

Official Report of the first Learning/Teaching/Training activity meeting for the Erasmus+ project, short-term exchanges of groups of pupils “*Active Citizenship and Environmental Awareness Through Formal and Non-formal Education*”.

The first Learning/Teaching/Training activity meeting of the Erasmus+ project *Active Citizenship and Environmental Awareness Through Formal and Non-formal Education*, was held at Sundsvalls gymnasium, Sundsvall, Sweden, between the 14th of March and 18th of March, 2016. The five days activities were attended by eleven teachers and nineteen students from the eight different partner schools in Czech Republic, Italy, Lithuania, Poland, Portugal, Romania, United Kingdom and Sweden. The activities were hosted by the teachers and students of the Natural science, the Electric and Energy and the Child Care streams from Sundsvalls gymnasium, Sweden.



The guests began arriving by the afternoon of 13th of March and the guest students were picked up immediately by the host families where they were to spend their stay in Sweden.

The official opening ceremony began at 09.30 am on Monday, 14th of March, in the school with various presentations as well as musical performance by the students in the English 7 group, followed by the Welcome speech of the Swedish head teacher, Judith Nelvig and a typical Swedish “Fika”. Then a guided tour of the school by Henrik Norberg where the guests were exposed to the Swedish class-room education.

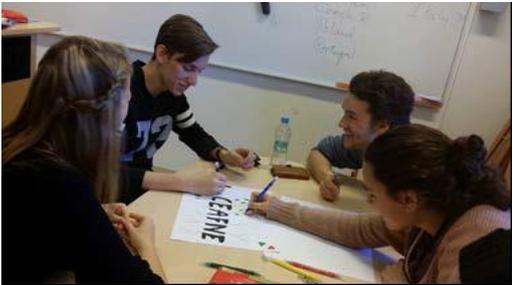


After lunch, it was time for a bit of non-formal education on sustainable development where the Vice President of Communication, Mr. Björn Lyngfelt, from SCA, the Swedish forest product company, presented the importance of sustainable production of paper pulp and paper and the impact of an unsustainable society on the environment. The guests were then given a guided tour around the plant and the guests get a chance to see the whole process of producing paper that is from making pulp from wood to paper ready for transport.

The day ended at 16.00 when the students left for their host families.



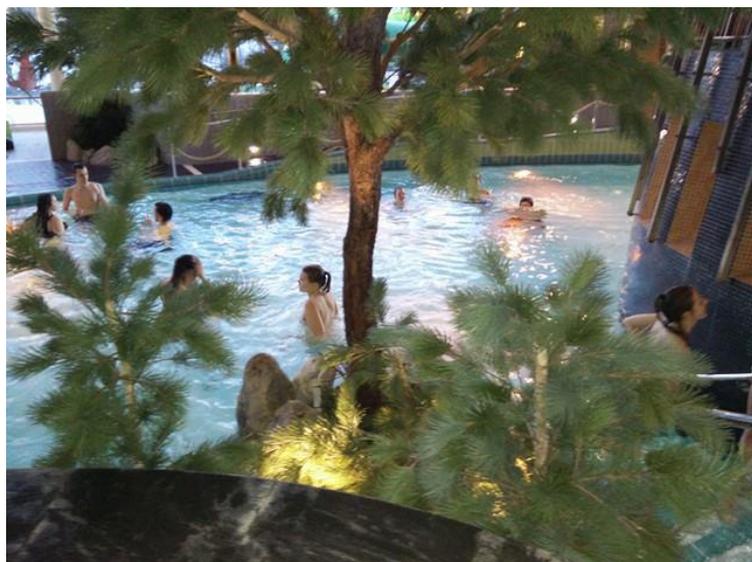
On Tuesday, 15th of March, the guest students together with the host students from Electrical and Energy program participated in a logo-designing competition which started at 09:00 am. After a short break, the students participated in a few lessons such as General English, English poetry writing, Chemistry, Mathematics, Sustainable Building and Construction and Green-Energy together with the host students.



