

## Erasmus+ *Full Steam Ahead!*

*Tras un año de espera, se hizo la movilidad a Polonia (I)*



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Polonia en el  
Erasmus+ Full  
Steam Ahead!*



El miércoles 3 de noviembre de 2021 un grupo de tres alumnos de 1<sup>o</sup> de Bachillerato y dos profesoras de ciencias pusieron rumbo a Polonia, más concretamente a Nidzica, como movilidad enmarcada dentro del programa Erasmus+ KA2 “Full Steam Ahead!” en el que nuestro centro participa desde 2019 junto con otras cinco delegaciones, Estonia, Eslovaquia, Finlandia, Polonia y Grecia.

Dentro del programa preparado por la delegación polaca para esta semana podemos destacar, la visita a la capital del país, Varsovia, en dos ocasiones, el primer y el tercer día de la estancia. Una para visitar el Centro de Ciencias Copérnico y hacer una ruta a pie por la Varsovia de Maria Sklodowska-Curie y otra, para visitar el museo del Levantamiento Polaco y la Universidad de Varsovia, donde se llevó a cabo un taller en el que el alumnado y el profesorado pudo extraer su propio ADN presente en las células de la mucosa bucal, pudiendo visualizar además las células a través del microscopio.

También, el segundo de los días, se visitó la ciudad de Olsztyn, realizando en la universidad de la misma un taller sobre la extracción del ADN de una cebolla, completando el estudio del mismo con la realización de una electroforesis. Ese mismo día, también se realizó una visita al planetario de la ciudad. El domingo 7 de noviembre, pasaron el día

en la ciudad de Nidzica, más concretamente en su castillo, que fue visitado y en el que la delegación polaca realizó una presentación sobre mujeres científicas polacas. Terminó el día con la ceremonia de entrega de certificados a los participantes y una visualización de la película “Hidden Figures”.

Fue el lunes 8 de noviembre cuando el alumnado tuvo que despedirse de sus familias de acogida en Nidzica, visitándose para terminar el programa, la Reserva Natural de Lyna donde pudieron, incluso disfrutar de unas salchichas asadas en una hoguera en plena naturaleza, y Kamionka donde se llevaron a cabo talleres artísticos como el pintado en cristal, la decoración de una bola de Navidad y la fabricación de velas.

Finalmente y para concluir, resaltar que este tipo de actividades son muy enriquecedoras para el alumnado no solo porque aprenden, en este caso, de ciencia, sino porque además, conviven con una familia extranjera y en otra cultura durante varios días, así como tienen que usar otro idioma, como el inglés, para comunicarse con sus iguales, en este caso polacos, eslovacos, estones, finlandeses y griegos, convirtiéndose así en una experiencia inolvidable para ellos.

*M<sup>a</sup> Jesús Moreno y Lola Flores*

## Erasmus+ *Full Steam Ahead!*

### *Tras un año de espera, se hizo la movilidad a Polonia (II)*



#### ERASMUS+ PROJECT EXPERIENCE by *Julián Baco Sánchez*

As soon as I heard that I was going to go to Poland due to the project ERASMUS FULL STEAM AHEAD, I was very excited to know everything about it and instantly I got in touch with my Polish host, Ola, who treated me delightfully. In that moment I couldn't believe what was happening to me, not only for the fact that life was giving me the opportunity of going abroad during a pandemic, but also that I would be able to meet new people from different countries.

When I arrived in Krakow the first day, I got the impression that it was an industrial city, eco-friendly and with modern architecture due to the fact that it had to be rebuilt as a consequence of the second world war. At the same time, I was fascinated about the beauty of the city. I only could think that the next day I was going to meet everyone, and that was going to be when the most enjoyable part was going to take place.

The following day, the one that I was wishing to live, we met each other at Copernicus centre, where we could have a look at an amount of experiments and learn about the physics behind them. And there was where we started to know each other better, talking about what we liked to do, and we could do whatever we wanted to. After that, we went out to have lunch at the mall where we ate traditional Polish food. Moreover, in the afternoon, we did a guided tour around the ancient area of Warsaw to live its history. To end the day, we went to where my host lives, Nidzica, and her mother made us more traditional Polish food, naleśniki, and then, I had the opportunity to meet her family, which was the

funniest one.

