbye to our new friends who we hope to see them again in Spain.

Irene (Spain)

Hi, I'm Irene and I'm going to describe my experience in Poland. At first I was really scared and nervous not only because I was going to another country, also because I've never flown before. But things changed drastically when we landed and met our host families. Every one was very welcoming and sympathetic and I befriended lots of people from all countries. Moreover, we learnt some history about Poland and we visited wonderful places.

Now that I'm back in Spain, I miss every single thing about Poland, and I recommend this experience to everyone.

Ana Plaza (Spain)

Hello! My name is Ana. and I'm a member of the Spanish team.

My experience in Poland was amazing and my host family was very homely.

Since I've arrived to Leżbork. I didn't have a break. all the time all the countries were doing a lot of activities like presentations of each country. visiting museums and towns. we did even survival activities.

About Poland and its customs. there were very different from Spain. such as to stay in a house you mustn't wear any shoes. The food usually is spicy and one of my favourite plates is pierogi that is a dumpling in my case I like it with meat, but can be of whatever you want.

I recommend to everyone to try to live an experience of this because you won't regret it. It's so enriching in many ways. both in English and in the growth of person. I met people that I think I'm not going to forget the relationships with Spanish girls increased.

Thanks to Europe. to my school. to my teachers and to Wiktorja. because I know my experience would be different if she hadn't been my Polish host.

Iraia (Spain)

Hello! My name is Iraia, my experience in the Polish exchange was very amazing. I felt very comfortable with the host family and the school I liked a lot, also the people.

The school activities were fun, and at the same time we also learned a lot of English.

It has been an unforgettable experience and I recommend it to everyone.



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Luxembourgish Students' experiences

My Erasmus+ diary

Day 1-2: We arrived at Gdansk Airport just after midnight and we were greeted by our Polish hosts. After a two hours bus ride our host families picked us up in Leńbork. It was only a short night because our next day started early at the Primary School Nr.1. But we were wide awake when we noticed what kind of ceremony our Polish hosts had prepared for us. It reminded me of the Eurovision Song Contest. We were also greeted by the mayor of Leńbork at the town hall, an impressive ancient building. After lunch we went back to school to participate in the project's Logo contest.

Day 3: On Wednesday we visited the city of Gdansk. Even though it was freezing cold, we could see the beauty of the town. Visiting the European Solidarity Centre was also very impressive.

Day 4: The next day we took part in a fun English lesson at school and had an eTwinning training. We also visited a local company to learn about their production process. In the afternoon we had a lot of fun participating in a disco where we danced with our new international friends.

Day 5: On Friday we presented our school and then we did a quiz about the different schools. In the afternoon we went on the project and in the evening we went bowling with our exchange students.

Day 6: Saturday was an especially exciting day. We spent some time in the Moving Dunes of Leba and participated in a "survival march" where we walked through the forest, build a hut with wooden sticks and crossed a little creek. Afterwards we had a bonfire, sausages and hot tea.

Day 7: Our alarm clock went off quite early since we had to leave Leńbork at 2.15 to go to the Gdansk airport. Unfortunately, we had to say goodbye way too soon.

Marie Branco de Véra

STUDENTS' IMPRESSIONS

"My impression? Well, I thought Poland was one of the most beautiful countries I have ever seen.

I am so glad that there are projects like Erasmus+, so I got to know so many new friends.

I can not limit my best experience to one experience, but one of the most beautiful I found definitely the bowling with our exchange partners."

"In Poland, I liked the friendly people. Everyone was open and really likeable. I liked the town Gdansk, because there were a lot of old monuments and the sun was out for the whole day. And, finally, I liked Leńbork, because there were a lot of nice places."

"In Poland, I liked that we did a lot of things with our correspondants. I liked the dunes, too, but it was sad that it was raining."





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Italian Students' experiences & impressions

Marco Mantovani

I am very satisfied with this wonderful experience in Poland. Many thanks, above all, go to the beautiful family that hosted me. What I liked most about this adventure was the trip to Gdansk, the trip to visit the Moving Sand Dunes of the North Sea, the club and the trip to the forest, which was followed by a fantastic snack of sausage cooked over the fire. The first is a fantastic city, with an impressive importance and notoriety from the historical point of view. The second, also a fantastic trip was slightly ruined by the wind but it will remain in my heart forever.



Veronica Caffarra

It was a very beautiful experience that I would do again. The families and teachers who welcomed us were very hospitable and kind, in general, all very nice and sociable people. The organization of the stay has been designed very well with enough free time but also with pleasant trips and activities. It was an excellent opportunity to learn about different cultures and to make new friends. For me, the most beautiful thing was the trip to Gdansk, which I liked very much being very different from the Italian style.



