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Fifth mobility in Kraków, Poland **8th – 13th March 2015**

The fifth meeting of Comenius project "Only aware can act fair. Students for sustainable food and trade" took place in 13 Liceum Ogólnokształcące in Kraków. Teachers and students of partnership schools from Germany, Portugal, Finland, Lithuania, Poland and Turkey took part in it.

Monday

Monday was the first day of Comenius project in Poland. We started workshops at 9 am in school, we met in the big hall on the ground floor. There was a table with some cookies and coffee to have more energy, because we had a very tight schedule.

First Monika Banach from Fundacja Stańczyka started her presentation about Fair Trade. I think it was very good because it showed problems of undeveloped countries where every day people work very hard for 'our morning coffee' and they don't earn money that they merit for it. People from Comenius project were very interested in this part of the workshops.

The next part of the meeting was Inga's presentation called '3R'. The title of this presentation means reuse, reduce and recycle. She showed us how to save the environment by doing simple things which everybody can do by themselves. After this short presentation every group took part in exercises based on Inga's presentation. Almost every one was active except for a few girls... who chose making selfies and checking their likes on Facebook.

The middle part of the workshops was Karolina's presentation. She was talking about aware customer and showed us how to spend money wisely and how to buy products which are friendly to the environment. And again we had activities where groups impersonated aware consumers.

The last presentation was prepared by Kasia. Firstly, she showed us two short movies about pros and cons of GMO. The second movie was very funny and everyone paid attention to it. Despite the fact that the first movie wasn't so good as the second, in my opinion both of them were important, because they showed us two points of view of this issue. Kasia focused on theoretical knowledge about GMO and I think this presentation was too long, but probably it couldn't be shorter than it was. And after this presentation we started last activities in groups.

Then every group prepared snacks which were typical for the country where they live. In my opinion the best snacks were from the Polish, Portuguese and Lithuanian groups, the worst snack was prepared by the Finnish group. It was the worst not because their food was not tasty but because they brought only chips and candies which everyone can buy in a supermarket.





The last part of the meeting that day was sightseeing. We went by tram to Krakow Old town and we started our 'Royal Route'. The first object that Ms. Kubianka showed us was the Barbican, then we walked towards the Main Square. Some students got tired and stopped all the time to take pictures, others started talking to their friends, or stopped to buy some souvenirs, but there were many who listened carefully to Ms. Kubianka, who tried to tell us something about the places we were passing. After visiting Wawel Castle the tour was over.

Written by Olaf Szadkowski

Tuesday

Have you ever tried to look for something by signs left by someone? We have! And for sure, that was an excellent entertainment. Our game was named "fair train". Six teams from six countries took part in this game. Before we started it, we had been given a map, a train with empty railway carriages drawn on a sheet of paper and some tips how to manage to finish the game easily. We had six tasks and six stations.



On each of them there were waiting the pupils who told us what we had to do. After having done the task properly, we got a traveller made of paper and we could stick it on our train. First, we had to get to the Starbucks café and there we were given our task. We got a sheet of paper with some ideas on how to live ecologically. Our task was to find people who do something for environment (recycling, biking, using public transport etc.)



When we had found these people, we asked them for their signatures, because we needed a proof we had done our task. Then we got our traveller. Next we could go and find the next station. The second one was situated in Mikołajska Street. Here we had to create an ecological bag. That was also the place where we got some snacks for further trip. On the next station we defined 3R (recycle, reduce, reuse) rules and wrote examples how to live according to these principles. The fourth station was in Floriańska Street. There we played a game called "Boats". We were also answering

questions about fair trade. When we were correct we could check where the boat was. Again we got the traveller for the right guesses. The next station was situated in Grodzka Street, in the Tourist Information. There we had to make a mind map of bad and good points of GMO. The last place on our trip map was Krzysztofory Palace in the Market Square. There we played a game called Memory. When we finished all the tasks we had free time.



This game was really great and everybody liked it. We hope that next time there will be more stations, because we all had so much fun!

