

# ERASMUS + BODY PROJECT

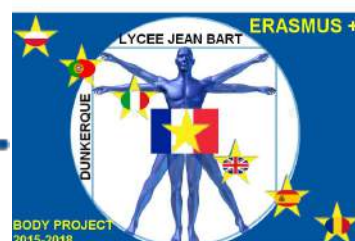
2015-1-FR01-KA219-014937



## REPORT ON THE TRANSNATIONAL MEETING IN POLAND DECEMBER 2015

written by the French team

Lycée Jean Bart -Dunkerque



# Agenda

## 1-Lay out



## 2-Report on the First Day : November 30th 2015

- \*presentation of the partners
- \*presentation of 2 actions already achieved in each school
- \*shared responsibilities
- \*the budget
- \*Workshops on the actions : find common action for Mother tongue and civic education

## 3-Report on the Second Day : December 1st 2015

- \*Workshops on the actions : find common actions for Arts, PE, COY, National Scene theater, work with hospital, sports associations, disabled people
- \*recap on the common output and the date to provide it

## 4-Report on the Third Day : December 2nd 2015

- \*how to present the results : in a grid
- \*how to present the results : in the blog (overblog)
- \*decisions made about the different formats, the logo
- \*e-twinning
- \*visiting the city center

## 5-Report on the fourth Day:December 3rd 2015

- \*long and short mobilies reports : how to prepare them, how to achieve them
- \*the requirements for mobilities (before the mobility)
- \*preparing the next meeting in Portugal
- \*planning the next congresses in Romania and Italy



# Monday November 30th

## 1) Presentation of the agenda of the week and of the year to come

Presentation of the way to work during the week

**BODY PROJECT is running from 01/09/2015 to 31/08/2018**

## 2) Presentation of the partners, the schools and the different projects



### a) presentation of the secondary school Boris Vian- France :

**Fabrice Tondeur PE teacher + coordinator**

**Edith French teacher**

**Brigitte Jouglet English teacher**

Secondary school involved in many different European projects . Many partnerships are efficient and almost all the pupils are involved somehow in the projects.

**Action 1 : Meditation and relaxation** / video on meditation and relaxation to help the pupils overcome the stress of the beginning of the year. (from January to April 2016). It was experienced with Erasmus pupils and then it will be extended to the whole school and even the teachers.

**action 2: Expressions on the face** : video about how to read someone's expression from the face. It worked like a sort of game

### b) Presentation of Gdansk Zespól Kształcenia Postawowego

**School that hosted the transnational meeting**

**Sylwia Tambelli English teacher**

complex of primary and lower secondary school and students (6 to 16) : 625 students altogether  
School from 8 to 2.30 , and then it is sport class (basket ball, volley ball ground, football pitch, ice rink)

They lay the focus on interdisciplinarian classes with extra classes of Polish, English, History, maths and students

**action 1: body langage** (my body speaks 2)

**action 2 : As we don't have a body, we are one** : drawing in the hall with all the organs to learn more about human body

### c) Presentation of the Italian school : Insituto Comprensivo G Diotti

**Daniela English teacher**

3 nursery schools

Since 2000 they have been in Erasmus Project, the school is invested in project about self esteem

and weel being so it was easy to enter this project Body  
action 1 : students with special needs especially dyslexia. A programme and an agenda are established for a follow-up. They have collaborated with an association and published the results in a magazine

#### **d)Presentation of the Spanish school : IES A Sangrina – A Guarda**

**Karina French Teacher, Carlos History teacher**

They are involved into K1 mobility for teachers and also short mobilities for pupils

**action 1 : Mixing people** video that gathers pupils from different ages. It is a slideshow of photos taken by disabled people, then different choreographies are achieved with young kids, older people, disabled people ....

#### **e)Presentation of High School Jean Bart – Dunkerque**

**Lydie Tondeur PE teacher, Muriel Cierco English teacher**

Presentation of the high school, the different sections and the european sections and partnerships.

Action 1 : Acrosport . The task was to keep body moving while conveyng emotions. Moreover the pupils had to improve, get better, for instance to upgrade from fear to pride, from shame to self esteem

Action 2 : Sign language song

#### **f)Presentation of high school : Colegiul National Militar 'Stefan Cel Mare'**

**Anca Magurean French teacher**

**Monica Buculei English Teacher**

**Teofil Ispas Commandant du Lycée**

Presentation of the school, the educational facilities, curriculum, the exams.

