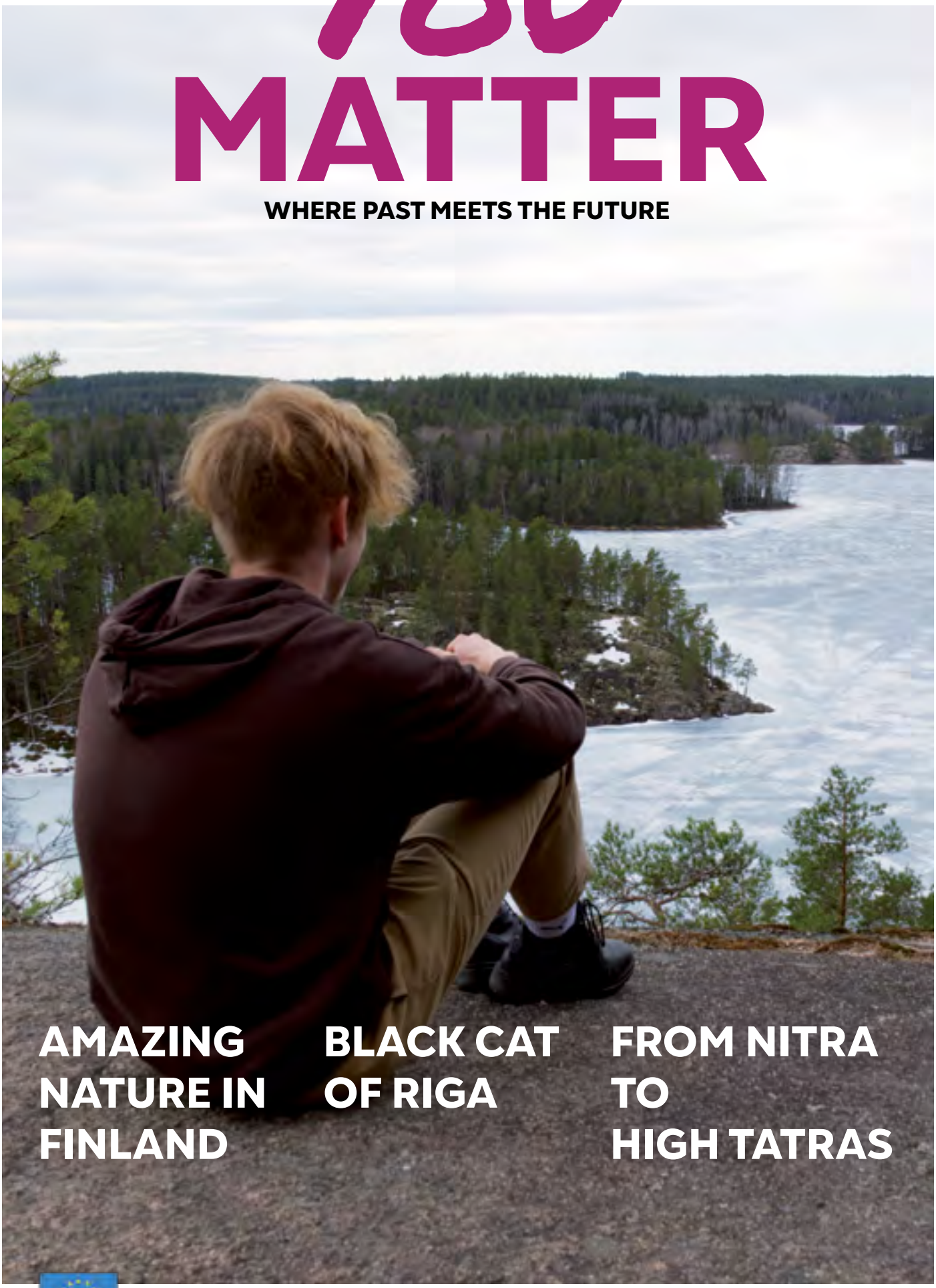
ERASMUS+ 1/2022

You MATTER

WHERE PAST MEETS THE FUTURE



AMAZING NATURE IN FINLAND

BLACK CAT OF RIGA

FROM NITRA TO HIGH TATRAS

Erasmus+

Content

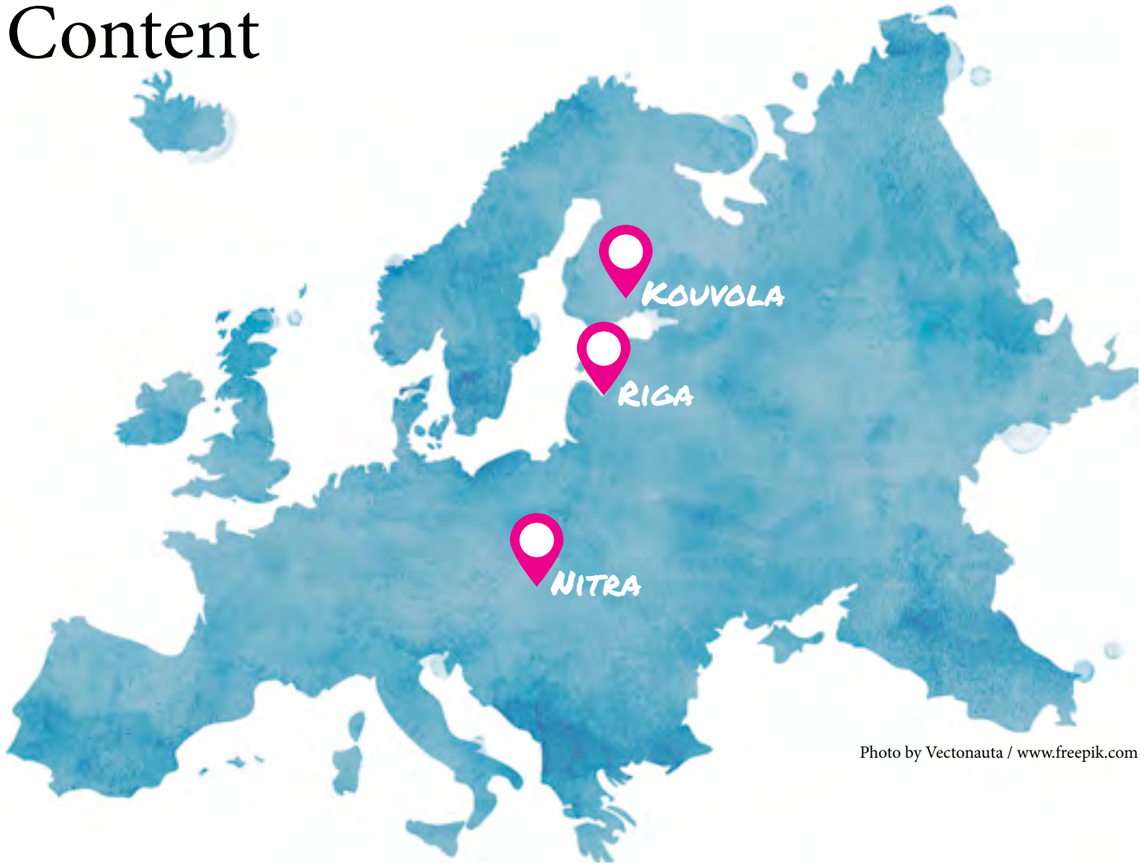


Photo by Vectonauta / www.freepik.com

IMPRINT

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Editorial



I met Iveta from Latvia in 2017 in Norwich and my colleague Katarína Michalíková met Päivi from Finland in the USA. We decided to create an Erasmus+ project together because we could see that there is a lot in our cultures that we want to share and give our students the opportunity to travel and meet peers from different parts of Europe. The main goals where not only to learn how to appreciate and protect our nature but also respect the differences that are still present among European countries.

After our Erasmus+ KA2 application was accepted in 2019 and we were given an EU grant we started to prepare for our meetings abroad that were planned in 2020 and 2021. Everyone knows now that it was not possible to travel anywhere from March 2020 and that is why we organised at least some online activities where our student got the possibility to socialise with people from different countries. They were absolutely amazed by this opportunity as there were not many of them during those years.

The highlight of our project were the international meetings in Finland, Latvia and Slovakia, of course. The dreams of many students came true given the possibility to travel again. The national coordinators with their teams prepared so many activities, excursions and field trips that the participants could barely relax during the whole stays but it was one of the best weeks in their lives, they confirmed. The students as well as their teachers could experience the culture of three different European countries in person, make new friends and explore protected nature in form of national parks in all participant countries.

Our schools would like to continue this beautiful partnership of our three schools in the future and we would also like to present the results of our project in form of this newsletter, our webpage: youmatter.sk, to the whole public. We also organised an exhibition of photos from all visited national parks to show everyone how beautiful nature can be and that it is always worth our protection.

