

ERASMUS+

DENMARK

Odense, 13th - 19th March 2022




Co-funded by the
Erasmus+ Programme
of the European Union



Departure, Sunday 13th March



On Sunday, 13 March, five students (Beatrice, Marco, Miriam, Simrandeep and Valentina) and two teachers (Carmen Chiametti and Elena Saldi) lead the way in the Erasmus+ project mobility, promoted by Manerbio's Secondary School. They set off in the direction of Copenhagen, accompanied by greetings from Principal Annamaria Alghisi and their families.



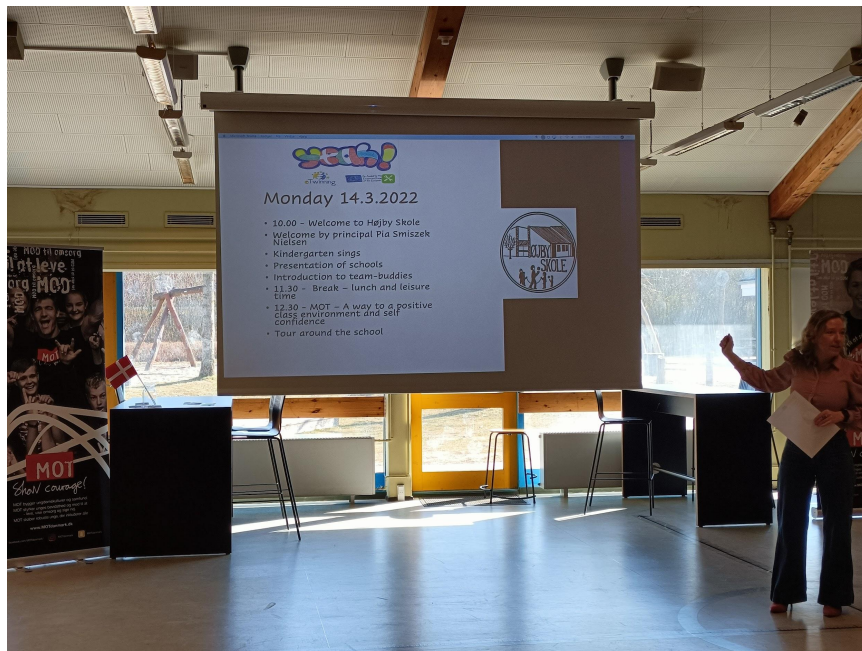
Our destination is Odense, Denmark. We are welcomed by the Højby Skole, a public school with students aged 5 to 16. With us are students and teachers from the other project partner countries: Slovenia, Lithuania and Spain.







WELCOME TO HØJBY SKOLE, VISIT TO THE SCHOOLS MAKER SPACE



The theme of the project "YEAH! You(th) Enjoy to be Active and Healthy" is all-round wellbeing at school: positive relationships, prevention of bullying and cyberbullying, respect and care for the environment, sport and healthy eating. Mobility in Denmark in particular focuses on well-being through face-to-face relationships.



FREE TIME

In the late afternoon we spent our free time visiting the city of Odense, Denmark's third largest city with 168,000 inhabitants.

Odense is located on the island of Fionia and is a trading port. Characteristic are its cobbled streets, colourful houses and it is famous for its deep-rooted cycling culture.



TOUR AROUND ODENSE



The week's programme is very intensive. Students are offered workshop and motivational activities defined by the term MOT, a Norwegian word meaning 'to be courageous', which help to develop self-confidence and a positive classroom climate.



MOT: SHOW COURAGE, A WAY TO A POSITIVE CLASS ENVIRONMENT AND SELF CONFIDENCE





TRIP TO UNIVERSITY OF LILLEBÆLT: LECTURE AND PRACTICAL EXERCISES ON HOW TO THRIVE IN A CLASS AND VISIT TO PLAY SPACE (FUTURE CLASSROOM)



Visit to Lillebælt University: reflections on the importance of friendship and resilience at school and in life through workshop activities for the shared construction of quotes and comics.

Great interest in this visit that allowed us to confront and collaborate side by side.



