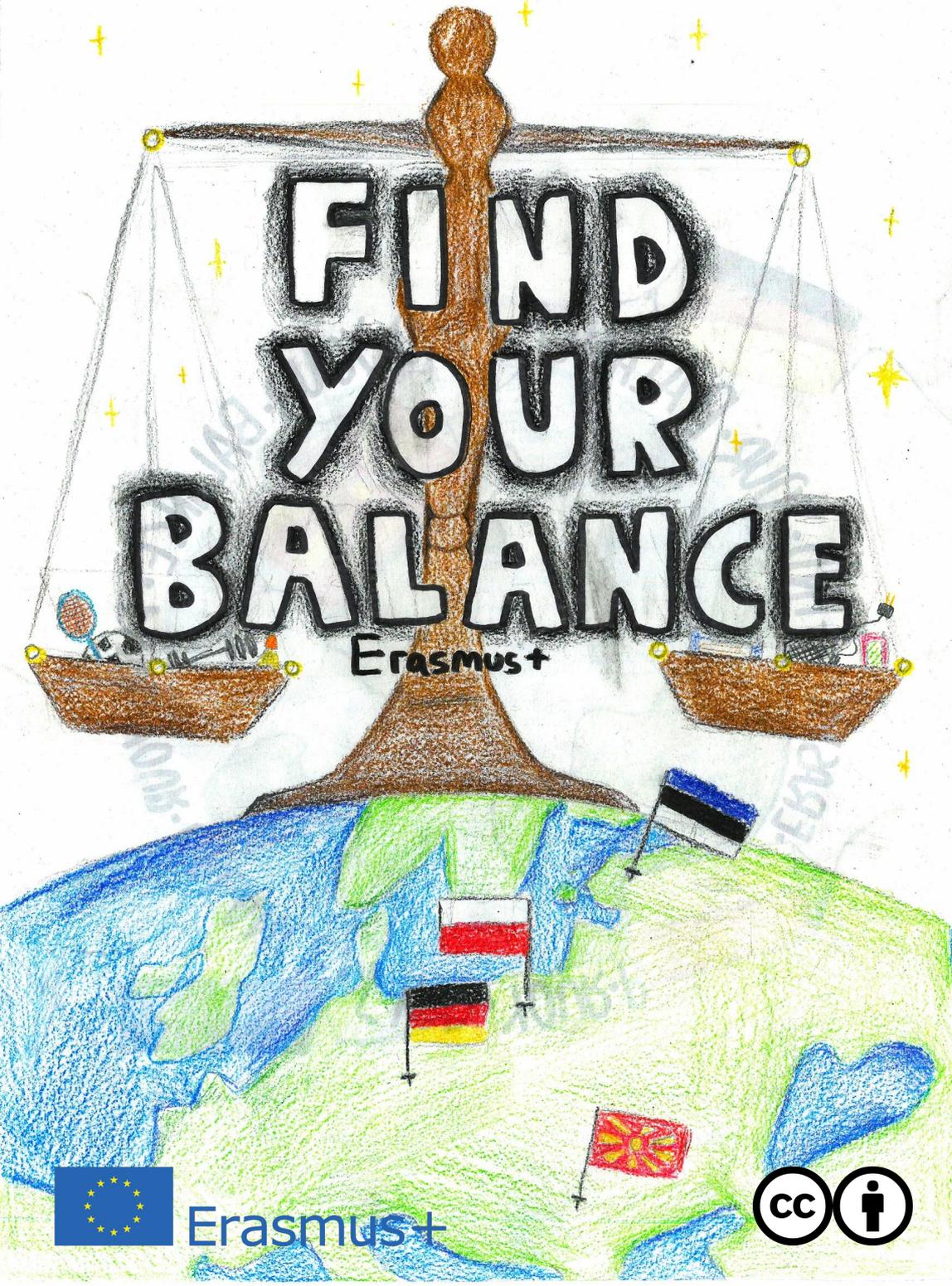


FIND YOUR BALANCE

Erasmus+



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Find your balance

is a joint Erasmus + - Project

of

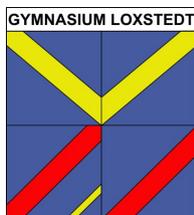
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Szkoła Podstawowa im. Polskich Olimpijczyków w Mysiadle

2017 - 2019



Cover by Nora Liis Kavald



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Find your balance

What is this project about?

