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ERASMUS+ BOOST YOURSELF

2021-2-PL01-KA220-SCH-000050352



Gdańsk, Poland



On the 23rd-29th September 2023, our school ZSO No. 1 hosted 25 teachers from 5 countries of Lithuania, Portugal, Iceland and Turkey as part of the Erasmus+ project Boost Yourself 2022-2024. Project participants took part in several workshops on Transcendental Meditation, eTwinning, Minecraft Education - 'Well-being Center for teachers' and a Boost Yourself website. In addition, teachers learned about the culture of our region and country by taking part in a City Quest in Gdańsk's Old Town, and educational tours of the Shipyard, Sopot, Szymbark, Toruń and Gdańsk Klukowo.

The mobility was organized by teachers Małgorzata Brasseaux, Jolanta Świerszczko, Aneta Kownacka, Karolina Bosacka-Stefek, Principal Zygmunt Pilarek, and Anna Dyl and Anna Wrońska.



Litwa



Portugalia



Polska



Islandia



Turcja



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W dniach 23-29 września 2023 nasza szkoła ZSO nr 1 w ramach projektu Erasmus+ Boost Yourself 2022-2024 gościła 25 nauczycieli z 5 krajów Litwy, Portugalii, Islandii oraz Turcji. Uczestnicy projektu wzieli udział w wielu warsztatach o tematyce Transcendental Meditation, eTwinning, Minecraft Education - 'Well-being Centre for teachers' oraz tworzeniu strony internetowej Boost Yourself. Ponadto nauczyciele poznali kulturę naszego regionu i kraju biorąc udział w grze miejskiej w Gdańsku na Starym Mieście, oraz wycieczkach edukacyjnych po Stoczni, Sopocie, Szymbarku, Toruniu oraz Gdańskim Klukowie. Organizacją mobilności zajęli się nauczyciele Małgorzata Brasseaux, Jolanta Świerszczko, Aneta Kownacka, Karolina Bosacka-Stefek, Pan Dyrektor Zygmunt Pilarek oraz Anna Dyl i Anna Wrońska.



Lithuania



Portugal



Polska



Islandia



Turcja



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The welcoming ceremony & presentations & school tour & Transcendental meditation activities

Principle Zygmunt Pilarek,
coordinators: Małgorzata Brasseaux, Jolanta Świerszczko
participants: Aneta Kownacka, Karolina Stefek-Bosacka,



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Presentation of the school
the culture, & time schedule
Małgorzata Brasseaux



Transcendental Meditation Concept
Presentation
Jolanta Świerszczko



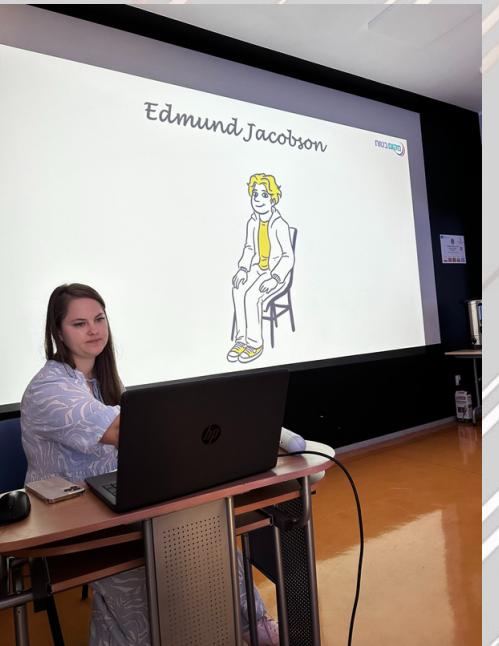
Transcendental Meditation Workshops
Anna Dyl



Dream Catchers workshops,
Meditation song mantras
Fire flame meditation
Aneta Kownacka