I would like to thank all our partners, national coordinators Päivi Parkkonen from Finland, Kuusankoski Lukio and Iveta Leisavniece from Latvia, Rigas Reinholda Šmelinga vidusskola and their teams for hard work and cooperation in all aspects of our project and also my colleague, Katarína Michalíková for her amazing ideas, consistent support and time spent on our project.

Mgr. Katarína Kettmannová

Preparatory activities



Theatre performace “Where the past garbage meets its future”

23. OCTOBER 2019

Slovak students planted some fruit trees and bushes in cooperation with the representatives of the Slovak Alotment Union and founded a school fruit grove.

7. NOVEMBER 2019

Iveta Leisavniece, the coordinator of the project in Rīgas Reinholda Šmēlinga vidusskola, Latvia, started an online e-twinning project «Where the Past Meets the Future You Matter» where we share all materials, pictures, videos and which are also accessible for students to take part in the forums and discussions.

6. NOVEMBER 2019

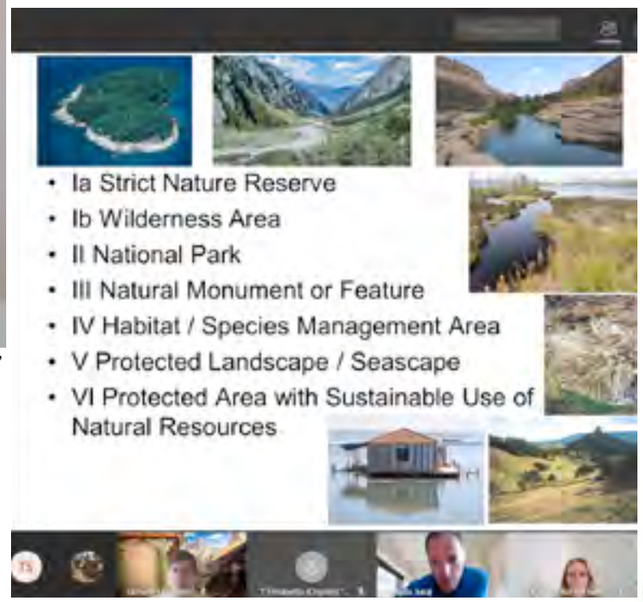
The Finnish coordinator Parkkonen Päivi with her colleque Jouko Jokinen created a web page https://peda.net/:register, which all partners can use to publish all the documents and materials they create during the whole period of the project.

1. NOVEMBER 2019

The Slovak students prepared a questionnaire about habits of their grandparents with questions connected to growing food, storing it and dealing with energy in the past. All partners decided to work on the questionnaire with their student so that we can compare the experience later on. Latvian partner created a padlet to share the questionnaires and posted it on the Twinspace.

31. MARCH 2020

The Slovak students prepare and rehearse a theatre performance with the title “Where the past garbage meets its future” to present it on the mobility meeting with the partners.



Online lecture about protected areas
with Juraj Švajda from UMB

16. DECEMBER 2020

We met online with all our partners and students presented about Christmas traditions typical for their countries. We recorded the presentations and put the link on our website so that every student from our participant schools can watch the presentations and find out about traditions in other countries.

1. OCTOBER 2020

Students uploaded and shared their favorite photos from nature with a heading.

7. MARCH 2021

Slovak students discussed with a famous eco-activist and influencer Viktor Vincze about possibilities of ecological behaviour.