Riccardo Morariou

Erasmus, in my opinion, is one of the best experiences that you can do in your life. It is fantastic. Our trip to Poland was great. The teachers and the families who welcomed us were very very nice and hospitable. For me, the best things in the Erasmus was the trip to Gdansk, the trip to the forest, the fire after the trip in the forest and the club. Gdansk is a very beautiful city, I liked it a lot. In general, all the activities that we did in Poland were good. I miss the Erasmus a lot but missing something is part of what makes it a good memory.





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Ylenia de Rosa

Erasmus is probably one of the best experiences I've ever had. It is amazing. The family who hosted me was very nice and funny such as the teachers. My favourite thing that we visited is Gdańsk, I think it is a very beautiful city. I also liked the disco a lot, we had so much fun. I also made new friends there: from Spain, Poland and Finland and recently I've been missing them a lot. Especially the girl who hosted me, (scrivi il nome), she was very nice and funny and I'm glad I got to meet her. After all, I really liked this experience and I hope that someday in the future, I'll be able to re-visit Poland.

Alessandro Manzoli

I think that Erasmus is the most beautiful experiences that one go through. I was lucky enough to be hosted by a truly incredible family. The members of the family were hospitable, fun, kind and understanding. In addition to the family, I met many other nice people. The bad thing is that this experience cannot be repeated. I really liked visiting Gdansk but also going to the club. I also learned an important lesson: if you can not speak other languages you can not go anywhere. I hope to return to Poland in the future to greet the host family and visit other cities.

Leonardo Spinello

For me, Erasmus was a fantastic experience. The combination of the fantastic activities carried out and the extremely welcoming and friendly host family was perfect. The activities that I liked the most were:

- The visit to the Museum of Solidarity
- The XD nightclub
- The pier
- The visit to the Moving Sand Dunes

If the opportunity was proposed again, I would not hesitate a second to accept it.



Joel Albertini

For me, this was a great experience and I would like to do it again. My family was very hospitable and I always found myself at ease. The boy was nice and was always available.

The best thing we saw, in my opinion, was the Museum of Solidarity, which made me reflect on many aspects of history.

In addition to the things we visited during the week, I met many boys and girls, thanks to whom I have managed understand the cultural differences between Italians and foreign people.

That week has been the most beautiful week of my life.



Greek Students' experiences & impressions

Chris Zourtos, George Zaras and Konstantinos Poullos, aged 14

Hi! We are Chris Zourtos and Konstantinos Poullos from Greece. Our trip to Poland was an interesting and exciting one. We gained a lot of experiences and learned a lot of things about other countries. Every day, we discovered something new.

The first day in Poland was amazing! We met our hosts and went for a walk in the town of Lebork! They guided us through the town and we visited many sights.

On Tuesday morning, we had a warm welcome from the Polish students. We loved it! We tasted some of their food and watched dances. The school was big and old but inside it was awesome! The classrooms were equipped with computers and other technological gadgets. Also, we went to the town hall and met the vice Mayor. There, we watched a film about Lebork. We also had the logo contest. We chose the Spanish logo as the best logo for the project – ours was in the 2nd place. Oh, the highlight of the day was the Belgijka dance!

On Wednesday, we went on a walking tour of Gdansk and visited the European Solidarity Centre. Sopot was our next stop before the Riviera shopping mall.

Thursday was really interesting as the participating teams presented their country, city and school. It was really interesting and we learned a lot about our partners. After that, we played Kahoot, a quiz game to check what we had learned about the other countries, towns and schools. My team won but, it was of no importance as everyone had fun! However, the best part of the day was the disco party in the evening.

On Friday morning, we went to the school where we did a lot of activities. To our surprise, the students from

Poland had prepared some nice things for us. They made up teams and represented different countries! They danced national dances, sang songs and answered quizzes about our countries. Then, we analyzed the results of the survey on our wellbeing.

On Saturday, we had the chance to see the Moving dunes in Leba, where we went by electric cars. In the afternoon, we had an unforgettable experience:

we went for a walk in the forest where we built our own huts with tree branches, we played survival games and we had a bonfire.

Our trip to Poland was a unique experience, indeed. We realised that we may be different but we are actually the same irrespective of nationality and religion. Of course, we wouldn't have a great time if it hadn't been for our hosts. Thank you so much, Olaf and Patryk, for your hospitality and for making us feel that we're really at home! We are looking forward to meeting you again soon!