This project is about finding the balance between physical activities and technology.

The basic idea results from the observation that young learners nowadays use smartphones in almost every aspect of their lives, including social and learning circumstances. This is quite a new matter. We don't know the consequences on their physical and mental health nor the educational ways to handle this phenomenon. Schools all over Europe try to tackle it with different approaches, mostly by forbidding their students to use their smartphones in the school or by not doing anything about it.

Our main objectives in detail:

1) Spreading awareness of consequences of excessive smartphone usage, legal bases and cyber bullying. The students will learn what symptoms phonoholism might have and how to deal with the urge of using smartphones excessively. At school lectures, workshops and other activities will be organized on this topic.

2) Possibilities of spending free time without smartphones, e.g. outdoor activities, sports, health care.

These kinds of activities would aim at the activation of students, mainly by showing them the potential of the surroundings within their community. Many interesting, beautiful and challenging ways of spending free time can be found in the immediate neighbourhood. The nature, non-profit organisations, sport and cultural facilities have a lot to offer. Exploring it is a perfect answer to the need of having more to do than playing a next computer game or an application.

3) Using smartphones in an effective and healthy way.

For this purpose, students would use the applications as a means in projects with students in order to present their cultural background and improve their English in the course of the project.

What did we actually do?

During the project different activities were carried out in each school in order to develop students' skills for using technology in an educational way. We also had outdoor activities to have some time without mobile phones. The communication among the partners was on a high level and using different ICT tools.

During the first visit in Macedonia activities connected to use of smartphones in an effective way were carried out. We used Word, PowerPoint, Prezi, Kahoot and QR code reader. During the visit Scottie Go and microbit were used for developing students coding skills. The Faculty for Information Science and Computer Engineering was visited where students learned how to program a robot, how to develop a game and what are the benefits of a career programmer.

During the visit in Estonia students learned how to program robots and Lego Mindstorm in order to inspire them for learning programming in the future. Different outdoor activities which present possibilities of spending free time without smartphones were carried out.

The visit in Poland brought knowledge about consequences of excessive smartphone usage. Students created signs that can be used in the kitchen to talk more and be less on smartphone. Houses were created where students can leave their mobile phones while they are in the classrooms.

In Germany students together created a guide book for all the activities during the project.

Why do we write a book?

Maybe you are asking yourself why we have written this book.

Well, here is the answer.

The topic of our project is finding your balance between physical activities and technology. We would like to draw your attention to finding your balance between those two aspects of your life. We hope that you will find a good balance between physical activities and technology and this book will give you some inspiration. We want people to enjoy their lives, to go outside, meet friends and not always look at their cell phones. Your life is too short to spend all the time inside on your cell phone.

And now enjoy reading our book.



Use of mobile phones

Rules and advice ready to imply

During the project, pupils and teachers taking part in it had the opportunity to familiarize themselves with many applications in order to use their electronic devices in a useful way. The topic of part of the workshops was also reflection on possible addictions to smartphones, gaming or social media. We were wondering about the importance of our phones in our family life, in contact with friends. We have created a code of principles that will help us to function in harmony with our loved ones and in balance with everything that is important and needed in our lives. So we will be the first generation of teachers and students who will face the challenges associated with it.