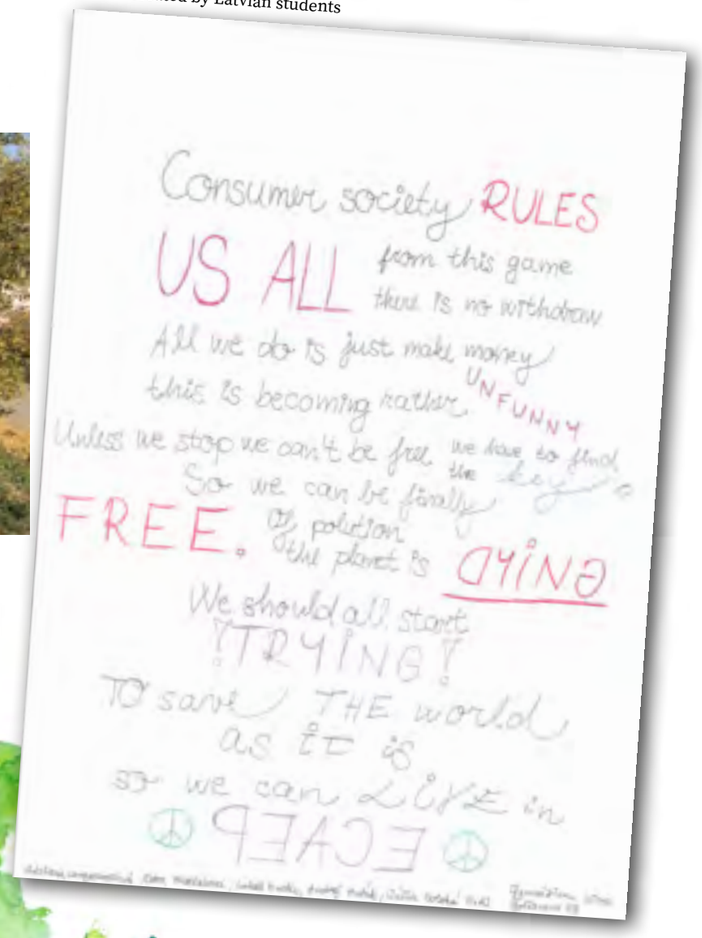
25. MARCH 2021

Ing. Juraj Švajda, PhD. gave Slovak students a lecture about protected areas and national parks in Slovakia in order to prepare them for the discussion planned for the international meeting in April/2021.



Planting fruit trees in the school grounds

Poster created by Latvian students



Members of allotment gardeners union helping the students





New hobbies during Covid 19 quarantine

Questionnaire

A QUESTIONNAIRE WITH GRANDPARENTS

1. GROCERY

What did they grow, breed by themselves?
Almost everything, apples, pears, cherries...
Animals they had include pigs, geese, turkeys, hens and rabbits.
They also collected mushrooms and berries in forests.

When they didn't have their own products, did they exchange products with their neighbours?
Mostly beans or dill.

How did they store, process their products (groceries)?
Most of the products were eaten, but those that were not were stored in attics or cellars. Stuff that would rot was preserved as pickles or alcohol as well, e.g. wine.

What did they have to buy? How did they bring groceries home, when they were shopping in stores? (wrappers,bags)
The only things they had to buy were beef, pastry, rice, flour and sugar. Milk was delivered to households everyday.
When they had to go to a shop, they took their own canvas shopping bags or nets.

Did they throw anything out? (wrappers)
Anything they could burn down, they did. Everything they could not they threw away on a dump which was in almost every village or city.

How did they utilize? (food)
Food waste was given to pigs or thrown into a composter. They also made cheese out of excess milk.

How often did they have meat? (especially beef)
They had roast chicken almost every Sunday, apart from that they mostly ate rabbit. Beef was eaten only on special occasions.

How did they handle rubbish?
There was rubbish everywhere. Animals ran everywhere, they did not have their own cages/ sheds. Everything stank and plastic wraps or other rubbish could also be thrown out wherever you wanted.


Photo by Eva Bronzini/pexels.com

2. ENERGIES

What types of home appliances did they use?
(I could not find some of the appliances they used on the internet, therefore I have no idea what their name in English is, I only know what my grandparents called them. They don't remember either. I will use the names they gave me.)
Flatiron, fridge, "šporhelt" - a stove that was powered by wood, "romo - kombinovič" - A washing machine combined with a spin dryer

How often and how did they do laundry?
Once a month with the above mention washing machine or with hands.

3. TRAVELING

How often did they travel?
Daily for work, my grandpa used to be a truck driver and he brought my grandma to work. She worked in a fridge company called CALEX.

Where did they travel? Which means of transport did they use?
Health resorts, water reservoirs, other village and cities.
They used motorbikes, cars, trains, buses...

How did streets look like? (photo)
Most of the streets were dirty, people did not seem to care that much about cleanliness.

Online meeting



WEDNESDAY 28 APRIL

8:00-10:00
Presentation Slovakia and Nitra
Quiz about Slovakia and Nitra

11:00- 13:00
Workshop - Zero waste (professional workshop)
Group work - Zero waste logo (connecting all countries and Erasmus+ project)
Products (reusable, disposable materials)

THURSDAY 29 APRIL

8:00-10:00
Presentation- National parks in Slovakia (High Tatras, Low Tatras, Zobor, Poloniny)
Lecture about current problems of Slovak National parks (professional lecturer- PhD. Juraj Švajda UMB Banská Bystrica)

11:00-13:00
Group work (international groups)
Discussion about different problems in national parks
Presenting photos (past and present)
Creating a document we will share on social media (statements with pictures)

Online meeting about Christmas traditions



FRIDAY 30 APRIL

8:00-10:00
Virtual tour of our school
Workshops / discussions- 5 different topics- 5 outcomes

