

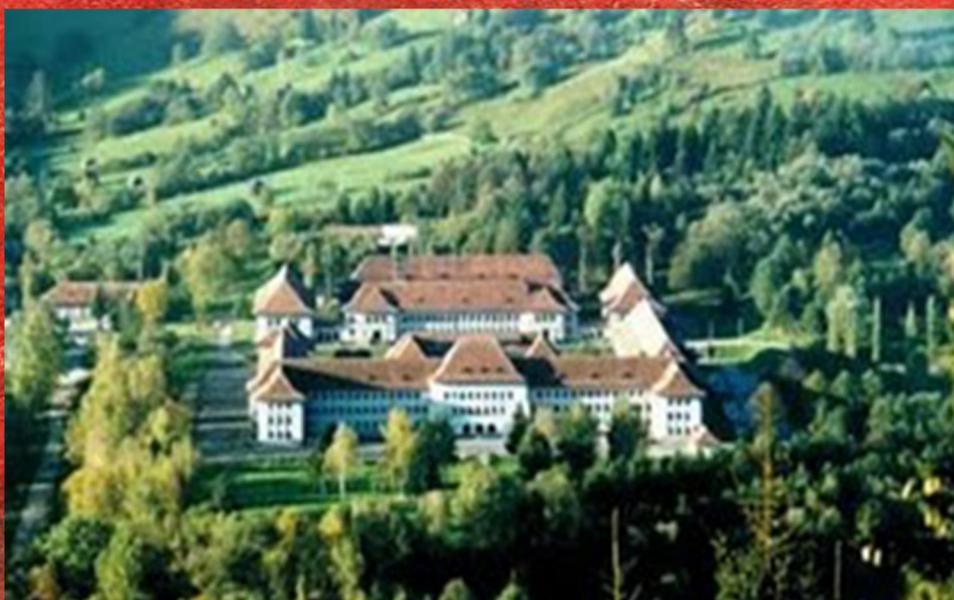


**THE NATIONAL MILITARY
HIGH SCHOOL
"Ștefan cel Mare"**



BODY PROJECT

2015-1-FR01-KA219-014937_8



Erasmus+
My trip diary

Câmpulung Moldovenesc

Romania

14th-21st May, 2016

Day 1 – Sunday, 15th May

On Sunday we had the great opportunity to welcome our project partners from Poland and Italy who came to our military high school for a week. Although it was a cloudy day we prepared interesting activities both indoors and outdoors.

The opening ceremony took place at midday.

The first activity consisted of four teams who taught some aspects regarding Physics simultaneously. The guests were arranged in groups of five students. They learnt about:

- 1.the Ear and Sound
- 2.rainbows
- 3.the eye, eyeglasses and lens
- 4.the stomach

They were followed by the Chemistry team who performed a few experiments in front of the audience:

- how to make snow
- how to produce gold dust
- how you can burn a dollar bill without deteriorating it. It was spectacular.

In the end we went outside to watch a drone measure temperature, radiation and air pressure. This activity was presented by the robotics team. The drone and the satellite were created by this team. Our guests were really impressed.



Day 2 – Monday, 16th May

The second day consisted of activities outside the high school. We visited Cacica and Putna.

Arriving at the salt mine in Cacica, we listened carefully to the information provided by the guide. We learned that it had been built by some Polish miners and it was given the name of that village. (The word “CACICA” means duck in Polish. It was chosen as the name of the village because the place was surrounded by a lot of ducks.)

Inside the mine there was a ballroom where we danced and had a great time. We also visited two chapels one Orthodox and the other one Catholic.

That day continued with activities in a secondary school in Cacica. There, after visiting the institution, we made several teams, including both foreign students and children from that school. We discussed different aspects that we share and also things that make us different. Subsequently, we created a superhero and developed a whole story based on different qualities of the people involved in the activity.

At the end of the trip we visited the Catholic Church, which was built by some Polish miners working in the area.

The next objective on the list was Putna Monastery. First, we were presented a brief history of the monastery. Shortly after, we attended the religious service, which our guests were pleasantly surprised with.



