

Writing the Diary of the mobility:

- Sunday 6: isabel + beatriz

We met at the Lisbon airport at 4a.m sharp in order to board our flight to Munich at 6a.m. After a tiny hitch because of covid procedures we boarded our flight and just a couple hours later we arrived at the Franz Josef Strauss airport in Munich, Germany.

In Munich we were in a bit of a rush being that we only had 1 hour to make it with our connecting flight.

Almost 3 hours later we finally arrived at the John Paul II airport in Krakow. We got our bags and made our way out into the freezing Polish cold. Our transfer was already waiting for us and funnily enough the transfer company had a Portuguese name (Cars Fernandes), after our pit stop at a McDonalds for lunch we continued our journey to Rybnik which lasted about 2 hours.

We arrived in Rybnik at around 2p.m and checked into our hotel, Hotel Politanski. We had a little bit of a rest and unpacked our bags.

Dinner at hotel politanski is at 6p.m and there we had our first contact with the Czech and Icelandic teams. Everyone was insanely tired after the 8 hour long journey so we went to sleep really early in order to be ready for the next today.

- Monday, 7th March 2022 – Second day in Poland [Lucas & Diogo]

“Waking up very early, we had breakfast in the hotel at 7:30 and left the hotel at 8:30. We arrived at the host country’s school (“Rybnik Copernic High School n^o4”) at 8:50.

Once we we’re all ready, we headed towards the school library where we were greeted by Polish teacher Katarzyna, the head teacher Malgorzata Wrobel. We were also treated to a music demonstration, performed by a student.

We then headed towards “Dom Kultury”, a cultural building, and gathered at an exhibition hall. Here, we performed ice breaking activities such as learning polish, or for example, finding among the students someone who “has cheated in a test/exam”. These ice breaking activities took place between 9:15 AM and 11:00 AM. We then had a coffee break, followed by the preparations for the debate.

The debate was divided into 4 questions:

- What’s the best way to keep fit?;
- What’s the best way to eat healthily?;
- What’s the best way to exercise your brain?;

- What's the best way to handle stress?.

Divided into pairs, questions were split between the students and each evaluated the other based on 'Strength of Arguments', 'Information', 'Facts/Statistics and Examples', 'Speaking Voice', and others.

With the morning reaching to an end, we went to lunch at 'Birreria Restaurant', and took a small rest along with the students from all the country teams.

Time's up! Time to head to the city center!

Once gathered in "Rynek w Rybniku", we were divided into teams and went on a journey. Upon the places we discovered, we visited "Bazylika Świętego Antoniego", an enormous cathedral with a stunning interior.

We were reunited, once again, at the initial start point, and were treated with some free time! Students were free to go wherever they wanted (and us, Portuguese students, spent most of it making 'tik toks' and at the shopping mall. Embarrassing, but an amazing time spent with friends!).

When heading to the bus stop (so that we could return to the hotel), a huge amount of snow started to fall from the sky! It was amazing since, afterall, it doesn't snow in Lisbon.

Students caught the bus line '48', and headed back to the hotel. As of the moment we are writing this [Diogo and Lucas], dinner is in 6 minutes.

Overall, we think we can say (in the name of all the students): today was a great day!"

Photos:





- Tuesday 8: margarida morais + pedro + filipe

Today we woke up at 6:30 AM and went to have breakfast. They didn't have eggs ,only sausage's :,(

After breakfast we went to the bus that took us to Auschwitz. The trip took about an hour but we managed to entertain ourselves with the app "Guess Up".

When we got there we first visited Auschwitz I. There we got to see some of the buildings as well as some of the prisoners' belongings. Some parts that we found especially impressive were the crystal urn filled with human ashes and a vitrine with a lot of human hair. Afterwards we visited Auschwitz II - Birkneau. Here we saw the

remains of the other Gas Chambers and the victim's memorial, with signs written in all the languages that were spoken by the affected people.

In the afternoon we went to Katowice. There we visited the Silesian Museum with tons of beautiful paintings, sculptures and contemporary art. After that, we took a group photo and then headed back to the hotel.

When we arrived we immediately decided to go to Biedronka, which is a famous supermarket chain in Poland. We headed downtown and had dinner at KFC. It was "finger-lickin' good"! After that we went to Biedronka and bought some snacks. We got out and headed to the bus station to go back to the hotel.

We were really tired when we got to the hotel so we went to our rooms and we fell asleep right away.

- Wednesday 9: margarida machado + madalena

Today, we woke up at 7am and we went downstairs to get breakfast.

At 8:30am, we went to school by bus and we started the marketing activity prepared by the Polish team. It consisted in a 3 hour task in which we had to advertise a product by making a videoclip, a cartoon and a billboard. Each group had a company already assigned.

After a lunch break in the Birreria, where we ate the traditional Polish dish "rolada", the groups presented their work to all students and teachers from the Erasmus+ Programme.

At more or less 2:30pm, the bus brought us to the city center. The Czech and Icelandic teams separated from the big group and the rest of the students headed to the "Sweet Home Silesia" cafe. We got some pieces of cake and coffee.

Then, we went to Rybnik Plaza and got some new clothes and presents for our loved ones. Next, we headed to the bus station and we caught the bus and arrived at the Hotel.

At 6pm, we went downstairs to get dinner, which consisted of potato soup and meatloaf with rice.

We spent our evening at the Hotel Politansky, while all the other students went bowling.