TOPICS:
- Habits of our families (recycling, zero waste...)
- Online learning (advantages and drawbacks)
- Freetime activities in lockdown (new hobbies, lack of free time)
- How can we personally contribute to stop global warming
- Slow fashion

OUTCOMES:
- Comix
- Poster
- Poem
- Story
- Newspaper article

11:00-13:00
Presentations of the results from previous workshops
Theatre performance: Where the past garbage meets its future: 15 min https://www.youtube.com/watch?v=rDz7uWD26-E

OFFICIAL GUESTS:
Doc. Ing. Milan Belica, PhD. President of the Nitra self-governing region
Marek Hattas, the Mayor of Nitra
RNDr. Zuzana Hurtová, headmaster of Gymnázium

FINLAND





Repovesi national park



On April the 30th 2022 a group of seven students and two teachers from the secondary school Gymnázium, Golianova 68, Nitra returned from an international meeting within the European Union's Erasmus+ program in Finland, where students and teachers from Slovakia, Finland and Latvia had met. The whole week of program was dedicated to the topic of protection of national parks and why we need them and getting to know the culture and tradition of the host country. The students worked in international groups, in which they processed new knowledge from excursions and workshops prepared by the Finnish school. In the final presentations they recalled the importance of ecological behavior in families, at school as well as in communities and at the level of the whole country and proposed ecological solutions that each of us should be able to follow, because as the name of our project says, "You matter".

Repovesi national park





Giving presentations
in international teams

FROM OUR DIARIES

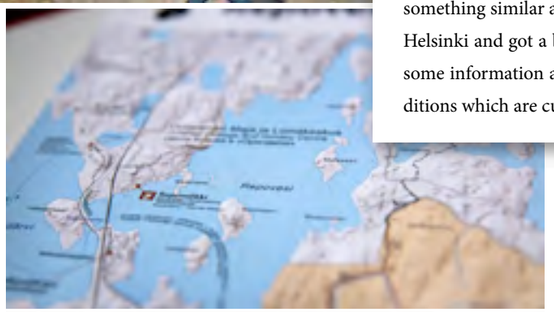


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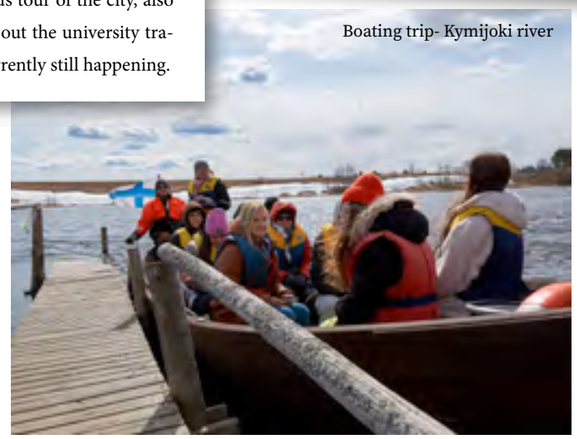
On the 6th day we presented the projects we were working on during the week, and received certificates and some gifts for participating. What stood out to me most on this day was the Gala dance of the second year students. They were able to mix traditional dances with modern ones and I was honestly in awe the whole time, it was so well organized and it made me wish we did something similar at our school. We left for Helsinki and got a bus tour of the city, also some information about the university traditions which are currently still happening.

Day 2, 25.4.21022

Today, we met international groups from Finland and Latvia and then we visited Werla paper factory museum and Repovesi national park. The most interesting part of the day was definitelly guided tour in Werla. In Repovesi I found out that in Finland you can camp and also do barbecues in national parks, which is very different from Slovakia. I really enjoyed this day, it was very beautiful especially in Repovesi. I also learned that fox in Finnish is called repo, but they do not use this word.



Boating trip- Kymijoki river





Repovesi national park





I learned that in the old times people were eco friendly without even trying. 2. I didn't really learn anything in Repovesi but I had really good time. 3. I learned that the upper class used to live in yellow houses.

I learned that the workers houses are stilled used today and they are in perfect condition.



