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# Erasmus+ KA220 'BOOST YOURSELF' PROJECT ICELAND 20-24.03.2023

/POLAND/LITHUANIA/PORTUGAL/  
ICELAND/TURKEY/

#boostyourself





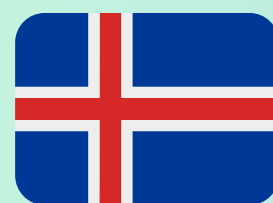
# 'BOOST YOURSELF' TEAM, ICELAND



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# Teaskollin School in Reykjavik





# ERASMUS+ 'BOOST YOURSELF' TEAM



## ICELAND 2023



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### LITHUANIA

### ICELAND

### PORTUGAL



### TURKEY



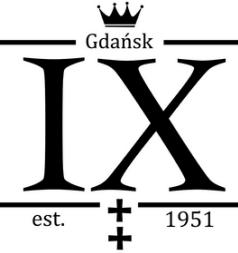
### POLAND



# Welcoming Party, Reykjavik







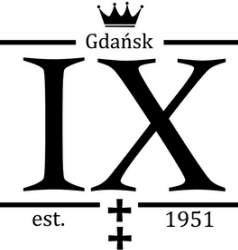
# 'BOOST YOURSELF' ERASMUS+, ICELAND



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## Reykjavik



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## BALANCE - WORK, ENTERTAINMENT, SOCIALIZING, TRAVELLING

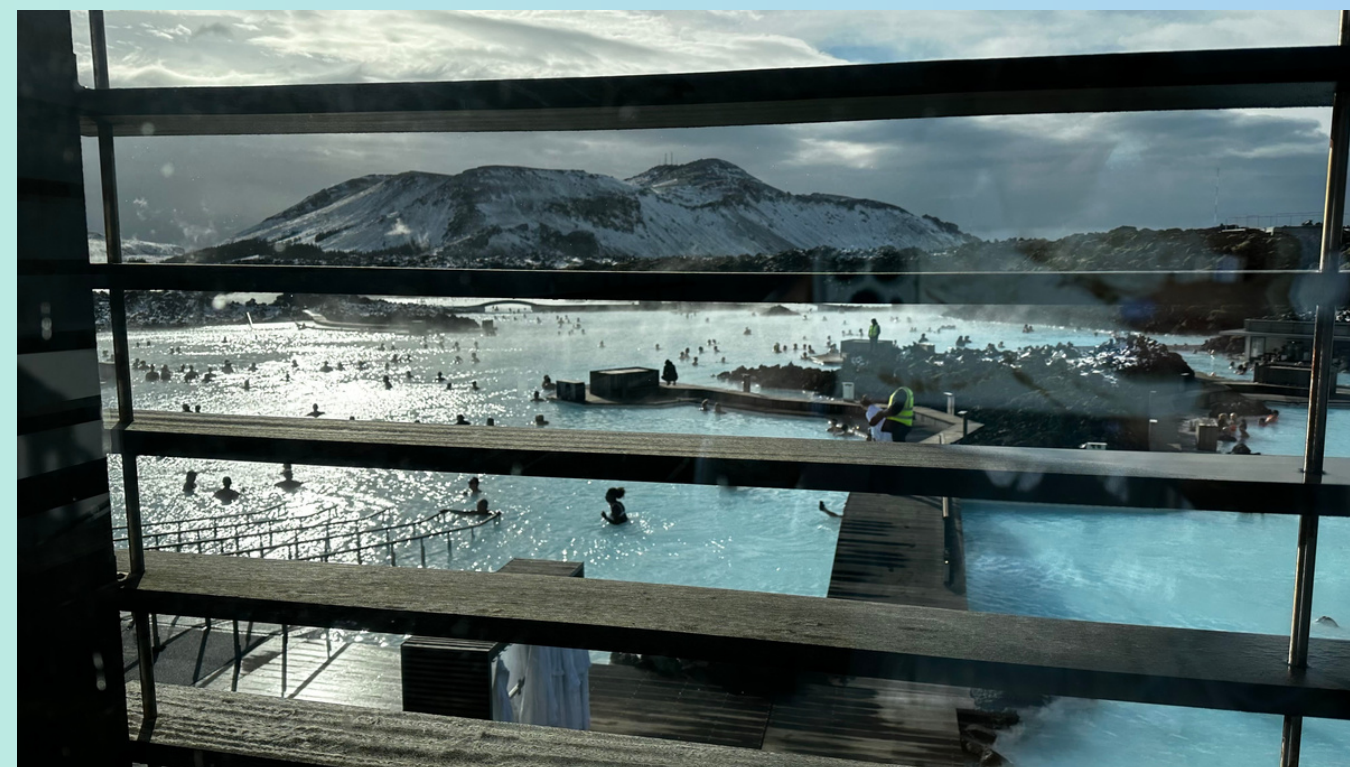




# BLUE LAGOON, ICELAND



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# GUIDED IMAGERY ACTIVITY





# GUIDED IMAGERY ACTIVITY



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# GUIDED IMAGERY ACTIVITY

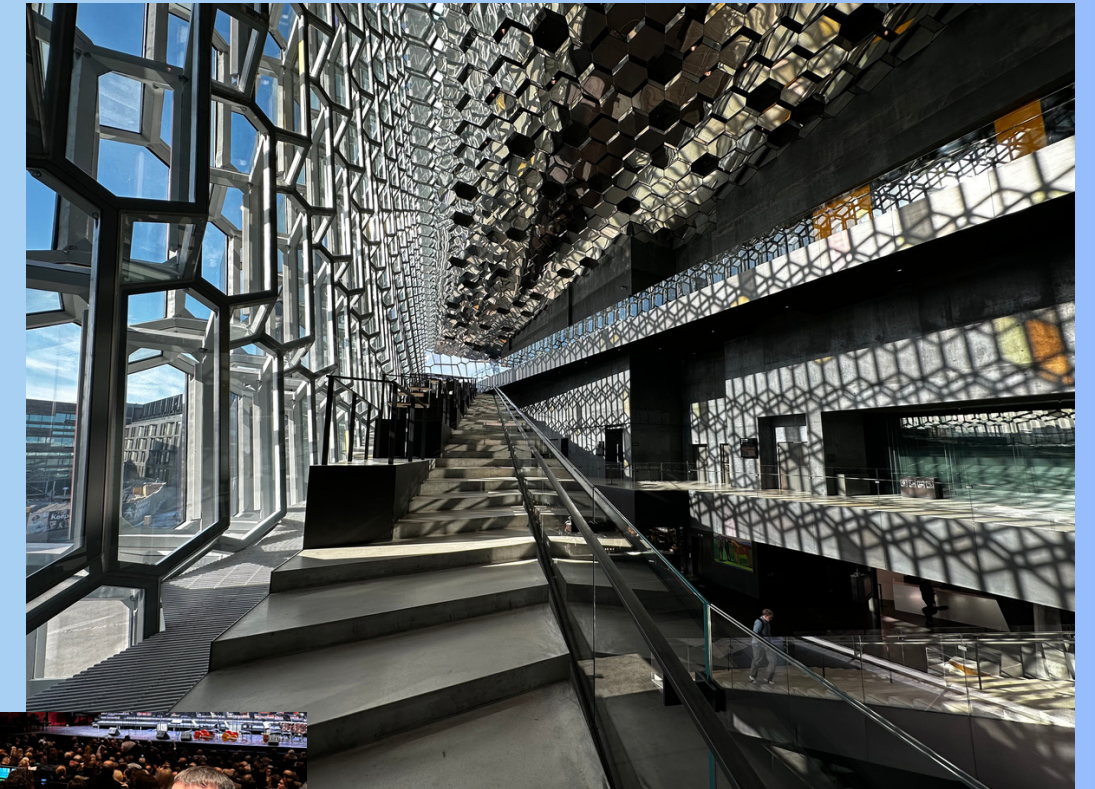
Silk relaxation - a technique used to relax the body and mind.