Focus on Positivity
Karolina Bosacka-Stefek



Transcendental Meditation Workshop,
psychologist Anna Wrońska



City Quest - History,
culture and meditation
Małgorzata Brasseaux



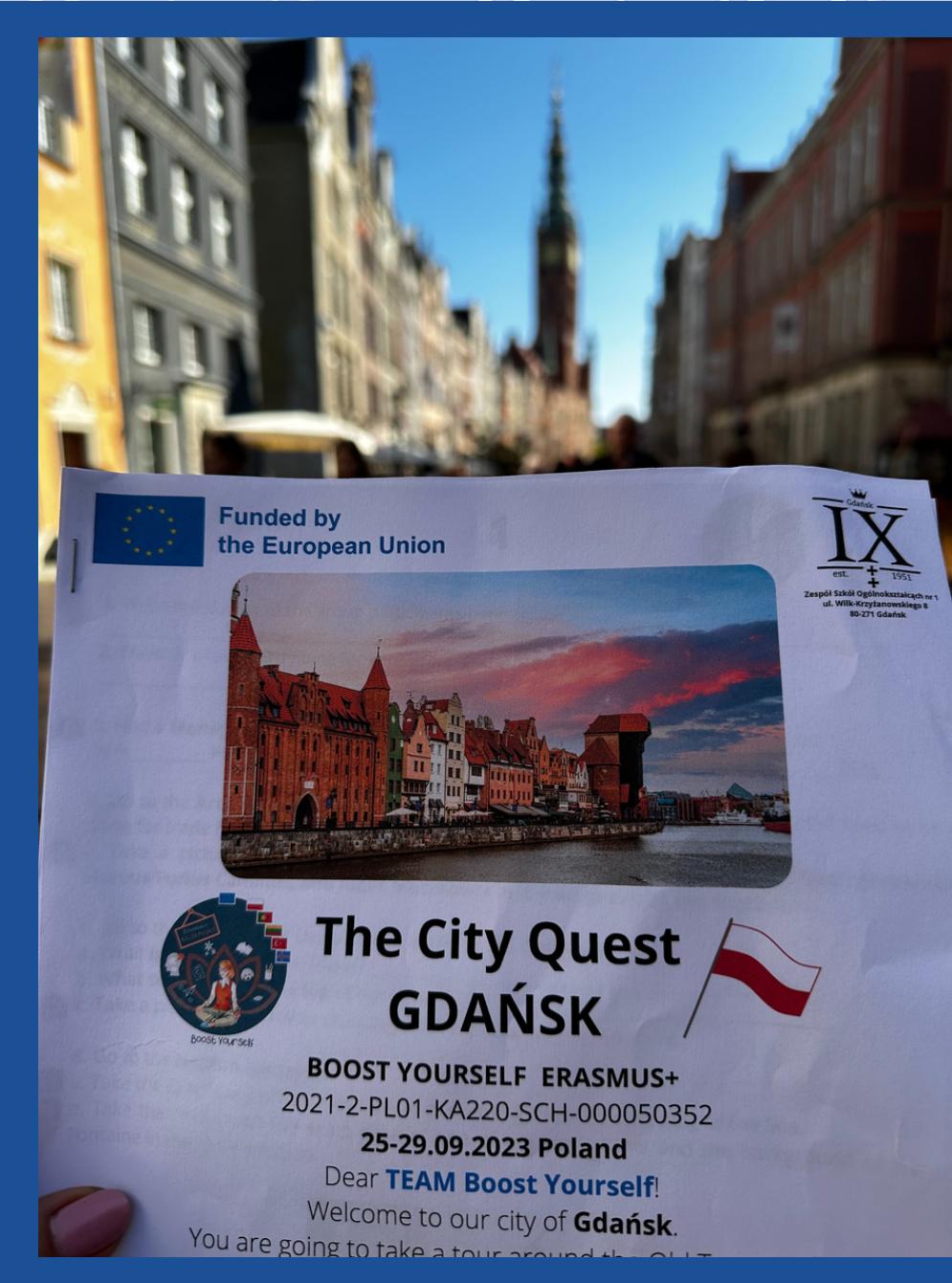
Kashubian culture

Transcendental
Meditation movement:
It is a method that
promotes relaxed
awareness, self-
development, stress
relief and higher states
of consciousness.