Helsinki - sibelius memorial

PROGRAMME IN FINLAND

Kouvola Finland 24. - 29. April, 2022
"Sustainable solutions for the climate"

APRIL 24 Sunday

- Arrival

APRIL 25 Monday

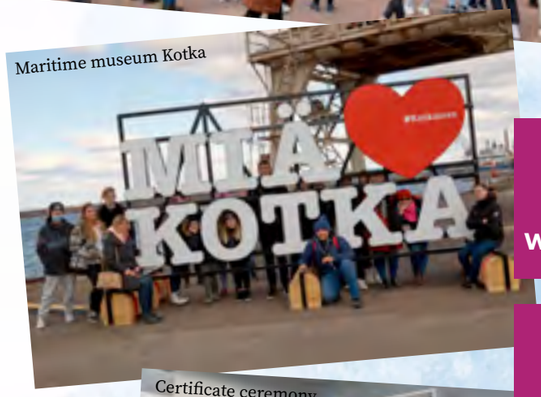
- Getting to know each other
- Adventure in the Forest
- Kuusankoski senior high school
- Presentation of the own school, city, country and traditions.
- Repovesi National Park
- Grilling sausages & eating a small campsite meal



Verla paper mill museum

APRIL 26 Tuesday

- Sustainable business from the Forest
- Workshops at Kuusankoski senior high school
- Presentation on the theme
- Visit to UPM (=United Paper Mill) and Taideruukki (=Arts&crafts gallery and business center)



Maritime museum Kotka

APRIL 27 Wednesday

- Visit to Kotka
- Guided tour in Kotka Park Sapokka
- Walk to Katarina Maritime Park
- Guided tour in Museum Vellamo



Certificate ceremony

APRIL 28 Thursday

- Carneval at the School
- Workshops
  "What can we do at school to save energy"
- Zero waste
- National Parks
- Regulations about National Parks
- Sustainable forestry/industry

APRIL 29 Friday

- Farewell event
- Gala Dances of the 2nd-year students
- Lunch & Departures



Päivi Parkkonen giving instructions



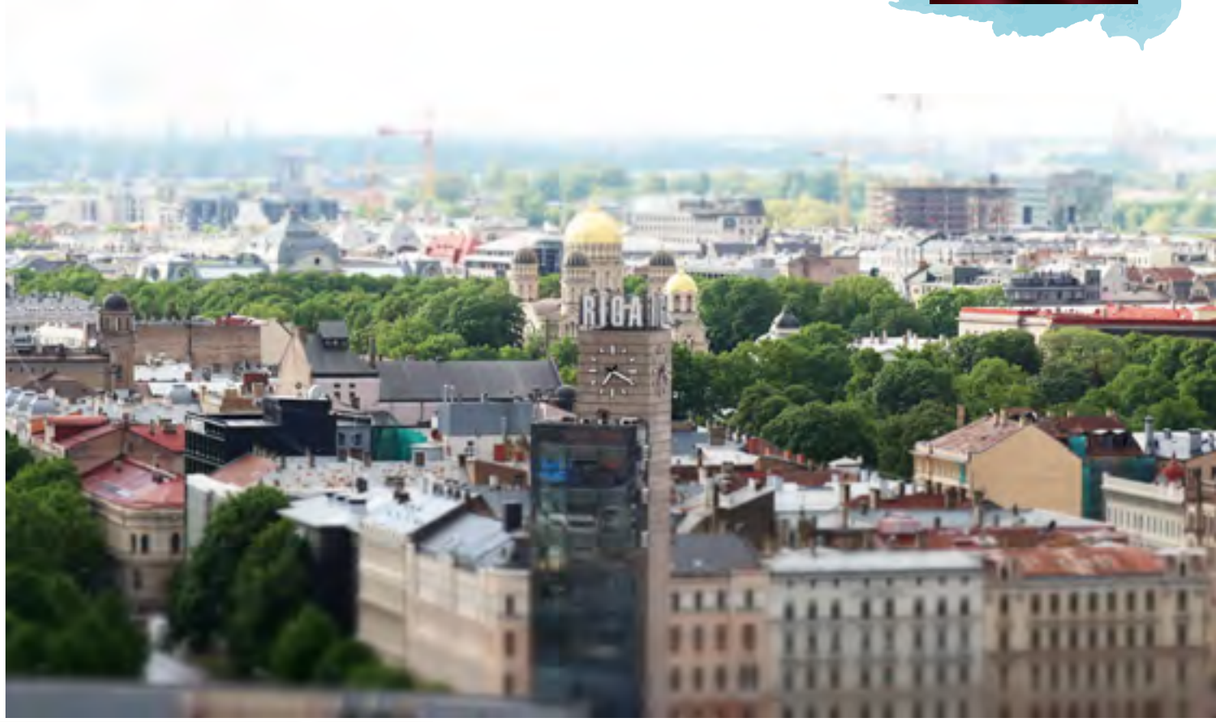
LATVIA



Photo by Mimionthego / pexels.com



Roofs of Riga





Kemeri national park

Latvia was the second country that we visited. We joined our finish partners to experience the nature, history and traditions of this beautiful country. We walked through the Kemeri national park on narrow wooden paths built on the moors, visited one of the most iconic and best preserved medieval castles in Latvia- Cēsis and explored the historical sights of the capital city- Riga. These are only some of the amazing places we had visited during our stay as our program was full from eary morning until late evening and everyone who joined this meeting will never forget the days spent in Latvia with our friends from Rīgas Reinholda Šmēlinga vidusskola.