Working on Body : inviting a famous athlete to interview and then publish an article in the school magazine. Their actions for the first year are going to concentrate on physical education activities.

#### **g)Presentation of English school : Archbishop Sentamu Academy Secondary School**

**Chris Deputy Head , Jo Pailing French Teacher**

Presentation of the schools, one school for pupils of the town and a school for badly-behaving students

**Action 1** : working on a charity with the damage of alcohol on bodies

**Action 2** : food pack collection/ christmas presents collections (especially toys)

Working with refugees that are stuck in Sandgate '*move as one*' : *nu school music* : Song recorded in London in a proper studio

A 'Refugee week' will be organized at school to awaken consciousness

#### **h)Presentation of Agrupamento de escolas Domingos Sequeira**

**Paula English teacher**

**Angelica PE teacher**

It is a secondary school : from 10 to 15 years old pupils (now it is a complex with a primary school)

**action 1** : National food day. There were workshops with a professional cook to explain the proportions and the uselessness to add so much salt in cooking. Danger for health so it was a priority to explain and make it clear because it is a tradition in Portugal to salt food.

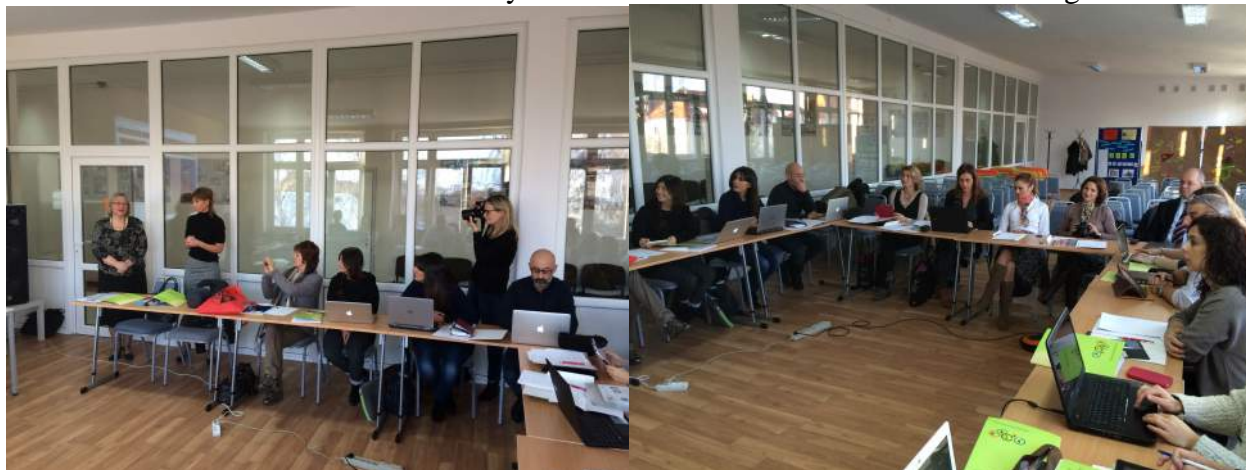
### **3)Presentation of the actions that need to be dealt with over the three years**

All the teams have to pick up 5 themes to work on , and one theme is going to be common to all the partners. All the teams agree with the idea of having 5 topics (at least) to deal with instead of 7. The maximum number of topics is 7.

#### 4)Responsibilities

The responsibilities concern the **collection** of the productions of each member and the **checking** of the achievement of each country indeed. Each country is in charge of several topics according to the timetable discussed altogether.

Then when the results are collected they are to be sent to the coordinator to the blog



\***Boris Vian** : responsible for the blog + report about middle mobility + national scene theater

\***Spain** : History + disabled people + report about the meeting in Italy

\***Portugal** : Report of the Congress in Romania + Maths+ Beauty Center

\***Italy** : Atys + short mobilities + working with hospitals

\***Romania** : Mother tongue + Geography + Portugal

\***Poland** : Civic Education+ Sport association + Sciences + Course 2 France (séminaires)+sport association

\***England**:Music + cooperation with primary school + course 1 Portugal + report of the Congress in Italy

\***French lycée** : Report of the meeting in Poland + long Mobilities

\***Portugal Lycée** : Meeting in England Long mobilities

**THE PROBLEM IS THE NON PRESENCE AT THIS MEETING OF THE PORTUGUESE HIGH SCHOOL WHICH IS SUPPOSED TO CARRY OUT LONG MOBILITIES**

#### 5)Budget

Financial aspect : **9000 euros** for the project Management and Implementation.