Rules at school

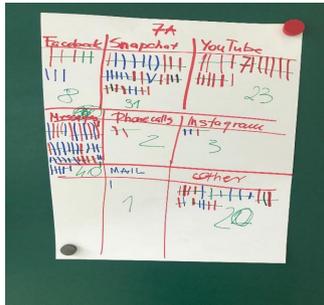
Each of our schools has a different policy watching or using their phones. At the school in Mysiadło, the pupils created memes that persuade the students to put the phones away during the breaks. The students' works were printed and hung in the school corridors.



(My mum when I put away my phone)

Notifications

To visualize how often we look at the phone during the lesson, a group of students from the Primary School in Mysiadle took part in a small experiment. On the board we hung a card with the names of the most popular applications. During the lesson, each student who receives notifications, approaches the board and puts a line next to the application from which it came. After 45 minutes, 20 students received about 120 notifications altogether!



Following some examples on the Internet, we have developed the following methods for the use of smartphones in the classroom:



Rules for using mobile phones at home

There are often as many mobile phones as family members in one family. The rules that we create at home must apply to

everyone. You do not need to use all of the below. It is more important that we will be consistent in our decisions.

1. Set one place in the house, where you do not use phones. A good place is the dining room, but it can also be around the couch. Create a sign that will remind you about it. During project activities, the participants created signs that remind us of this rule in our homes.
2. Do not take the phone to bed. The light emitted by the phone will not let you fall asleep . Buy an alarm clock, keep your phone away from your head.
3. For the time of studying and doing homework, put the phone away. You can, with other housemates, designate a place in the house where you will find phones that are not currently in use.
4. Plan your time during the day when you spend time with your phone. Check all notifications, e-mails, read the information that interests you. Try to get away from constantly looking at the screen while waiting for notifications.
5. Plan your free time without a phone. For example passions, meeting friends, walking the dog, reading a book, or "doing nothing".



Safety on the road

This is a topic that does not require more advertising. Mobile phones should definitely not be used by drivers or pedestrians. Try to apply the following rules:

1. Keep the phone in your pocket when crossing the street. Make sure that the oncoming driver is looking at the road.
2. Find a safe place if you have a phone call or write an SMS.
3. Try not to listen to music in the city, where you often cross streets.

Internet sources

If you are not yet sure whether you are ready to apply our principles in your life, the following videos found on the internet will help you make the decision:

https://www.youtube.com/watch?v=FKIDxi_ZFrg

<https://www.youtube.com/watch?v=QugooaNRnsk>

<https://www.youtube.com/watch?v=-YA8S2w5Q04>

<https://www.youtube.com/watch?v=0EFHbruKEmw>



Being active

Active schoolway

We always advise students to start their day in an active way. It would be nice to walk to school with friends or if possible come by bike.

During breaks

- Dance-breaks: during the second and the third break all the students can gather in the assembly hall and join in the dancing. The movements can be seen on the screen and you can feel free - relax, dance and even sing at the same time. Students have started enjoying it very much.
- Gym - during the breaks the students can go to the gym and play different ball games. There are separate breaks for younger and older students. They can choose then whether to play basketball or volleyball. Every break the teachers who are on duty assist the students.
- Games - on two days every week the students of older classes organise games in the assembly hall for the younger students and have fun with them.
- Hopscotch - mainly the students of the younger classes spend their time during breaks to play it.
- Endurance track - you can move around in the whole school house and do various physical activities according to the instructions. It ends with stretching exercises in the last point.

At the lessons

- Football, basketball – the students can come to the stadium after lessons and play either football, basketball or badminton.
- Cycling – when the weather is suitable, some students (older classes) can gather and go on short organised trips.
- Hiking – it is a good idea - both in spring, summer and in winter. You can hike with your friends, talk with each other and have a good time.
- Various sports clubs – gymnastics, judo, track and field,

...



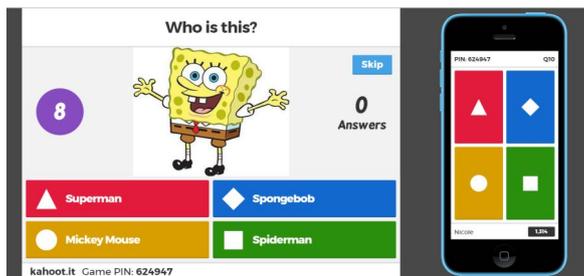
Kahoot

The Kahoot! logo is displayed in white text on a purple rectangular background.