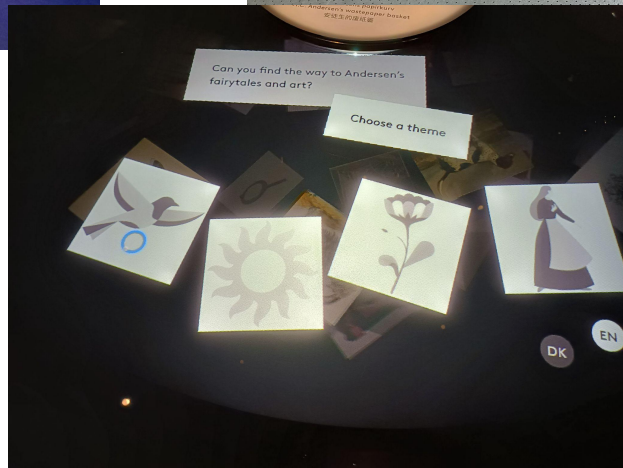


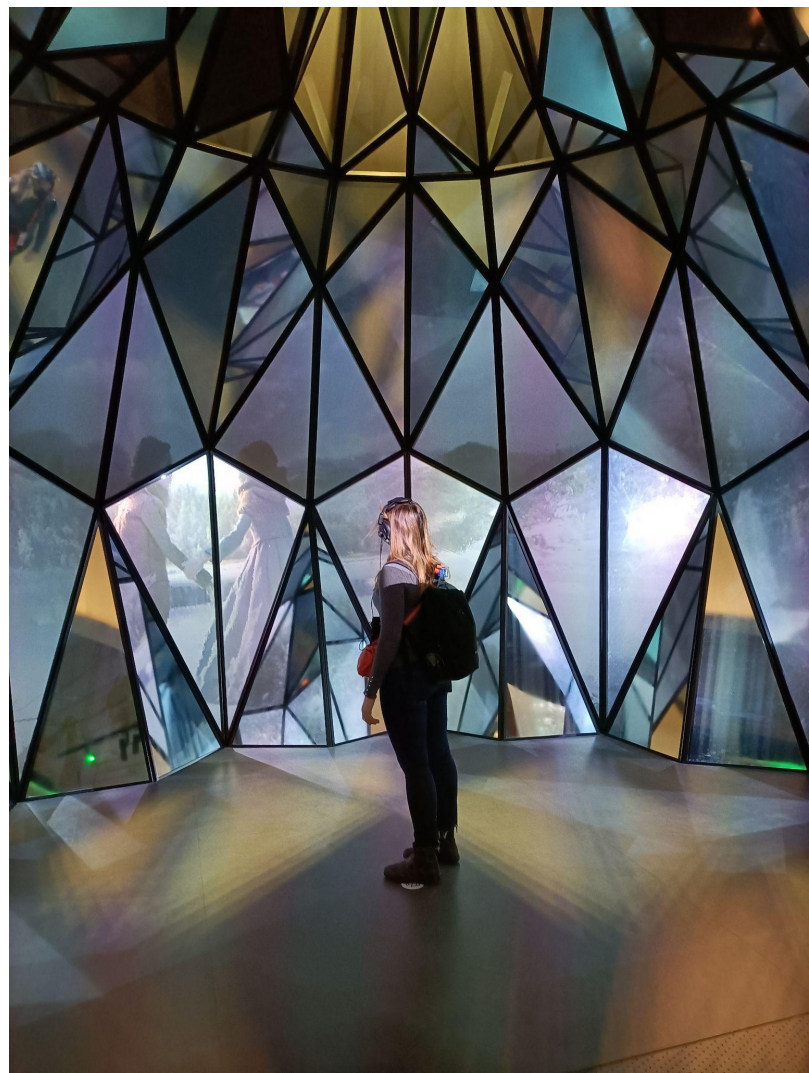
VISIT TO HANS CHRISTIAN ANDERSEN HOUSE IN ODENSE



The visit to the Hans Christian Andersen interactive museum fascinated us and allowed us to learn more about this famous fairy tale author and great traveller.







TEAMBUILDING EVENT TO TARUP-DAVINDE NATURE SCHOOL



Educational excursion to Tarup-Davinde Park: school in nature. Teambuilding activities: crossing a river using ropes, lighting a fire without using modern tools, competition to build wooden piles.

