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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 got known famous teams from other countries
- We learnt about important sport events
- We learnt traditional sports from other countries

#### **CLIL Module 3 The benefits of individual sports**

- We became more self-confident
- We learnt about advantages which come from individual sports

#### **CLIL Module 4 Team sports and sportsmanship**

- We learnt how to reign over our emotions
- We learnt what the real rivalry is
- We developed our team working skills

#### **CLIL Module 5 Doping**

- We could exchange our opinion about doping
- We learnt that it is illegal and we can troubles with the law
- If we use doping we dont respect other sportmen

#### **CLIL Module 6 Physical activity and Healthy Balanced Sustainable Diets**

- We have learnt which food is unhealthy for us
- Now we know recipes for healthy, homemade food
- We got known how to make healthy salads with fresh vegetables and fruit

#### **CLIL Module 7 Non traditional learning**

- Now we know how to make good and interesting advertisement
- We improved our computer skills
- We got known other, non-typical ways of learning

**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

We learnt a lot of new ICT skills and learnt about e-Twinning and how it works.

**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**

We liked mobility in Poland as hosts we did our best to satisfy the rest of the participants. It was really great time for us as well.

**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?

No problems

**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?

No problems

What satisfactions and positive impressions did you get?

From the Project

I developed my English.

From the CLIL Modules

Now I know more about sport and healthy lifestyle.

From the Mobility week you took part in

I improved my language skills. I met a lot of great people and mobility was very interesting.

From the eTwinning project

Opportunity to interact with other people.

What influence will this experience have on your future?

Now I have friends all over the Europe who I want to visit in the future and learn more about their culture.