Kahoot! is a game-based learning platform, used as educational technology in schools and other educational institutions. Its learning games, "Kahoots", are multiple-choice quizzes that allow user generation and can be accessed via a web browser, phone, or the app itself.

Kahoot is enjoyable for everyone such as: teachers, students, parents, kids etc. Kahoot! is mostly used in schools for an interesting way how students can learn, not just stay above the book all the day.

The quiz game allows up to four different answers and it allows different solutions to correct answers; all four can be right, one of two, three or four may be right, etc. (it requires at least one correct answer). Each question has a time limit with regard to answering. This can be set from 20 seconds to 120 seconds.



The game can be played as a pre-generated quiz or in a classroom with the teacher as a "game master". The students can reply the game by logging in from a pc, iPad or mobile phone. By entering a game pin generated by the quiz game, the "game

master” can start the quiz and decide when to display the next question.

A scoreboard is optional, but many students like to see how well they are doing. The students are given an opportunity to rate the game and learning outcome after playing.

Kahoot! can be used to review students' knowledge, for formative assessment, or as a break from traditional classroom activities. Kahoot! also includes trivia quizzes.

Do you want to learn by using an app on your phone? If yes, then Kahoot is the application for you!



Inspiring ways to Kahoot!

- Revise topics, reinforce knowledge, recap learning, pre-assess and practice before exams. Revision just got twice as nice! Now you can also assign kahoots as homework.
- Create a kahoot to break the ice, re-energize a room, reward good behavior or just have a little fun.
- Test personal knowledge, evaluate understanding or create a kahoot to assist formative assessment.
- Think beyond the quiz! Create a kahoot to survey opinions and insights, facilitate discussion and initiate debate. Kahoot! helps learners develop 21st century skills, including communication and teamwork. Encourage collaboration in your class by playing in team mode.

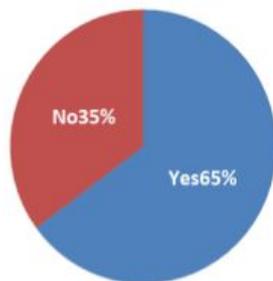
- use Ghost Mode to play against your previous score... or someone else's! Perfect for reinforcing knowledge, assessing progress and reinforcing through repetition.
- Connect with classrooms in over 180 countries and play a kahoot together in real time using screenshare.
- Create a kahoot to kick-off a lesson, introduce new concepts or preview content. Some Kahoot!ers call this a 'Blind Kahoot'!
- Close the loop on learning! Challenge students to create their own kahoots, individually or in groups to deepen understanding, mastery and purpose.
- Plug Kahoot! into your next professional development session. Collaborate with colleagues, introduce concepts and share knowledge.
- Instead of paper assignments, you can assign kahoots as homework with our challenge feature! Learners play challenges in their time in our mobile app.



Find more at www.kahoot.com.

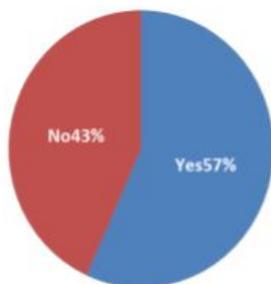
Do you come to school on foot?

- Yes – 24 students
- No – 13 students



Do you train regularly every day?

- Yes – 21 students
- No - 16 students



The information is based on a questionnaire by Estonian students.

Actionbound

Actionbound is an interactive smartphone hunt. With the Actionbound app, you can take part in exciting, fun and informative Bounds. The principle is similar to a classical scavenger hunt or geo-caching, but it also includes media files, internet, and player-created content.

Download the Actionbound app onto your mobile device. It is available for iOS and Android devices.

