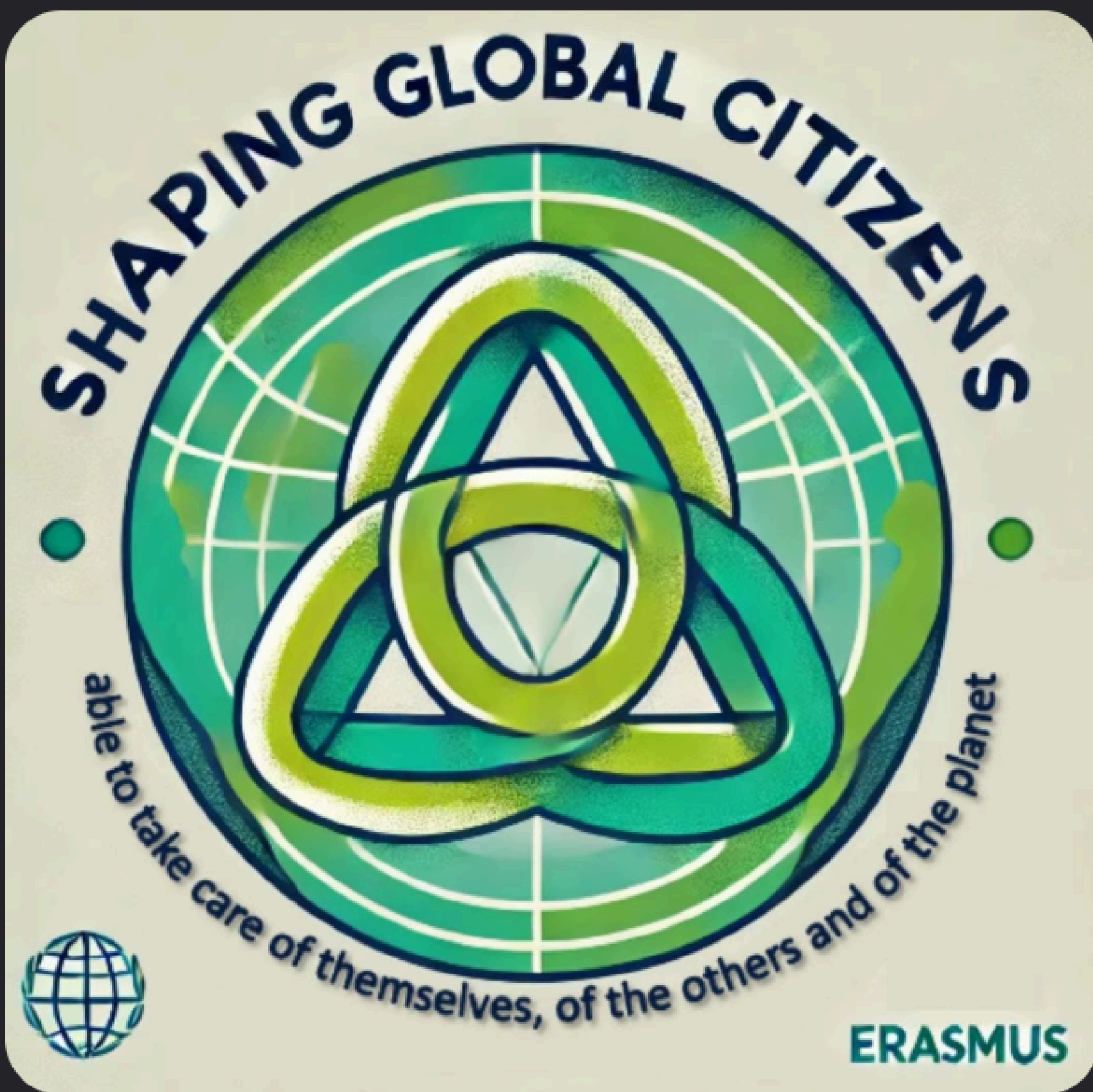




Projet Erasmus+ "Former un "éco-citoyen" du monde, capable de prendre soin de lui-même, des autres et de la planète"/"Shaping global citizens, able to take care of themselves, of others, and of the planet" - S.G.C. : Shaping Global Citizenship

L'objectif du projet a été de former un "Global citizen", conscient, engagé, et efficace dans ses actions grâce à la compréhension, l'acquisition, et la mise en œuvre d'outils spécifiques et adaptés. En outre, la thématique autour du développement durable s'est imposée car elle nous concerne tous et la situation est urgente. Ainsi, nous aiderons nos jeunes à adopter une santé plus responsable, afin d'être capable de prendre soin de soi, des autres, et de la planète, et ceci de façon durable.

SHAPING GLOBAL CITIZENS

Erasmus+
Enriching lives, opening minds.



**Co-funded by
the European Union**

Site-ul proiectului: <https://sites.google.com/view/sgc-erasmus/home>

The image shows the front cover of a book titled 'Learn Globally. Act Locally. Teach with Impact.' The cover features a photograph of a stone wall with several colorful, illuminated lanterns hanging from it. The lanterns display various national flags, including the European Union flag. In the background, a lighthouse and a flagpole are visible. The text on the cover is in white, green, and blue. At the bottom, there is a small green leaf icon and the text 'A Teacher's Guide to Global Citizenship and Eco-Sustainability Education'. The bottom of the cover has a white background with the European Union flag and the Erasmus+ logo.

**Learn
Globally.
Act
Locally.
Teach with
Impact.**



A Teacher's Guide
to Global Citizenship and
Eco-Sustainability Education



Co-funded by
the European Union

Erasmus +
Enriching lives, opening minds.

Teacher's Guide Ghidul Profesorului Le Guide du Professeur

*The teachers made lessons
ready to use in class.*

*In București, Ghidul profesorului
poate fi găsit tipărit la:
Biblioteca Națională,
Casa Corpului Didactic,
Colegiul Național "Gheorghe Lazăr"*



Inclusive Journal is a publication that captures the essence of the Erasmus+ project developed in our school over the past two years. The magazine combines two complementary perspectives: on the one hand, it works as a diary documenting the experiences, learning processes, and moments lived during the mobilities and the different actions carried out in the school; on the other hand, it also functions as a teaching guide that gathers activities, materials, and educational proposals designed and implemented in a special education context.



INCLUSIVE JOURNAL



This guide is a student workbook designed to support learning through a simple and meaningful process: learn, reflect, and record. Throughout the guide, students work on the three main goals of the project: taking care of oneself, taking care of others, and taking care of the planet. Each section is structured in three steps: first, students learn new concepts; then, they reflect on them; and finally, they express their ideas and experiences through a personal diary.



STUDENTS' GUIDE



Co-funded by
the European Union

Despre proiect

Titlu

Shaping Global Citizens (SGC)

Program

Erasmus+ KA220-VET — nr. 2024-1-FR01-
KA220-VET-000252348

Durată

2 ani — 2024–2026

Domeniu tematic

Eco-cetățenie și sustenabilitate

Scopul proiectului

Formarea unor „cetățeni globali” conștienți, implicați și eficienți, capabili să aibă grijă de ei înșiși, de ceilalți și de planetă — prin înțelegerea, dobândirea și aplicarea unor instrumente specifice și adaptate.

Dezvoltarea durabilă este o provocare urgentă pentru toți.



Conștientizare

Creșterea gradului de conștientizare al elevilor față de sustenabilitate



Schimbare

Modificarea comportamentelor prin competențe, cunoștințe și experiențe reale



Instrument

Crearea unui *Ghid al Cetățeanului Global* — instrument practic pentru elevi

Crearea *Ghidului Profesorului* - lecții gata pentru a fi aplicate în clasă

6 Țări Partenere - 7 Școli : Partenerii provin din medii educaționale diferite: învățământ teoretic, VET (formare profesională) și educație specială — o rețea europeană solidă și diversă.

FR Franța

Coordonator

—

ISSEC
PIGIER,
Toulouse



RO România

Colegiul
Național
"Gheorghe
Lazăr",
București



SI Slovenia

Solski
center
Srečka
Kosovela
Sežana



ES Spania

San Juan
D'Alacant

IES Lloixa &
COLEGIO
PÚBLICO DE
EDUCACIÓN
ESPECIAL

El Somni



IT Italia

IIS Paolo
Savi,
Viterbo



DE

Germania

Schüle Am
Niedermühlen
hof



Valoarea adăugată a parteneriatului



De ce contează parteneriatul european?

Multe dintre provocările proiectului sunt comune țărilor partenere, dar **particularitățile locale** îmbogățesc gândirea colectivă și generează soluții — unele comune tuturor, altele adaptate fiecărei țări.

- Perspective locale diferite → soluții mai bogate și mai complete
- Invățăm din bunele practici ale partenerilor, găsim soluții împreună
- Dimensiunea europeană este esențială

3 Module Tematice

Proiectul este structurat în jurul a trei teme esențiale ale cetățeniei globale, fiecare explorat prin activități practice, mobilități internaționale și produse concrete.

Taking care of others

Continuing the work we started during the two previous projects

Promoting inclusion and diversity by deconstructing stereotypes through exchanges between students, particularly those with special needs

Showing that the environmental theme is inclusive as it affects everyone and allows each individual to contribute

Taking care of the planet

Realizing that climate change is everywhere even if it manifests itself differently

Raising awareness on the impact everyone has (at school and during mobilities)

Making mobilities more sustainable

Developing green skills to combat climate change

Taking care of oneself

Raising awareness on common unhealthy behaviors like lack of sleep, poor diet, sedentary lifestyle and addictions

Providing tools to better take care of oneself

Using mobilities as an example of a healthier lifestyle

Grijă față de ceilalți

Cuvinte-cheie: incluziune, egalitate, non-discriminare

- Evaluarea incluziunii în școală și la locul de muncă în diferite țări europene
- Parteneriate cu asociații, ONG-uri și companii
- Activități incluzive pentru a crește participarea și accesibilitatea
- Elaborarea secțiunii „Grijă față de ceilalți” din Ghidul Cetățeanului Global



Modulul II — Grijă față de Planetă



Competențe verzi

Vizite și testimoniale despre schimbările climatice și gestionarea durabilă a resurselor



Analiza consumului

Evaluarea consumului de hârtie, plastic și alimente în fiecare școală parteneră

Evitarea risipei



Ateliere ecologice

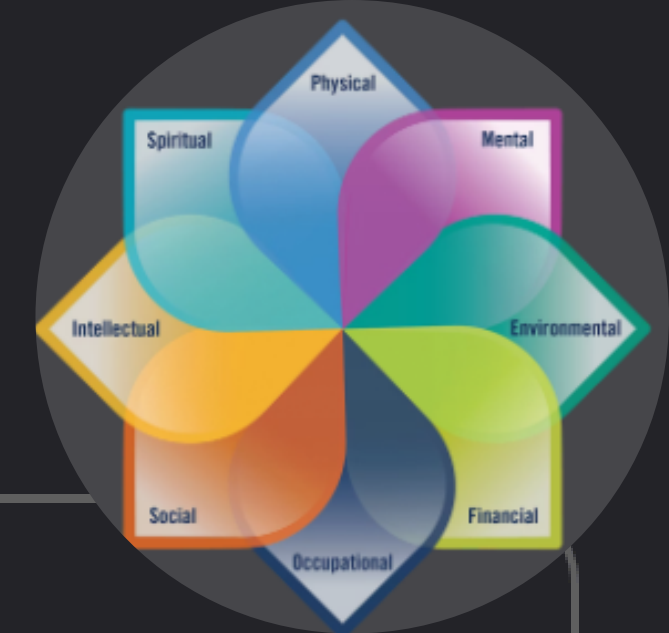
Ateliere de consum sustenabil și alternative ecologice la produsele cotidiene



Mobilități verzi

Compararea impactului de mediu al diferitelor mijloace de transport utilizate

Grijă față de Sine



Bunăstare & sănătate

Evaluarea bunăstării elevilor prin sondaje și interviuri aprofundate

Obiceiuri de viață

Analiza stilului de viață: somn, alimentație echilibrată, activitate fizică

Conferințe & ateliere

Gestionarea stresului, art-terapie — instrumente practice pentru elevi

Mobilități sănătoase

Promovarea unui stil de viață sănătos în cadrul și în afara întâlnirilor internaționale

Mobilități Internaționale — Calendar





for the activities of the transnational meeting in Bucharest - Erasmus + project "Shaping global citizens"

MON

10.02.2025

9:00-9:30 - Welcome @ Gheorghe Lazar National College (CNGL)

Hosts: Monica Talu + Anca Roman

10:30-11:30 - Presentation

"To be neurodivergent at work" - **Brad Palas** - Software Manager @ Google Romania

11:30-12:00 - Break

12:00-13:30 - Student Presentations

13:30-14:30 - Lunch at school (offered by the Romanian Team)

14:30-17:30 - Sustainability Treasure Hunt

Host: Anca Roman

17:30-19:00 - Dinner at Excalibur







Treasure Hunt for Sustainability in Bucharest



the "Treasure Hunt for Sustainable Development" is an educational and interactive activity designed for the Erasmus+ project's Bucharest mobility, with the main theme of caring for others.

It aims to guide participants through iconic places in Bucharest, promoting values such as sustainability, environmental protection and respect for cultural heritage.

Through practical challenges and exploration, students will discover how to make our everyday lives more environmentally friendly, and contribute to a better future.

2

Start Hint: "Where city greenery comes alive and birds sing harmoniously, there your brave journey begins."

Identify the Romanian writers' rotunda and take a group photo.

Hint: "A dome of sounds and arts where tradition and culture meet again and again."

Take a photo in front of the building, with the imposing facade and the famous inscription on the frontispiece in the background. Think: "How can culture contribute to a more sustainable future?"

Hint: "Where the past rears proudly on horseback, and the city's future pulses beneath the restless stride, learn how to keep the city spotless."

The team should identify a visible green initiative in this area, or propose one that could be implemented.

Education & Culture
Route

Hint: "A place of knowledge and light, where sustainability takes shape through learning."