All the participants took part in it.





# Talent Youth Show - HARPA Philharmonic - Reykjavik



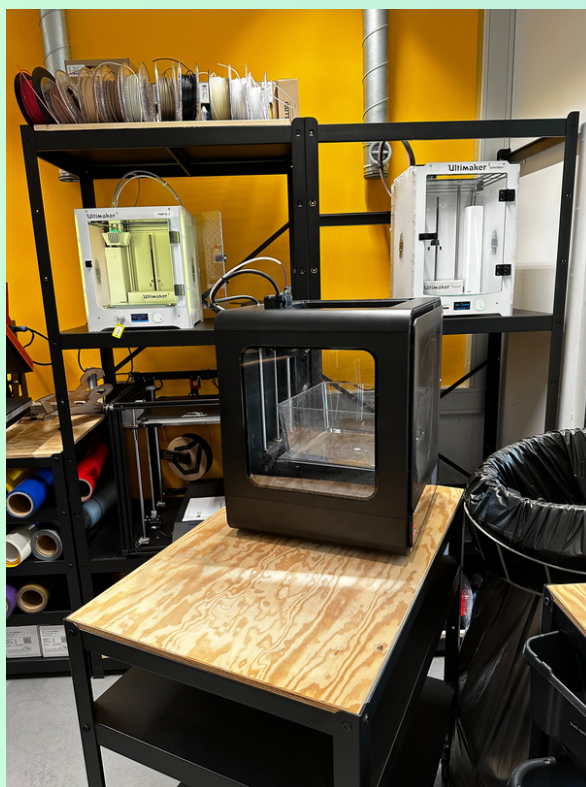


# Tækniskólinn School in Reykjavik - workshops





# workshops at the Teaskollin School in Reykjavik





# Canteens for students and teachers - Tækniskólinn School in Reykjavik





# Library, chill-out rooms - Tækniskólinn School in Reykjavik





# Tækniskólinn School in Reykjavik





# eco-friendly SCOOTER RIDE

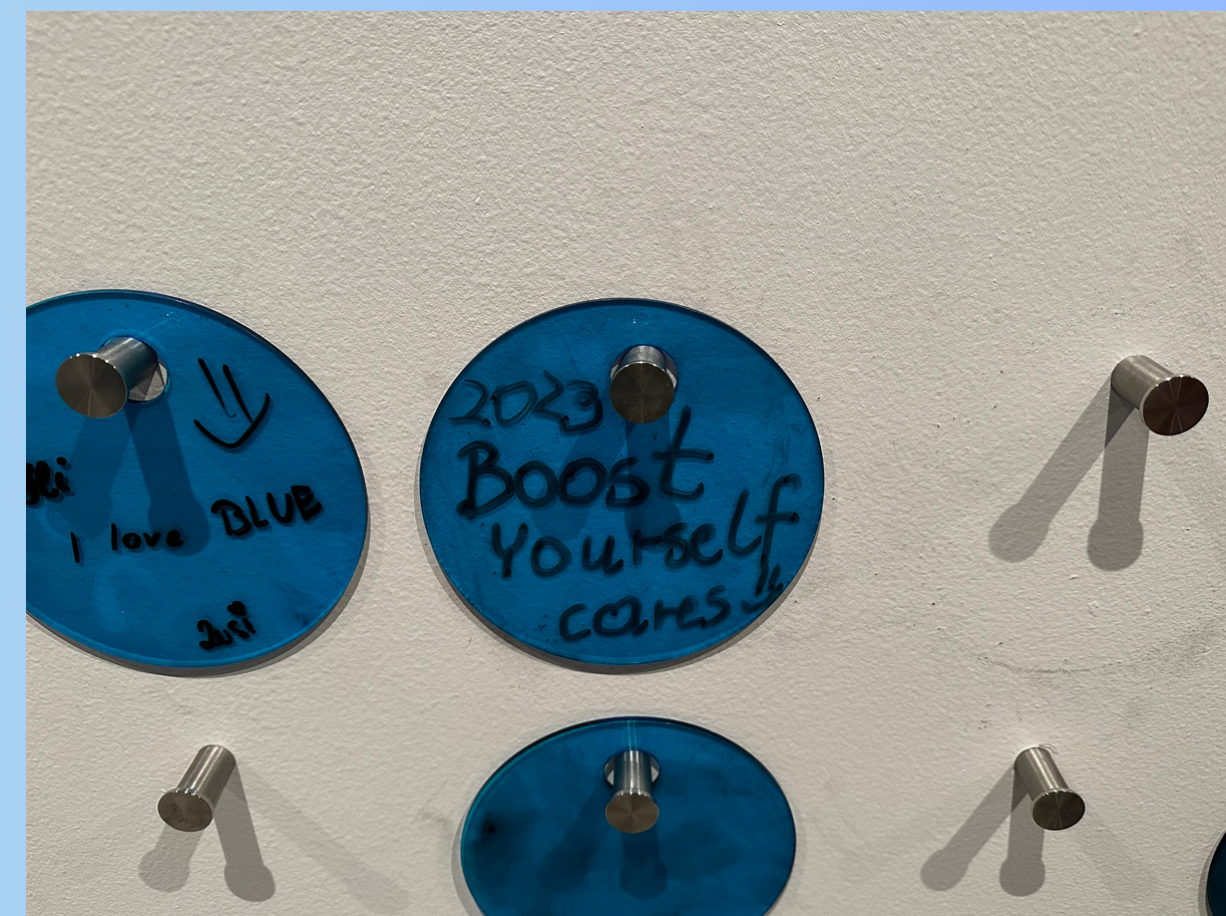