We can take money from this budget to organize a course (séminaire) or a transnational meeting (coffe break, lunch, taxis ....)

#### △ Important dates to remember

Transnational meetings are already on the timetable :

Poland 12/ 2015

Italy 10/2016

Spain 10/2017

England 04/2018

△ Reports that are supposed to be written and sent :

15/09/2016 : first middle report of activities until 31/07/2016

15/03/2017 : second report until 15/02/2017

NB: You have to spend 70 % of the first financial part (40%) to receive the other 40 %  
The last 20 % will be sent after the final report.

## 6) Workshops

2 workshops on civic education and on mother tongue. Each group has decided which topic is going to be common to the whole group.

### **\*First Group : Civic Education CE**

**Children's Human Rights CE1** : *It should enable young people to know and defend their human rights and responsibilities and the rights of others, based on values such as equality, dignity, respect, non discrimination and participation.*

#### Common production :

-2 questions to ask about Human Rights before January 31st (on dignity, respect, discrimination)

-output : 1 video from each country (2 / 3 minutes)

**-deadline** : by the 15th of May 2016

### **\*Second group: Mother Tongue MT**

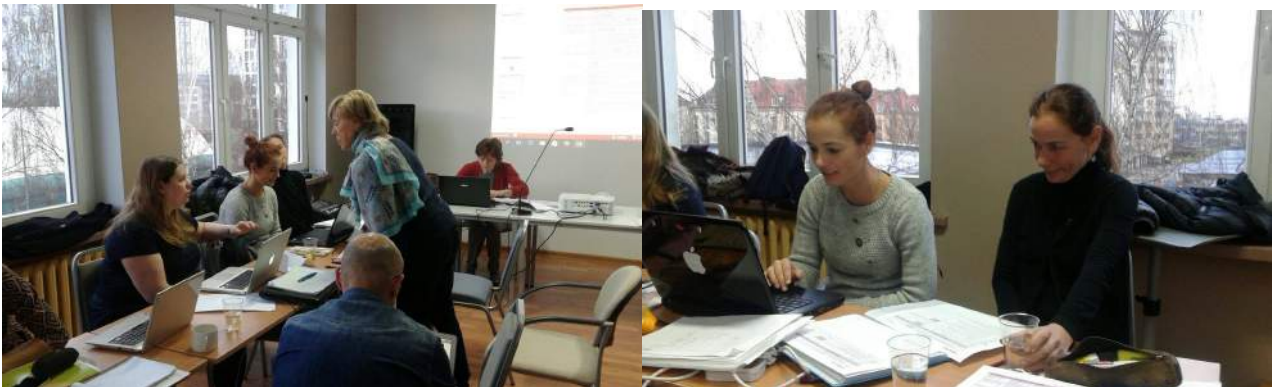
**How you body talks MT5**: *The cultural importance of kinesics. Facial expression, gestures, body postures, body contact, body movement in different cultures. Synonymy, antonymy, Homonymy and polysemy in the language of gestures in different cultures. Greet, apologize, congratulate, ask for permission, offer, invite, react, express a feeling or a state through non verbal language*

#### Common production :

-output: video from each country in 3 different versions (3 minutes : 1 minute gestures / 1 minute : gestures + mother tongue / 1 minute : gestures + mother tongue + subtitled) max 4 minutes

**-dead line** : end of February 2016

14 subjects are covered by different countries, so far no subject is left aside as it was written in the project.



# Tuesday December 1st

## **1)Workshop about the activities for 2015-2016**

Physical education : Portugal is in charge

Arts : Italy is in charge

Discussion about the common themes to each country and the actions specific to each country



### **1)ARTS / Italy responsible :**

*AA7 : Appearances are deceptive. See relations between fashion and important historical and social events, observe fashion fluctuations, convey messages through the creation of art (sculpture, painting, photography) Visit museums*

**Common output : e-photoalbum**

Evolution of fashion through the 20th century in the different countries : students collect pictures of the past in their own country to show the changes. Every country will collect 5 pictures (2 women, 2 men, 1 child)

**DEAD LINE Half May 2016** : to send photographs to show the evolution of fashion through the different decades

### **2)PHYSICAL EDUCATION / Portugal responsible :**

*PE 7 : Famous athlete as guest speaker*

*Arrange for a famous athlete to come and talk to students at school. Questions about motivation, routine or time management.*

