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**Slow down, Move your body, Improve your diet,
Learn for life, and Enjoy school time
S.M.I.L.E.**

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Country: POLAND

Write about what activities you did during the project:

Evaluate your skills while working for the CLIL Modules as regards:

- 1) Working with your classmates
- 2) Independence in carrying out tasks
- 3) Working with technology
- 4) Time Management
- 5) Your contribution to the Final products

CLIL Module 1 Traditional sports and games

- Nice people,
- Fantastic atmosphere on lessons,
- A minus is that we had to stay after the curricular classes
- Sometimes it was not enough time to manage the tasks
- Prepared final products on time

CLIL Module 2 Sports in History

- We have learnt from which country which sports come from
- We got known some information about sport teams from different countries
- We now know famous European's sportsmen

CLIL Module 3 The benefits of individual sports

- Individual sports can develop our character and health
- We can learn how to rely only on ourselves
- We learn how to be self-confident
- We can achieve our challenges and goals

CLIL Module 4 Team sports and sportsmanship

- We can develop our skills of working in a group
- We learn how to trust each other
- We learn how to be humble

CLIL Module 5 Doping

- Because of working together we could exchange our opinions
- Doping is a fake help for sportsmen
- It is illegal
- Using doping is not fair
- Doping is unhealthy

CLIL Module 6 Physical activity and Healthy Balanced Sustainable Diets

- We learnt what food is good for our health
- We got known some nice recipes of healthy, homemade food

- We got a great chance to improve our cooking skills

CLIL Module 7 Non traditional learning

- non-traditional learning develops students' imagination
- it is an interesting way for students to learn
- we can learn by doing practical and interesting things

Evaluate your skills while working for the Etwinning activities as regards:

- Working with your classmates
- Independence in carrying out tasks
- Working with technology
- Time Management
- Your contribution to the products

Evaluate your skills while working during the Mobility weeks you took part in, as regards:

- Working with other students during the mobility week
- Independence in carrying out tasks
- Time Management
- Working with technology
- Your contribution to the Final products
- Your participation in sport activities
- Your participation to the cultural programme

Mobility to Bari, South Italy – February 2016

Mobility to Bialystok, Poland – April 2016

Mobility to Istanbul -Turkey – May 2016

Mobility to Crema , North Italy – November 2016

Mobility to Moreni, Romania – February 2017

Mobility to Latvia – April 2017

Answer the following questions in relation to the Mobility experience:

What difficulties (language and integration problems) did you have in integrating in a foreign country and how did you sort them out?

Students' accent sometimes was a problem during communication

Answer the following questions about the whole project:

What difficulties did you have in carrying out the assigned tasks during the whole project and how did you face and overcome them?

They were consuming the time.

What satisfactions and positive impressions did you get?

From the Project

We improved our language skills and we could learn about other countries.

From the CLIL Modules

It has improved our vocabulary.

From the Mobility week you took part in

We met many interesting people and learnt something about other countries' culture.

From the eTwinning project

It has improved my computer skills.

What influence will this experience have on your future?

I want to visit foreign countries. I am more open-minded. I got new experience which I can use in the future.