# eco-friendly GLACIER HIKE



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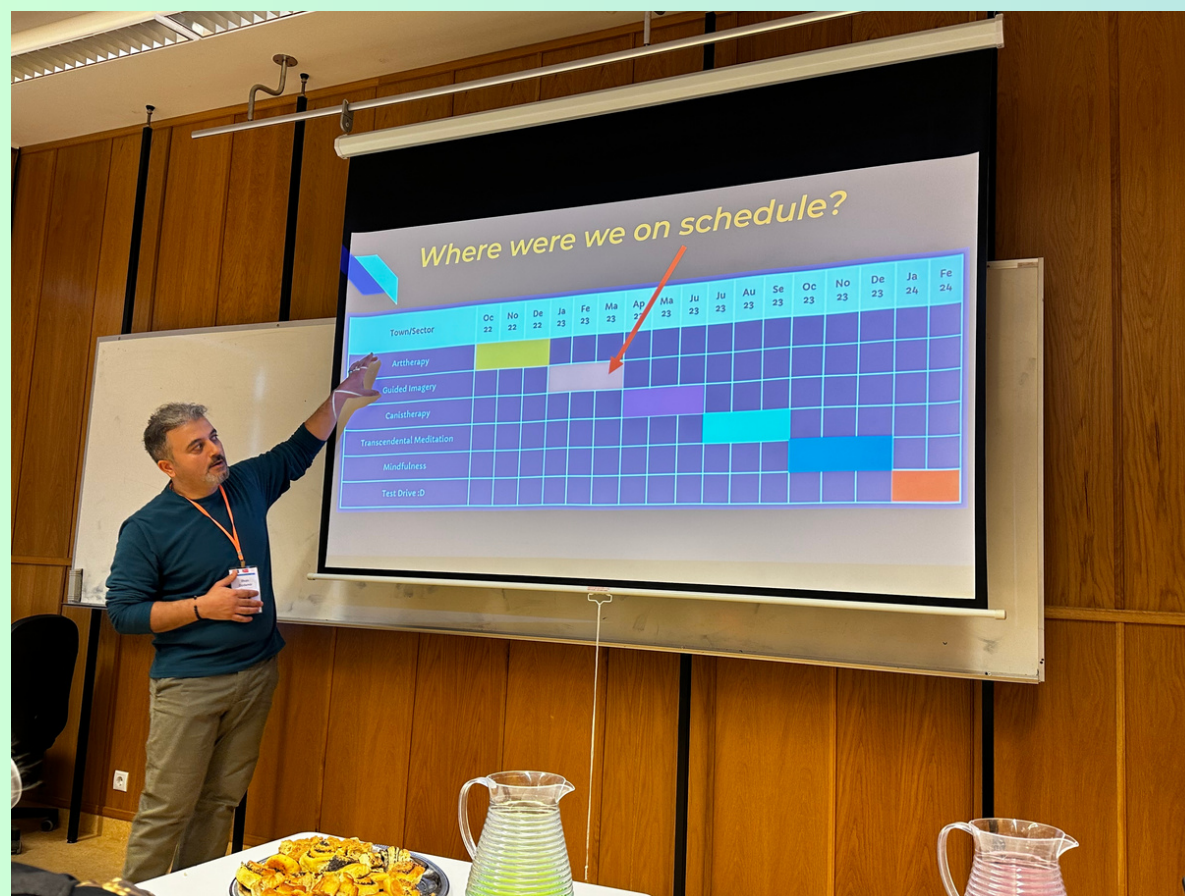




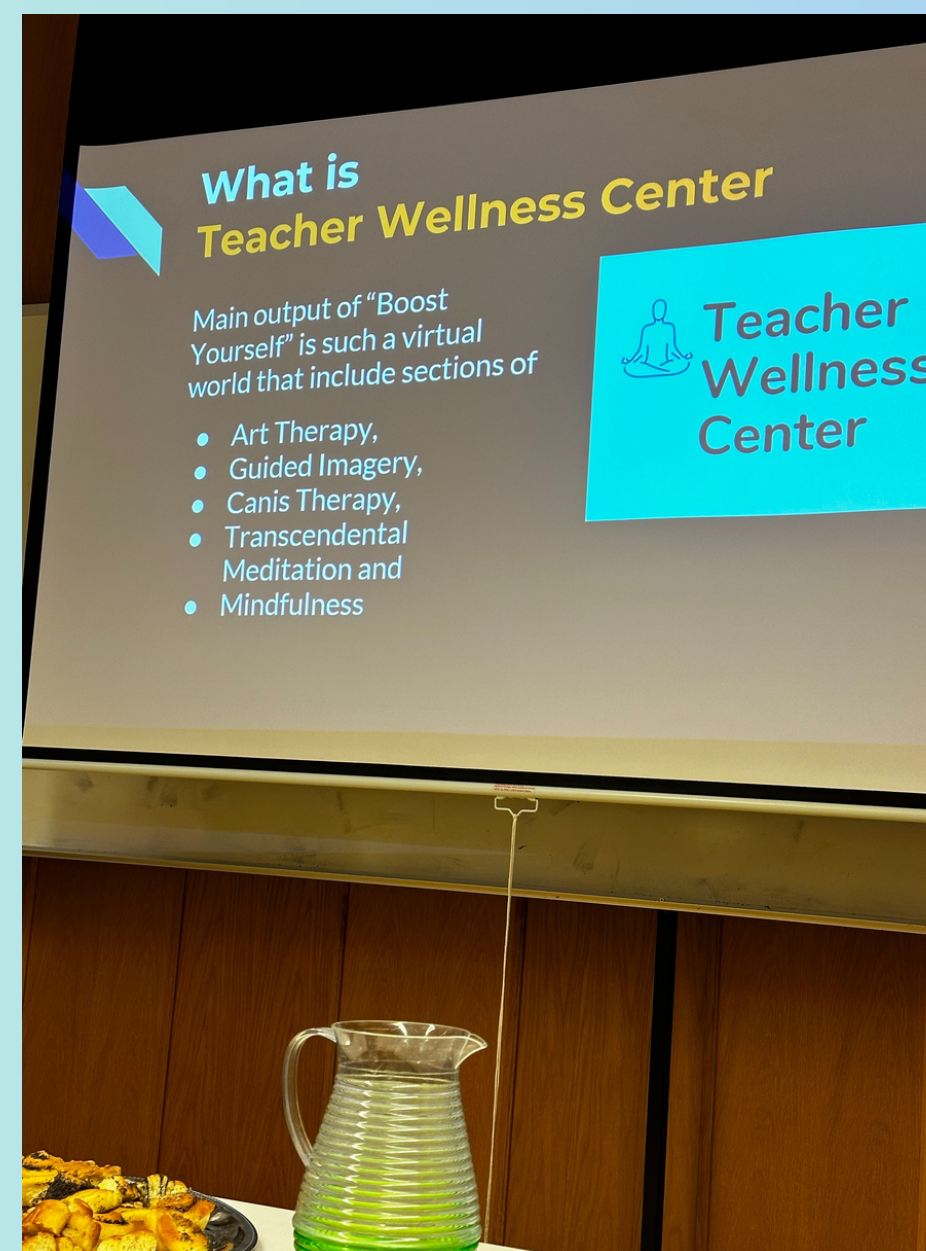
# MINECRAFT



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Participants took part  
in the Minecraft  
activity Teacher  
Wellness Center by  
Ilhan and Dilek







Participants took part  
in the KAHOOT game  
based on the  
knowledge of the  
Teacher Wellness  
Center