Written by Dagmara Wróbel and Natalia Stryszowska



We would like to thank the organizations that allowed us to organize game stations in their premises.

Wednesday



On the third day of Comenius project we managed to visit the Wastewater Treatment Plant in Krakow- Płaszów, The day began with a meeting in front of the "Chopin" hotel at 9.00 in the morning. Then we travelled by coach in the direction of the plant. We arrived after about 30 minutes, on the way passing through the city just to show our foreign visitors how people live in Krakow. Upon arrival at the destination we started the sightseeing. We learned about all the processes in the whole wastewater treatment plant from the wastewater catchment up to the

final phases of purifying the water. Unfortunately, the smell conditions in the complex caused significant difficulties for some visitors :) but the strongest held out to the end of a two-hour walk. At the end of the tour we visited the command center from where the whole complex is controlled, where we learned about all of the difficulties encountered by the management, which is in fact a very complicated job to do. After that we finished our sightseeing by going back to the coach in order to leave for our second part of the day-trip, Ojców National Park.

Written by Kamil Sakowski

Ojcowski National Park

In the afternoon finally everybody got on the coach, and went to Ojcowski National Park. The weather that day wasn't so good but smiles on our faces didn't disappear.





When we arrived there our teacher suggested taking some group photos. It was a good idea so we did it. Unfortunately, we couldn't go walking outside because it was raining. Then we got divided into two groups (Polish and foreign). We were glad to find out that inside the museum there were so many interesting things to see and we could learn a lot about the history and features of the Park. Ojcowski National Park is located in the province Małopolska in southern part of the upland called Krakowsko-Częstochowska. There

are two wonderful valleys – Prądnik and Sąpowska. The area of the Park, after changes in 1997 increased from 1870ha to 2145,62ha. The Park is famous for its caves and rock formations. You can also find there some examples of interesting animals species. But, what's most important, the place is really peaceful and beautiful with fresh air and magnificent views. The museum presents a lot of pictures of plants, animals and phenomena typical for Ojcowski National Park. It's really worth seeing but after this visit everybody was hungry and we went to the restaurant called 'Pod nietoperzem'. There we had big dinner and some time to relax. We were sitting mixed up so it was nice talking to each other. After dinner, the results of the city game were announced. The winners were the students from Lithuania. Finally, we went to the coach again and left for Kraków. Our foreign fiends were very satisfied with this trip. And despite the weather they were also fascinated with the place.

Written by Katarzyna Gruszecka

Thursday

Thursday was the last day of the visit and group activities. For many people it was also an exciting and memorable event. We met at 9 am at the train station. The destination was one - visiting one of the biggest attractions, the tourist pearl in Malopolska. The Salt Mine in Wieliczka.

This mysterious underground place is located on 9 levels at 64 to 327 meters below ground surface. It is a labyrinth containing almost 2,400 chambers connected by corridors measuring a total length of 245 kilometers. This priceless world historic monument of material culture entered onto the First UNESCO List of Cultural and Natural Heritage. The specific micro-climate of the mine facilitates treatment of such illnesses as asthma, allergies etc. In one room called Janowice there are situated human-size figures made of salt showing one of the oldest and most beautiful legends of the Wieliczka mine. When Kinga, a Hungarian princess, was to be married to the Polish Prince Bolesław Wstydlivy, she got a salt mine in her country as her dowry. Then she threw her engagement ring into the mine. The Princess's ring was then dug out by miners in Wieliczka. It travelled in a magical way from Hungary to Poland. Since then Kinga, who became a saint, has been the patron of Wieliczka Salt Mine.

The impressions during the tour were awesome and the views breathtaking. Friendly guides introduced us to this unique atmosphere through a series of stories, history, legends about the Salt Mine. In this place you could feel like you are in the fantasy world - there are many additional attractions such as the multimedia show of methane explosion, a film about the mine, the light show on the shores of salt lakes.

After a two-hour sightseeing we returned to Krakow, where our guests had a chance for the last time to say goodbye Krakow, took photos at the Krakow Market Square, visit St. Mary's Church and drink the best hot coffee in the city.