Find a book or section on the environment and sustainability in the library. Write down an idea that inspired you about protecting nature.

Arrival Hint: "This is where education takes wings and a sustainable future is in the hands of young people."

Final challenge: Each team presents their own route or an idea for a sustainability project that can be implemented in their school or community.

TUE

11.02.2025

8:30-9:00 - ECOality @ CNGL

Hosts: Anca Roman, Adina Nastasie; Students: Sofia Gheorghe, Irina Hirnea, Anastasia Mustata (for students), meanwhile: Teachers Meeting (+ Pierre online)

9:00-10:30 - Act Now

Turning Environmental Challenges into Opportunities

Host: Dorina Nedelea; Speakers: David Popescu, Andra Baci, Ioana Stanculescu, Ioana Mihailescu

10:45 (departure from CNGL) - 14:00 (arrival back at CNGL) - EFdeN @ Pache

Protopopescu 66

Hosts: Dorina Nedelea + Aida Hancer + Roxana Banu

14:00-15:30 - SmartLess Presentation - speaker: Mihai Tomescu, Maria Istrate

14:00-15:30 - Visit @ The Parliament

*Teachers Only | Hosts: Monica Talu + Aida Hancer

Take ID/Passport!!

16:00-17:00 Teachers meeting





ROMANIA IS SO GLAD TO HAVE YOU!



W E D

12.02.2025

Trip Day

Hosts: Constantin Trandafir + Irina De Hillerin

6:00 - Departure for Bran @ Ibis Styles Hotel

Address: Str. Stirbei Voda no. 146; Phone no: +40374492700

!Let the hotel know for takeaway breakfast; shoes for dirt/mud

9:30-11:30 - Visit @ Libearty Bear Sanctuary

12:00-13:30 - Lunch

14:30-16:00 - Visit @ The Bran Castle



Co-funded by
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THU
13.02.2025

Host: Irina Dinica

9:30-11:30 - Workshop @ Autism & ADHD

Address: Str. Grigore Taranu 5

12:30-13:30 - AnonTeens Presentation

Hosts: Maria Coman, Marisa Vasile

13:30-14:00 - Card Games

Host: Anca Roman

14:00-14:30 - Zumba

Host: Sofia Butnariu and The Artistic Departament

14:30-15:00 - Lunch at school

15:15-17:00 - Visit @ Cotroceni museum

Hosts: Irina Dinica + Elena Sticlea + Irina De Hillerin

Take ID/Passport!!

17:00-18:00 - City tour

Hosts: Irina Dinica + Elena Sticlea

18:00-21:00 - Dinner @ Caru' cu Bere

Offered by the Romanian Team



The most unexpected thing in my opinion was that I fit right in with the group although I wasn't friends with any of the members before I joined. For the first couple of meetings, one of my classmates that I'm friends with from last semester came with me and I realized that when she stopped coming, I felt more comfortable and at ease, even though that person didn't pressure me in any way. I think there's a different version of myself that I present to each group of people that I'm part of.

This question is not very different than the other one, and still, I will answer. I think it helped me open up more to the people around me. I realized that I don't have anything to lose if I speak up for myself and express my opinion. I also noticed I talked a lot more at the last meeting than I usually do which makes me think that this group, gathering, club of friendship is the right thing for me. I came to the conclusion that all the strong feelings and emotions that I'm going through are not just happening to me, but to all the people around me.

AnonTeens

self-help club

What is AnonTeens to you?
-coming from members of the club-

The topics discussed were up to date, probably just what I needed at this time of my life. Although they were serious topics, the atmosphere was also relaxed when we needed a break, and the way they were approached left room for free expression, but also for personal identification in the words of others. The hardest topic for me was body image, I think, because it's the thing I judge myself the most about, but the vibe in the club helped keep me from being overwhelmed. I honestly believe that this club helped me develop mentally, gave me the opportunity to meet very cool people and encouraged me to talk about my problems. I can't wait to follow the club's activity in the future!

Anon Teens was a unique experience. I am convinced that it helped me discover myself in a much deeper way than I could have ever done on my own. I learned more things about myself that I didn't know before. I think that since the first meeting of the club I have become more social and open with those around me. I also started to be more open about my own emotions. By hearing about the experiences of others, I had the chance to learn from them. Through interactive games and activities, Anon Teens helped me open up to myself and others. It has increased my self-confidence and the attitude with which I relate to other people around me. Anon Teens helped me a lot. The experience was very beautiful and educational. I learned things. We shared stuff. I met people. People got to know me. I made friends with people. I especially liked the games a lot.

MAKING SURE EVERYONE IS INCLUDED

SHARING IS CARING

FIGHTING AGAINST DISCRIMINATION OF ANY KIND

How do we make sure we are taking care of others?

ERASMUS INITIATIVE

Co-funded by the European Union

UNDERSTANDING ONE'S FEELINGS; BEING AN EMPATH

LISTENING TO THEIR PROBLEMS

BEING SUPPORTIVE AND HELPFUL

RADIATING POSITIVITY

SHOWING INTEREST IN WHAT A PERSON IS SAYING OR DOING

TAKING CARE OF OTHERS - ERASMUS INITIATIVE

Co-funded by the European Union

"Dear Santa" project

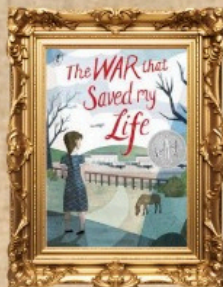
by "Gheorghe Lazari" National College Student Council

"Dear Santa" is a Christmas Project that our student council initiated a few years ago, that still continues the tradition of thinking about the less fortunate souls on the occasion of this joyful holiday. Each Christmas, each class gets assigned a child's letter, and having in mind what he or she wrote in the letter, they try to craft as fitting of a gift as possible.

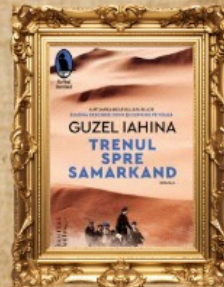
Co-funded by the European Union

Co-funded by the European Union

Words that heal: Embracing inclusion and growth through literature



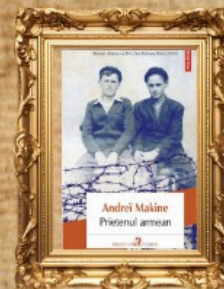
The War That Saved My Life, helping others is portrayed as a powerful and transformative force. Characters like Susan, who takes in Ada and her brother, show how compassion and selflessness can provide healing and a sense of safety. Susan's willingness to care for Ada, despite her initial reluctance, not only helps Ada escape her abusive past but also helps Susan heal from her own emotional wounds. The story emphasizes how acts of kindness, even when difficult or unexpected, can create deep, life-changing connections and foster personal growth.



Samarkand Train by Guzel Iahina is a poignant and evocative tale of love, loss, and resilience, set against the backdrop of Soviet-era Uzbekistan, where the journey of a train mirrors the emotional and political turbulence of its passengers.



In Children of the Volga (Copiii de pe Volga), help is portrayed as both a moral duty and an essential part of human survival, often shaped by the harsh and complex circumstances of the story. The novel explores how individuals navigate relationships in a challenging environment, with characters frequently offering assistance to one another out of necessity, compassion, or a sense of community.



My Armenian Friend by Andrei Makine is a novel that delves into themes of friendship, loss, and identity, set against the backdrop of the collapse of the Soviet Union. It tells the story of a Frenchman, the narrator, who forms a close bond with an Armenian man named Vartan. Vartan is a survivor of the Armenian genocide, and his past—full of trauma, exile, and displacement—casts a long shadow over his present life.



Pelinul Negru by Ioana Nicolaie is a novel set in rural Romania and is deeply connected to themes of tradition, folklore, and the passage of time. Through its narrative, *Pelinul Negru* also reflects on the weight of history and the resilience of rural communities, using the motif of the plant (black wormwood) to symbolize both healing and pain. The book is layered with themes of memory, family ties, and the complexities of rural Romanian life, while also incorporating elements of magical realism and myth, creating a rich, atmospheric story.



In Fredrik Backman's *And Every Morning the Road Gets Longer*, help is often portrayed as an unexpected and sometimes reluctantly offered gift that transforms both the giver and the receiver. In his works, help tends to come in small, quiet gestures, and it often highlights the humanity and vulnerability of the characters involved.



In *The Boy in the Striped Pajamas* by John Boyne, help is portrayed in various emotional and morally complex ways, often intertwined with innocence and the consequences of ignorance. The story follows an 8-year-old boy, Bruno, whose family moves near a concentration camp during World War II, and his unlikely friendship with a Jewish boy named Shmuel, who is imprisoned there.

Say NO to violence!

ABUSIVE TIES ARE FULL OF LIES

Erasmus+
Enriching lives, opening minds.

ABOUT THE PROJECT

November 25th is the International Day for the Elimination of Violence against Women. Every year in November, we organize workshops at school entitled 'Abusive ties are full of lies', led by the Regional Safe House Kras and the police.

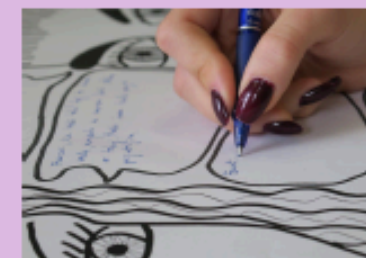
GOAL

Raising awareness about violence against women and the unacceptability of violence in partnerships. TO BE ABLE TO TAKE CARE OF OURSELVES AND THE OTHERS.



COMIC STRIPS

In the workshops students talk about violence, particularly violence in relationships. They express their experiences, opinions and views through comic strips.



LABYRINTH OF VIOLENCE

Finally, the students walk through the 'Labyrinth of violence', which gives them an insight into the experience of violence from the victim's perspective. They get to know the factors that contribute to the emergence and maintenance of a violent relationship, as well as the factors that help resolve it.



EXHIBITION

For the 10th anniversary of the project at the school, an exhibition was displayed at the YC Podlaga.



Šolski center Srečka Kosovelja Sežana
GIMNAZIJA IN EKONOMSKA ŠOLA

Authors: Lana B., Vita G. and Mila Š.



Conflicts are a part of every relationship and should not be mistaken for violence. While conflicts, if resolved, can deepen a relationship, violence destroys it. Violent behaviour is used by a person to take away power from the other, to control, humiliate or subordinate them. Any form of violence is unacceptable. The person who causes the violence is always responsible for it, never the one who experiences it.

(From the brochure *Abusive ties are full of lies*)



EVERYDAY HELP

SCHULE
am niedermühlenhof

In the "Everyday help" work course, students deal with the accompaniment and support of other people. In theory and practice, they will learn about a variety of ways in which they can support seniors, children and people with disabilities in everyday life and in their free time.

Some of our students will train as everyday helpers. In addition to various internships in a retirement home, we prepare them for training with this course.



HELP GETTING DRESSED...

...OR PREPARING FOOD...



...OR EATING IT...



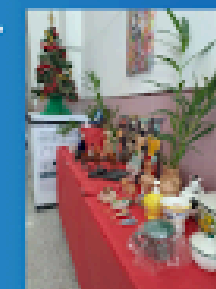
...OR EVEN GETTING PLACES!



Co-funded by
the European Union

Christmas Reuse to Help Market

The students collected various items that were no longer in use and gave them a second life by selling them in the school Christmas market.

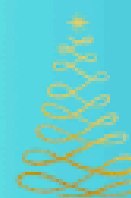


"IIS Paolo Savi"
Italy
Bucarest

10-13 February 2025

"SHAPING GLOBAL CITIZENS
ABLE TO TAKE CARE OF
THEMSELVES, OF OTHERS
AND OF THE PLANET"

This market has been held for years and it is characterised by the fact that all proceeds are donated to the Viterbo Solidarity Emporium, which constantly provides food, clothes and much more to those most in need...



"Homo sum, humani nihil a me alienum puto"

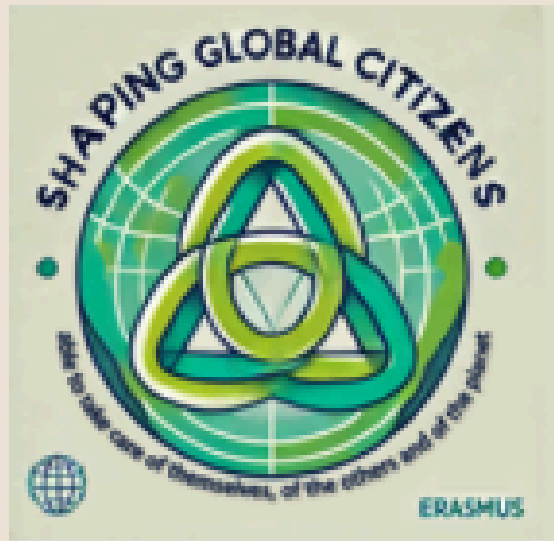
Quot. Publio Terenzio Afro

We did many activities together, to experiment the interaction to include, using team building, among them a gastronomic escape room.

This project was implemented in collaboration with the "La Sapienza" University of Rome.

"How to promote the autonomy and work skills of children with autism spectrum disorders: the active role of classmates"

Autism project



Taking care of others

Pigier, Toulouse, France

05/11/2024



"Equality" generation

LMDE came to raise young people's awareness about girl-boy stereotypes, sexual violence and gender-based violence and mutual respect.

23/09/2024



'Living together' workshop

Speakers came to offer games based on know-how and personal image.