Next day, we were doing my favourite activity, because I'm really into biology. It consisted of extracting the DNA from an onion, in which all of us took part on its process: cutting it, grinding it, mixing it with water and ethanol, freezing some samples, dying it and last making that the electricity flows through it for making it move and could see the DNA. I really felt like I was a scientific. When we finished it, we went to a planetarium to learn about Copernicus' job and the development of the knowledge of space throughout the years. After the whole afternoon, each one returned to their houses and, after a while, Polish people made a party for us, which helped a lot to meet more people, thanks to the fact that we were alone, and we could talk about anything. That was one of my favourite parts of this Erasmus mobility.

For keeping up with the same topic, as the day before, on Saturday we looked at the bacteria that we have in our mouths through the microscope, with the PCR method, by rubbing a stick around our cheeks, putting the sample on a crystal, burning it, for sticking the bacteria, and we dyed it with an acid-base reaction. This activity was the funniest one thanks to the teacher, who was all the time trying to catch our attention, by making jokes. When all of us did it, we went to the uprising museum, the most sentimental part, since there was the Poland's history, and all the efforts that they made against Germany and the URSS. It really hit my heart, in the way that you're not aware about how awful and terrifying it was, since you are there with people whose grandparents died there. However, they are really strong in the way that all of them say that their grandparents died for a good cause and now they can live comfortably thanks to them. When we returned to our houses, we went to another party to cheer everybody up after this hard day.

The last days were coming, so we did a guided visit around Nidzica's castle and we watched a movie to have a relaxing time after all these frenetic days. Then, we returned to our houses and we spent the afternoon together, with all the people who got on well and to do the farewell we went to the last party where we cried a lot and we were talking about this fascinating experience.

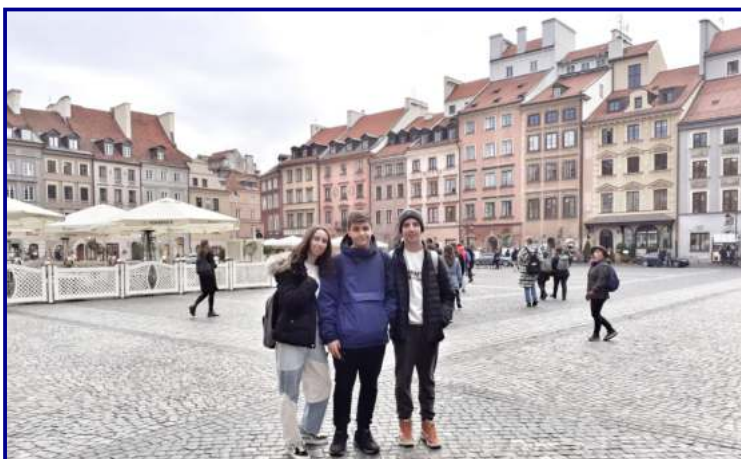
Last day came, and I felt like I wanted to stay there for the whole of my life, but it wasn't possible, so I lived it as if it was the last day of my life. While we were doing a walk through a natural reserve, I



was realising how much I did learn from this experience, like I felt at once how important is English to communicate with other people and the fact that it is useful, because I've always said that English is useful for working or even for my future but my future is now, and English is more functional than we could think. Nevertheless, the most important fact was learning about other people and I learnt a lot about life with them.

The only thing that I bore in mind at the beginning was to make the best of it, and under no doubt I can say that I achieved it by developing myself in situations that I've never thought that I could be able to and on top of that, I have grown up as a person thanks to people from other countries.

If only I could go there again and be with all



*Los alumnos conociendo la ciudad de su Movilidad.*

those wonderful people...

### A TRIP TO POLAND

by *Antonio Fernández*

For me this experience has been one of the most incredible of my life and that I would repeat it without thinking, not only because of the fact that I have enjoyed my stay with students from other countries, but also because it was my first time travelling abroad. On the other hand, I would like to highlight another aspect. This trip has helped me to prove how capable I am of speaking with people from other countries using my knowledge of

English.