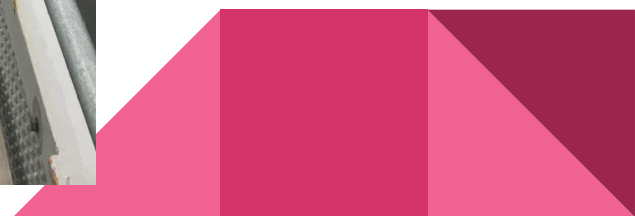
We got to know each other, challenging each other and finding shared strategies for a common goal. We experienced how 'school in nature' is a great learning environment.







BRIDGEWALKING



Bridgewalking: an adventurous teambuilding experience. Accompanied by a guide who told us the story of its construction, we climbed a 60-metre high bridge over the Lillebælt canal, despite the adverse weather conditions.

It was a real challenge!

Not only the height, but also the cold put us to the test. An unforgettable adventure that made us feel like a real team. We were able to put ourselves in the shoes of those men who built the bridge without any protection. Real heroes!



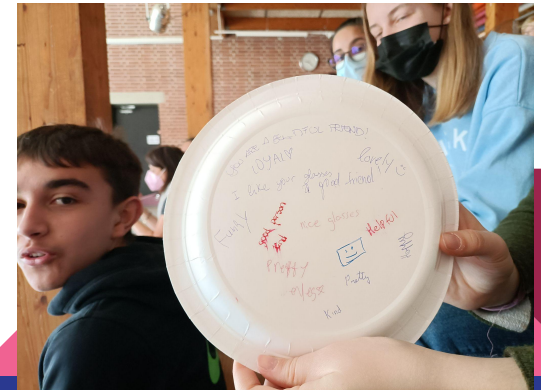
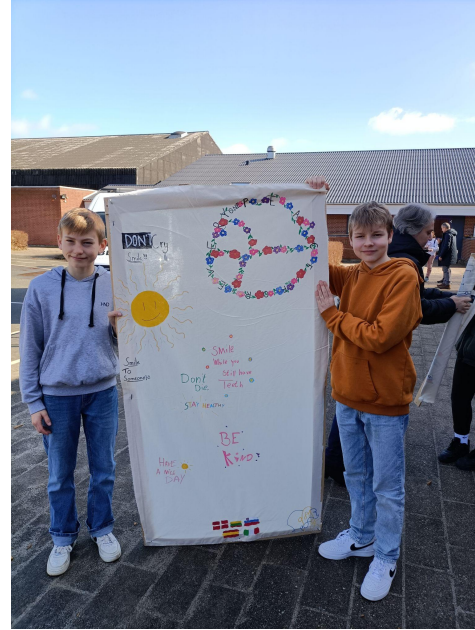
BE KIND ACTIVITIES



Workshop activities promoting kindness: preparation of biscuits to give to kindergarten children as a thank you for their musical entertainment, production of banners with phrases about kindness to show to passers-by in exchange for a smile.

These activities promoted a positive way of being together, caring for others, and the importance of kindness. It may not always be easy, but being kind makes you feel good.



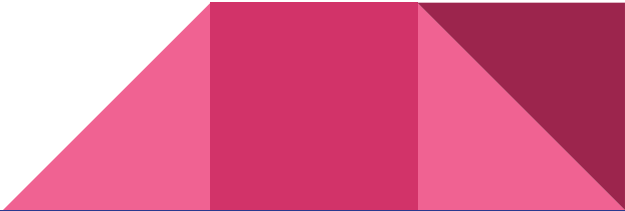


TOUR AROUND COPENHAGEN



We carved out a few hours for a quick tour of the capital. An hour's train ride from Odense, Copenhagen is a city of tradition and innovation, modern design and historic buildings, old streets and then... her, the Little Mermaid.





CERTIFICATE CEREMONY AND FAREWELL DINNER



Farewell dinner: presentation of certificates of participation and dinner prepared by the final year students.

The day ended with a pleasant evening cheered by typical food and singing *Imagine* together, so as not to forget the terrible war going on. We even tried our hand at a little Danish singing!