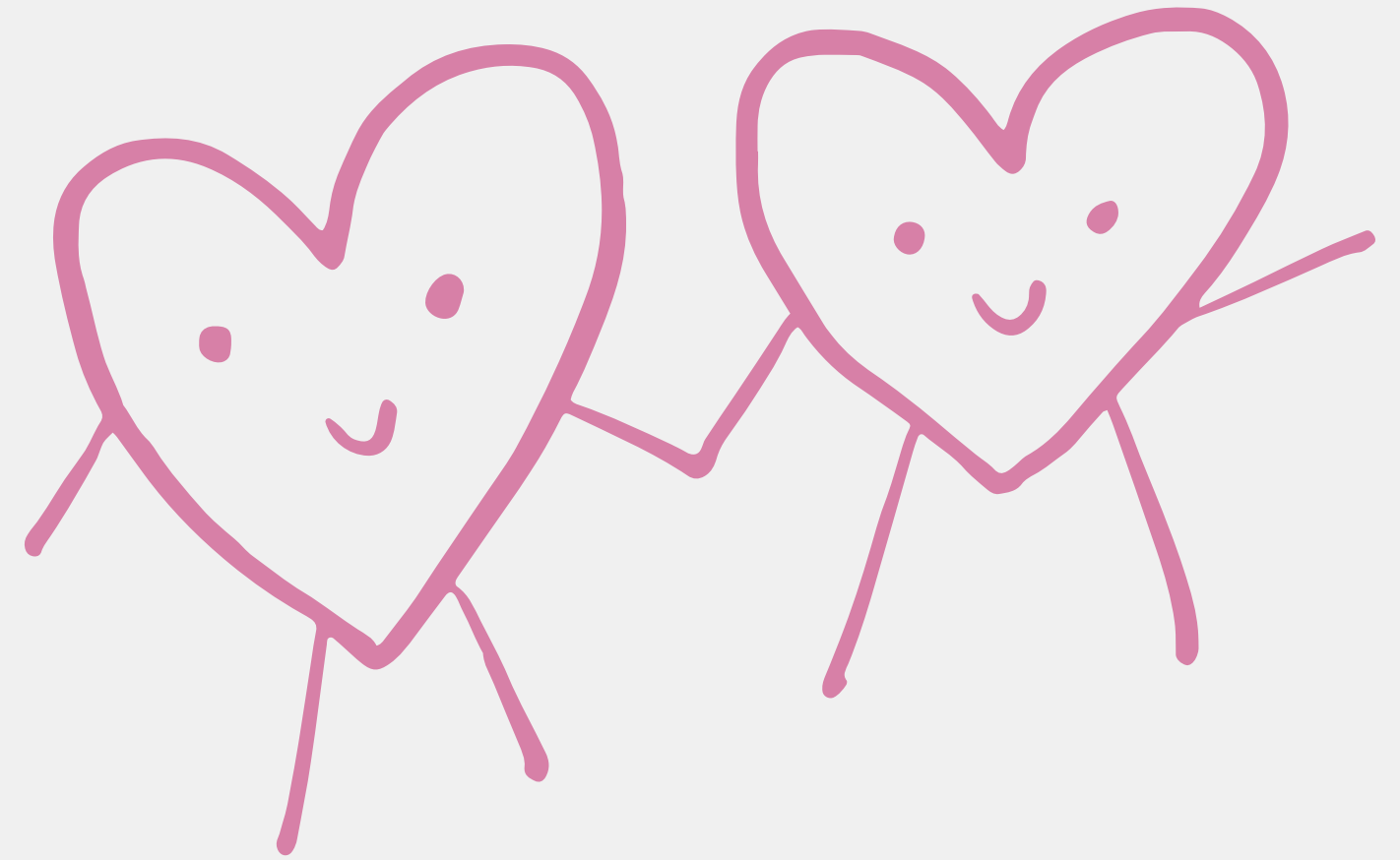
12/09/2024



integration day

The integration day enables students to get to know each other through various activities (archery, petanque, football and blind test...).

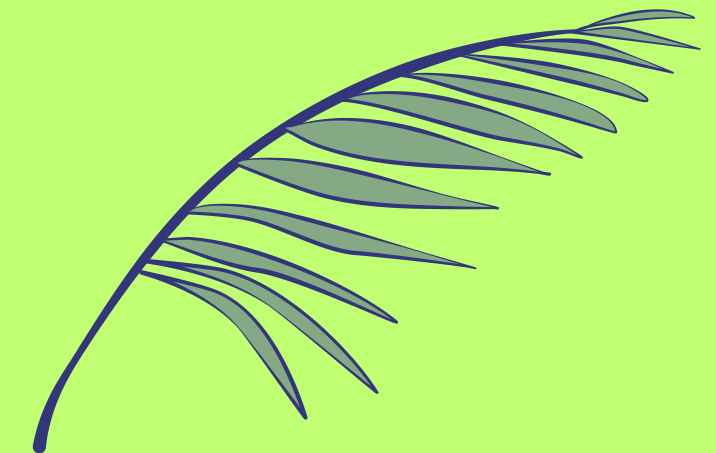
CASSEZ LA ROUTINE AVEC ERASMUS!



Si vous ne savez pas ce que Erasmus signifie ou si vous voulez savoir en quoi consiste ce projet, cet article est pour vous! Tout le monde est familiarisé avec la notion d'échange culturel, quand on se fait héberger par une famille d'accueil, mais Erasmus de notre lycée est bien plus riche que cela. Il dure 2 années et cette fois-ci, il y a trois idées centrales autour desquelles les professeurs organisent les activités des mobilités: prendre soin de l'environnement, des autres et de soi-même. Des élèves de 5 pays sont venus en Roumanie: des Espagnols, des Italiens, des Slovènes, des Allemands et des Français. En février 2025 j'ai participé à la mobilité en Roumanie et je vais vous raconter mon expérience.

On a commencé le premier jour par le tour du lycée - chaque pays avait comme guide un élève de notre lycée qui parlait anglais ou la langue du groupe. Le reste de la matinée, nous avons écouté plusieurs présentations: une avec un software manager qui était neuro divergent et qui nous a expliqué comment son cerveau fonctionnait et le reste des présentations faites par les élèves de chaque pays, qui ont raconté comment ils prenaient soin des autres à l'école. Ce qui m'a le plus impressionnée, c'étaient les présentations des écoles spéciales, car ils se soutenaient beaucoup entre eux, en recevant beaucoup d'opportunités comme une école de musique.

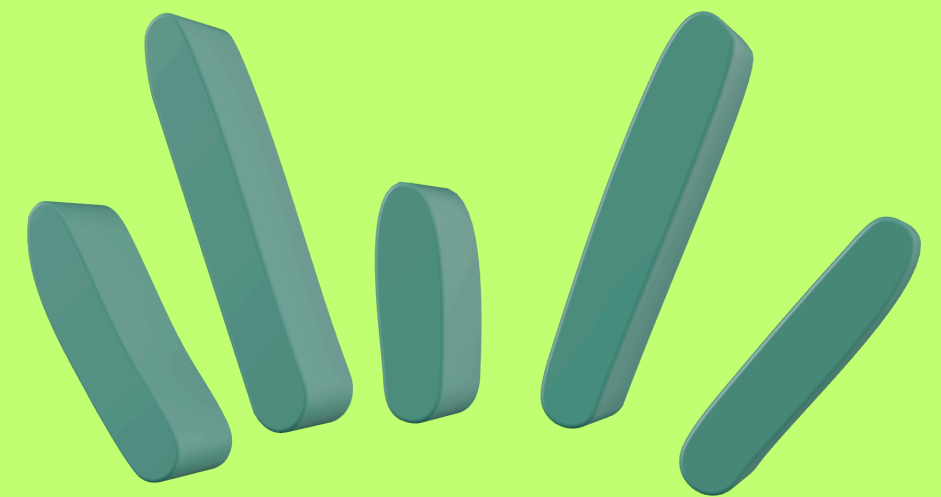
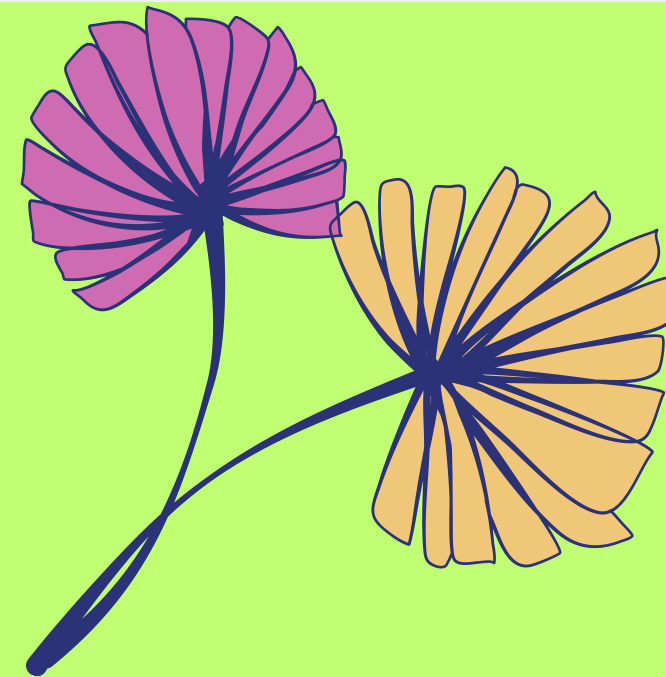
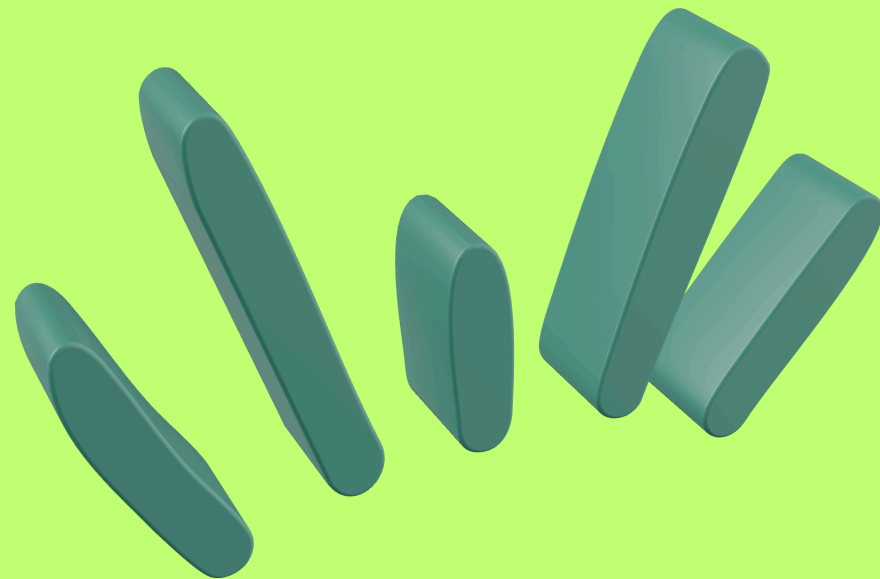
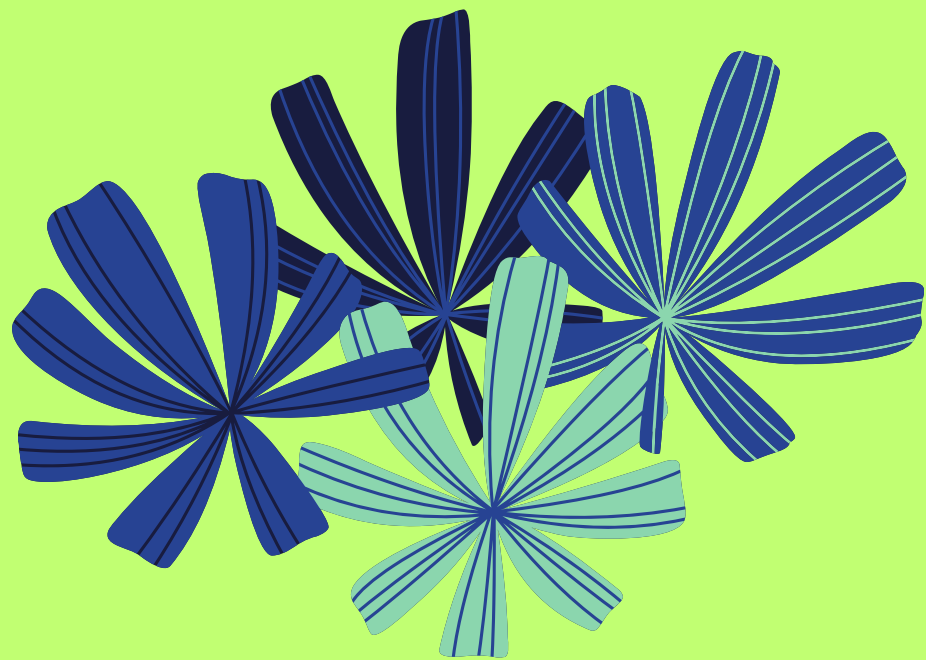
A midi, nous avons déjeuné dans le lycée et nous avons mangé des plats traditionnels roumains qui ont été bien appréciés par les étrangers. Juste après, nous avons fait une Chasse au Trésor au centre-ville de Bucarest, une occasion de visiter plusieurs objectifs importants, de faire le guide encore une fois et aussi de découvrir des objets durables, comme une station d'essence électrique ou un parking de vélos électriques.



Le deuxième jour du projet, le club d'écologie de notre lycée, Ecosense, a présenté son activité au fil des ans et nous a enchantés avec de belles vidéos et des photos de tout leur travail acharné. Ensuite, nous avons été divisés et en équipes et avons reçu une tâche intéressante, mais amusante : créer une entreprise qui aidera la planète à devenir un meilleur endroit. Mon équipe et moi avons choisi de créer un restaurant à base de plantes qui cultive ses propres plantes dans son propre jardin et utilise des panneaux solaires. Nous l'avons nommé "Flora" et avons partagé nos emplois entre nous : directeur, cuisinier, directeur des relations publiques... .

Plus tard, nous avons visité une maison durable construite à partir de zéro par les étudiants de la Faculté d'ingénierie des services de construction. J'ai été vraiment impressionnée que ces jeunes intelligents aient construit une maison entière en 2 ans en utilisant des matériaux recyclés et durables. Ce qui m'a le plus surpris, c'était le plafond de la maison, fait de blocs de lièges. La dernière activité de la journée était un atelier sur les réseaux sociaux et sur la façon dont différentes applications nous influencent à les télécharger, puis à passer une grande partie de notre journée à les utiliser. Je pense que c'est très utile parce que notre génération utilise des appareils pendant la majeure partie de sa journée et il est important de savoir comment arrêter de laisser les applications contrôler nos choix.

