



First mobility in Ulm, Germany

24 – 29 November 2013

Sustainable food? Fair Trade? When being asked about the above notions most of us would just shrug. The aim of the project is to help students elaborate knowledge on the importance of sustainability and learn ethical sourcing and sustainable consumption. With this project students will organize a large scale campaign in five European countries getting in touch with people from different backgrounds and speaking other languages, investigating the local practices of food factories or restaurants in their region, cooperating with the local and regional media, engaging in sporting activities through the flash mob, distributing of material to other schools. Using a social platform as a communication tool, we will learn the advantages the Internet offers by connecting people and promoting a common social aim. We are eager to teach people how to develop a more sustainable society by learning fair trade related issues such as poverty, social justice, globalization and ethical consumerism as well as increasing intercultural skills, promoting tolerance and awareness for different cultures.

The first international Comenius meeting under the title "Only aware can act fair. Students for sustainable food and trade" was held in Ulm (Germany) in November 2013. Teachers and students of partnership schools from Germany, Portugal, Finland, Lithuania, Poland and Turkey took part in it. From XIII Secondary School in Krakow participated: The Headmaster Mrs. Iwona Prochownik, the polish coordinator Bożena Bućwińska, an English teacher Marta Pankiv and three students – Kamila Duch, Patrycja Orłowska, Izabela Jabłońska. During the first meeting we took part in a workshop on the issue of "Ecological footprint", which is a measure of human demand on the Earth's ecosystems. It is possible to estimate how much of the Earth (or how many planets of Earth) it would take to support humanity if everybody followed a given lifestyle. Each participant could calculate their own "ecological footprint". Here are the results of the ecological footprint test. The sorting is made according to the average of the countries:

Lithuania 1,28; Turkey 1,38; Portugal 1,605
Poland 2,31; Finland 3,05; Germany 3,37

We will remember the meeting in Ulm as friendly and warm, and a beautiful holiday atmosphere of the medieval city with its illumination and Weihnachtsmarkt, which attracts tourists from all over the world, definitely attributed to it.



A stroll around Ulm

After the activities at school we went on a guided tour around Ulm. We had an opportunity to see interesting sights and learn some facts from their history.

Ulm is a city in the federal German state of Baden-Württemberg, situated on the River Danube. The city, whose population is estimated at 120,000 (2006), forms an urban district of its own. Ulm, founded around 850 (first written mention in 22 July 854), is rich in history and traditions. Today, it is an economic center and the seat of a university. Internationally, Ulm is primarily known for having the church with the tallest steeple in the world and as the birthplace of Albert Einstein



We visited the famous Gothic cathedral. In 1377 work on the Ulm Minster began. Reflecting the wealth of Ulm's citizenry, the church was financed by the citizens themselves, not the Roman Catholic hierarchy, symbolizing the autonomy of the citizens over and against the Church. This endeavor is all the more impressive when one considers that the huge church was designed to accommodate 20,000 congregants.

We saw the old Fishermen's Quarter by the River Blau with cobbled streets and picturesque footbridges. One of the attractions of the Fishermen's Quarter is the famous slanting house. This is a house from the 16th century which has been included in the Guinness Record Book as "the most crooked hotel of the world". The floors are slanted and the beds have a water scale to assure you, that you won't fall out of bed.



Next we visited Ulm City Hall which was built in 1370 and had a lot of colorful frescoes dating back to the 16th century. At the top of the City Hall there is an astronomical watch dating from 1520. On the staircase, you can marvel at a replica of the flying apparatus of Albrecht Ludwig Berblinger, the legendary "Tailor of Ulm".



In the end we could enjoy a meal, do some shopping or just have a good time in a holiday atmosphere of a Christmas Fair.

Visit in a Fair Trade shop



A visit to a Fair Trade shop was an entirely new experience for most of the participants. There were various sweets, drinks, decorations, toys – made from garbage, clothes and many other goods. One of the saleswomen – there are about 40 volunteers working there –



in her short lecture explained us main ideas and principles of Fair Trade.

Fairtrade is an alternative approach to conventional trade and is based on a partnership between producers and consumers. Fairtrade offers producers a better deal and improved terms of trade. This allows them the opportunity to improve their lives and plan for their future. Fairtrade offers consumers a powerful way to reduce poverty through their every day shopping.

The Fair Trade Logo is the mark of a product that meets the standards for fair trade set forward by the Fairtrade Labeling Organizations International. Another name for this group is FLO. The mark goes on products not the companies which produce them. There are strict regulations on who can use the label and how they can use it. The logo marks products which meet the fair trade practices of buyers paying a fair price for goods produced in developing countries. The focus is on rebalancing the imbalances in power with conventional trading.



There are now thousands of products that carry the FAIRTRADE Mark. Fairtrade standards exist for food products ranging from tea and coffee to fresh fruit and nuts. There are also standards for non-food products such as flowers and plants, sports balls and seed cotton.



Then we had a chance to have some coffee, tea, juice or try some biscuits as well as to support manufacturers of the Global South buying their products.



Visit in the ecological farm

The program of the stay offered a visit to an ecological farm in the suburbs of Ulm and a marketplace where we could buy fruit and vegetables from ecological cultivation.

Ecological farming is recognized as the high-end objective among the proponents of sustainable agriculture. The goal of ecological farming is not only sustainable food production, but is to optimize the provision of ecosystem services, both in the design of the farm and by significant reduction of the ecological footprint made by the post-harvest consumers of the farm produce.



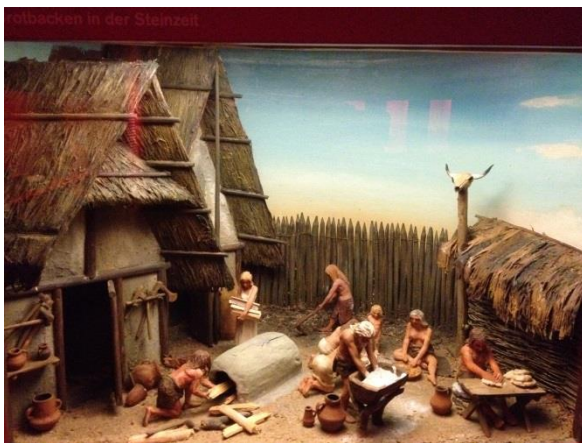
Certain principles unique to ecological farming need to be considered.

- Food production should be ecological in both origin and destiny.
- Integration of species that maintain ecosystem services whilst providing a selection of alternative products.
- Minimize food miles, packaging, energy consumption and waste.
- Define a new ecosystem to suit human needs using lessons from existing ecosystems from around the world.

Visit in the Bread Museum

We were greatly interested in visiting Bread Museum. Comprising over 18,000 objects, of which 700 are on permanent display, the collections cover more than 30 different kinds of objects. The exhibits provide a record of the significance of bread to mankind. They show how methods of bread making have changed through the ages, and illustrate the social and

cultural history of bread. Bread itself does not form part of the collection, reflecting the museum founders' firm belief that bread is not a museum artefact, but a food, freshly baked each day.



It owes its creation and growth to the decades-long personal

commitment of Willy Eiselen (1896-1981) and his son Hermann Eiselen (born 1926). The museum was founded in 1955 –it was the first and for many years the only museum of its kind in the world.

