"WE ALL LIVE IN THE SAME WORLD – LET’S CARE FOR IT AND FOR US!"
(ONLY IN A HEALTHY BODY THERE IS A HEALTHY MIND) (LINK TO WEBSITE)

MADELEINE SANDGREN (TO THE LEFT)
AND BRITTA MATTSSON (TO THE RIGHT)
WITH TJÖRNBRON (THE BRIDGE TO TJÖRN) IN THE BACKGROUND
We all live in the same world – let’s care for it and for us!

Main theme: Exchange of good habits concerning health and environment, eating habits, exercise etc. Make students aware of our climate footprints and the greenhouse effect – choose locally grown products instead of food that has been transported all over the country or the world.

Other benefits: Increased knowledge about countries in Europe, practising the English language, digital cooperation etc.

Project time: 2 years, 2018-2020 (still not finished, extended with another year because of the ongoing pandemic)
MAP OF EUROPE

PARTICIPANTS:

Germany
Sweden
Poland
Greece
Fridas Hage in Höviksnäs

- Höviksnäs is on the island Tjörn in the southwest of Sweden
- Our school has about 200 students, 6-12 years old
- Our third project in Comenius/Erasmus+
Selma Lagerlöf Grundschule in Berlin

- Located in the north of Berlin (former East Berlin)
- Students from 16 nations
- About 400 students in grade 1-6 (6-12 years old)
2nd Primary School i Trikala

- Trikala is in the northwestern Thessaly, about 300 kms northwest of Athens
- The city of Trikala has about 80 000 inhabitants
- About 300 students at this school
Szkola Podstawowa nr 91 i Wrocław

- Wrocław is in the south of Poland
- This school has about 650 students
- School is divided into two parts: 1-3 and 4-8
- Mostly "ordinary" school subjects, but also classes with sports focus and lessons in fencing and taekwando
Project based activities:

- Surveys about eating habits/exercise/sleep
- Surveys about Sweden and the other countries
- Creating a logotype for the project
- Writing cards/letters to the other schools, for Christmas, Easter etc.
- E-mail contact, video conferences between schools/students
- Waste sorting (providing and using recycling bins at schools)
- Decreasing school’s food waste
- Creating Erasmus gardens with herbs and vegetables
- Creating a common recipe book, a calendar, a video about break activities
- Writing and recording a common song
- Creating memory games about health, food, sports, environment
- Making healthy dishes, also vegetarian alternatives, fish dishes, breakfast
- Describing how we celebrate our holidays (like Christmas) in the different countries
Calendar
Our experience

- We got an invitation for the project from an old partner school in Berlin (that we had Comenius projects with earlier on)
- The theme was something that fit in with the goals for our municipality and for school – sustainable development and health
- Projects like these gives a lot back to staff and students
- There used to be an official coordinator in our municipality, and that’s how we got started with these kind of projects. She helped us do the application and the accounting economics.
- This time we had to do the job ourselves, and of course it takes a lot of time and effort, but with our experience from earlier projects we thought we would manage to do it ourselves.
- We have to fill in the Mobility tool continuously and the reports are being graded. If you get a very low score, you might loose some of the granted money, so it’s important that all countries do what they are supposed to do.
- We have to make regular economic reports to our local authorities.
SCHEDULED VISITS 2018/19:

- **December 2018**  
  Berlin, Germany: "Show me what you eat and I tell you who you are" – international buffé with healthy dishes from all partner countries

- **March 2019**  
  Wrocław, Poland: "Erasmus garden" – plants/seeds (eatable) from the different countries are planted in a common garden. Also cook an international (healthy) buffé.

- **June 2019**  
  Höviksnäs, Sweden: "Free time activities in Sweden" – get an idea of how Swedish children spend their breaks, but also try some freetime activities. International buffé and create the Erasmus garden.
SCHEDULED VISITS 2019/20:

- October 2019 Trikala, Greece: "Let’s play together" – examples of different schoolyard games
- December 2019 Wrocław, Poland: "Breakfast in Poland" – making healthy breakfast
- January 2020 Berlin, Germany: "Green week" – visit the international trade fair "International Green Week" which is about food, agriculture and garden
- March 2020 Trikala, Greece: "Healthy food" – making vegetarian dishes
  (postponed)
- June 2020 Höviksnäs, Sweden: "Eat more fish" – making fish dishes
  (postponed)
- Evaluation and final report
Responsibilities

- Germany: Regular communication via e-mail, WhatsApp and eTwinning. Create a website, produce a brochure about waste sorting and make memory games. Recording of the common project song will be done in Berlin.

- Poland: Prepare a survey that will be done in all schools at the beginning and at the end of the project. Prepare and produce a calendar with a "healthy breakfast theme".

- Greece: Produce a brochure/book and a film about break activities.

- Sweden: Prepare and produce a recipe book with healthy recipes, take minutes from the meetings and distribute them to all partners.

All products should be made so they are enough for everyone and be available for all partners even after the end of the project so they can continue the work.