Au cours de la troisième journée, nous avons visité le sanctuaire des ours de Zărnești. Là, nous avons découvert les histoires de vie déchirantes des ourses et comment elles ont réussi à s'échapper à la captivité à l'aide d'une merveilleuse équipe de personnes aimant les animaux. Nous avons traversé le sanctuaire et avons eu la chance d'admirer les ours qui peuvent maintenant profiter du reste de leur vie en liberté. Après avoir vu les ours et les autres animaux sauvés, nous avons visité le château de Bran. Rempli d'histoire, le château nous a accueillis et captivés. Nous avons beaucoup appris sur l'histoire de Roumanie et sur Vlad Țepeș, qui est également nommé Dracula, l'ancien propriétaire du château. Nous sommes rentrés à la maison pleins de bonnes vibrations et de nouveaux faits. Sur le chemin du retour, nous avons écouté de la musique et chanté ensemble.



Jeudi, le quatrième jour, nous avons visité un centre de soutien pour les enfants du spectre autiste et ADHD, où on a assisté à des séances de thérapie avec les petits, on nous a fait expliquer les thérapies que les enfants font et à quoi ça sert chaque exercice, comme par exemple: pour arriver à prononcer mieux les voyelles et les consonnes le garçon imitait l'éducatrice, pour améliorer sa respiration il soufflait dans une petite plume, et beaucoup d'autres jeux pour former son identité, sa discipline, la motricité et l'attention. Ensuite, nous avons fait encore trois activités au lycée. Le club de santé mentale, AnonTeens, a proposé un jeu où on a choisi un objet et on a raconté ce quoi il nous rappelle. Après, nous avons joué aux cartes sur le thème de l'écologie et on devait trouver des solutions pour les soucis environnementaux. Puis, nous avons participé à un atelier de Zumba avec le département de danse. L'après-midi, nous avons visité le Palais de Cotroceni, la résidence du président et l'ancienne habitation de la famille royale, où nous avons acquis bien des connaissances sur l'histoire de Roumanie. Le soir, on s'est échappé au quotidien en dînant à "Caru' cu bere" - en français: "La Charrette avec de la Bière", un restaurant symbolique du centre historique de Bucarest, qui était fréquenté par des personnalités de tout le monde. Nous y avons passé un très bon moment, nous avons mangé des plats traditionnels et nous avons regardé des numéros énergiques de danses traditionnelles.

Erasmus a été une expérience enrichissante qui nous a aidés à sortir de notre zone de confort, à se sentir plus à l'aise quand on fait connaissance avec de nouvelles gens, à améliorer notre anglais, français et d'autres langues étrangères et qui nous a sensibilisés face à l'environnement, aux besoins des autres et aux nôtres.

Teodora Niculae CNGL

Eliza Toader CNGL

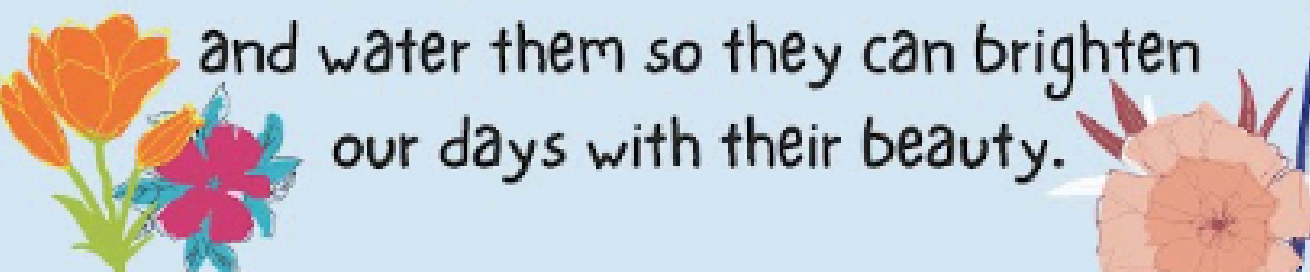
Eu am participat momentan la mobilitatea din București și pot spune că a fost o experiență foarte interesantă pentru că am avut activități diverse, cea pe care mi-o amintesc cu cel mai mult drag fiind vizitarea unui centru educațional dedicat copiilor cu nevoi speciale. Acolo mi-am dat seama cât de fragilă este viața și cat de mult ar trebui să o prețuim. Erasmus-ul m-a ajutat să fiu mai sociabilă, pentru că în interacțiunea cu toți participanții a trebuit să fiu deschisă.

Sofia Gheorghe, 10C



National Plant a flower day

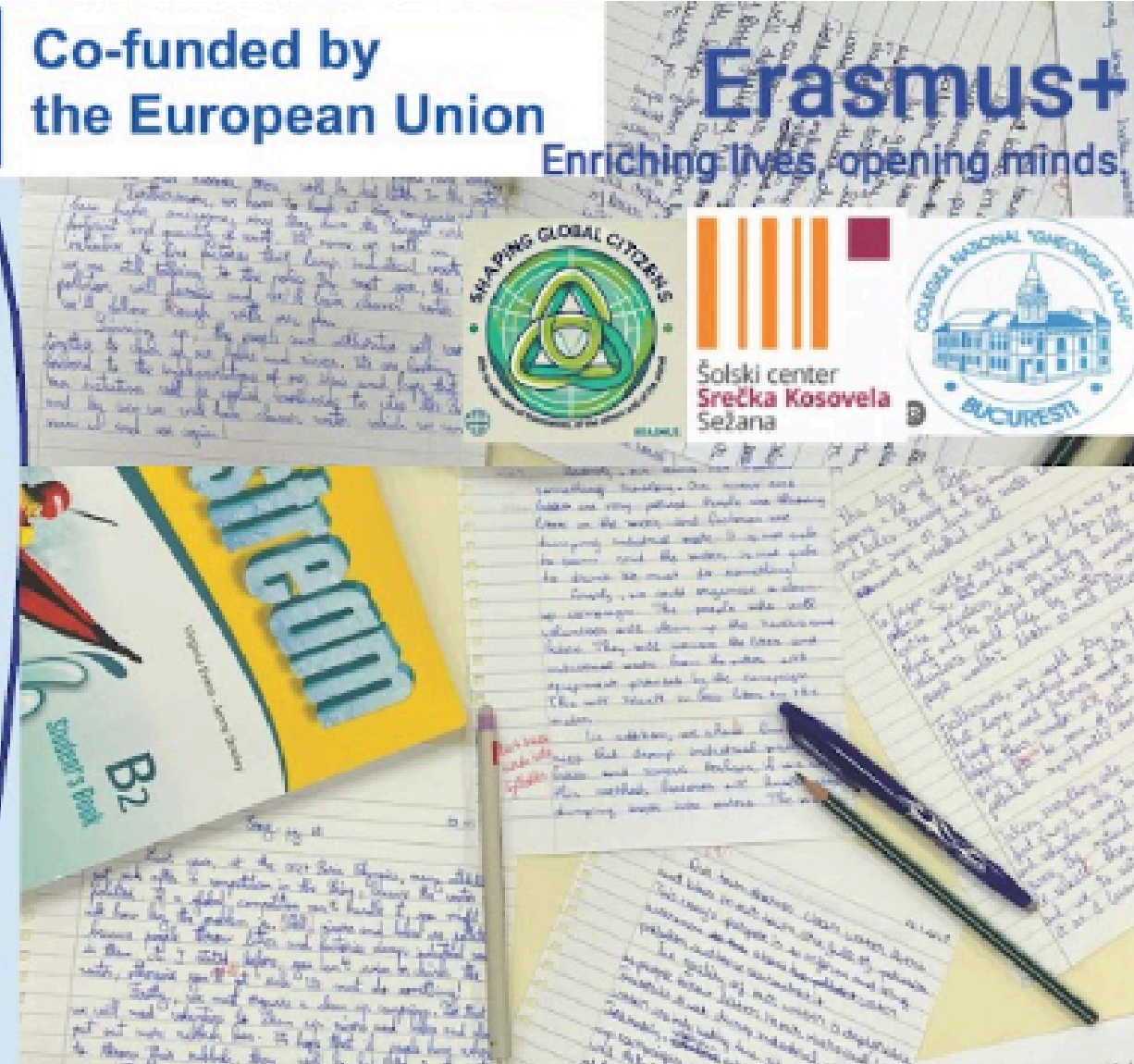
- On the 12th of March, we planted flowers and bulbs in the school garden, taking care of the environment.
- Every day, we check on the flowers and water them so they can brighten our days with their beauty.



ECQuality

Slovenia – 04-13.04.2025

- We discussed the differences between equality and equity, how they can make their way into people's lives at work, at school and at home.
- We also wrote about climate activists from our country.



Cleaning Up Our Town

Essays

- How can we improve the quality of the water in local rivers and lakes?
- We came up with solutions such as organising clean-up campaigns, fining factories and raising awareness.



myth or fact

DOWN SYNDROME

Down syndrome is a rare disease.

Down syndrome is always inherited.

People with Down syndrome are all alike.

People with Down syndrome cannot learn and progress.

People with Down syndrome are always happy and nice.

People with Down syndrome cannot live independently.

Down syndrome is not a disease, but a genetic condition. It is also not rare – it occurs in approximately 1 in 800/1000 births, making it one of the most common genetic variations.

In most cases (around 95%), Down syndrome is not inherited, but occurs as a random genetic change prior to or at conception.

Each person with Down syndrome is different, with a unique personality and abilities. Some physical and behavioural characteristics they share may be more or less pronounced.

Although they may have an adapted learning programme, people with Down syndrome learn and develop throughout their lives, especially with appropriate support.

People with Down syndrome experience a wide range of emotions and moods, including anger, sadness, fear, etc.

Many people with Down syndrome can live partially or completely independently, especially with appropriate support. Some have their own flat, a job, and an active social life.

Myths about Down syndrome are like other myths – many are not true. But some can be harmful, contributing to discrimination, misunderstanding and limiting opportunities for people with Down syndrome.

Erasmus
Learning Tools, Quality Tools

Down Syndrome Day

DOWN SYNDROME

Colourful mismatched socks are a symbol of Down syndrome. They show that we, as people, are very diverse.



Each person with Down syndrome is unique

Common characteristics:

- Distinct facial features, shorter than average height, and lower muscle tone.
- Increased risk of certain health problems (e.g. congenital heart anomalies, vision problems, exceptional joint flexibility).
- Slower physical and cognitive development, possible mild to moderate intellectual disability.

Each person with Down syndrome is unique and may have these traits to varying degrees, or not at all.



People with Down syndrome are often treated as children due to prejudice, are underestimated and excluded from social life.

The goal of World Down Syndrome Day is to support equal rights and dignity of all people with Down syndrome.

It is important to raise awareness, eliminate

marks the fact that the 21st chromosome appears three times.



Erasmus
Learning Tools, Quality Tools

What is Down syndrome

GENETIC CONDITION

- trisomy of the 21st chromosome (an individual has three copies of the 21st chromosome instead of two).

PREVALENCE

- 1 in 800 to 1,000 newborns

PROBABILITY

- increases with the mother's age, though most children with Down syndrome are born to young mothers.

Down syndrome is a lifelong genetic condition. It occurs as a random genetic change prior to or at conception.

Some strengths

They often express their feelings directly and sincerely.

Many show a lot of effort and perseverance to achieve their goals.

They are mostly sociable and empathetic.



Some show a talent for music, dance, drawing or acting.

They are usually strongly connected to family and friends.

EDUCATION

Children with Down syndrome require more time or adapted methods to learn. They are included in kindergartens and state schools in less demanding programmes.

INDEPENDENT LIFE

They can live completely or partially independently: they live in residential homes, are employed, take care of hygiene, nutrition, etc.

Some need more help and are included in social institutions.



OUR WAY OF CARING THE PLANET



OUR VEGETABLE GARDEN

Our school garden has as a purpose learning about agriculture, nutrition and sustainability to teach students to take care of the environment and acquire healthy habits. The people in charge of maintaining the garden are the technology department, formed by our teachers Pinyol and J van Palma, and the students of 3ºESO. Some of the vegetables we grow are: tomatoes, radishes, potatoes, brussels sprouts, lemons, etc.

OUT IN NATURE

This activity is organized by the PE Teachers every year and is a walk around the Coll de les Hortes and the winner is the one who collects the most garbage at the end of the walk. It's a good idea because apart from being in nature, we pick up the garbage we find on the beach.



RECYCLING AT LLOIXA

In our school we have several containers for recycling: some for paper, others for plastic and some for other garbage. This is done to teach the students the importance of recycling and helping the planet. We also organize a contest where the students make their own recycling poster and the best one wins.



ON WORKING OBJECTIVE

3 GOOD HEALTH AND WELL-BEING

A HEALTHY LUNCH IS LIKE A SECRET SUPERPOWER.

GUARANTEED HEALTHY HABITS

DO YOU WANT TO PARTICIPATE IN THIS CHALLENGE?

JOIN THE HEALTHY CHALLENGE AND TURN EVERY BITE INTO A EXPLOSION OF ENERGY

IT'S YOUR TIME!



What is Ecosia?
Help the planet
without effort!



+Ecosia is an online search engine that stands out from Google and other search engines, due to its commitment to the environment. The main feature of Ecosia is that it allocates a significant portion of its revenue to tree planting, thus contributing to reforestation and fighting deforestation.



Environmental benefits:

1. Combating climate change: Trees are essential for absorbing atmospheric carbon and regulating the climate.
2. Reforestation: Ecosia supports projects in critical deforestation areas, such as in Indonesia, Brazil, and other vulnerable countries.
3. Promoting biodiversity: The trees planted help create habitats for many animal and plant species, aiding in the preservation of biodiversity.

TAKE CARE OF THE PLANET

HYDROPONIC GREENHOUSE



WHAT IS A HYDROPONIC GREENHOUSE?