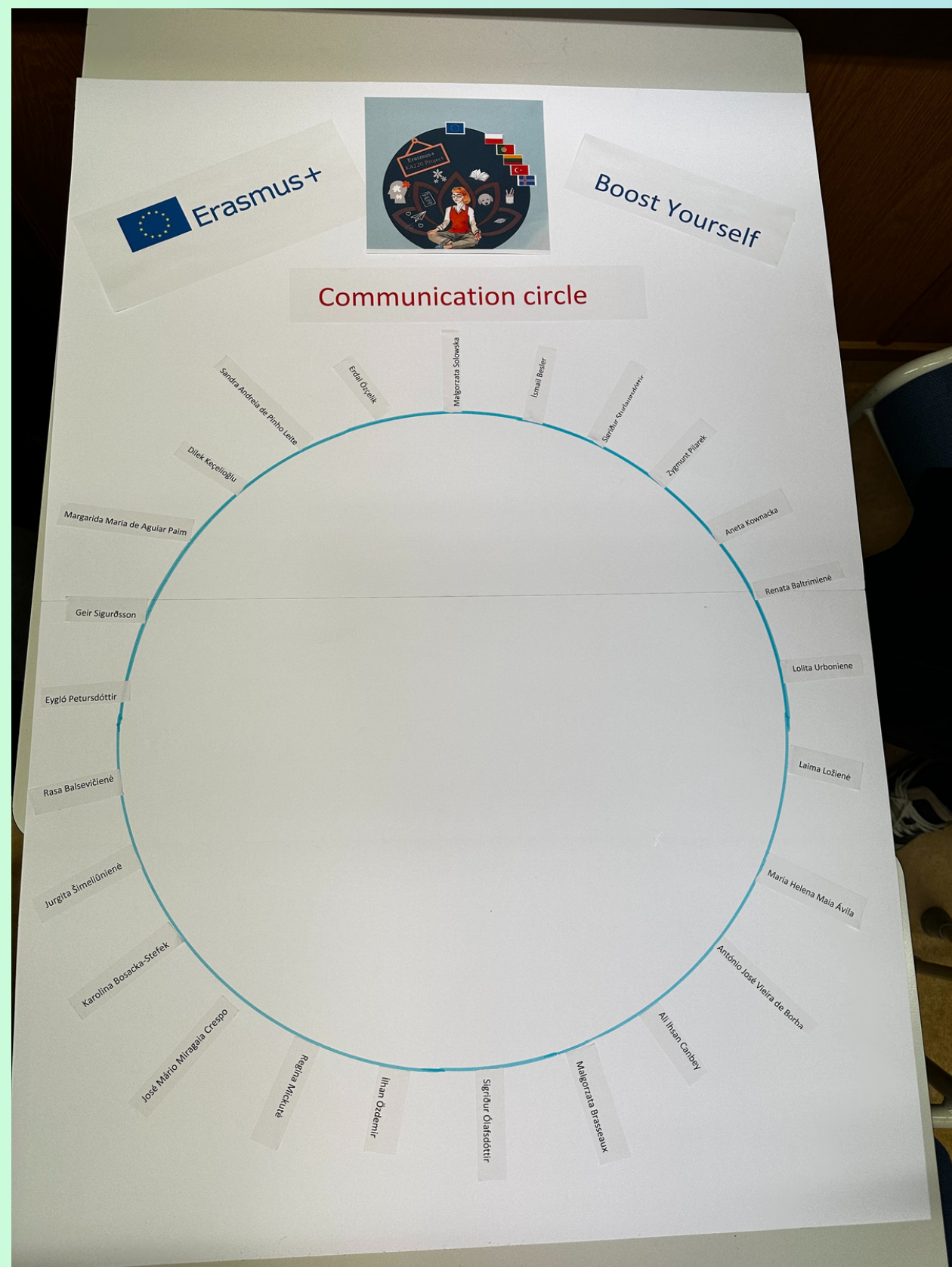
# INTEGRATION



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Participants took  
part in the  
**INTEGRATION**  
activities by  
Lolita and Eyglo

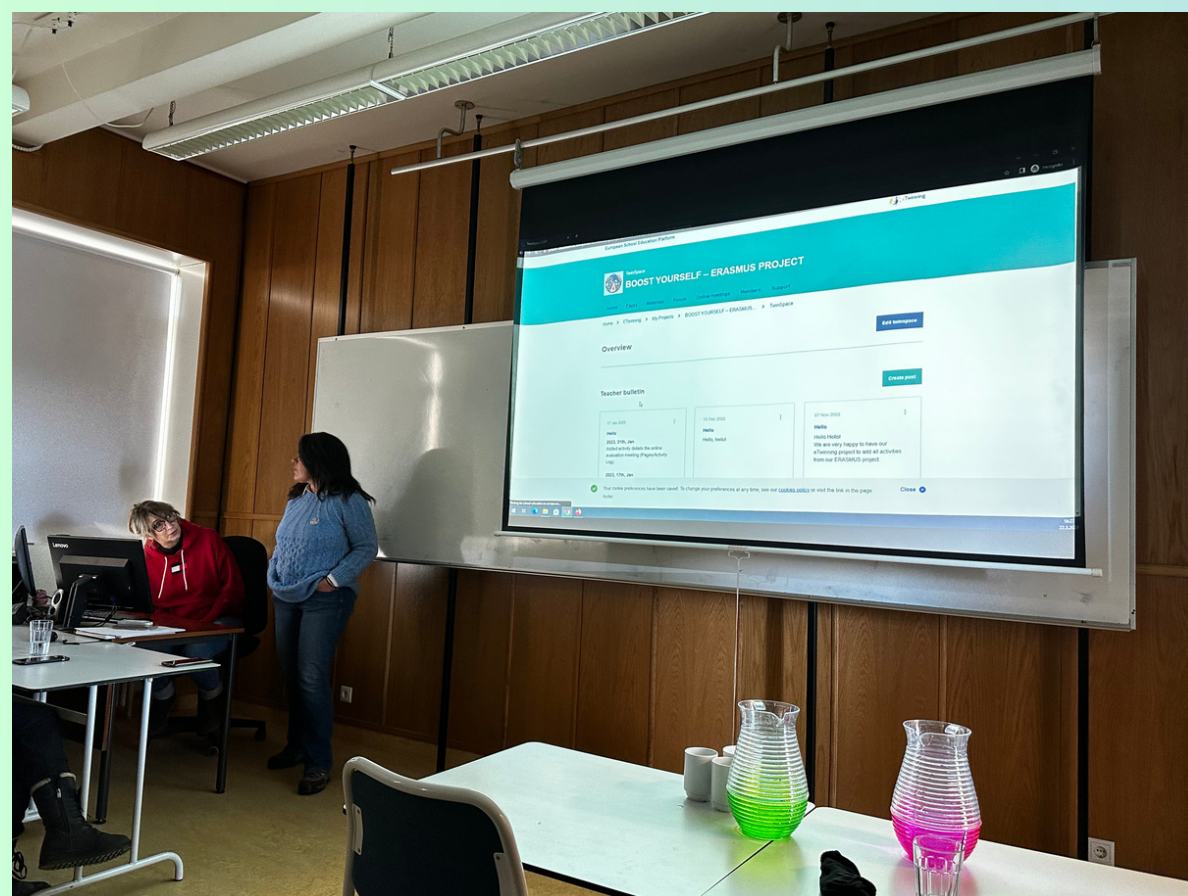






**Participants took  
part in the E-  
Twinning activity  
by Sandra and  
Margarida**

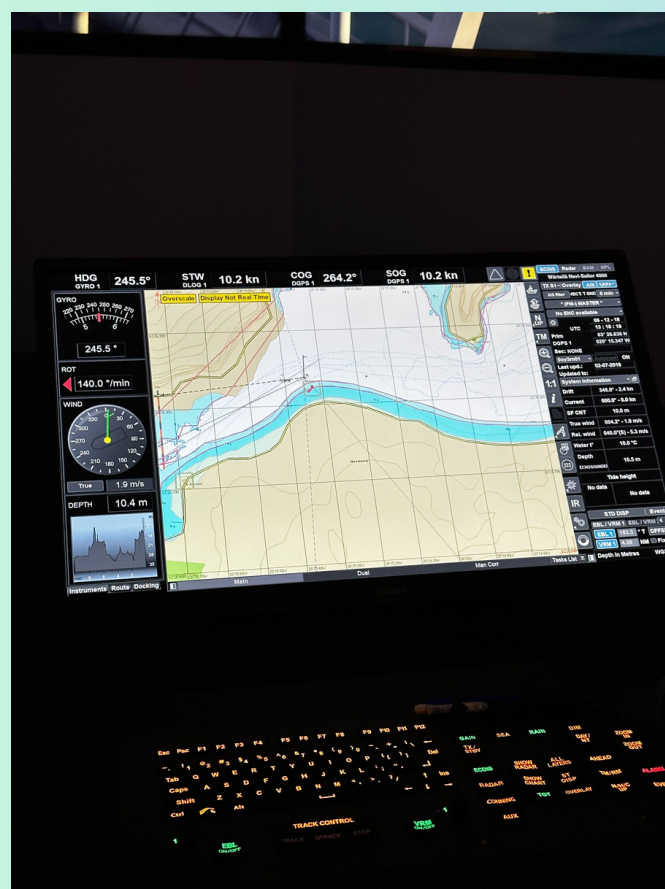
## E-TWINNING PLATFORM





# NAVIGATION LAB

Participants took part in sailing learning activities in the simulators' rooms.