Multiple Bound players use one smartphone together. They will play as a team to achieve a good result. The optimal group size is three to six Bound players. At least two Bound players are required.

You will need to get to the place on the map and when you are there, there will be a question on your phone screen. Once you answer the question you will get points.

If you answer correctly, you will get points. If not, you won't. It doesn't matter how fast you do it, you need to get the correct answers.

If you want to create your own Bound, you will need to log in. Some Bounds might be with a QR - code. With QR - code you need to get to the code, scan it and then the question will appear.

You don't need internet connection to play the bound because the Bound's media content will be preloaded. This applies to all content- quests, text, images, videos and sounds uploaded to Actionbound's media library.

How much time(hours) a day are you physically active?



- Average – 2,5 hours a day



How much time a day do you use your phone or computer for learning ?

- Average - 40 minutes (0.6 hours) a day



How much time a day do you use your phone or computer just for fun?

- Average - 4,5 hours



Some more data from Estonian students

How to use Quizlet

Quizlet is an online tool that can help your students remember information. Whether it be vocabulary in two languages, facts or even chemical elements.

How to get started?

Go to www.quizlet.com

How to create a set of flashcards?

You can see the word Create. When you click on that word, you will be able to start creating your own set of terms and definitions.

The first step is naming the set.

The next step is adding the terms and definitions. It can be the word as a term and its explanation as the definition. The actual content of the term and definition box is up to the teacher.

If you like, you can add an image to go together with each term/flashcard. If you want to add an image, click on the image symbol.

When you have added everything you can create your set by scrolling down and clicking on Create.

How to use the created set?

You have different ways to start learning the terms and their definitions. They are shown on the screen when you click on your set.

The first option is **flashcards**. By clicking it you can use arrow keys or your mouse to go through the material and memorise it.

After looking at the vocabulary you can now start practising by writing it.

To test your knowledge of the material you can use the **Test**.

In addition you have two games you can play on your own called **Gravity and Match**. These games are timed and use the set terms and definitions.

Perhaps the most fascinating element of Quizlet for students is the **Quizlet Live Game**. This game is led by the teacher and requires smart devices for each student. It is like kahoot!

The teacher clicks **Create game**. And then you see the following:

You need at least four players to use this game. The students type the address to their devices' browser. They enter the code and their name.

The game shows progress on the teacher's board and the questions and answers are visible on the students' devices. They see a term and have to choose between the definitions. Each member has 4 definitions and one game is about 12 terms.

When one game ends you can finish the game by clicking **Exit game** or click **Play again**. One game lasts about 1 - 2 minutes.

Scottie go



Scottie Go! EDU is a game-based approach to introduce coding and programming in an interactive and fun way.

Scottie Go! is a great learning tool. It:

- improves the ability to think analytically and logically
- develops algorithmic intuition
- teaches how to solve complex problems and how to work in a group
- supports the development of competences in learning programming at early stages of education
- prepares children better for the modern tech savvy world

Scottie Go! uses similar block-based coding approach as Scratch coding environment, which is widely used in coding classes. The basic idea of this mobile game is to help a friendly alien Scottie to get back home to the outer space. The game offers many levels, and offers opportunity to create dozens of codes.



Fig. 1a) Box with tiles

The game is a combination of cardboard tiles (Fig. 1a), which are used by the players to create coding instructions, and a mobile application (Fig 1b) that sets tasks and scans the proposed code solutions that enable Scottie and other characters to move. The tiles are used to write instructions which will be performed by Scottie in order to complete the task. The mobile application can be down-



Fig. 1b) Mobile application

loaded on smart phones, tablets or any other computer device. After the installation on a device, the game does not require internet connection, and it can be played anytime and anywhere, even in a place where there is no IT infrastructure, e.g. school common rooms, corridors or even outside the building.