**Common output : a newspaper**

A sport hero newspaper , including interviews with athletes or sport teams. Each country has max three pages to use (the number of questions and pictures is up to the country) Till January 30th

Portugal will send a newspaper format to fill in

**DEAD LINE : 30th April 2016**

### **3)COY -In cooperation with your own country / England responsible**

*COY 2 I know, I understand and I can*

*Check one's knowledge of human body. Make a body science contest, multi activity contest involving knowledge of human body and ability to cooperate in a team, various physical activities and creative thinkings*

Each country prepares questions on the topics below : Jo is going to pick 30 questions that she will have received : [pailing.j@sentamuacademy.org](mailto:pailing.j@sentamuacademy.org) by December 15th , Jo will create a googledoc and send to partners by January 31st. Completion by all countries by April 4th 2016. Jo will create league table and analyse results and send information to partner school : which country knows its body the best

## Mise en oeuvre

10 students from each country (13 to 15)/ 5 questions for each country with 4 possible answers

Poland:body parts-body functions

Romania : guinness record and performance

France+Italy:food and eating habits

Spain + Portugal : the effect of bad habits and the impact of it

the UK:identifying the organs/labeling body parts

**output : online survey**

### **DEAD LINES :**

**December 15th 2015 a set of questions should be sent**

**the questionnaire will be sent by the end of January 2016**

**the questionnaire should be filled in by the 4th of April 2016**

**A table of ranking is going to be made by England**

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### **4)PT National Scene Theater / France responsible**

#### **PT 3 Breaking the ice games**

*Learn breaking ice games can be used as an initial stage in any activity that implies international collaboration*

France will send a format to all partners before the 31st of January 2016. Every country has to propose 10 exercises to break the ice before the 30th of April 2016. Descriptions, objects, pictures or drawings. The coordinator will select 30 exercises and create the booklet. We will use it in the second year for mobilities.

**DEAD LINE April 30th 2016 / booklet**

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### **5)COO In cooperation with other countries /Romania responsible**

**C005 Appreciation time ! *Discover and promote local and national traditions , customs, landscapes, beautiful things about the students' country:nature , people's achievements, a delicious dish, a sunset, happy smiles, or anything else that looks beautiful to them.***

**Output : 4 posters**

Each poster will be made up of a collection of photographs representing 6 of the themes described. Each country will contribute to 42 photographs. (until the end of september 2017)These will then be manipulated to form the letters BODY. These four posters will then be displayed in each partner school.

Topics : nature+monuments+traditional dishes+traditions+happy smiles+national sports

Website to achieve the letters : [myanythingandeverthin.com](http://myanythingandeverthin.com)

### **6)PH With hospital / Italy responsible**

**PH 4 May I ask you a question ? *First aid classes. Teach students how to make themselves useful in case of an emergency .***

**Output : a folded paper** about illnesses and symptoms and general instructions helping. Students to pass on the info to trained staff (the UK = diabetes) (Italy=meningites) (Portugal=allergies) (Romania=choking)(Poland=seizures) (Portugal=Heart attack) 5France=asthma)

Pictures or drawings will be shown together with symptoms.

Year 1:research on the illness information

Year 2 : get the work done

**DEAD LINE : CHRISTMAS 2017 to send to Italy**

**EASTER 2018 for the output**



**7) Sport Association / Poland responsible**

**PSA3 : Reports in English on sports activities in each school.**

*Reports in English on sports activities that take in each school.*

**Output : a booklet with articles and photographs**

Each school will make a report on sports activities which are held at school (3 pages, photos and articles), minimum number of sports is 5. Everyone will be sent a format to September 30th 2017 and all reports must be sent in this format by May 15th 2018 to [sylwia.tam@gazeta.pl](mailto:sylwia.tam@gazeta.pl) and they will be collected in one common booklet

**8) Disabled people : Spain responsible**

**PDP1 : Promotion of sports**

*Sports competitions involving our students and disabled ones. Integrated matches, a leaflet on the event, included the impressions it has left on the participants describing the pluses of the event.*

**Output :**

Each country will organize different sporting activities and championships focused on disabled people and special needs students. Each country will record the activities in video and will make several interviews to the participants. Spanish team will bring together all the videos and will make a TV sporting news shape final edition. The final result will be shown during the transnational meeting in Spain (A Guarda October 2017)