This is a method of growing plants without soil and with a low environmental impact, characterized by low water consumption.

Why did we choose the hydroponic greenhouse?

We chose the hydroponic greenhouse because it brings numerous advantages:

- Environmental control;
- Efficient use of water;
- Reduced space;
- Faster growth.



We care – environmental awareness

Students: Ana Orel and Tinkara Direc
Erasmus+ transnational meeting, SLOVENIA



Erasmus+
Enriching lives, opening minds.



- As part of social sciences module, we watched the documentary Waste Land (2010)
- and discussed key themes from the film:
 - The excessive waste in modern consumer society.
 - How discarded items can still be useful.
 - The idea that waste can be transformed into art.



Erasmus+
Enriching lives, opening minds.

Challenge

(when 2 + 2 makes more than 4)

Shaping Global Citizens

Transnational meeting in Slovenia

Group activity for students



Objectives of the activity

- Experiencing **teamwork**, strengthening **cooperation skills**,
- exploring **Štanjel**, and discovering the **characteristics of the Karst region**.

Activity process



The students divided into groups, chose a **team name**, and then worked together to complete the assigned challenges.



The following slides present **just a selection of the challenges** that the teams successfully completed.

Take a group photo that makes it clear that you are in Stanjel



Create an Shaping Global Cizitens inscription using different materials

Take a photo of at least 3 group members jumping into the air



Find a window
– as small
as possible



Create a paper model of St.
Daniel's church





RETHINK

Do you really need that new phone?



Global **electronic waste** production is increasing rapidly.

In 2020, the world generated **53.6 million metric tons** of e-waste, and this number is expected to grow to **74 million metric tons by 2030**.



REFUSE

Avoid buying plastic bottles; use a reusable one instead.

Around **half of the plastic produced globally** is designed for single-use (such as bottles, bags, straws, and packaging).

These items **often end up in landfills or the ocean** because they are not recycled properly.



REDUCE

Lower the amount of exotic fruits you consume to reduce transportation emissions.

Exotic fruits cause pollution through long-distance shipping (high CO₂ emissions), **deforestation** for farming (like avocados in Mexico), and **plastic packaging waste**.

Water-intensive growth (e.g., **320L per avocado**) and pesticide use also harm ecosystems.



REUSE

Refill plastic containers for detergents and other household products.

Refills can cut plastic waste by 50-90%, yet only 30% of shoppers consistently choose them due to convenience barriers.

The **refillable packaging market is growing**, especially for detergents due to cost and waste reduction.

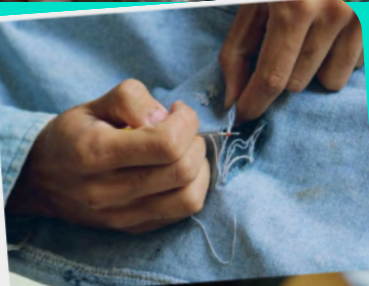


REPAIR

Learn how to repair your computer and how to patch up your old clothes.

Most computers are thrown out and replaced due to their age, and slower performance, even though that this is an **easily solvable issue**.

Same goes for your clothes. Did you know that you can **save up to 80%** on shopping if you **repair old clothes**?



RECYCLE

Recycle used paper properly. Don't toss it—sort it!

Recycling one ton of paper saves **17 trees**, **over 26,000 litres of water**, and enough energy to power a home for 6 months.

It also reduces the amount of waste in landfills and **uses less energy than making paper from raw materials**.





This week, our school welcomed delegations of students and teachers from Spain, Italy, Romania, France and Germany, who arrived as part of an Erasmus project centered around caring for oneself, for the others and for our Planet. On the first day of the mobility, on Monday, all of the participants received a presentation about Sežana, offered by people working at the town hall. This was followed by a visit to the nearby Botanical Garden. Our guests learned all about the history and the biology of the plant species that are conserved there.

The students and teachers also got to know each other, during an Icebreaker game held right in the Botanical Garden.

After lunch, the participants from the project were taken to the local fire brigade, where they learned all about the risk of fires in the Karst and how the firefighters respond to those emergencies.

Towards the end of the day, the students returned to our school, where they participated in a workshop, where they had to brainstorm and briefly discuss as many environmental issues that our society is facing.

Despite the weather being cold, the first day was also an eco-friendly one. The students had to travel on foot, in order to reach the locations of all of the activities.

Alexandru Pruna



SPAIN 2025

a mobility to remember

nov 3- nov 6



what are we doing tho?





Ziua 1

- mic dejun organic
- prezentările fiecărei echipe de elevi - Echipa noastră a avut provocarea de a parcurge pe jos multi kilometrii in fiecare zi. Aplicatia Strava ne-a monitorizat activitatea sportiva, in care s-au implicat multi elevi din liceu.
- prezentarea afiselor realizate sarbatorind Zile Internationale cu colegii de la diferite clase al treilea produs pentru mobilitate: un joc colaborativ, realizat din materiale reciclabile
- atelier Emotii - la CEE El Somni
- descoperirea artei stradale in satul San Juan d'Alacant

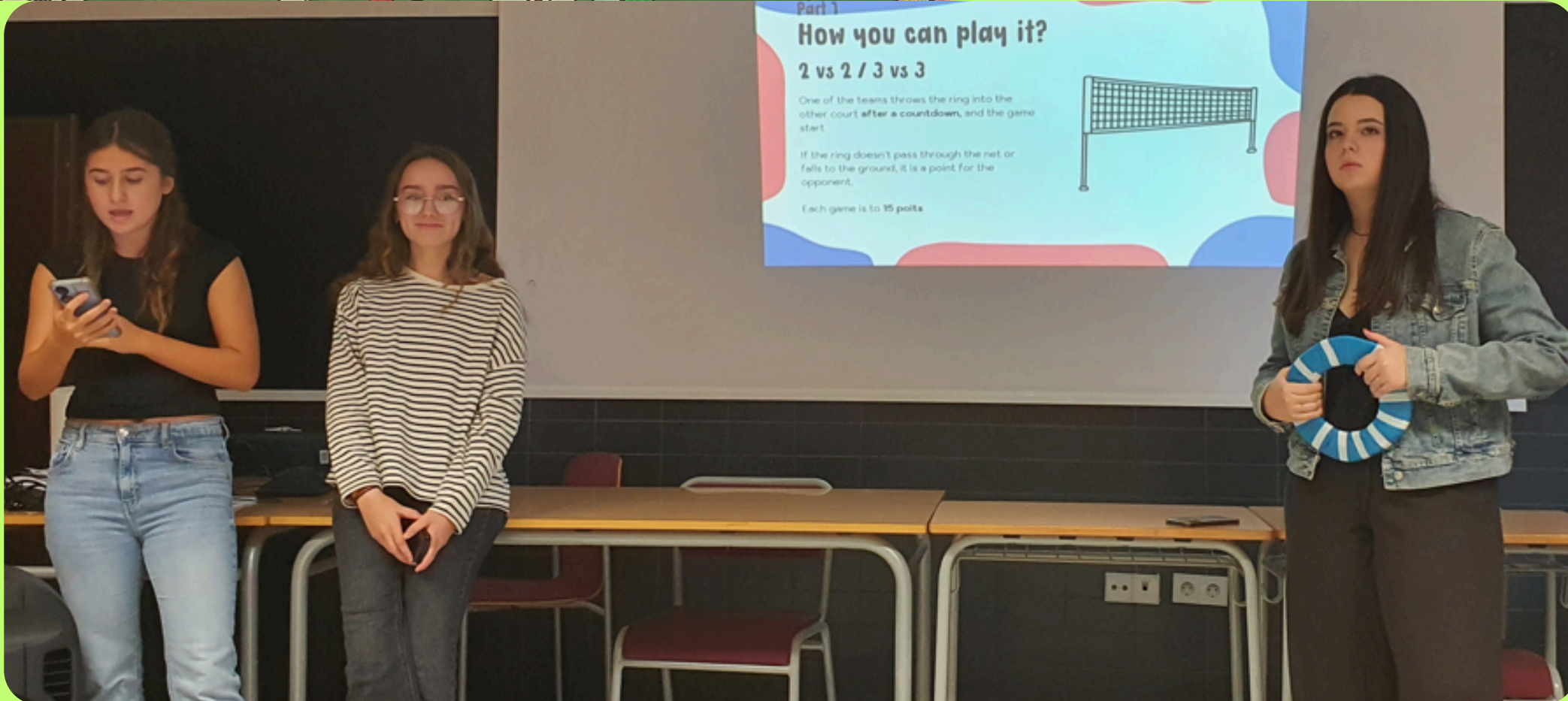
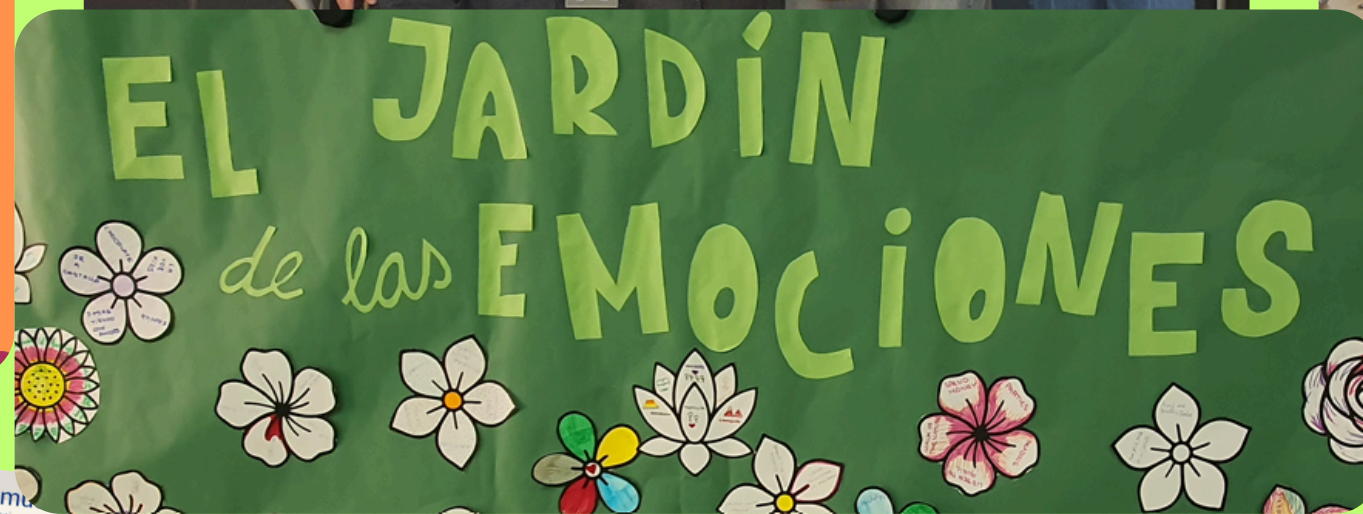


International Coffee Day - game



European Day of Languages





L'alimentation saine

Pourquoi manger sainement ?

- Pour avoir de l'énergie.
- Pour rester en bonne santé.
- Pour éviter les maladies.

Les aliments à éviter
Le fast-food
Les boissons sucrées
Les chips et les gâteaux
Trop de sel et de sucre

Les bons gestes
• Manger à des heures régulières
• Boire beaucoup d'eau
• Faire du sport chaque jour
• Dormir suffisamment

Les aliments à privilégier
Les fruits et les légumes
L'eau
Le poisson, les œufs, le yaourt
Le pain complet et le riz complet

Le skincare et la santé

THE HUMAN HEART BEATS ABOUT 100,000 TIMES EVERY DAY, PUMPING LIFE THROUGH 60,000 MILES OF BLOOD VESSELS. TAKE CARE OF THIS INCREDIBLE ENGINE - IT'S THE ONLY ONE YOU'VE GOT.

CARDIOVASCULAR DISEASE IS THE NUMBER ONE KILLER WORLDWIDE, RESPONSIBLE FOR MORE THAN 18 MILLION DEATHS EACH YEAR. THE GOOD NEWS? OVER 80% OF PREMATURE HEART DISEASE IS PREVENTABLE.

TAKING CARE OF ONESELF

INTERNATIONAL HEART DAY

29TH SEPTEMBER

PRESENTATION HELD BY ISTRATE MARIA AND STANCIU ALESIA

A HEALTHY HEART IS BUILT ON SIMPLE HABITS: EAT MORE FRUITS AND VEGETABLES, MOVE YOUR BODY FOR AT LEAST 30 MINUTES A DAY, AVOID SMOKING, AND MANAGE STRESS. SMALL STEPS, BIG DIFFERENCE.

JE DIS NON À L'OBESITÉ - OUI À UNE VIE SAINE

Ton corps mérite de l'attention, pas de la négligence

L'OBESITÉ N'EST PAS SEULEMENT UN PROBLÈME D'APPARENCE, MAIS UNE QUESTION DE SANTÉ ET D'ÉQUILIBRE PERSONNEL. LA PRÉVENTION COMMENCE PAR DES GESTES SIMPLES : UNE ALIMENTATION ÉQUILIBRÉE, DE L'ACTIVITÉ PHYSIQUE, UNE BONNE HYDRATATION ET UN SOMMEIL SUFFISANT. PRENDRE SOIN DE SON CORPS, C'EST SE RESPECTER ET LE CHANGEMENT COMMENCE PAR UN CHOIX : CHOISIS LA SANTÉ !

POURTANT, LA BONNE NOUVELLE, C'EST QUE L'OBESITÉ PEUT ÊTRE ÉVITÉE. TOUT COMMENCE AVEC DE PETITS GESTES SIMPLES DU QUOTIDIEN :

- ADOPTER UNE ALIMENTATION ÉQUILIBRÉE, AVEC PLUS DE FRUITS, DE LÉGUMES ET MOINS DE PRODUITS INDUSTRIELS ;
- FAIRE UN PEU D'ACTIVITÉ PHYSIQUE CHAQUE JOUR, COMME MARCHER, FAIRE DU VELO OU DU SPORT AVEC DES AMIS ;
- BIEN S'HYDRATER, EN BUVAANT DE L'EAU PLUTÔT QUE DES BOISSONS SUCRÉES ;
- ET ENFIN, DORMIR SUFFISAMMENT, CAR LE REPOS AIDE NOTRE CORPS À BIEN FONCTIONNER.