The game starts when the application assigns a task to the player. The player must analyze the task and plan the sequence of instruction that will lead Scottie Go! to the right spot, avoiding obstacles, picking up objects etc. The coding is very similar to making a puzzle. The player "writes" the code by arranging tiles in the right order on the game board. The code controls the main character's movements.



With the use of the app, the player scans the written code by capturing a photo or video. Once the program is scanned, Scottie will perform, on the device screen, the instructions placed on the game board, and give possibility to the player to see whether the task has been performed correctly. The application gives feedback to the player: if the command is correct, Scottie will carry out the task and go to the next level; otherwise players will be asked to rewrite the program. If the program is too long, or not efficient, players will be encouraged to optimize it (i.e. to shorten it). This is done by a

gamification technique that assigns stars to the created code (from one to three stars) once the code is scanned.



A unique coding interface, in the form of cardboard tiles, makes the game child-friendly and, allows children to collaborate by creating codes in teams. Furthermore, children do not need to know the basics of coding to play the game. Scottie Go! gameplay improves the ability to think analytically and logically, develops algorithmic intuition, and teaches how to solve complex problems. It can be used as a basic tool to introduce and teach coding, or as a supplement of other tools that are used to teach coding.

You can find out more about the game at www.scottiego.com.



Applications for learning



Edmodo is a blended learning environment that supports the learning and networking of teachers and students. This free and secure learning platform provides a simple way for teachers and students to connect and collaborate in a virtual class. It looks similar to Facebook, but is much more private and safe

because it allows teachers to create and manage accounts for their students. Once account is created, student receives a group code and than he can register, access and join the group. You can start creating your class on the following link: <http://www.edmodo.com/>

QR Code Reader is an application that can be used for discovering pictures, texts, questions etc., behind the code. One of the possibility is to create a game similar to treasure hunt, where each question will be hide in one QR Code, and these codes will be put on different places around the school.



Students can try to reach to the answer of the last question individually or as a group, learning a playing at the same time. You can download your QR Code Reader for free at from Play Store and create your QR Codes using the following link: <http://goqr.me/>

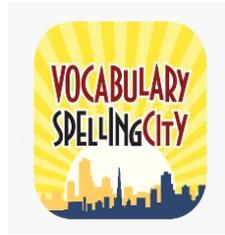
The **BBC micro: bit** is a pocket-sized, codable computer, designed to allow children to get creative with technology. With the BBC micro: bit computing platform, creating ubiquitous computing applications is very easy to be done by the



students. it is aimed to develop students computational thinking skills, solving non-routine problem and collaborative project-based learning using programming environment. It uses web-based MakeCode environment <https://makecode.microbit.org/>, which

does not require installing a software. This environment supports both the JavaScript Blocks editor that makes it easy to program the BBC Micro:bit in graphical coding blocks and JavaScript syntax-directed editor.

This site offers online activities for learners who want to improve their **reading comprehension and writing skills**. The site offers differentiate assignments for different levels, immediate feedback, progress tracking, automated testing and grading. www.spellingcity.com

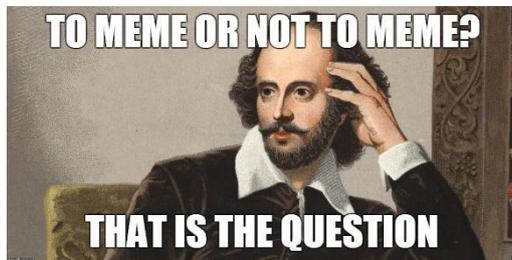


Making **memes** is very creative and great fun for students and for the whole school community to enjoy. There are many ways teacher could use the memes generators in the classroom. For some ideas check:

<https://www.iste.org/explore/In-the-classroom/5-ways-to-use-memes-with-students>

There are also many memes generators online, i.e.: <https://imgflip.com/memegenerator>

It's very fast, You just have to add text, emojis to ready-to-use pictures or upload your own in just few clicks.





Thanks to **Storybird** (<https://storybird.com/>) you can help your students improve their writing skills. They can practice basic, but also creative writing. The site offers guides with descriptions of variable genre: comics, poetry, action or longform stories. One can also read stories of other students.

