

Erasmus+ in Poland “PLAY YOUR RIGHTS”

From March 5th to March 12th, 10 students from our school, together with teachers Inga Harmsoni and Lelde Ozoliņa, participated in an Erasmus+ project in Poland, in Grýwałd, which is located near Zakopane. For all of us, this was our first Erasmus+ project, and for that very reason, it will definitely remain one of our most memorable experiences.

Everything began on March 5th at 3:00 AM, when we left our meeting point and started our journey to Poland. The trip was very long and tiring, but we spent the time playing games together to make it pass faster. Eight out of the ten participants had to present their scientific research projects the next day, so we used the travel time to make final adjustments. When we finally arrived, everyone was exhausted but happy to be there.

The next morning, we had to get to know the participants from other countries, which in our case were Lithuania and Poland. The first sessions included various ice-breaking activities: we created name cards, played games, and then had a lunch break to relax. After that, we continued with different activities, one of which involved creating homes for various animals, such as a rabbit, a lizard, a giraffe, etc. Later, two animal groups were randomly combined to design a shared home for both animals. This activity helped us learn about teamwork and equality.

On the following day, everyone had much more energy, so we could start preparing for our evening performance. Before the cultural evening, we worked in different groups until lunchtime. In one activity, we created large posters about democracy, and in another, we had to create a story using Dixit cards, arranging them on A1 paper, decorating it, and later presenting it. After completing these tasks, it was time to prepare for the cultural evening. We practiced dancing the light polka (which was not that easy), sang “Laternu stundā” and “Es skrienu,” for which we even created choreography during rehearsals. Everything turned out very well. In the evening, we concluded our cultural presentation by introducing a table with traditional Latvian foods. Everyone enjoyed our choreography to “Es skrienu” so much that, in the end, we all danced together.

On Sunday morning, all the girls received a tulip from the Polish boys during breakfast, which immediately lifted everyone’s mood. We packed our things and headed to the mountains. Climbing the mountains near Slovakia offered breathtaking and unforgettable views. After descending, we went to Zakopane, where we could buy souvenirs and explore the town. In the

evening, after dinner, we received chocolates from the Latvian boys and attended the Lithuanian cultural evening, where we learned about their culture and traditional foods.

On Monday morning, we started with energizing activities. Afterwards, we were informed that some of us would go to a primary school to present about democracy. Meanwhile, others worked on presentations, podcasts, and videos about Erasmus+, which were later sent to the main organizers. Throughout the day, we prepared theatrical performances, murals, presentations, and other projects. The evening was dedicated to Polish culture, where we got to know their traditions and cuisine.

The next day, which was our second-to-last day, was more like an excursion. In the morning, we met with the mayor of the local town, then visited a dance studio where we learned a choreography. After lunch, we continued our trip. Before the main activity of the day, we had time to shop at a local supermarket for souvenirs and snacks. Later, the group went to thermal pools. The author did not attend, but others said it was a very relaxing and enjoyable experience.

On Wednesday, we woke up knowing that we would be leaving that evening. In the morning, we had warm-up activities and reflected on the entire Erasmus+ experience. All participants received certificates for their participation. Later, we visited a local primary school, where we performed our theatrical acts and introduced students to the Erasmus+ project. After returning, we had an online meeting with one of the Erasmus+ coordinators about future opportunities. The rest of the day was free, allowing us to spend our final hours together before departure.

This week, filled with daily activities, will remain in our memories as a series of vivid and unforgettable experiences. We gained valuable knowledge about democracy and made new friends from both Poland and Lithuania.

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