**DEAD LINE : 2 weeks before the transnational meeting in Spain (October 2017)**



	DATES	OUTPUT	RESPONSIBLE
MOTHER TONGUE	End February 2016	A video	Romania
CIVIC EDUCATION	May 15th 2016	A video	Poland
PHYSICAL EDUCATION	April 30th 2016	A newspaper	Portugal
Arts	Half May 2016	e-photo album	Italy
COY	April 4th 2016	Online contest	England
National scene	April 30th 2016	e-book	France
COO	Until the end of september 2017	4 posters	Romania
Working with hospital	Easter 2017	A folded paper	Italy
Disabled people	October 2017	A video	Spain
Sport association	May 15th 2018	A booklet	Poland

Dinner at a traditional restaurant in Oliwa : PIEROGI

# Wednesday December 2nd

## 1)How to deal with the expectations and the results

a-It is always necessary to remember the code of the action as it is stipulated in the document , for example : Physical Education Ø A PE 1 / A PE 7

b-The results should be presented with the title of the action :

Here are the items that are necessarily present on the table

- The title of the action and the flag in the top right corner
- The school topics it concerns
- The objectives
- The people involved
- The description of how it takes place
- The results
- The targetted skills

The coordinator showed an example of paper that summarizes the actions, the goals and results. Everbody VOTED YES for this format, in English. One additional book should added at the bottom of the page.

c-The blog : France is in charge of advertising

\*We need to pay in order not to be invaded by advertising.

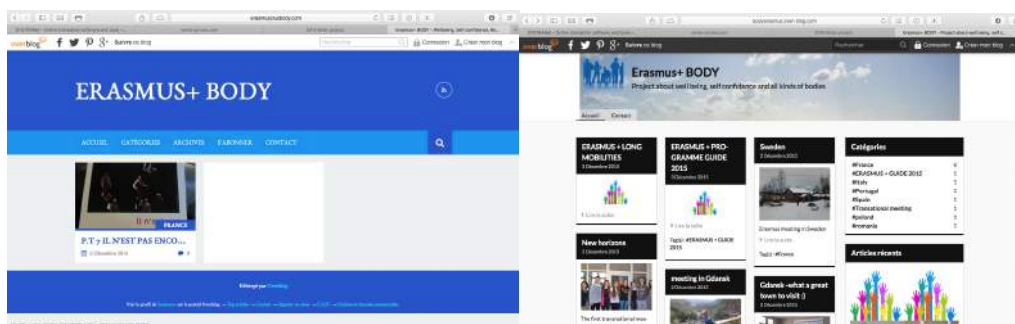
For the time being the address is [bodyerasmus.over-blog.com](http://bodyerasmus.over-blog.com)

The title should be clear , for example 'transnational meeting in Poland'

\*Every VOTED YES to have the common blog

\*6 schools voted for the name of the blog : [www.erasmusplusbody.com](http://www.erasmusplusbody.com) 2 chose not to decide

New contacts: Address [erasmusborisvian@free.fr](mailto:erasmusborisvian@free.fr) / Password : dunkerque  
website : [www.erasmusplusbody.com](http://www.erasmusplusbody.com)



## **Manipulations pour gérer le blog :**

- se connecter à over-blog
- entrer l'adresse [erasmusplusbody.com](http://www.erasmusplusbody.com) comme login [erasmusplusbody@free.fr](mailto:erasmusplusbody@free.fr)
- pour déposer un article il faut aller dans **rédiger** (milieu de page)
- pour voir ce qu'on a déjà posté il faut aller dans **activités** (milieu de page)
- pour supprimer un article ou le modifier: il suffit de passer la souris
- On peut choisir **edit** pour changer la pagination

comment ajouter des pièces jointes :

-Pour afficher la barre d'outil, il faut appuyer sur rédiger puis sur 'ajouter une nouvelle section'  
-Pour ajouter une vidéo, il faut aller chercher la vidéo sur daily motion, on ne peut pas la télécharger directement

dans l'onglet à droite , pour mettre des articles sur le blog toujours choisir l'onglet **articles**

-Dans l'onglet à droite, pour diffuser le doct sur le blog il faut toujours cliquer **ETAT publier**, sinon il sera enregistré comme brouillon