- Thursday 10:

Camila and Catarina

Today we went to Krakow. Since it's far (about two hours from our hotel), we had to wake up really early, and we had to be on the bus at 7:30. We arrived in Krakow at 10:00, and then we met our guide, who was going to

- stay with us until the early afternoon. Firstly, she explained why the dragon is the symbol of Krakow: there is a legend that a dragon lived in the dungeons of the castle, and the man that killed it would be given the top of the castle, and one day a shoemaker discovered how to kill it. He poisoned a sheep and put it near all the animals that the dragon was going to eat, so the dragon ate it and after he tried to make himself feel better by going into the river his stomach exploded. After that, we walked for a while, until we reached the castle. There, we heard about more of the history of the city, and saw some amazing architecture and views of the city. Then, we got to know the city a little bit more, and went underground to see some of the ruins from the old town. We finished the tour by visiting the main church of Krakow, which was really big and interesting. We finished our stay in Krakow by visiting the city by ourselves, buying some souvenirs to take home and having lunch. At 16:00, we got on the bus and went to the hotel, where we had dinner (the best one yet! :)) and hung out in our rooms until we went to sleep.

"So deus nobiscum quis contranos" if God is with us, who is against us? (Camila and Catarina)

- Friday 11: isabel + beatriz

As usual we had breakfast at the hotel. After breakfast, the bus took us and the other countries teams to Copernicus high school.

They had a lot of activities planned for us, in just 2 hours we had to make a traditional board game, an online board game and use a 3D printer to design and print out a pawn to use in our game. All the games had to be somehow related to good health and well being, which were also the main topics for our previous debate.

Afterwards we had such at Birreria, a restaurant just 2 minutes away from the school, there, as usual, we ate a potato based meal with lots of kale. After a quick lunch we walked backed to the school for the awards ceremony. The ceremony was quite beautiful and impactful, multiple students and one teacher played the piano and cello while two students moderated the ceremony, afterwards an all-girls singing group sung a beautiful song about the importance of peace and brotherhood in the world. When all the performances were over it was time to receive our diplomas, everyone got one, even the teacher and we took a million pictures with the school's mascot "Kopernik". The ceremony was followed by a small party that consisted of some "delicious" polish treats and drinks. After a while we left and had some free time to explore Rybnik and all of it's nooks and crannies before we took the local bust and returned to the hotel for dinner. Once again we ate a potato-based delicacy and afterwards everyone got ready and we headed out with some of the Czech team for a night out on the town. We arrived in Rybnik's main square and went to the Celtic Club where

we tried some typical polish drinks, everyone had a lot of fun and we played table football and mingled with the Czechs.

Later we returned to the hotel and hung out with the Czech team some more before heading off to bed. Overall, a great day.

- Saturday 12: lucas + diogo

"The day we feared the most arrived. The day that required both physical and mental strength: today was the Copernicus Race!

For some, it was 5km (walking or running), but Dingo and Teacher Alexandra Belo faced the 10km run!

Through the hills of the forest, with spectacular weather, everyone managed to finish and bring home a beautiful medal, to keep as a memory of the hard challenges that, with motivation, we can all overcome!

Super tired, we all went back to the hotel. Unfortunately, today was the last day in Poland for the Icelandic and Czech team. All gathered at 1:30PM, we waved like there was no tomorrow with huge smiles at the departure of the Icelandic team.

What was there to do now? Oh well, instead of just staying in the hotel, we met with the polish team at the bowling alley, in a sort of a "last meal". And, oh boy, did Teacher Ângela completely destroy the scoreboard with 101 points, as a first timer!

Both the Portuguese and Polish teams had fun until the very last moment in the city of Rybnik. The Czech team had already departed, but our hearts were grateful for the good moments with them.

Today was the last day we were with our friends. And it was a wonderful day."

- Sunday 13: margarida + pedro + filipe

"Today is our last day in Rybnik, happily we're leaving to our families and life but sadly we're leaving our new friends, but nonetheless good memories still remain in our minds!! We woke up late compared to the other days and went downstairs to eat breakfast.

After breakfast we got up again so we could pack our stuff and clean the rooms. Those 2 hours that passed while we were packing seemed like 5 minutes, and when we looked at the clock it was already time to leave Hotel Politanski. We all brought our things down to the bus and said goodbye to the sweet teachers from Poland.

At around 12:30 AM we were heading to Katowice's McDonald's to have lunch. One thing we will miss is the hamburgers, they just taste better!! At the McDonald's there was a Gas Station where we went to buy some food and souvenirs and when we were heading back to the bus we saw Portuguese

Firefighters!! We talked with one of them and he had attended our school too!! That was a weird coincidence.

At the airport we had to wait until the check-in was ready to open and when it finally opened we had to face some challenges because they made everything so difficult. Honestly we all thought that at some point we were going to stay in Poland and miss our flight!

After 2 hours we got to Munich where we had dinner! Some of us had Pizza, other Hamburgers and it all tasted so good!

After dinner we went to our next plane and what a flight because at the end half of us were suffering since our ears were clogged and hurting like hell!

After all we can all agree that this was one of the best trips of our lives, we met so many people and made great memories with them. Reviving these things now makes me feel so nostalgic and sad in a good way, it was a really funny experience that we will take with our hearts forever!!"

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1. Your diary must be around 300 words with narration, description and quotes.
2. Write it on the google docs shared with you.
3. Letter Calibri, size 12, paragraph 1.5
3. Deadline: the day after