# NAVIGATION LAB

## Captain Sigríður



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# FOOD IN ICELAND



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**CURRY FISH SOUP  
LAMB SOUP  
ROASTED LAMB  
DRIED FISH  
FISH AND CHIPS**





# PERLAN MUSEUM, ICELAND



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# AURORA AND VOLCANIC ERUPTIONS

Participants took part in the show explaining the phenomenon.





## ICELANDIC LANDMARKS



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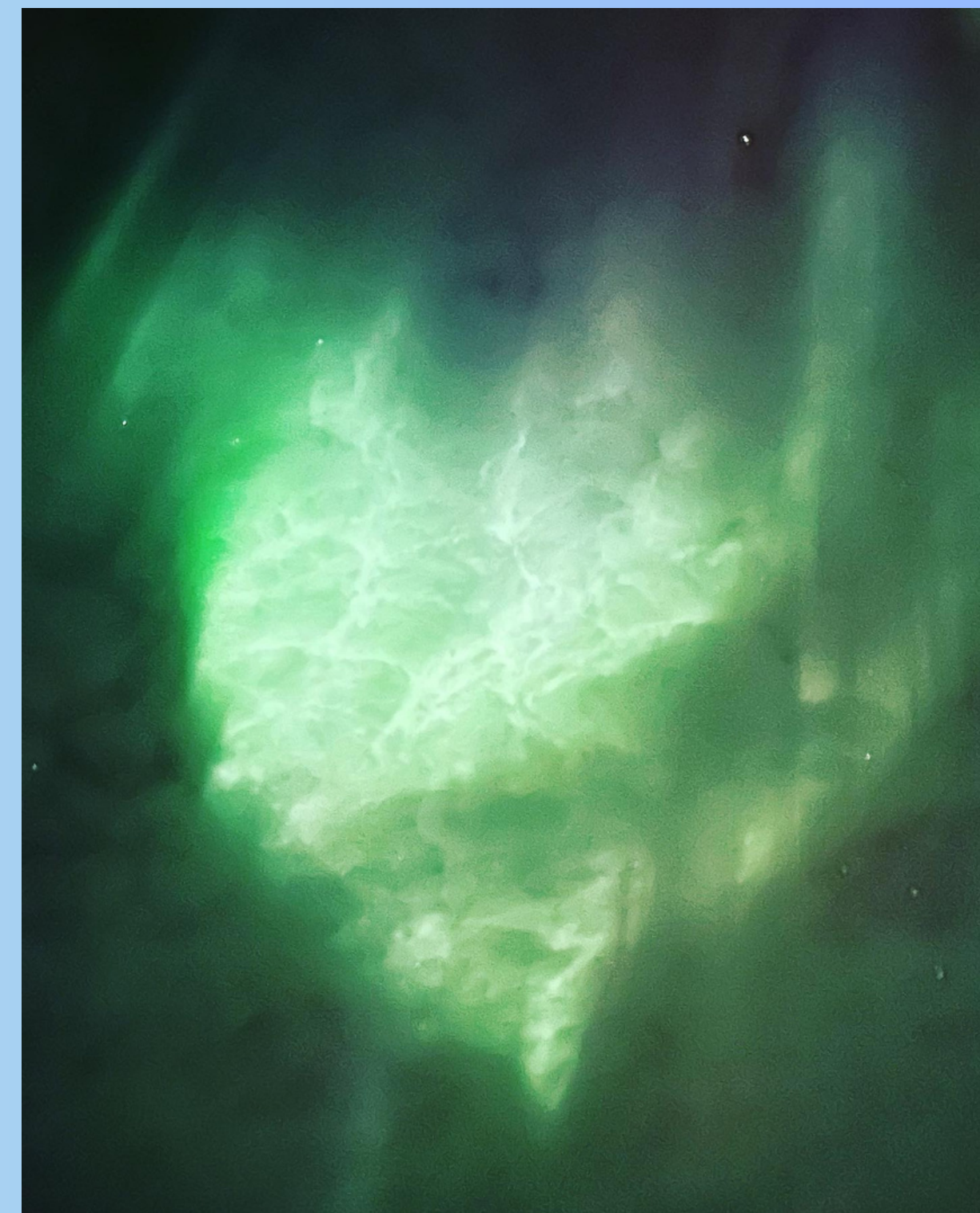
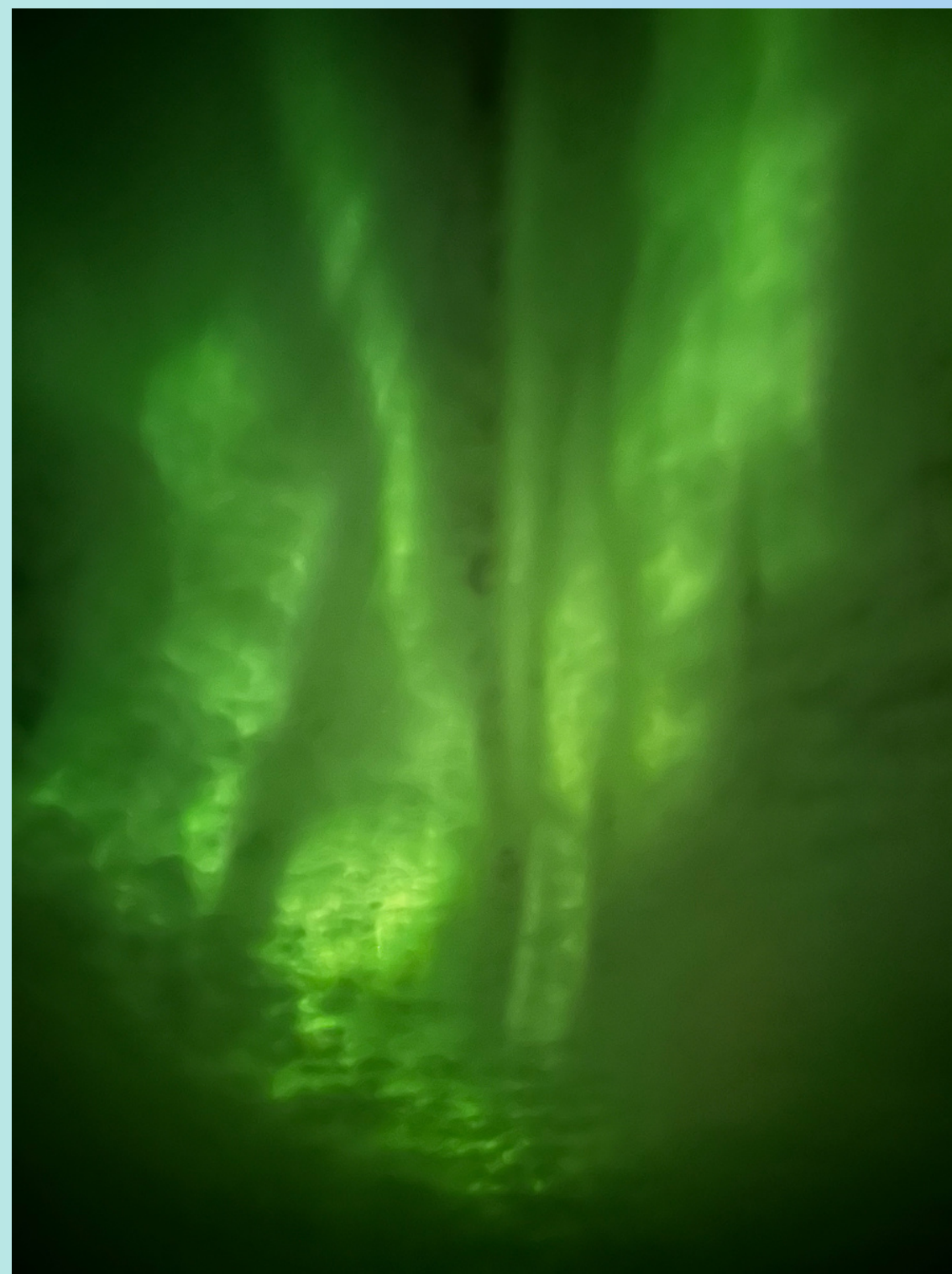
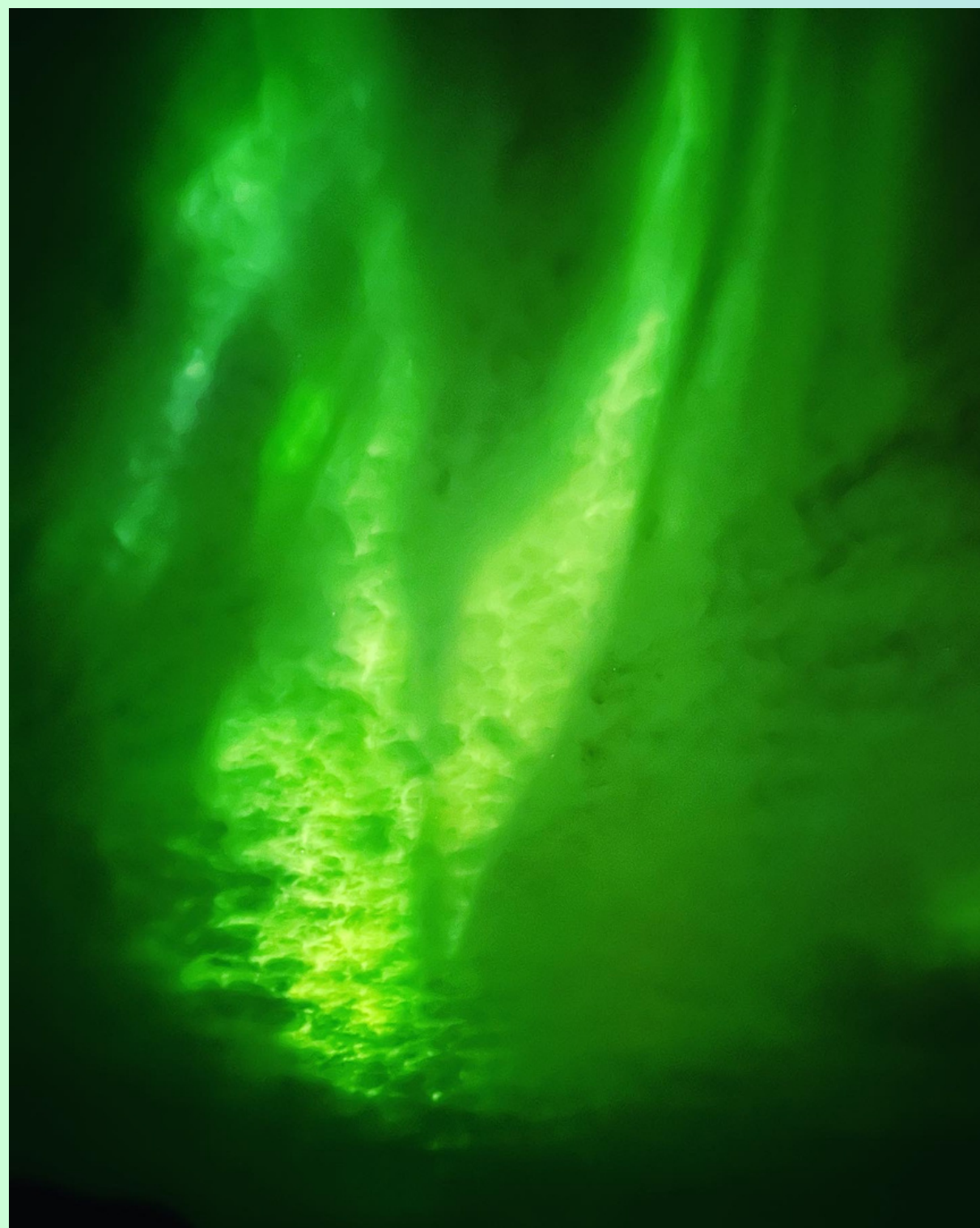
**Plastic-free ocean**