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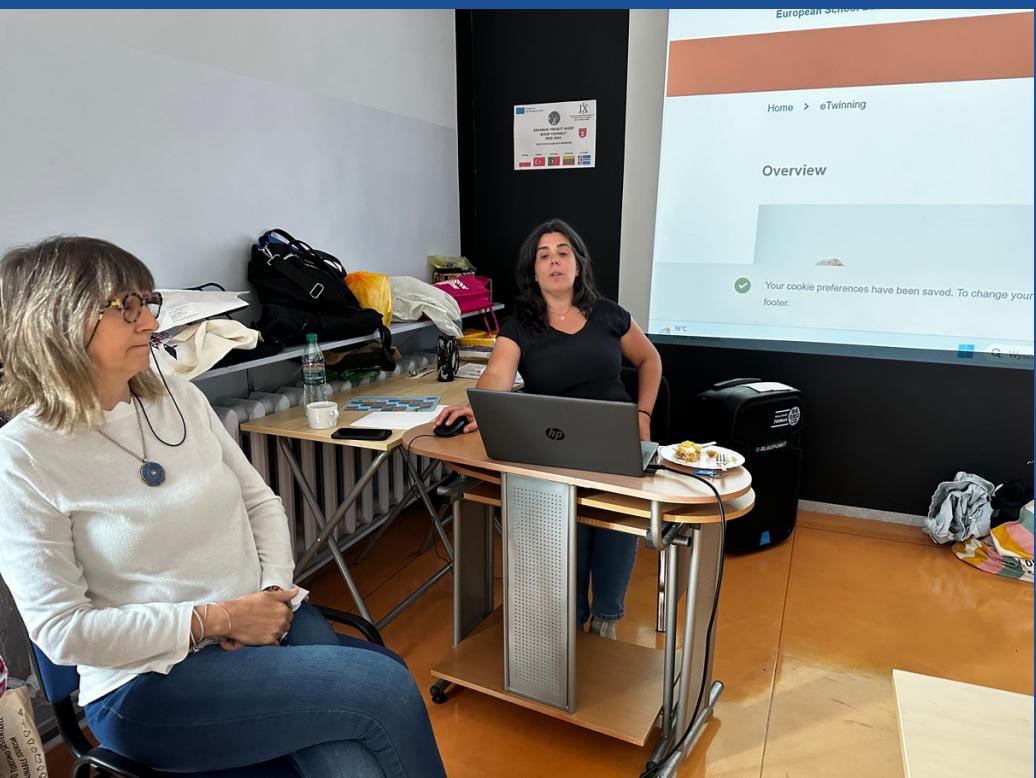
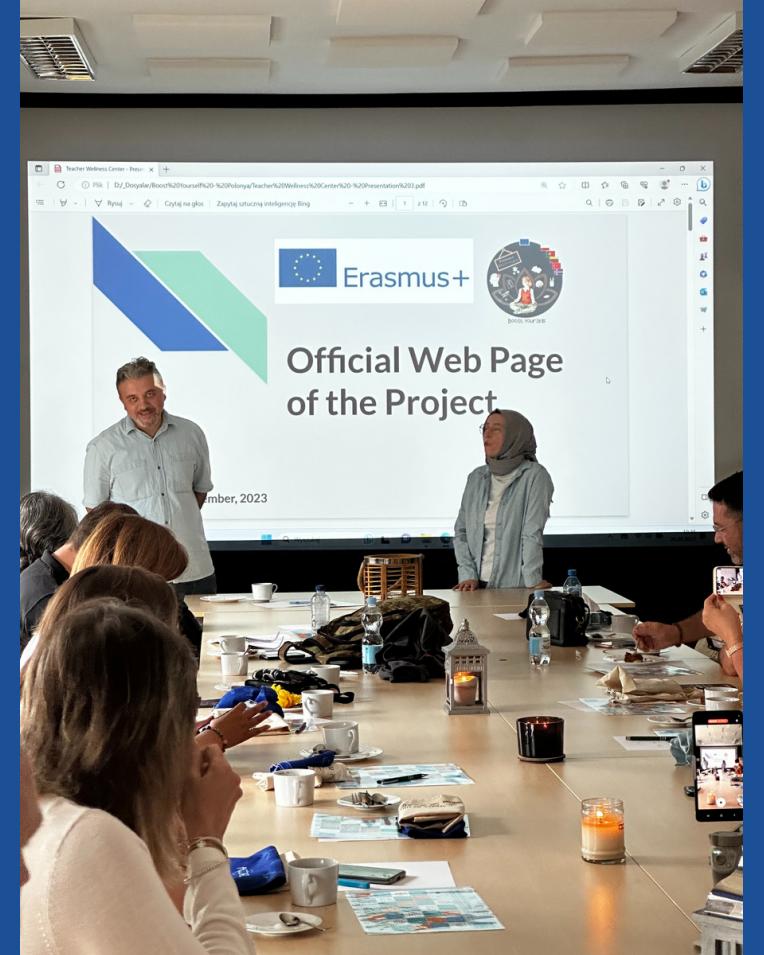
The City Quest - Gdańsk history, culture, meditation and fun :)