Youth opportunities in Europe – presentation by representative of International Youth Program Agency

FROM OUR DIARIES



1st day

This day started with little stress and excitement at the same time. We started by gathering in Nr and traveling to the Viena airport. Some of us were flying for the first time. It was an awesome adventure. After traveling for a couple of hours we finally arrived at the hotel, where we met other students from Finland. We decided to get to know each other a little bit more, so we went to dinner together.

2nd day

We started our day with presentations on good environmental practices at our schools. The Latvian teacher asked us to sign the map of Europe, everyone at the country they came from. They decided to collect the signatures of their guests. For Slovakia, there were 9 people and due to the small area of our country, we could barely fit our signatures in!

We continued by visit of National Library of Latvia – for me the most stunning building of all I have seen in Riga. We planned to see the view from the twelfth floor – we even climbed there but the door leading there was locked! Never mind, with the feeling of doing something advantageous for our health we went back down.

3rd day

This day was more about getting to know the nature and its history with us travelling to a Gauja National park where a guide took us to the most memorable and important parts of the park and also told us many legends together with many historical facts. Even though it was hard to determine what the statues there represent, It was kinda hilarious and I still enjoyed the tour a lot. But what I loved the most was our visit to the Cēsis medieval castle where our guide was so into his role of one of the residents that I wouldn't be surprised if some of us actually believed him.





Gutman´s Cave

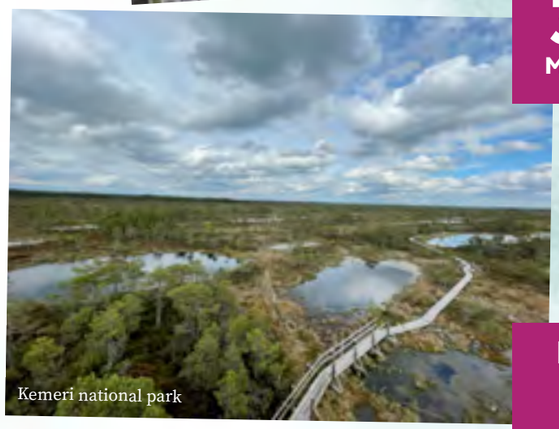
PROGRAMME IN LATVIA



Riga city centre



Cesis castle



Kemeri national park

MAY 27 Friday

- Arrival

MAY 28 Saturday

- History and culture of Riga
- Getting to know each other at school Program, eTwinning tasks
- Audio guide + worksheet in the National Library of Latvia
- The Monument of Freedom and interactive task
- Guided tour - Art Museum and Riga Art Nouveau - Museum
- Roadgame app "Meet Europe in Riga" (students in groups)

MAY 29 Sunday

- Sigulda, the Gauja National park
- Cēsis medieval castle – guided excursion, activities
- Medieval-type dinner in the Cēsis castle

MAY 30 Monday

- Riga Reinholds Smelings secondary school
- Meeting the Headmaster and eTwinning materials
- Youth opportunities in Europe – presentation by representative of International Youth Program Agency
- Candle workshop at school
- Getliņi ECO - safe waste recycling centre, guided tour

MAY 31 Tuesday

- Guided tour in Rundāle Palace, garden
- Guided tour in Ķemeri National park, Jūrmala
- Farewell meeting at school



SLOVAKIA


Demänovská Ice cave




Vlkolínec - ttraditional crafts


Vlkolínec - traditional Slovak village/ open air museum

Erasmus+ Project Meeting
Written by Ema Nagyová

The project meeting was held in Slovakia on 10.8.–15.8.2022.
And this is how it went.

DAY 1, 10.8.2022

The first day was intended for our guests' arrivals, and it was relatively uneventful. However, we managed to greet both Latvians and Finns and show them important spots.

DAY 2, 11.8.2022

Nitra – a place where we study, but we saw it from a different angle this time. We spent almost two hours exploring the town, from a nail-painted statue of Corgoň to Nitra Castle. After a visit to the exhibition of photos of national parks taken by our students, we went to the school. Teachers prepared many activities for us, so we got to know each other better.
Hidepark – another place for young people in Nitra. Not only did we learn about a zero-waste lifestyle, but we also created bags out of old clothes. I also spontaneously participated in a drum workshop!