MON MESSAGE EST SIMPLE : LA SANTÉ N'EST PAS UN OBJECTIF LOINTAIN, C'EST UNE DÉCISION QUE NOUS PRENONS CHAQUE JOUR. EN CHOISSISSANT DE MIEUX MANGER, DE BOUGER D'AVANTAGE ET DE PENSER POSITIVEMENT, NOUS DISONS NON À L'OBESITÉ ET OUI À UNE VIE PLUS SAINE, PLUS HEUREUSE ET PLUS CONFIANTE.

MERCI DE VOTRE ATTENTION!

Pourquoi porter vos lunettes ?



Les réseaux sociaux et LA SANTÉ MENTALE

mens sana in corpore sano

Les réseaux sociaux peuvent avoir des effets positifs et négatifs sur la santé mentale, surtout chez les jeunes. Ils permettent la communication et la créativité, mais peuvent aussi créer de la pression, de la comparaison et des troubles psychologiques.



Effets positifs

Rester en contact avec famille.

Partager des expériences, de l'art, des idées.

Trouver du soutien dans des communautés en ligne.

S'informer et apprendre (si les sources qui sont fiables)

Effets négatifs

Le comparaiso sociale

Le dépendance numérique

Le cyberharcèlement

La désinformation

Les troubles du sommeil



Troubles mentaux liés aux réseaux sociaux

La dysmorphie corporelle	Obsession sur des défauts imaginaires du corps, même s'ils n'existent pas.	Les filters, les photos retouchées, les influenceurs „parfaits”.
L'anorexie mentale	Refus de manger, peur de grossir, image corporelle déformée	Les standards de beauté irréalistes en ligne
La dépression	Tristesse persistante, perte de motivation	Isolément, comparaison, harcèlement
L'anxiété sociale	Peur d'être jugé par les autres	La recherche de validation
La FOMO	Peur de rater quelque chose en ligne	Notifications constantes, stories des amis
La nomophobie	Peur de ne pas avoir son téléphone	Dépendance numérique extrême

LA SANTÉ MENTALE

CHIRILA DARIA XI D

Pourquoi c'est important?

1. La santé mentale influence nos émotions, nos pensées et nos actions.
2. Quand je me sens bien dans ma tête, je peux mieux apprendre, aimer et vivre.
3. Prendre soin de soi, c'est aussi prendre soin de son esprit.

• Comment je prends soin de moi:

1. Je médite ou je respire profondément.
2. J'écoute de la musique relaxante.
3. Je parle avec mes amis ou ma famille.
4. Je marche dans la nature.
5. Je lis un bon livre.

Les mots-clés importants sont:
calme, équilibre, positivité, sommeil, bien-être et amour de soi.

JE PRENDS SOIN DE MOI

JE NE FUME PAS.

Fumer détruit la santé et mon futur!

Je choisis de respirer la vie, pas la fumée.

NON À LA cigarette

JE SUIS LIBRE sans cigarettes!

Ziua 2 - Natura si Stare de bine

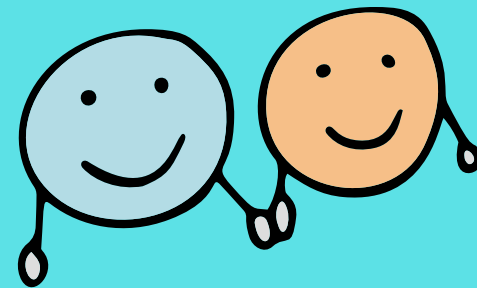
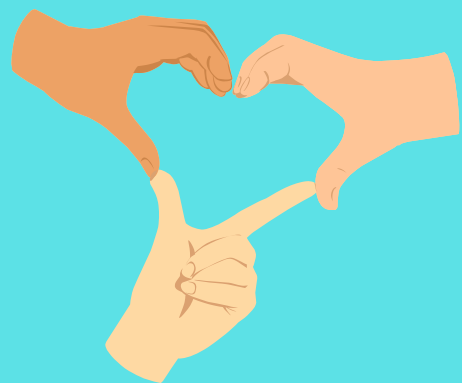
Descoperirea ghidata a unei arii protejate - El Clot de Galvany

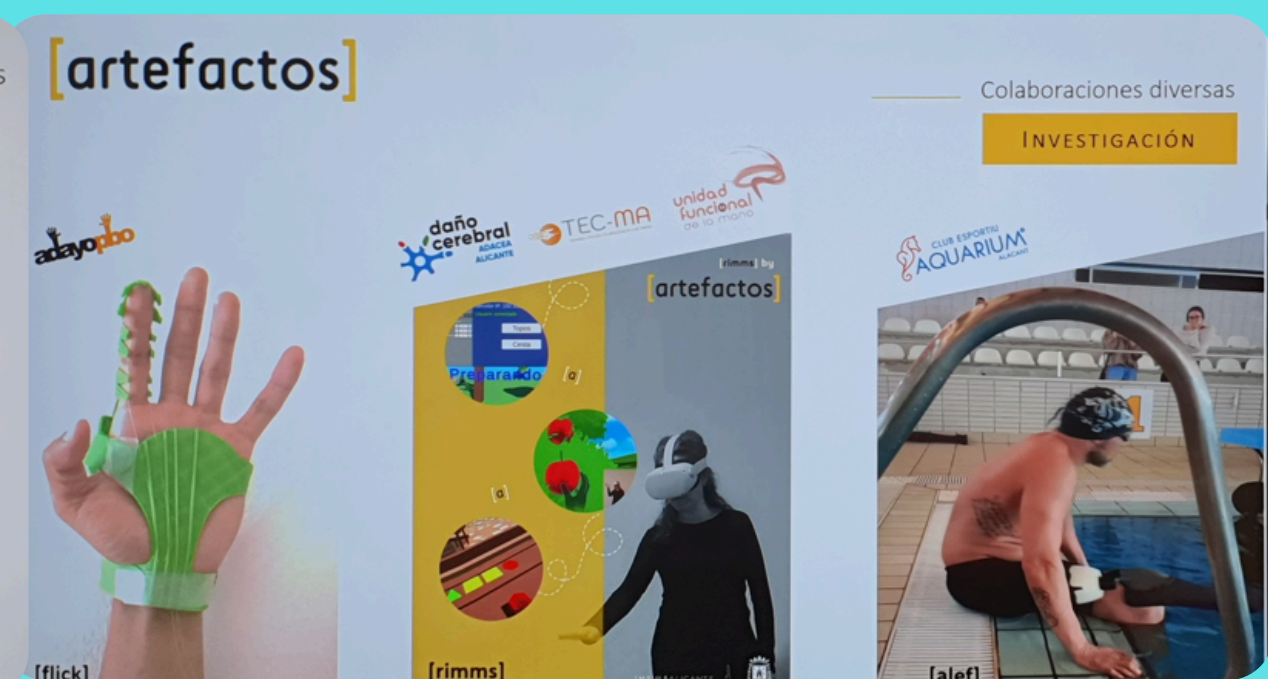
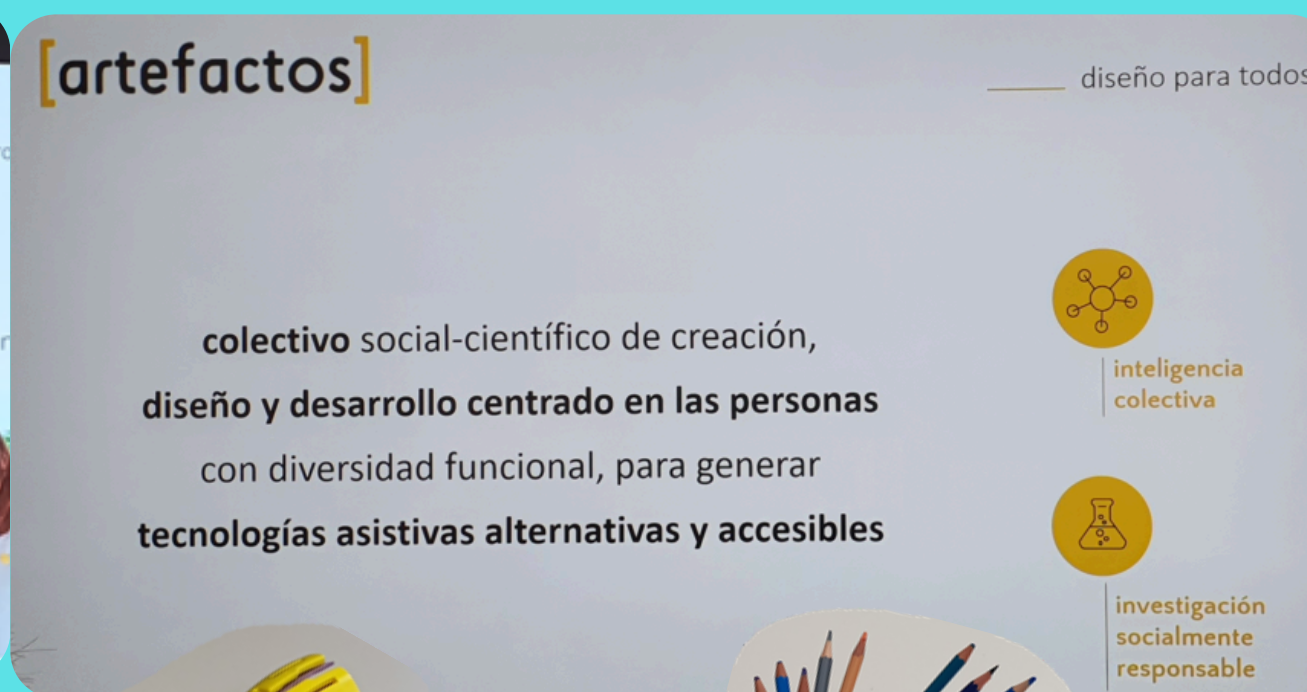
Sport pe plaja Carabassi & picnic sanatos

Vizita orasului Elche, a muzeului de istorie, a castelului - Tradiitiile conteaza



**Ziua 3 - Sanatate si
planeta
vizita la Faculty
of Nursing la
Universitatea din
Alicante -
Cum ne spalam
corect pe maini,
Cum acordam
primul ajutor,
Cum echilibram
munca si viata
personala
Relaxare si miscare -
XJump - Ozone San
Vincente**





Artefactos



Ziua 4

Despre terapii ocupationale la Universitatea

Miguel Hernandez din San Juan D'Alacant

Vizita parcului La Marjal

Sport pe plaja din San Juan

Decernarea diplomelor, party de ramas bun cu

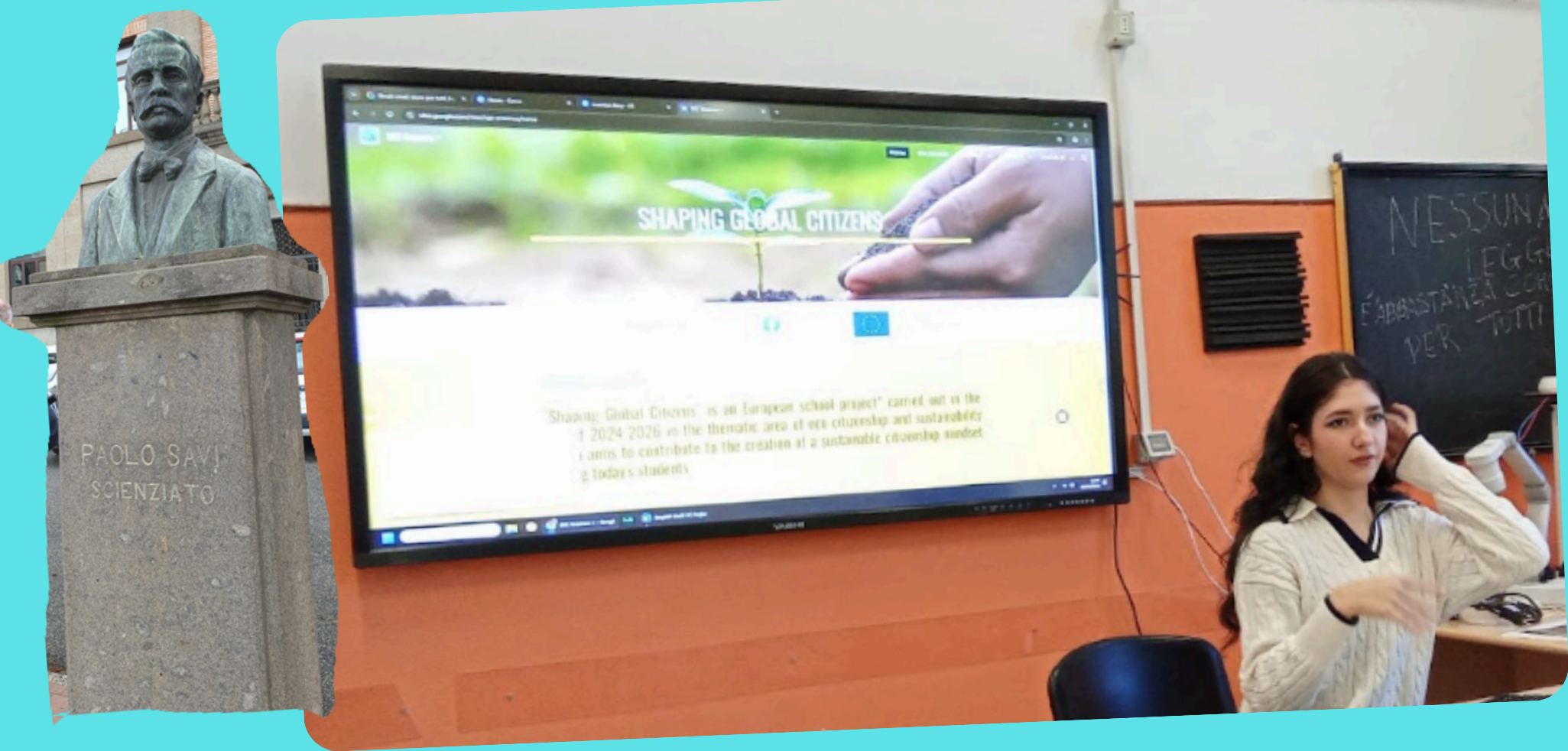
bufet intercultural



El Parque inundable "La Marjal" dispone en su interior de un vaso de retención temporal de aguas pluviales, de 45.000 m³ de capacidad. En caso de lluvias fuertes, como las que han provocado inundaciones en la avenida de Perezgil, el exceso de agua de escorrentía se capta al final de la avenida, se desvía mediante un colector y se vierte sobre la superficie del estanque grande, que desborda por sus orillas e inunda el vaso lentamente. Cesada la lluvia, el agua retenida se devuelve a la red de saneamiento mediante unas compuertas, para su vertido al mar o a la depuradora del Monte Orgegia.