Lyricstraining (www.lyricstraining.com) is a great opportunity to practice vocabulary while listening to your students' favourite songs by filling in random gaps of the lyrics as you listen and sing to them. The activities are offered on four levels: beginner, intermediate, advanced and expert.



Quizizz (<https://quizizz.com/>) is a great help when you want your students to revise. Your students and you can create free-paced quizzes to review, assess and engage - in classes and at home. There are free gamifying quizzies for every subject. You can choose an existing one or create your own.

What else can people do together?

People get together over meals. Preparing meals and enjoying them together was an important and pleasant part of our meetings. The following recipes are examples of traditional food in the participating countries and stand for cultural exchange.

Estonian Recipe: Blood Sausage

Ingredients:

- 1.5 pounds of pearl barley
- 1 pound of salt pork
- ½ pound of fresh pork belly
- 2 cups of chopped onions
- 1 tablespoon of salt
- 3 tablespoons of dried marjoram
- 1 quart of blood
- 12 hog casings, 18 inches in length

Preparation - Part 1

1. Take the fresh and salted pork and cut it into 1/2-inch chunks.
2. Combine all the pork in a saute pan with plenty of room for it all - cook in two pans if necessary. Start it over medium-low heat with a splash of water. Once the fat begins to render, increase the heat to medium and continue cooking as the pork begins to brown.
3. Most of the water has left the pan and you're ready to add the onions. Altogether this sauteeing process should take a half hour.

1. When the barley is tender, drain it and transfer to a large bowl. Add the dried marjoram and salt, then scrape in the cooked pork and onion mixture. Make sure to get all the fat from the pan into the bowl. It's a good idea to throw some of the barley into the pan to soak up the last of the good juices and bits.
2. Stir the pork and barley and spices together and allow to cool. Taste for seasoning. In a little while you'll add the blood, and then you can't taste it for salt anymore.
3. Pour it in and turn it into the barley carefully.

Part II

1. First, get a large pot of water simmering on the stove, which will be used to poach the sausages, the first half of their cooking.
2. All you need, really, is a funnel and some kind of round implement to push the blood mixture through it.
3. Cut the hogs into 18-inch lengths and put them in a bowl. Take a stuffing and work one end of it open so you can get a finger inside. Holding the end of the casing open, blow into it to inflate it completely.
4. Fit it onto the funnel's tube and hold it firmly there.
5. The casings should be filled less than three-fourths full. When they cook the filling will expand, and if it's too full it could burst during the poaching process. Leaving plenty of empty casing on both sides. Lower them carefully into the simmering water, ensuring it's not boiling and set a timer for 15 minutes. After 15 minutes, remove the sausage carefully and allow to dry.



Picture by Marit & Toomas Hinnoaar

German Recipe: Labskaus

Ingredients:

- 2 kg corned beef
- 1 leek
- 2 carrots
- half a celery root
- 2 onions
- 3 balls beetroot
- 4 salted herring
- 6 pickles
- 1,5 kg potatoes
- Pepper, coriander, allspice
- 2 bay leaves
- nutmeg
- pickle water
- salt
- caraway seeds

Preparation:

1. Clean and cut celery, carrots and onions.
2. Bring water to boil, and put corned beef, onions, carrots, celery in boiling water.
3. Add allspice, pepper and coriander and let it boil for 2 hours. The meat is done when you can poke it easily with a fork.
4. Peel and boil potatoes.
5. Boil beetroot with salt and caraway seeds.
6. Take corned beef out of the boiling water and cut it into cubes.
7. Save the vegetables and broth.
8. Grind corned beef, some vegetables, potatoes and beetroot together and put it all together in a bowl.
9. Grind pickles and salted herring together.
10. Combine all grinded ingredients and add broth so it becomes a nice mash.
11. Add salt, pickled water and nutmeg to taste.