DAY 3, 12.8.2022

Our first stop was Energoland Mochovce, an information centre for energy. Some of us were courageous enough to translate from Slovak to English some challenging nuclear power plant principles (not me, honestly :D). I rather tried various activities ranging from a thermal mirror to a carbon footprint calculator.





Visiting our school in Nitra



Walk around Štrbské pleso



Hronsek wooden church UNESCO heritage sight

Have you ever interacted with a humanoid robot? We had! Pepper, the robot, can speak Slovak and identify human emotions. Unexpectedly, it also danced!

In the afternoon, we visited Vlkolínec. We were enchanted by the buildings and picturesque scenery. I didn't miss the opportunity to try traditional crafts, including wire craft, basket weaving, and rug making. Although "drotarstvo" – wire craft – was immensely fascinating, it was more difficult than I had anticipated. A looot of patience was needed. However, the lady guiding me through the whole process was very kind and answered all my questions. She even gave me a four-leaf clover she made for luck, which made my day.

DAY 4, 13.8.2022

The fourth day was dedicated to exploring the High Tatras National Park. We started with a short hike from Hrebienok to Studenovodské vodopády (The Cold Creek Waterfalls). We made a break at Rainerova chata (Rainer's Chalet), and, to our surprise, there was a man dressed in a national costume playing an accordion and singing folk songs!

After walking around the tarn called Štrbské pleso, we had well-deserved two hours of free time. Some of us used this time for another walk or even for a rope park!

The farewell in the evening was filled with laughter and games. Playing a game "telephone" in your mother tongue is fun, but playing it in three completely different languages—that is a whole new level. Can you say "lyijytäytekynä" (mechanical pencil in Finnish), "pretpulksteņrādītājvirziens" (counterclockwise in Latvian), or "pampúšik" (jelly doughnut in Slovak)?

DAY 5, 14.8.2022

The highlight of the last day was definitely Demänovská Ice Cave. The temperature inside the cave was only about 1°C (compared to 25°C outside). We saw many impressive stalactites and stalagmites, but, almost no ice. Our next stop was Articular Wooden Church in Hronsek. Then, sadly, it was time to say goodbye to our guests. This project meeting was full of unforgettable moments, and I am definitely planning on participating in another Erasmus+ project.

PROGRAMME IN SLOVAKIA



Vlkolínec



Demänovská ice cave

AUGUST 10 Wednesday

- Arrival to Nitra

AUGUST 11 Thursday

- Guided tour - Nitra
- Photo exhibition- City Hall
- Get to know eachother
- Introductory Presentations
- School tour
- Hidepark: Zero Waste workshops
- Outdoor barbecue for students

AUGUST 12 Friday

- EMO Mochovce – Nuclear Power Plant
- Pstruhový raj Topolčianky
- Vlkolínec
- Outdoor museum with traditional crafts
- Arrival to Vysoké Tatry – Nová Lesná

AUGUST 13 Saturday

- Hiking tour – Hrebienok – Studenovodské vodopády
- Štrbské Pleso – walking around the tarn
- Farewell

AUGUST 14 Sunday

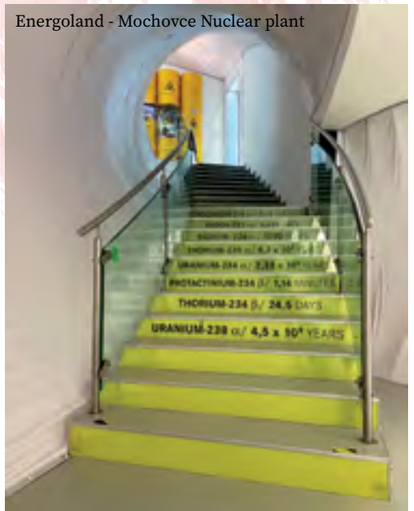
- Demänovská Dolina – Ice cave guided tour
- Bratislava – orientation tour

AUGUST 15 Monday

- Flying home







Energoland - Mochovce Nuclear plant

Bits and pieces



Towards the biggest
rain experience



Ema - the only woman with sherpa
certificate from Reiner's hut



Slovak hospitality in Vlkolinec



Airport
in Lappeeranta

Jessica enjoing shopping
in Kuusankoski art gallery





Meeting Juraj Slafkovský at the airport
in Helsinki (thank you, Päivi)