Italia, Viterbo - 08-14.03.2026





My Erasmus experience in Viterbo, Italy, was one of the most beautiful and meaningful experiences I have ever had. At first, I was a little nervous because I was leaving my familiar environment and going to a new country, but I soon realised how much I would learn and how many wonderful people I would meet.

One thing that made my experience even more special was my host family. They were a Romanian family living in Italy, which made me feel more comfortable from the beginning because we could communicate easily and I felt a little closer to home. Even though the Erasmus experience is about discovering a new country, having a Romanian family around me gave me a sense of safety and made my stay in Viterbo even more enjoyable. We became close during my time there and, even after I returned home, we have continued to keep in touch, which is something I really appreciate.

Another important part of my experience was the friendships I made. I had the chance to become friends with Italian and Slovenian students, and spending time with them helped me understand their cultures and ways of life. We talked, laughed, went out together and shared many experiences. Even though we came from different countries, we quickly became friends, and I realised that Erasmus can bring people together despite their different backgrounds.



Being in Italy also changed the way I see the country. Before Erasmus, I had a certain image of Italy, but experiencing it in person allowed me to see it with different eyes. I discovered not only the famous places and beautiful landscapes, but also the everyday life, the people, the food, the traditions and the small moments that make a country special. Exploring Italy with friends from different countries made everything even more memorable because we were all experiencing these things together for the first time.

Looking back, I feel that Erasmus helped me become more open-minded, independent and confident. I learned how to adapt to a different environment, communicate with people from different cultures and appreciate experiences that I might not have had the opportunity to experience at home.

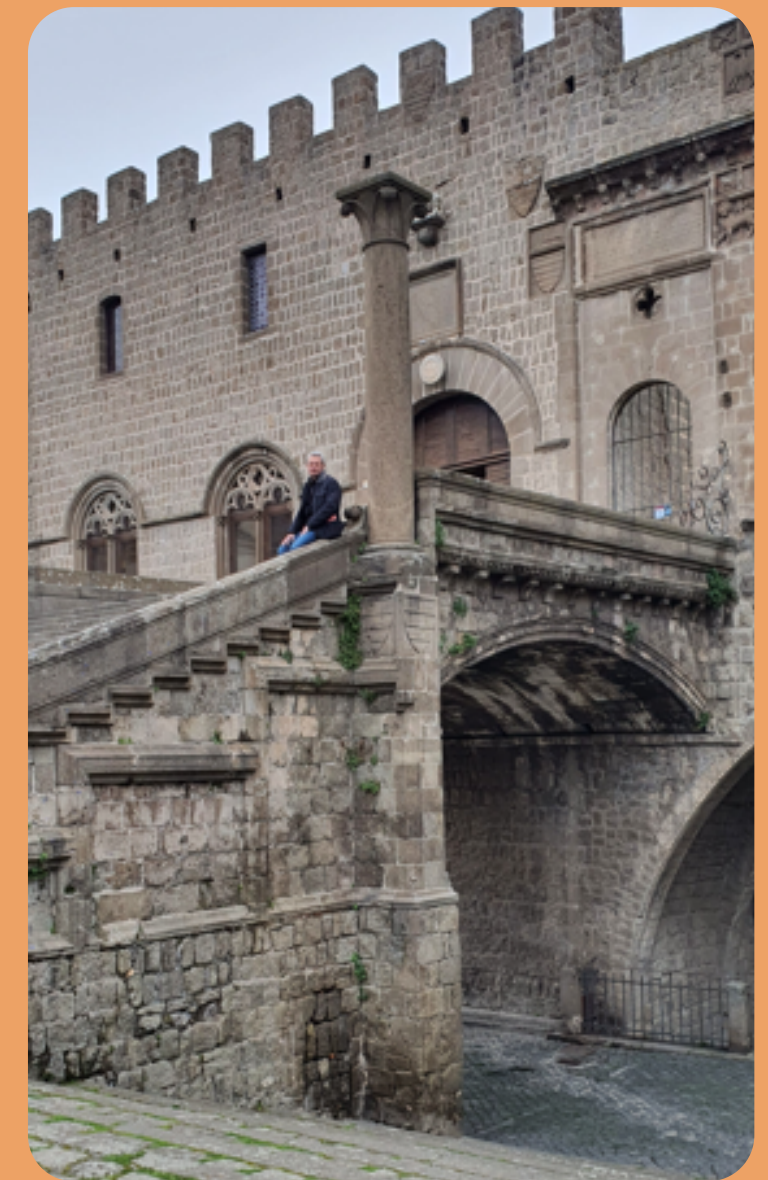
For me, Erasmus was not simply a trip to Italy. It was a personal experience that gave me new friendships, unforgettable memories and a different perspective on the world. I am especially grateful for the people I met, including my host family and my Italian and Slovenian friends, because they made my experience in Viterbo feel truly special. I came back home seeing Italy with different eyes and with memories that I will carry with me for a very long time.

Alesia Stanciu, 11F



The 2026 Erasmus mobility to Italy, was, to say the least, enlightening. Set in the quaint medieval village of Viterbo, we, the participants, got to experience tradition and history mixed with modern learning. The classes were extremely interactive: I recall one particular exercise in which we recreated Renaissance paintings and photographed the results. The core of the experience was teamwork, which tied in perfectly with the Erasmus goal of taking care of others. Thanks to this, learning about different cultures, perspectives, and even languages came naturally, having a significant didactic impact. Also, learning was boosted by great technological support, including a smartboard that could generate 3D images relevant for many subjects, from biology to geography. The courses we took were complemented by guided tours around the city, notably one of the impressive Viterbo Town Hall, with, of course, a stop at a famous traditional gelato shop. I already miss the mobility to Italy which I am really grateful to have had: I not only learnt about history, but I actually lived it.

Alexandru Nistor, 12G



Ma numesc Popa Ana si am participat la mobilitatea din Italia, Viterbo in perioada martie 2026. Pe parcursul mobilitatii, am avut ocazia sa participam la numeroase activitati de invatare hands-on, cum ar fi workshopuri in care am identificat probleme concrete legate de incalzirea globala dupa care am trecut la partea practica care a constat in sedinte de brainstorming pe parcursul carora fiecare echipa (formata din cate un elev din fiecare tara participante) a dezvoltat un plan detaliat pentru ameliorarea problemelor mai devreme identificate.



Schule ohne Rassismus
Schule mit Courage



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En repensant à la semaine que j'ai passée à Bielefeld, je peux dire que nous avons véritablement vécu la meilleure expérience Erasmus possible. Pour moi, c'était la première fois en Allemagne et la deuxième fois que je pouvais être au contact de locuteurs natifs et entendre l'allemand tout autour de moi. L'un des souvenirs les plus marquants que je garde de l'Allemagne est ce sentiment constant d'être la bienvenue. Je pense que cela va bien au-delà du cercle des participants au projet : il s'agit aussi de toutes les interactions avec les serveurs dans les restaurants, ainsi qu'avec les personnes aimables rencontrées dans la rue ou à la gare, qui ont toujours répondu gentiment à mes questions et nous ont traités avec respect.

Cependant, ce témoignage est particulièrement dédié à ceux qui ont rendu notre expérience à l'école si merveilleuse et qui nous ont accompagnés chaque jour. Tout ce que nous savions avant notre arrivée, c'est que nous allions dormir dans une école — ce qui ne semblait pas particulièrement prometteur sans le contexte (et l'attention) que nous allions recevoir tout au long de la semaine suivante. Ce que j'ai découvert à la Schüle am Niedermühlenhof a profondément façonné ma compréhension de ceux qui consacrent leur vie à une cause noble, ainsi que de cette cause elle-même.

Les enseignants nous ont accueillis avec énormément d'enthousiasme et d'énergie. Pendant les cinq jours du projet, ils ont toujours été présents pour nous aider et s'assurer que nous nous sentions à l'aise. À tour de rôle, deux enseignants passaient chaque nuit à l'école avec nous. Ils préparaient notre dîner, nous offraient des friandises et des jeux de société, et participaient à nos discussions et activités jusque tard dans la nuit. Ils ont fait de leur mieux pour nous offrir un hébergement de qualité : les lits étaient vraiment confortables, les chambres improvisées toujours chaudes et bien rangées, les salles de bains et les douches propres et privées, et nous disposions du deuxième étage entier pour nous seuls.

Au rez-de-chaussée, nous trouvions toujours des tables de ping-pong et de baby-foot, ainsi que, jusqu'à une certaine heure, des enseignants avec qui nous pouvions partager nos réflexions. C'est au cours de ces soirées que nous, les élèves, avons appris à mieux nous connaître et, globalement, avons joué énormément au ping-pong.





INTERNATIONAL HEALTHY BUFFET: COOK & SHARE, LEARN & FEAST

THE CHALLENGE FOR PARTNER SCHOOLS

Building on our previous work ('Healthy Body, Healthy Mind' theme), this activity extends our commitment.

1 SELECT YOUR DISH

Choose one *landestypisch* (typical for your country) recipe. Ensure it meets criteria:

- 1. Locally Traditional
- 2. Healthy (Nutritional Value, balanced ingredients).

2 SUBMIT THE RECIPE

EMAIL RECIPE & INGREDIENTS TO:
Sascha Hornemann
(sascha.hornemann@san.nrw.schule)

DEADLINE: 24.04.2026

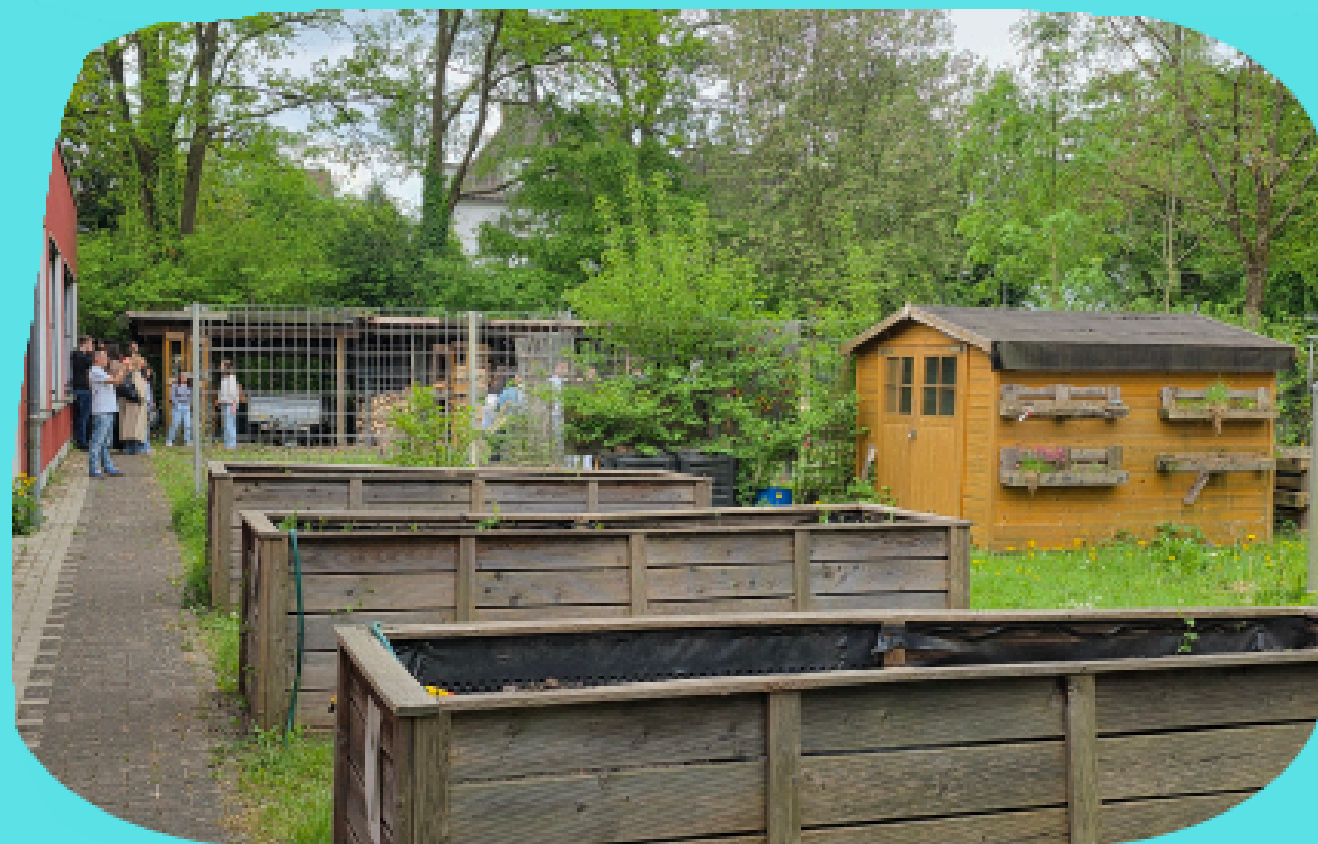
Include: Recipe details, precise ingredients list, cultural origin story.