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Project Working Teams



Turkish Team
Minecraft Wealth Centre for Teachers
www.boostyourself.com
Kahoot
Notebook

Portuguese Team
[eTwinning.com](http://etwinning.com)





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II World War Museum in Gdańsk, Poland





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Gdansk's shipyard



Three crosses with anchors
monument /Symbol of hope 1970



Commemoration gate
1970/1980



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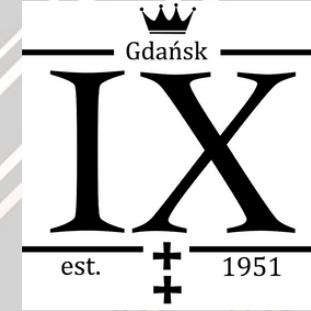
Old Town Gdańsk



BLACK PEARL BOAT



Westerplatte voyage on the Motława river
relaxing, history,
singing 'We are Boosting' song,
breathing meditation activities



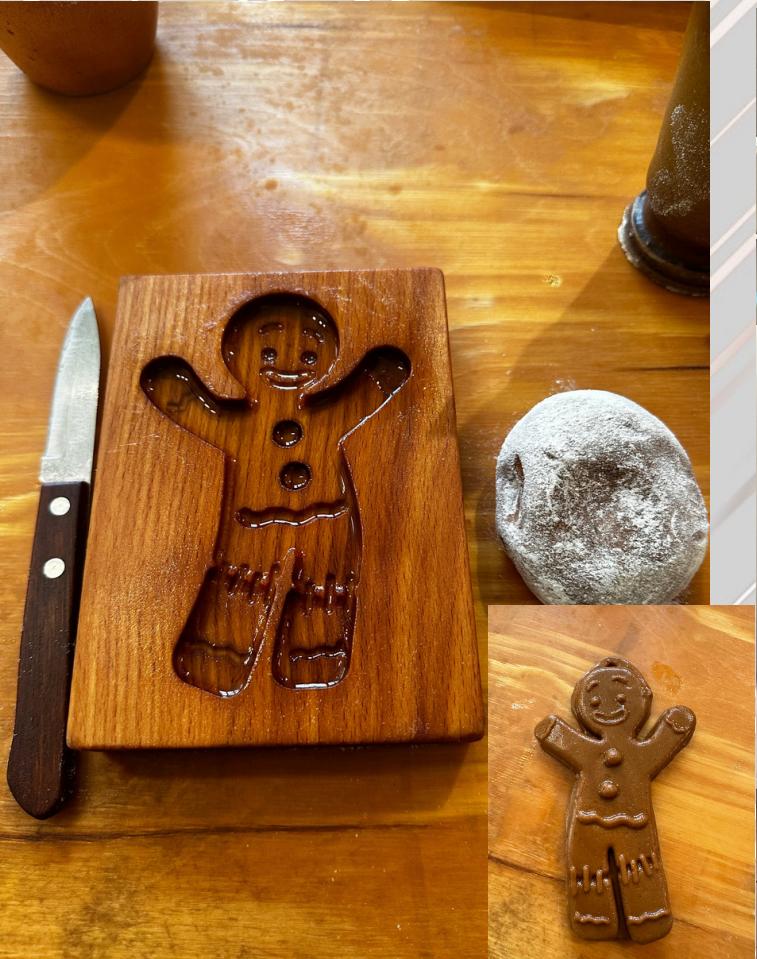


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In Toruń ...