-pour l'**auteur** ce sera sans doute toujours Erasmus body

-pour la **catégorie**, il faut choisir le **PAYS** et aucune action

-pour la date : maintenant, demain, calendrier

-pour partager cocher face book,

-Il faut s'assurer d'être bien sur la page d'erasmus plus body, donc il faut cliquer sur le logo européen en haut à gauche pour arriver sur le lien. Ce logo permet aussi de consulter les articles récents

NB :pour le rapport du meeting : dans la catégorie il faut préciser transnational meeting + Poland+ date+ France responsible

Workshop in groups to try and publish on the blog

## 2)Some decisions to be made about the format of the blog and the logo

-Everybody voted YES for the third Format of the blog : the same format as the one chosen by Boris Vian. Everybody agreed on the idea to take the colours of the European Flag for the top of the blog

-Everybody agreed to communicate via facebook as long as it is only professional communication. Memembers of the group don't want to be invaded with jokes or unuseful comments.

-Spain will be in charge of the logo common to the project Body. They will pay an association to design it.

## 3) E-twinning

It is said to be quite old fashioned compared with a blog.  
France is not going to be responsible for this platform that is not very transparent.

On e-twinning there will only be the name of the schools and a summary of the project. Furthermore there will be the link for those who would be interested and they could consult the blog.

Italy is responsible for e-twinning : creating the page with the countries that are involved , the link to the blog

Poland is going to be responsible for School Education Gateway on e-twinning



## 4)Visiting the city : Gdansk

A tour along the nice streets

# Thursday December 3rd

## 1) Long/short-mobilities reports :

The person in charge of the long and middle mobilities has to supervise a report, especially a video montage with pictures and interviews about their feelings during the mobility and afterwards.

Example from Boris Vian's students in Spain

The coordinator highlights how important it is for the students who carried out the mobility to make a presentation at the high school inviting the teachers, the staff of the high school and why not parents interested in partnerships.

For the long mobilities it is **COMPULSORY** to fill in a form from the national agency Erasmus plus. It is possible to download it via the platform penelope. It has been on the group Facebook BODY Project since December 3rd

For the long mobilities, it is **NECESSARY** for the expats to keep in touch with the lessons that are taking place while they are away. Therefore it is important for the teacher in charge in the welcoming school to be sure lessons can be caught up. It is also important to try and build a proper timetable that could be useful.

### Pre registration :

It is important to get the proper grid to fill in with the details required. It is not necessary to wait to talk about the project, to give the forms, and to have interviews if there are more candidates than expected.

Two types of students can be selected : one autonomous and a less autonomous one, they are going to help each other.

### Outcome :

Some documents could be written for the pupils such as assessment, such as grids , such term reports

### Link with abroad :

Whether you host or send pupils, you always have to keep in touch with these pupils' teachers and parents.

### Work of the pupils during the long mobility

Pupils part of the project can be in charge of body actions

### Age of the students :

Under 14 it is impossible to let a child travel by themselves. Wizzart accepts children over 14 by contrast Ryanair doesn't, only from 16. That should be taken into account when the teachers select the candidates.

Insurance : We have to ask for special assurance for the pupils / the pupils need their own insurance, the high school needs its own insurance + the high school has to pay for a special insurance for these pupils on mobility.

## 2) Preparing the next meeting in Portugal : 5 days

-All the schools have to bring the **4 common actions** to Portugal

-Moreover all the other actions that are supposed to be achieved could be exposed to the country in charge but they are not going to be presented in Portugal. All the actions are going to be presented in the 3rd meeting in Italy.

-dates : **Last week of June from June 27th to July 1st 2016**

### 3) Congress and Courses

#### **COURSE : France February 2017**

5 days in the country : learning + teaching

France : 1 day on opera singing

1 day on the theater skills

1 day on choreography

Training for teachers : Deaf world signs

#### **INTERNATIONAL CONGRESS : Romania May 2017**

congress in 2 sections :

1) stress management , nutrition and healthy eating, addictions, dance and aerobics .....

2) music, literature, visual arts, addictions (symptoms and effects)

Project on Congress in Italy on October 3rd to 7th 2018 :

from Monday to Saturday or Sunday

Doctors, specialists on eating habits, disabled athletes

### 4) Budgets for the meetings-to-come :

Poland has provided a very good welcome, the lunch was taken in charge by Poland, and the food for lunch and breaktime was really appreciated. The question is raised : isn't it a good model to follow ?

### 5) Kiss kiss bye bye time