After lunch, there was a recycle and ecology workshop to attend which was organised by the students of the Child Care stream where the guests get a chance to build a fantasy animal from recycle material. The idea was to build the animal while having the animal's natural habitat in mind. The results were amazing. All kinds of animals made from empty soda cans, used light bulbs, cardboard paper cartoons, etc. were later exhibited to everyone. At the end of the workshop each team was asked to come up onto the stage and tell the audience a bit about their animal, for example, where did the animal live, what does it eat, how it managed to survive against its enemies, how does it reproduce and take care of its young ones, etc.



At 04:00 pm, the guests along with the host students and a few host teachers participated in an information meeting at the local adventure swimming pool, where Mr. Peter Johansson from the Sundsvall County Council talked about the sustainable and low energy consumption of the pool. He also informed the importance of a shower before jumping into the pool. The energy consumption of pool's cleaning system can be reduced if chemicals from people are washed off before entering the pool. He also informed that the county council has begun a campaign to educate the users and the result has been that the pool is one of Europe's sustainable and low energy consuming pools. The guests were later free to enjoy the pool as well as the indoor surfing, which of course the students gladly accepted. The day ended at 07:00 pm.



Wednesday, 16th of March began at 09:00 am with Human Rights workshop by Rebecca for students. The guest students together with the host students worked with different HR topics such as health, Education, Hunger and food, Economic growth, Inequality, water and sanitation, etc. The idea of the student's workshop was to find something related to the topic they were given and try and take a picture of it. Later they were asked to develop on the topic first in the personal level, then in the local level and finally in the global level.



After lunch, the guests spent time with non-formal education. The agenda was a visit to Bergforsen Hydro power plant where Mr. Kaj Englund, from Vattenfall AB, talked about the importance of Green energy. Later the guests were taken on a guided tour around the Hydro-power plant. The northern part of Sweden is dependent on the Hydro-power plant for its electrical energy. The Bergforsen Hydro-power plant is the plant that supplies electricity to the town of Sundsvall. The day ended at 04:00 pm.



Thursday for the students began also at 09:00 am with presentation of Environmental project by Natural science students. After a short break, the guest pupil presented their topic on sustainable development and energy consumption for a sustainable living which they have prepared in advance for the trip.

After a quick lunch, the guest and the host students went on a field trip to Sidsjö, where the Forest school, Naturskola KOMUT, had arranged for many non-formal activities on how to preserve the environment. The guests were also informed about the Swedish Right of Public Access (Allemansrätten). This right is unique and is the most important base for recreation in Sweden. It provides the possibility for everyone to visit somebody else's land, to take a bath in and to travel by boat on somebody else's waters, and to pick the wild flowers, mushrooms, berries as long as one does not damage, pollute or endanger species protected by law.



The guest also learnt how to make camp-fire twists, cooking hot-dog on a camp-fire and use Trangia stove to make hot chocolate out in the Swedish nature. Everyone enjoyed the activities such as snow shoes, sledging and skiing.



As if that was not enough, at 07:00 pm, the traditional Swedish evening cum dinner was hosted by the school. Mr. Joao Pinheiro, the president of Sundsvall county department of Education welcomed the guests and also thanked them for their effort and input on trying to achieve a sustainable society. He said that the students, who were the future of the society can make the future sustainable and the teachers were their guide on the path of sustainability.



Friday 18th of March, the last day of the 5-days activities, began at 08:30 am. The guest students continued on their presentations on their topic on sustainable development and energy consumption for a sustainable living.

At 10:00 am, the guest visited the “Cube”. The Cube, a symbol for human rights, was inaugurated that very same day, where the thoughts and expressions of the students on human rights activities and the mass immigration of Syrian refugees were exhibited. Mr.



Joao Pinheiro, President of Sundsvall county council, department of Education made short speech but the star of the day was Oskar Nordeman, a 3rd year student from the Natural Science stream whose speech brought tears to the eyes of all present.

A typical school lunch was followed by lesson observations until 02:00 pm. In Sweden, the school is responsible for providing proper nutritious diet to all students which should include hot meal plus salad and milk.

After a final meeting where arrangements and plans were made for the next visit in Lithuania in May, most partners started departing.

Madonna Pettersson

Swedish Co-ordinator

Sundsvall, 15th of June 2016