Gingerbread Workshops and Museum





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Torun History Tour

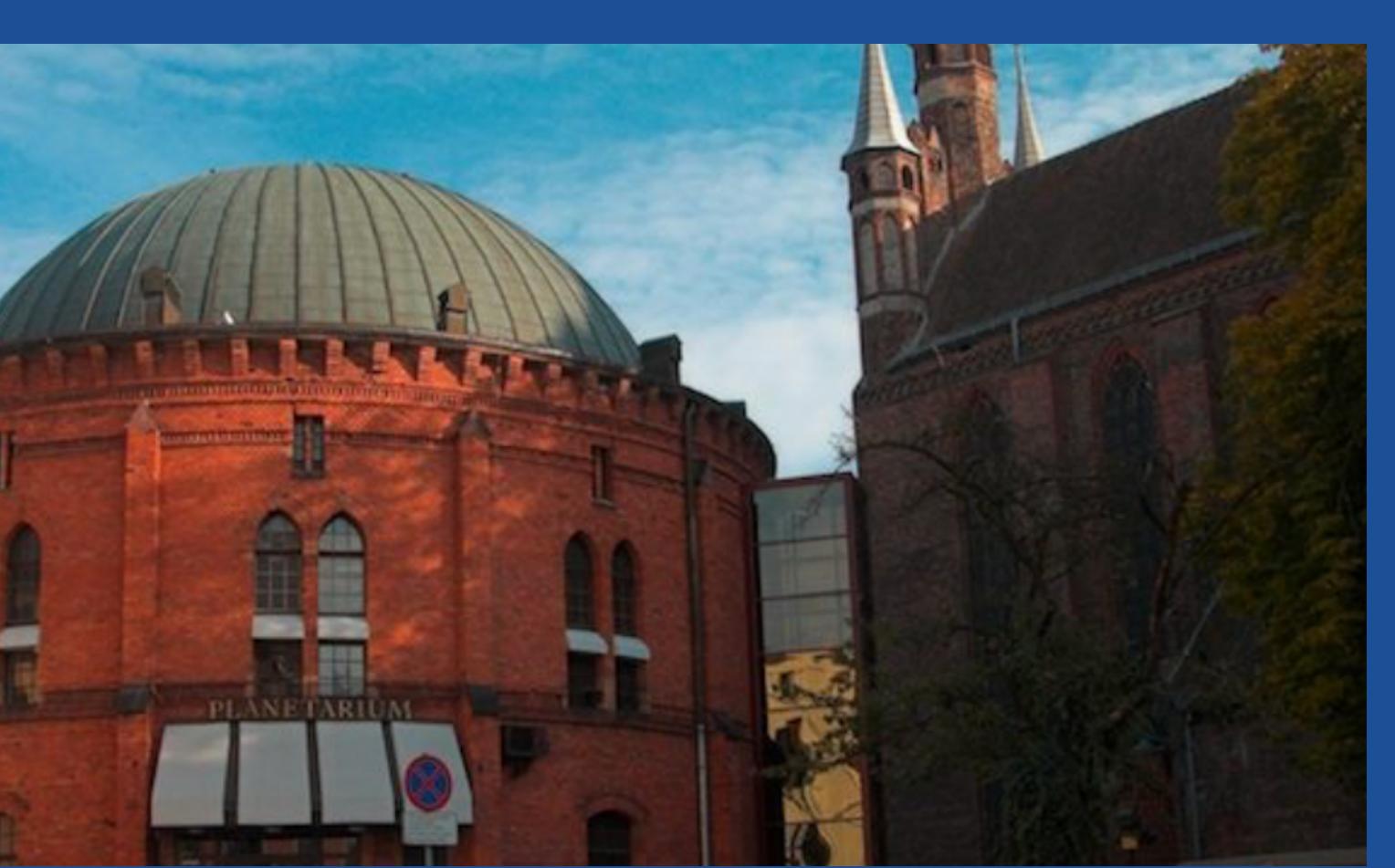




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Planetarium: Nicolaus Copernicus Astronomer





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Szymbark, Kashubian Region

Szymbark, Kaszuby,
28.09.2023
medytacje z
płomieniami ogniska,
budowanie Catch
Dreamers,
tour z przewodnikiem
do Domu Sybiraka,
wizyta do taboru
transportowego,
tureckiego domu
POLONEZKoy, bunkra
pod nalotem, domku
do góry nogami,
pomnika
upamiętniającego
niedźwiedzia Wojtka,
kaplicy,



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Meditation workshops at Gosia's





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Thank you

ERASMUS+ BOOST YOURSELF PROJECT mobility: Gdańsk, Poland



coordinator:
Małgorzata Brasseaux
gosiabrasseaux@gmail.com
ZSO nr 1 / IX LO w Gdańsku