3 PREPARE TOGETHER

The Grand Finale: When we meet during Erasmus Week, we cook ALL our dishes together for the common buffet!

OR UPLOAD YOUR RECIPE AND INGREDIENTS HERE:

LET'S CREATE A HEALTHY CULINARY JOURNEY!





Liebe Grüße
 aus
 Rumänien!
 WU
 → bär
 Vielen Dank für
 ALLES!
 Sie haben eine wunderbare
 SCHULE

Puisqu'il s'agissait d'une école accueillant des personnes à besoins spécifiques, le thème de l'attention portée aux autres s'est naturellement imposé comme l'un des axes majeurs du projet à la Schüle am Niedermühlenhof. Cela nous a conduits vers ce qui a été probablement le lieu le plus impressionnant et unique que nous ayons visité durant notre séjour. Bethel, cet ensemble d'institutions dédiées aux personnes en situation de handicap, aux personnes âgées ou souffrant d'épilepsie, dépassait tout ce que nous avons pu voir auparavant en matière d'inclusion. Nous avons découvert la manière dont leurs écoles sont conçues ainsi que leur approche des différents types de handicaps.



L'initiative environnementale nous a conduits à Carolinen Brunnen, une usine locale de boissons utilisant des bouteilles recyclées. Nous avons pu observer l'ensemble du processus de fabrication : comment les bouteilles prennent forme, sont remplies, scellées, triées et emballées. Il était fascinant de voir de simples tubes de plastique traverser une machine et ressortir sous la forme de bouteilles parfaitement formées.





Avoir l'occasion de découvrir Bielefeld et de l'explorer par nous-mêmes pendant un certain temps a également été l'un de mes moments préférés. Cela a rapproché les membres de l'équipe roumaine et nous a permis de créer des souvenirs dont nous nous réjouissons encore aujourd'hui.



Les enseignants ont organisé de nombreuses activités remarquables : une visite guidée de l'école avec des traducteurs bénévoles, un atelier consacré à la sécurité en ligne animé par une organisation féministe de Bielefeld, ainsi qu'un dîner spécial préparé collectivement dans leur immense cuisine. Mais plus que tout, c'est la possibilité d'interagir avec les élèves de la Schule am Niedermühlenhof qui a donné tout son sens à cette expérience.

Je pense que l'on ne peut véritablement comprendre la portée de tout ce que nous avons fait qu'en rencontrant les personnes dont nous étions censés apprendre à « prendre soin ». C'est précisément ce que cette mobilité nous a permis de découvrir. Nous avons été plongés dans un environnement où les handicaps de toute nature ne sont ni stigmatisés ni simplement « tolérés », comme on nous l'a souvent enseigné au fil des années, notamment à travers la mentalité dominante qui nous entoure et qui reste souvent éloignée de ces réalités.

Cet Erasmus était avant tout un projet consacré à l'inclusion. Pour moi, c'était la première fois que ce sujet cessait d'être un simple conseil théorique et abstrait pour prendre une forme concrète, naturelle et profondément humaine. Les élèves de la Schüle am Niedermühlenhof ont joué un rôle essentiel dans toutes les activités organisées pour nous. Dans de nombreux cas, ils étaient, tout comme leurs enseignants, des personnes sur lesquelles nous pouvions compter. Ils ont guidé la visite de l'école et nous ont accompagnés dans les rues de Bethel.

Après cinq jours passés à partager toutes les activités et les moments importants de cette mobilité, j'avais simplement l'impression qu'il n'était plus possible de distinguer qui venait d'où ou quel était le parcours de chacun. Découvrir un tel environnement permet de prendre conscience de la complexité et de la richesse de nos vies ainsi que de notre potentiel. Je pense que c'est précisément à ce moment-là que le projet Erasmus a pleinement atteint son objectif : nous offrir l'opportunité d'être confrontés directement à certaines réalités, d'une manière rarement accessible dans la vie quotidienne, particulièrement dans mon pays.

Durant ces cinq jours, j'ai rencontré des personnes véritablement remarquables qui m'ont aidé à trouver mes repères à la Schüle am Niedermühlenhof. Je suis simplement heureuse que nous soyons restés suffisamment longtemps autour de la même table pour partager des fragments de nos vies. Mes pensées vont avant tout à Lara et Antonia, qui m'ont expliqué le fonctionnement de tout ce qui nous entourait et m'ont confié une grande partie de leurs histoires personnelles. Je suis également heureuse que nous parlions la même langue : je pense que cela permet aux personnes d'établir des liens plus personnels, et c'était un honneur de pouvoir vivre cela avec certaines personnes de la Schüle am Niedermühlenhof. Au cours de nos conversations spontanées, elles ont même corrigé quelques erreurs dans mon allemand.



Comme nos activités se déroulaient chaque jour en parallèle des cours habituels des élèves, il était facile de constater que les enseignants de la Schüle am Niedermühlenhof formaient une équipe exceptionnelle. Elena, Sascha, Madame Rauscher, Monsieur Tim et bien d'autres enseignants ont rendu mon expérience inoubliable. J'ai passé d'excellents moments à discuter avec eux lors des activités en ville, tard dans la nuit ou encore autour d'une table de ping-pong. Cela m'a offert un aperçu précieux de la vie de cette école et m'a donné une véritable confiance dans mes compétences linguistiques.

Je n'ai dormi qu'une seule heure la nuit précédant notre départ. Je pense que cela résume parfaitement l'enthousiasme qui s'est emparé de moi tout au long de ces cinq jours passés à Bielefeld.

Ruxandra CONSTANTINESCU, 11G



Je m'appelle Soreață Matei Alexandru et j'ai fait partie des étudiants ayant participé à la mobilité Erasmus à Bielefeld.

Dès mon arrivée en Allemagne, alors que nous étions en route pour Bielefeld, j'ai constaté une différence vraiment inspirante dans la façon dont les personnes en situation de handicap sont intégrées à la société. Là-bas, les gens ne cherchaient pas seulement à les aider à s'en sortir, mais surtout à faire en sorte qu'elles se sentent les bienvenues, qu'elles trouvent une communauté et qu'elles goûtent aux mêmes joies que tout le monde : voyager, visiter un musée ou manger dans un bon restaurant. C'était incroyable !

Pendant notre séjour à l'école, je me suis vraiment bien amusé. Je m'attendais à ce que ce soit un peu bizarre au début, car je pensais initialement être hébergé dans une famille d'accueil, mais finalement, c'était bien mieux ainsi ! Tous les enseignants étaient extrêmement bien organisés et d'une grande gentillesse. Je dois dire que chacun d'entre eux avait une personnalité unique ; nous les considérons plus comme des amis que comme des hôtes.



Le fait de loger à l'école a également beaucoup aidé à tisser des liens avec les élèves sur place. Même si je ne parlais pas allemand et que tous ne maîtrisaient pas l'anglais, nous avons réussi à communiquer et nous avons même échangé nos numéros. Je suis d'ailleurs toujours en contact avec certains d'entre eux.

Les activités étaient toutes très intéressantes, mais celle que j'ai préférée est le moment où chaque groupe d'élèves de l'école allemande a dû organiser une petite "fête" sur le thème de chaque pays. De cette façon, j'ai pu discuter un petit peu avec chacun d'eux dès le tout début de la mobilité et, comme je l'ai dit, j'ai réussi à nouer quelques amitiés.

Le deuxième atelier le plus intéressant était celui sur la durabilité. Il nous a appris non seulement à valoriser notre environnement, mais aussi à savoir comment nous-mêmes — si nous nous retrouvons un jour à des postes de direction — pouvons communiquer avec nous-mêmes et avec notre entourage afin que tout le monde mène une vie heureuse, sans franchir les limites de personne.

Dans l'ensemble, la mobilité Erasmus à Bielefeld, grâce à l'équipe formidable de la "Schüle am Niedermühlenhof", a été l'expérience d'apprentissage la plus belle de mes années de lycée, et je sais que j'entrerai à l'université l'année prochaine avec toutes ces leçons en tête.

Soreață Matei Alexandru, 12B

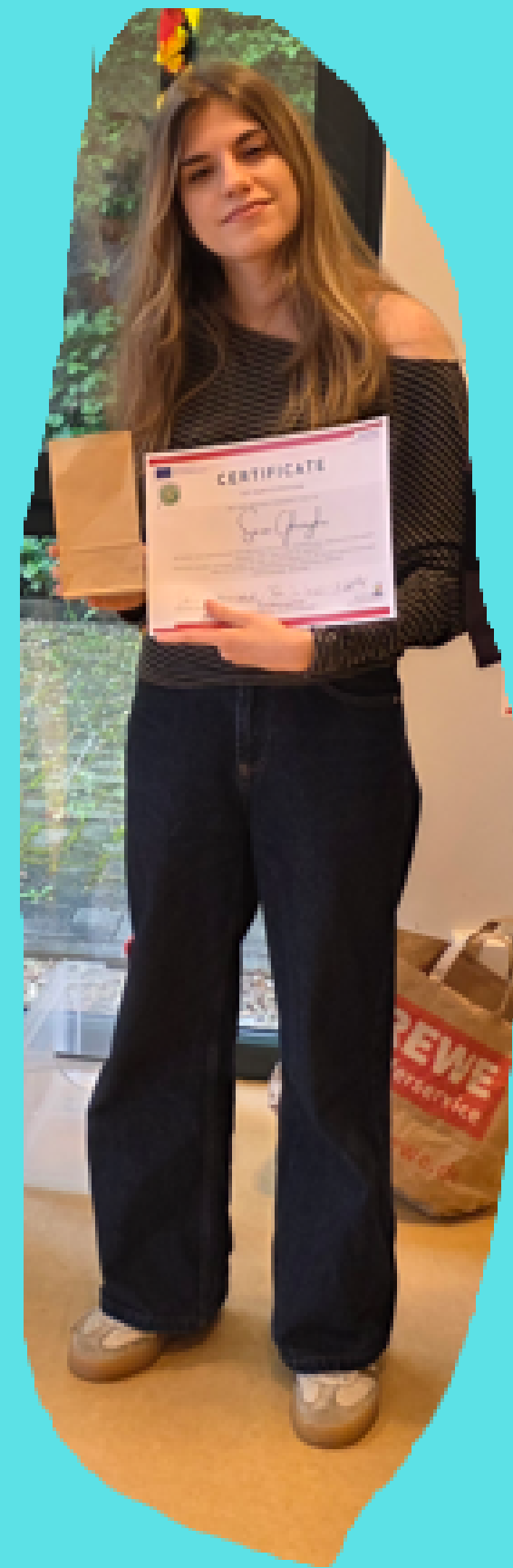
When I joined the Erasmus project, I was full of enthusiasm and motivation, but I had no idea what a mobility abroad would look like, how I would interact with all the people, or how I would feel in a project so far away from home. Now, I am so glad that the mobility in Germany has been such an impactful part of my Erasmus journey. It has truly broadened my perspective on all the dimensions of this wonderful project. Looking back, I have to admit that I had my own doubts about our trip to Bielefeld. I didn't speak German, I didn't have a correspondent, and I had no idea what sleeping inside the school would be like. What is fair to say is that the care and dedication put in by the German team washed away all my anxieties and replaced them with feelings of excitement and happiness. Ever since we arrived in Bielefeld, my colleagues and I felt as though we had found a second home. Our beds were comfortable, and our roommates filled the room with laughter and joy. At the school, we always had two teachers looking after us, answering our questions, and providing us with all the board games we asked for. I still remember how all the students would sit together playing games, exchanging parts of their culture and sharing stories. I think we all felt in those moments just how special this mobility really was. Moreover, this unique hosting experience greatly contributed to the strong friendships we formed. I still keep in touch with the students I met there, and I hope that, despite the distance, those friendships will last.

Beyond the warmth of the school that hosted us, the daily activities were well organized and inclusive for all students. It was incredible to learn about women's safety in a workshop organized by a female empowerment NGO, where I realized how universal some experiences are that I had previously thought only I faced. The tour of Bethel, a network of institutions dedicated to supporting vulnerable people, including those living with epilepsy, older adults, and people experiencing homelessness, showed me what a successful care framework looks like and how institutions can be closer to the people they serve. Another memorable experience was the tour of Carolinen Brunnen, a mineral water company that showed us how plastic bottles can be recycled. The sustainability workshop at Wissenswerkstatt also encouraged us to collaborate with one another and better understand the impact of our actions on the environment. One of my favorite activities was the cultural night, where everyone, from the students to the teachers, put a lot of effort into preparing traditional dishes from their countries.



The highlight of this project was seeing that a little patience and kindness can go a long way. The students at Schule am Niedermühlenhof were extremely welcoming and eager to talk to us, share their classroom, and invite us into their world. Despite not speaking the same language, I learned from them that any challenge can be overcome and any dream can come true if you put your mind to it. Lastly, I want to take a moment to express my appreciation for the German teachers who put their hearts and souls into making this mobility memorable for all of us. Every single teacher was incredibly kind and patient. They talked to us about the history of Bielefeld, recommended places to visit, gave us advice, and even played ping-pong with us. This mobility gave me unforgettable memories, meaningful friendships, and valuable lessons that I will carry with me for a long time. I am deeply grateful to everyone who made this experience possible.

In conclusion, this mobility was much more than a school project or a trip abroad. It was an opportunity to step out of my comfort zone, discover new perspectives, and connect with people whose kindness and openness left a lasting impression on me. I returned home with unforgettable memories, valuable lessons, and friendships that I hope will continue for many years to come. For all of these reasons, I will always look back on my time in Bielefeld with gratitude and affection, and I am thankful to everyone who contributed to making this experience so meaningful. This mobility represented the very core of this project and thought me: how to take care of myself, of others and the environment.



Sara Gheorghe, 11/



The Romanian Team is home.
Thank you for everything!

à suivre.....

la mobilité en France, à Toulouse

On a hâte de vous raconter!