- First day: The first day was by far the least striking for me, since we were almost all the time moving around Krakow and it was a bit monotonous. That day we had the opportunity to try a typical delicacy from there called "Obwarzanek" (a braided ring-shaped bread). Later we stayed at the hotel.

- Second day: On the second day, we met the Erasmus boys and girls at the Copernicus Center. In the afternoon, we visited the Arkadia shopping center in Warsaw, and at the end it came the most



*Los alumnos de los diferentes países del Erasmus+ en sesión de trabajo en Polonia y conociendo la ciudad.*

interesting part of the day, the meeting with the family. In my case, everything was very good, they were very kind and very helpful.

- Third day: On the third day, we went to Olsztyn. In the morning, we visited both the university and the planetarium. And in the afternoon we took a tourist guide through the castle of the town.

- Fourth day: On the fourth day, we were divided into two groups. In the first stage we went to a laboratory to extract the DNA from an onion. And in the second stage we went to a museum with a tour guide to see the uprising of Warsaw.

- Fifth day: The fifth day was a more relaxing day. In the morning, we took a tour through the castle of Nidzica (the city in which we had stayed these days), and we saw a movie in an assembly hall,

where a certificate delivery was also made. After lunch we had the day off to spend with the Erasmus boys.

- Sixth day: This could be said, that it was a day in nature. We visited a nature reserve where we did crafts apart from a bonfire in which we grilled sausages. This was the saddest day by far as we had to say goodbye to the boys, girls and their families. We took a train from Nidzica to Krakow and stayed at the Yarden hotel

- Seventh day: This was a transition day which we took advantage of making a quick but efficient visit through the main monuments and sites of Krakow.

- Eighth day: And this was the day back to Marchena in which we had to return to the routine since the next day we had lessons.

## AN UNFORGATTABLE EXPERIENCE

by *Nayra Ruiz Rodríguez (1º BTOA)*

After a long wait, in November, I went to Poland thanks to the ERASMUS+ FULL STEAM AHEAD project. It has been only a week, but we have lived it intensely, enjoying the opportunity to know a way of life a little different from ours, always shared with a large group of students from other countries with whom we have started a beautiful friendship.

We went, on day 3rd, to Krakow, where we ate and left for Warsaw, a city near Nidzica. After the long trip, we ate and rested for the next day when we had our first meeting with the Erasmus group and there I met who was going to be my host during the project, Michalina. From the first moment we became friends. That was also the moment in which I met the other students involved in the project. Being the first day I couldn't talk to everyone but I talked to some and we became friends. Then, we went to Nidzica, where we met the families who were going to host us these days.

Friday 5th began with a family breakfast and we went to Olsztyn, to the Faculty of Biology and Biotechnology, where we were doing practices in the laboratory and later, we went to the planetarium. In the faculty, both my friends and I had a great time, as we did experiments and it was really entertaining.

Later, we were walking through Olsztyn, where we got to know the oldest part and its castle. In the afternoon we returned to Nidzica with our host families. When we had dinner, the students from Poland organized a small party so that we could all get to know each other better, and I personally had a really good time.

On Saturday we were able to visit Warsaw. We saw the museum and it was really sentimental. There, we could learn about the whole history of Poland during the war and some things made me feel really sad, everything that happened there was terrible. When



*Foto recuerdo del grupo de alumnos en su estancia en Polonia Noviembre-21.*

we got back to Nidzica we had another party to cheer up after the museum.

On Sunday we stayed in Nidzica, visiting its castle and spending a magnificent free afternoon with our friends.

On Monday I was really sad because the project was coming to an end and I didn't want to say goodbye to my wonderful friends I had made there. In the morning we were in the Lyna nature reserve, but in the afternoon it was time to say goodbye to our host family and our friends from other countries, although we would still have the opportunity to get to know the city of Krakow throughout one day, with my two classmates and my two teachers, until our return to Spain on Wednesday the 10th.

Upon arrival in Spain, our families were waiting for us at the airport and we put an end to this wonderful experience.

It has been a very intense few days in which I have met great people from different countries, I have really enjoyed every moment and it will remain forever etched in my memory as a unique experience.