# AURORA BOREALIS

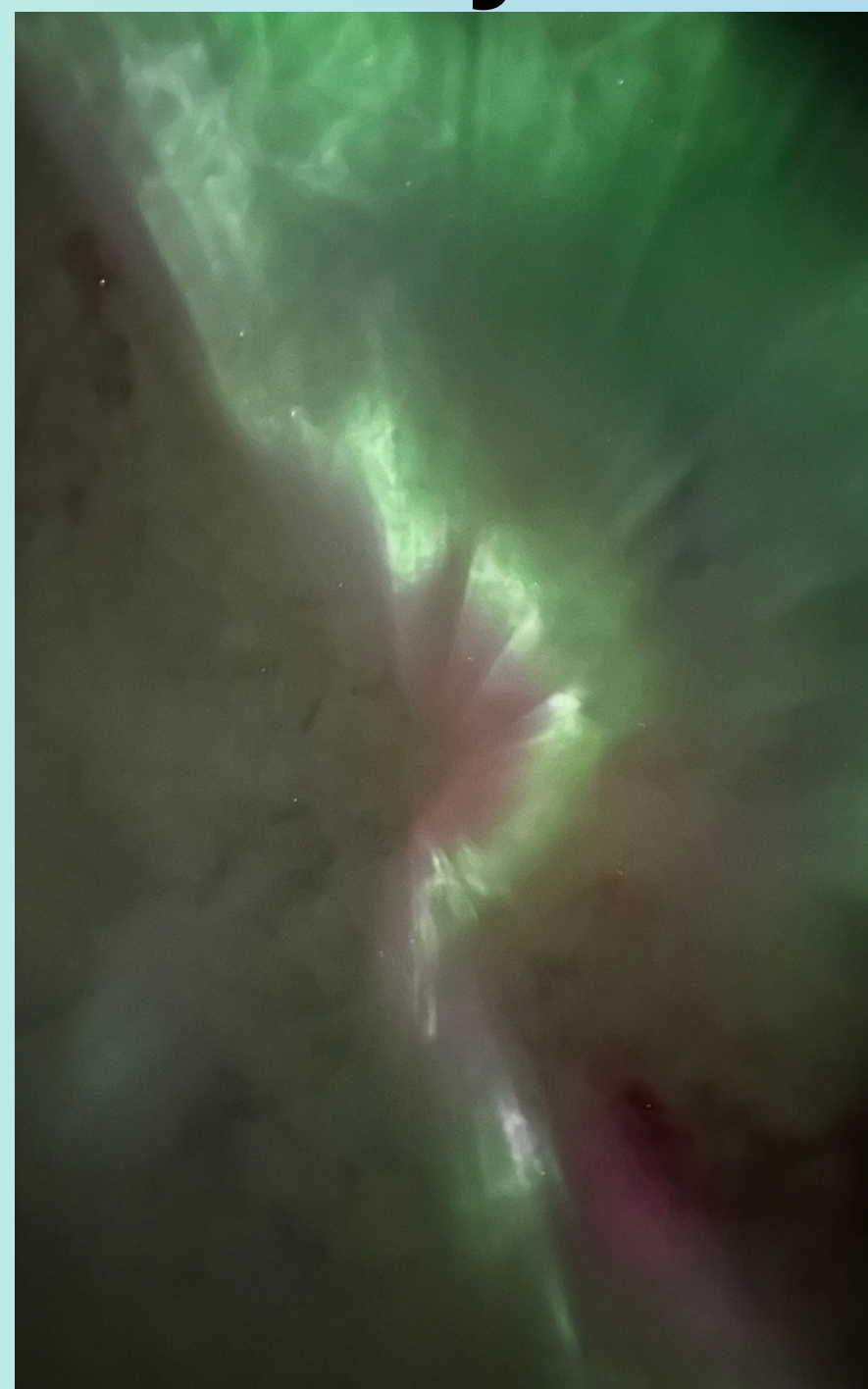
Participants took part in the NORTHERN LIGHTS TRIP to the outskirts of Reykjavik