Day 3 – Tuesday, 17th May

The day began with a test of our linguistic and communication skills because we had to translate in all of our mother tongues some expressions written in English. We worked together, in groups, and we had lots of fun learning some new words in Italian, and Polish, and Romanian. We finished the activity by drawing suggestive images for the expressions we had translated.

Afterwards, we had a Science class and a Math class. During the Math class, we learnt some things about codes and encryption.

We were divided in 8 groups and we used some worksheets to complete the tasks assigned to us. We started by completing a word finding game, which tested our attention and cooperation. Then we found out about Caesar's code and we encrypted words using it. Finally, we used the binary code to 'translate' some words into 'computer's language'.

We liked this activity because we developed our creativity and used our imagination and cooperation skills to succeed.

Although the weather was not as warm as we had expected, we succeeded in doing all the activities we had initially planned. We had feared that the slippery icy road might prevent the climbing, but it wasn't the case. On the mountains we completely forgot about our fears. The view was breathtaking, the sky seemed so close that you could almost touch it. We really felt away from the madding crowd.

The second part of the day was a burst of adrenaline. We enjoyed the experience called zip wire, which proved to be quite amazing.

The next activity was a little more demanding, both physically and mentally. We carefully climbed the steep cliff, almost feeling like real professionals. The afternoon spent on Mount Rarău required attention and physical abilities. We found this experience both challenging and relaxing at the same time.



Day 4 – Wednesday, 18th May

Starting from the idea that each good day starts early in the morning, we began our day with a trip to the ex-capital of Moldavia, the Iasi city.

First, we visited the Botanical Garden. We took a lot of photos. We also enjoyed a relaxing moment by practising a breathing exercise meant to relax and improve our mood.

Then we visited the “Alexandru Ioan Cuza” University, where we saw a presentation about the most efficient relaxation techniques. We all learnt how to breathe correctly.

The third tourist attraction on our list was The Palace of Culture. We attended a detailed presentation of the traditions and traditional clothes in the region. We had the opportunity of admiring a wide variety of tools used in the past.

Last, we visited Pallas Mall, a city in the heart of the city.



Day 5 – Thursday, 19th May

On Thursday, which was the fifth of our seven-day adventure, we impressed our guests with some captivating science activities.

At 8 o'clock we split in two groups: one group gathered in the Physics laboratory, where our teachers performed four interesting experiments. Of all the demonstrations made by the teachers, the most voted and appreciated was the one entitled “Lava lamp”, project consisting in combining in a highly creative and ingenious way, water, oil, glitter and sequins.

The day continued with an activity based on history records. We had to find records in different fields. At the end of this activity, our findings were displayed in an exhibition.

The second group gathered for a Math activity, which surprised us a little bit. We did some paper folding, followed by origami. It was challenging to follow the instructions written on the diagrams, but we all worked together and we succeeded. The team work required brought us together and helped us improve our communication skills.

At midday we found ourselves involved in an interesting activity consisting in presenting different facial expressions. We understood that we could guess a person's mood by watching his facial expression.

After lunch, we gathered on the school's plateau to attend an artistic moment together with our guests. We all enjoyed doing Kangoo Jumps exercises. The program continued with sports competitions among students, competitions that were meant to relax.

The afternoon proved to be quite special, full of emotion, smiles and good



Day 6 – Friday, 20th May

The last day of the mobility started with a photo selection activity. In mixed groups, students compiled selections of the best pictures taken throughout the week. Each group created a representative poster suggestive of the experience shared with their friends.

Then we made an exhibition of the pictures showing happy faces....We had such a nice time...

After the break, students gathered to take part in a challenging chess competition.

In the afternoon, we all attended a school performance organized by our students, together with the students from a partner school.

The day ended with a farewell party that we all enjoyed.

But the joy remains. We will never forget the long, sometimes overloaded, but thrilling days of our meeting.

Dear Erasmus friends, Mae West once said that ‘You only live once, but if you do it right, once is enough.’

And this week was right in so many ways. We met, we made friends, we learnt from each other, we discovered new things together.

Now we go on with our lives. But we hope that, somewhere, in a corner of your hearts, you will keep the memory of this week together.

See you soon.



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