

Erasmus + in Poland

On the 11th March 2018 the Polish students of the Erasmus + Moving2Health exchange program had the opportunity to host foreign students from countries such as Italy, Romania and France. The whole exchange was filled with interesting activities. The hosts tried their best to make sure that the guests had an amazing trip. It was a great excuse for improving our English and meeting friends from different countries! It was amazing to see how well everybody got on. The stay began with showing our guests the beautiful school property. They could see what was going on inside each classroom. Later we had a few of mingling games to get to know each other since we were complete strangers the day before. The last thing we did that day was presenting the regions and traditions of our countries.

On Tuesday we focused on making commercials on addictions which was the main theme of our meeting in Poland. Wednesday morning began with our trip to an eco farm in Marianowo. We had the opportunity to bake bread, cookies and many other goods. The following day began with each country presenting the sportsmen from their region. The next step was making the poster of our project. When we finished that activity we went to the centre of Szczecin for a tour ride in an old Szczecin tram from 1955. After that we went sightseeing. We saw king Chrobry's embankment, the castle and the cathedral.

Friday was more of a sporty day. From 9-12 the students played a few games such as volleyball (sitting down), dodgeball and basketball. Then we voted for the logo, slogan and poster of our project. The whole exchange program ended with a farewell party filled with delicious Polish food cooked by the parents of the hosts. Everybody sang one national and one popular song from their country. We had a lot of fun that night.

Saturday, the 17th of March was the saddest day of all. After a week of working against addictions and also having loads of fun the we had to say goodbye to our new friends. But this definitely isn't the end! We will meet again but this time in Romania, France or Italy. See you soon!