# REAL AURORA ON THE OUTSKIRTS OF REYKJAVIK





# 'BOOST YOURSELF' ERASMUS+, ICELAND

## ICE CAVES

### temperature -15C



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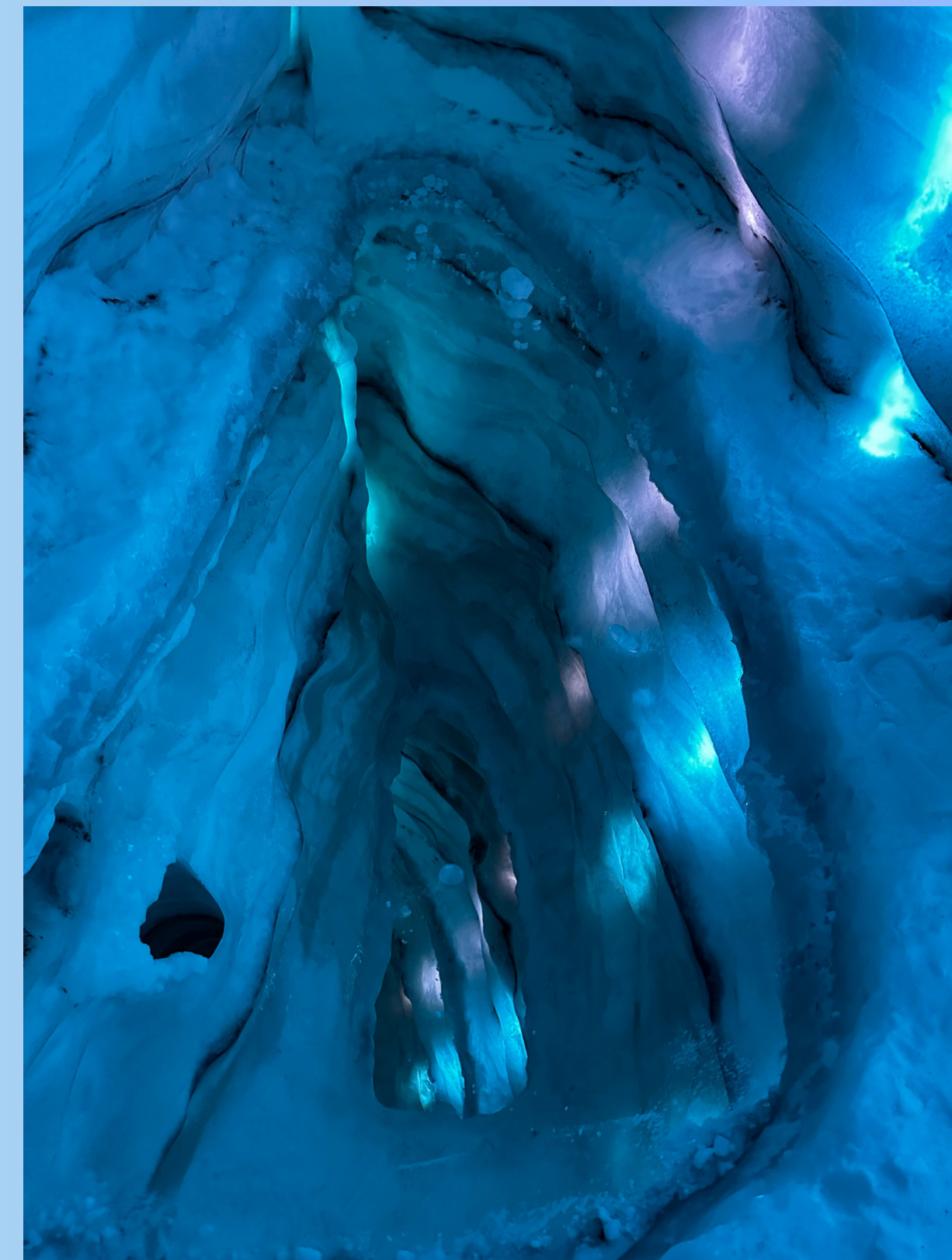