Macedonian Recipe: Baked Beans

ingredients:

- 500 gr beans
- 1 onion
- red pepper
- oil
- salt
- black pepper
- fresh parsley
- mint
- bay leaf
- 2 hot peppers

Preparation:

1. First we put the beans in a pot with water to stand overnight, so beans soften better. Once the beans stayed overnight, pour out water and pour in fresh, and put the pot to cook on lower temperature. After the first boil, pour out water again, wash the beans and fill with fresh water (around 2-3 fingers above the beans), add black pepper and bay leaf. Be careful about the amount of water in the pot while cooking, it should be neither too little nor too much. Once you cook the beans, add hot peppers, so they could slightly soften while cooking.
2. Put the finely chopped onion in a pan and add some oil. Fry it for a while, then add the finely chopped garlic and the red pepper. Cook for a while. Pour beans into earthen pot, add the mixture from the pan, then add salt and stir.
3. Put in the oven to bake for a while just to catch some bark and some color. After baking, add some dried mint on top and decorate with one bunch of fresh mint and fresh parsley.
4. How to serve: Tavche gravche is served hot and can be served in combination with sausage, bacon and ribs or fish. I recommend a cabbage salad with this dish.

Polish Recipe: Pierogi Ruskie

Ingredients:

For dough

- 2 to 2 ½ cups all-purpose flour
- 1 large egg
- 1 teaspoon of salt
- 1 cup of water

For the potato cheese filling

- 2 pounds russet potatoes (scrubbed and boiled in their jackets)
- 2 tablespoons of onion (finely minced, sauteed in 1 tablespoon of butter)
- 8 ounces dry curd or farmer's cheese
- optional kosher salt
- optional freshly ground black pepper

Preparation:

1. To prepare the pierogi dough, sift the flour onto a large wooden board or work surface. Make a well in the centre and add the beaten egg and oil along with a few tablespoonfuls of warm water. Using a knife, begin to mix together, adding a little more water one tablespoonful at a time. At first, the dough will be quite soft and sticky.
2. Once the dough has come together, knead it on a floured surface for 4-5 minutes. If it is too wet, add a little more flour. Put the dough into a bowl, cover with a damp tea towel and set aside for 30 minutes.



4. Put the potatoes into a large pan of cold water, add a pinch of salt and bring the water to the boil over a high heat. Turn the heat down and simmer gently for 15 minutes. Drain and leave to dry out completely.
5. Meanwhile, heat the oil and butter in a large frying pan. Cook the onion over a low heat for at least 10 minutes or until completely soft and caramelised.
6. Mash the potatoes, and curd cheese together.
7. Add the onion to the mashed potato mixture and season well with salt and pepper.
8. Divide the dough into half and keep one half covered with a damp tea towel to prevent it from drying out. Sprinkle your work surface with flour and roll out the dough until it is about 3 mm thick.
9. Have a floured tray or board to hand. Using a pastry cutter or an inverted glass tumbler, cut out 8cm/3 inch circles of dough. Continue until all the dough is used. Cover the circles with a damp tea towel until you are ready to start filling - or cut out a few circles at a time and fill them as you go along, keeping the dough covered with a clean tea towel.
10. To fill, place a circle of dough in the palm of your hand and add a teaspoonful of filling in the centre of the circle. Fold the dough over to enclose the filling. Using your thumb and forefinger, pinch the dough along the edge so that the pierogi is well sealed. Lay the pierogi in rows on the floured tray and cover with a damp tea towel while you prepare the rest.
11. To cook: bring a large pan of water to the boil. . Keep the water at a gentle boil. The pierogi are cooked when they float to the top, after about 2-3 minutes. Lift them out with a slotted spoon, drain in a colander and set aside while you cook the rest.

Participants

Many thanks to all the students and teachers who have taken part actively in our project *Find your balance*.

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Tartu Spordimuuseum	spordimuuseum.ee
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Athletic Federation of Macedonia	gtp.gr
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