Evangelia Nikologianni, aged 14

A great time in Poland

Hi! I am Evangelia, I am 14 years old and I come from Meteora, Greece! I'd like to tell you about my trip to Poland with Erasmus+. In my opinion, it's the best country I've ever been to and the best time I have ever had somewhere. First of all, I liked it so much because of the people I met and, mostly, because of the girl who hosted me, Amelia, and her family. They took me to their home and offered a room just for me. Also, Amelia's mum cooked difficult polish recipes to make me feel like a Pole, her father was there for me every time and her sister was really cool helping me whenever I needed something. But, I mostly loved Amelka because she talked to me as if she had known me for years

and she gave me a lot of useful information about her country, which she loves a lot. I hope to see her again some time in the future. Of course, I look forward to seeing her in Greece! Another really important thing about Erasmus+ mobilities is that you learn a lot of things about the culture and customs of the host country. So, I learned a lot about Poland and realised that it is different from Greece.

We visited a lot of cities and we saw various sights mostly in Lebork, the town where we stayed. I think that the most important sight is the town hall, which is a really old but beautiful building. Also, we visited Gdansk, one of the biggest cities in Poland with a lot of beautiful old traditional buildings. The most exciting part of the trip for me was our visit to the Moving Dunes in Leba, where we went with electric cars. We were thrilled as there are no such cars in Greece! After that, we made a bonfire with sausages.

We had a great time just before the worst day, the day we would depart from Poland to go back to reality in Greece. I was really impressed with the Polish students who had prepared a lot of surprises and presents for us and talked about our country with enthusiasm. Also, we were served lunch at school and, I think that all the Greek students were pleased with the Polish students and teachers!

I hope to visit Poland again in the future and see the people I met thanks to Erasmus+. I also hope to meet a lot of the students and, mostly, Amelka in Greece, where I hope they will have a great time too!!!

With love
Evangelia



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Sofia Thomaidi, aged 14

Home is where the heart is and Poland is the best example. That week was the best week I had ever had, so I would like to tell you my impressions about my trip to Poland.

Leńbork, the town where we stayed, was beautiful especially the main street with the colourful buildings. Also, we went to Gdansk and Sopot, two Polish towns with impressive buildings. The trip was so interesting and I loved these places. The shopping center in Gdynia has a lot of shops, and we had the opportunity to buy whatever we wanted. The disco was awesome and we, the students, danced all the time. In my opinion, the best experience was the Moving Dunes in Słowiński National Park. We went there with electric cars, which was amazing! Also, the survival games in the forest were exciting and, of course, the bonfire with the delicious Polish sausages!

The school is very big and clean. The weirdest thing for me was that the students have to wear other shoes when they get into the school. I find it weird because in our school we do not have to change our shoes when we arrive at school. The classes are spacious. There are many mirrors, separate classes for English and German and a big library with many books. A difference between Greece and Poland is that in Poland students eat lunch at school. We had lunch at the Polish school and it was good.

The food in Poland is a bit different from the Greek food. One day, Ala and Amelia took Evangelia and me to a Polish supermarket.

There, they showed us some Polish snacks and we bought some. Drinks in Poland are different, too.

When I was in Poland, I drank a lot of tea and water with flavor, something which we are not used to in Greece. Ala's mother cooked me traditional Polish food and it was delicious! Oh, Polish people often eat cakes and sweets.

The most important part of the trip for me is that I met a lot of people from other countries, made new friends and learnt about the culture of Poland. The guys were friendly and kind to us and we thanked them for all the beautiful moments. I hope to meet them again someday.

Finally, I want to thank Ala, the girl who hosted me in her house and, of course, her mother and her beautiful cat! They were hospitable and always there for me. I felt like home! I had the best week I had ever had thanks to Ala, her mother and her cat so, thank you Ala for this unforgettable experience because without you it would not be the same!!! ♡



Dimitris Sinanis, aged 14

I had the opportunity to experience unique moments during my stay in Poland thanks to my participation in the Erasmus+ project of my school called W.I.N.G.S.

To start with, I stayed with a Polish family which gave me the chance to experience in full the host country's lifestyle. That showed me that their way of living is not much different from ours. Moreover, I made a lot of new friends not only from Poland but from the other countries too.

We talked and discovered that we have a lot in common.

We visited the Polish school where the meetings and the activities for the project were held. We also explored the city of Leńbork where we stayed with the help of my host. We saw the Town Hall and visited some interesting places. We also visited Gdansk which is a very beautiful city and a museum.

I believe that this trip has offered me a lot. It opened my mind as I saw and did things that I had never seen or done before. It has certainly improved my language skills but most importantly it has made me realize that although the participating students from the countries of the project have a different cultural or religious background, we all share the same European heritage. We are different but after all the same.

Thank you, Igor, for making sure I had such a wonderful time in Poland! I can't wait to meet you again!