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# ICE CAVES

temperature -15C





# BLACK BEACH, ICELAND



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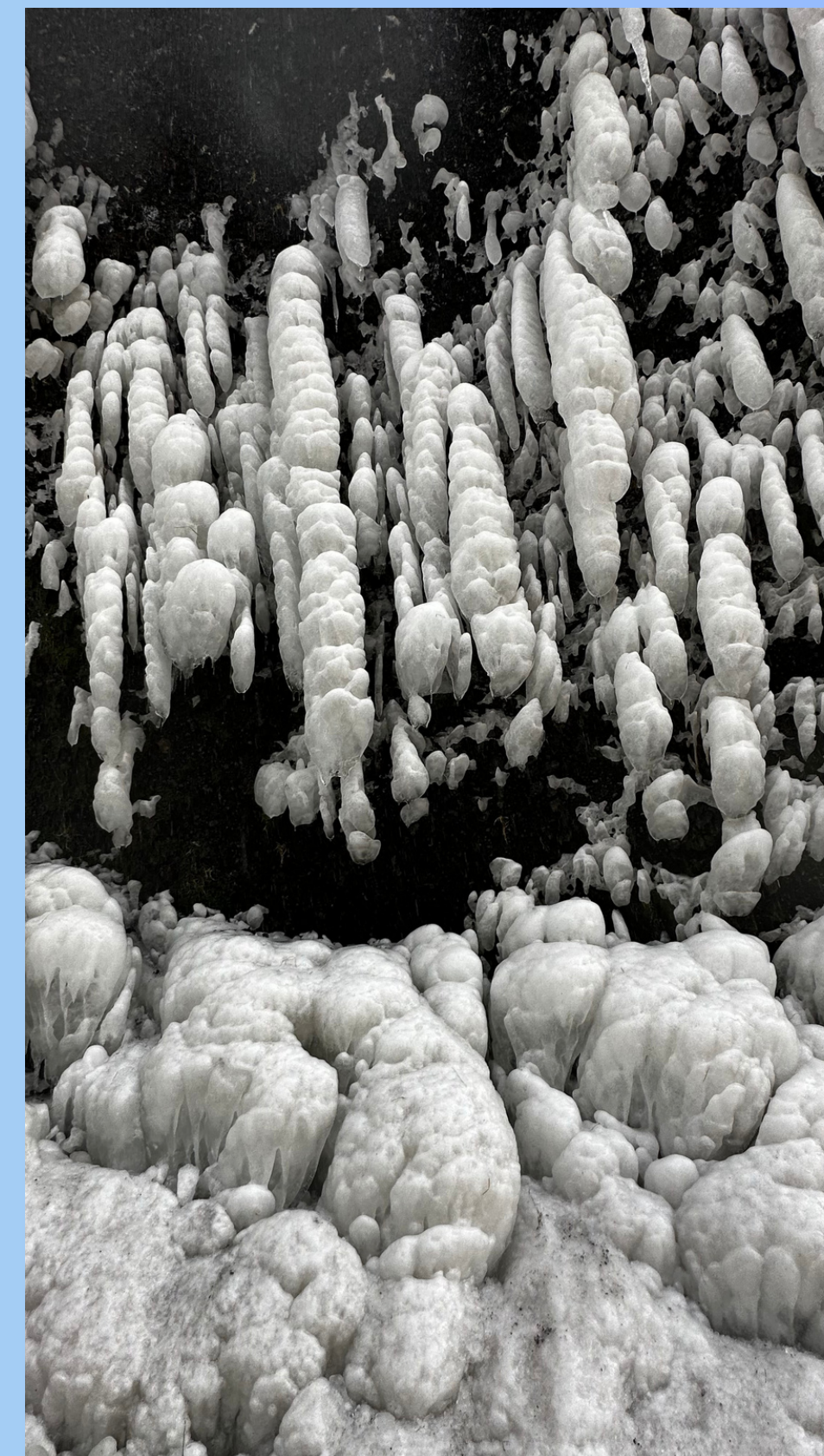
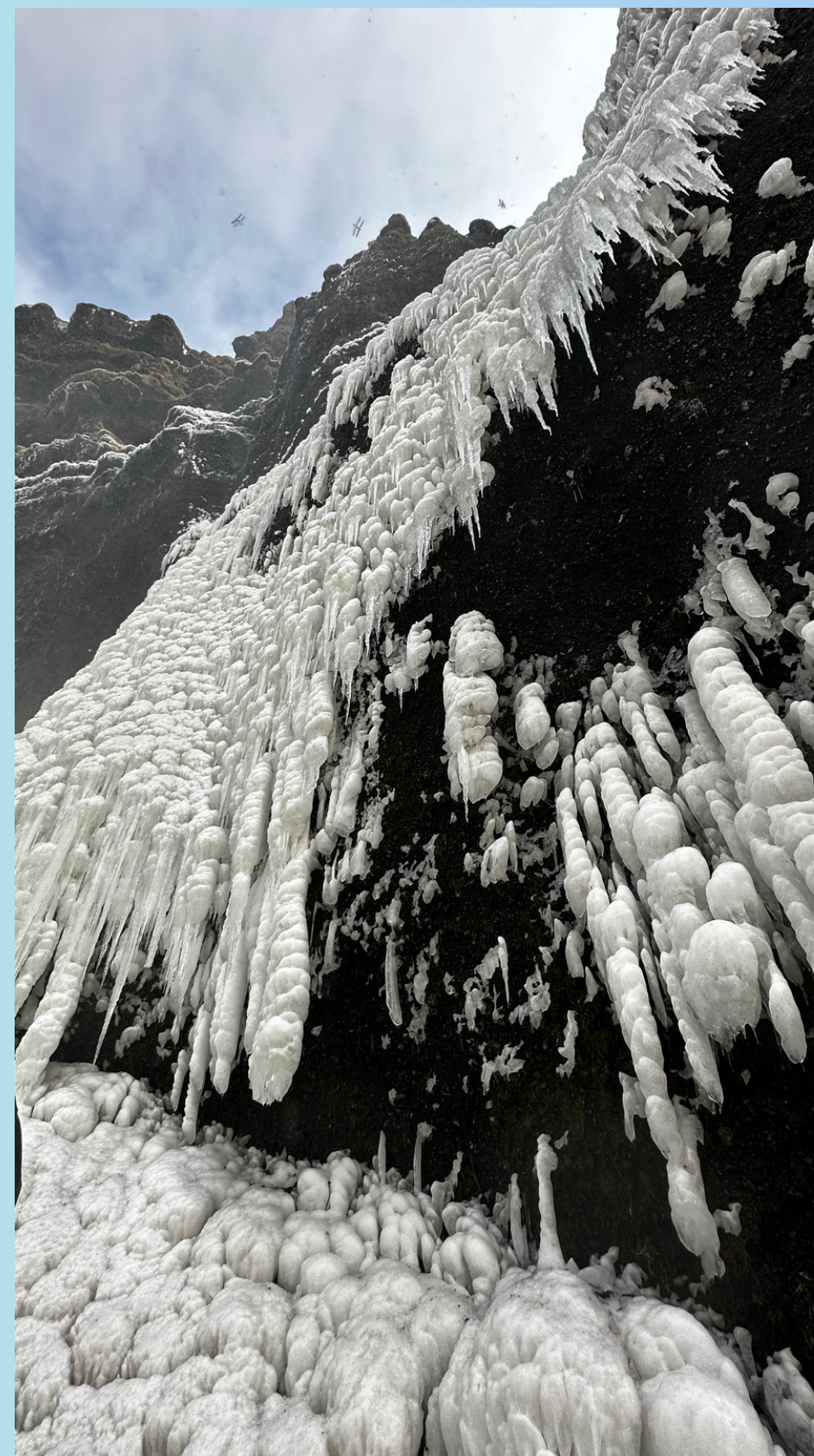




# WATERFALLS, ICELAND



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# WATERFALLS, ICELAND





# WATERFALLS, ICELAND



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# VOLCANO CRATER, ICELAND



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## TROLL LEGENDS FROM THE INSIDE OF THE CRATER



**Can you see a troll AND a demon  
in the crater?**





eco-friendly

## ICELANDIC HORSES - RIDES WITH ASLAUGH



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ICELANDIC HORSES -  
RIDES WITH ASLAUGH



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# GEYSIR CENTER, GOLDEN CIRCLE, ICELAND



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## EUROPEAN AND AMERICAN TECTONIC PLATES, ICELAND





### WELCOME TO THE NORTH AMERICAN PLATE

Imagine yourself standing on the North American plate, Earth's sixth largest continental tectonic plate. Around 200 million years ago, it was joined with the Eurasian, African and South American plates until this supercontinent, known as Pangaea, started to break apart. The Atlantic Ocean began to form to the south between Africa and South America about 135 million years ago, while the separation of the North American and Eurasian plates began around 65 million years ago.

The western part of the North American plate has some fairly young mountains where it collides with the Pacific plate. The eastern part of the plate, on the other hand, has the Appalachian mountain range that formed more than 250 million years ago when the supercontinent Pangaea was forming.

A large proportion of the population of the North American plate live in large cities. There are also large areas that are more or less unpopulated, e.g. on the Canadian (Laurentian) Shield, a large gneiss shield that formed about three billion years ago.

New York is the most densely populated city on the North American plate (population in 2012 was 19.6 million). The highest mountain is Mt. McKinley in the US (6,149 m above sea level), while the greatest depth is found in the Puerto Rico Trench (8,648 m below sea level).





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# THANK YOU



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