

# IT or not IT?

Reaching our goals equipped with modern tools



Czechowice-Dziedzice  
POLAND

**14 - 18 April 2015**



“IT or not IT – reaching our goals equipped with modern tools”

**14 - 18 April 2015**

**Zespół Szkół “Silesia”**

**Czechowice-Dziedzice, Poland**

**CONTACT DATA**

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**Tomasz Figura**

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### Participating Countries

Poland  
Croatia  
The Czech Republic  
Spain  
Cyprus

### Participating Teachers

#### **Polish Teachers**

Kazimierz Borawski  
Tomasz Figura  
Magdalena Czarnecka  
Jolanta Małyśiak  
Anna Gajewska

#### **Cypriot Teachers:**

Andromachi Pieridou  
Ioulia Schiza  
Alexandra Katsou

#### **Spanish Teachers:**

Inmaculada Marieta  
Edorta Arregi

#### **Czech Teachers:**

Eliška Houzimová  
Simona Luftova

#### **Croatian Teachers:**

Tatjana Papst  
Tomislav Čekolj  
Ivan Pogačić

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### Participating Students:

Polish host students	Croatian students
Woźniak Karolina	Amadea Mocos
Waleczek Daniel	Nikola Svetec
Szymik Marek	Carlo Čukoić
Gacek Gabriel	Borna Grabušić
Hus Bartłomiej	Lovro Hren

Polish host students	Cypriot students
Górzyńska Marta	Irene Erotokritou
Szymik Karolina	Maria Menelaou
Gryz Klaudia	Eleni Andreou
Grygierzec Martyna	Andreas Tsampalas
Nowak Michał	Charalambos Rayias

Polish host students	Czech students
Sikora Karolina	Veronika Krůtová
Moczek Dagmara	Kristyna Morkusová
Jurasz Agnieszka	Kateřina Vaňková
Dąbrowska Aleksandra	Adéla Kolářová
Lorańczyk Tomasz	Adam Fišer

Polish host students	Spanish students
Pilarz Sandra	Sara Alonso
Kot Karolina	Vanessa Tejerina
Chrószcz Aleksandra	Maria Calvo
Gawłowska Martyna	Patricia Valencia
Gabrysiak Kamil	Jorge Valencia
Monika Wójcik	

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## Erasmus+ Meeting in Poland

14 - 18 April 2015

Zespół Szkół “Silesia”, Czechowice-Dziedzice

### The plan of the visit

DATE	TIME	Activities	notes
<b>Monday</b> <b>13<sup>th</sup> April 2015</b>	morning/ afternoon	✓ <b>Arrival of the partners</b> <ul style="list-style-type: none"> <li>The students are taken from the meeting points (the school / the railway station) by the host families.</li> <li>The teachers go to the hotel.</li> </ul>	Cyprus 11.00 am Spain 6.30 pm Croatia 7.00 pm Czech 6.00 am
<b>Tuesday</b> <b>14<sup>th</sup> April 2015</b>	<b>9:00 am</b>	✓ <b>Opening Ceremony</b> <ul style="list-style-type: none"> <li>Welcoming speeches*</li> <li>The music band performance</li> <li>Presentations of the participating schools**</li> </ul> ✓ <b>Walking around and getting to know the school</b>	*The teachers from each school **no more than 10 minutes each presentation
	<b>12:30 pm</b>	✓ <b>Lunch break at school</b>	
	<b>1:00 pm</b>	✓ <b>Ice breaking activities</b> ✓ <b>Prezi workshop</b>	

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<b>Wednesday 15<sup>th</sup> April 2015</b>	8:00 am	✓ <b>Arrival of the students and teachers to Zespół Szkół “Silesia”</b>  ✓ <b>A bus transfer to the mountain</b>	
	9:00 am	✓ <b>Maths Foot Orienteering (field games) near Magurka</b>	
	1:00 pm	✓ <b>Lunch at the mountain hostel “Magurka”</b>	
	3:00 pm	✓ <b>The final results of Maths Foot Orienteering competition</b>	
	5:00 pm	✓ <b>A bus transfer to Czechowice-Dziedzice</b>	

<b>Thursday 16<sup>th</sup> April 2015</b>	7.15 am	✓ <b>Arrival of the students and teachers to Zespół Szkół “Silesia”</b>  ✓ <b>A bus transfer to Kraków</b>	
	9.00 am	✓ <b>Kraków sightseeing (guided tour):</b> <ul style="list-style-type: none"> <li>• Wawel (the former seat of Polish royalty),</li> <li>• The Old Town,</li> <li>• The Royal Road,</li> <li>• The Florian Gate,</li> <li>• The Gothic St. Mary's Basilica,</li> <li>• The Sukiennice Cloth Hall,</li> <li>• The Historical Museum of the City of Kraków</li> </ul>	
	6.00 pm*	✓ <b>Arrival to Czechowice-Dziedzice</b>	*it is only approximate time

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<b>Friday 17<sup>th</sup> April 2015</b>	8:00 am	<ul style="list-style-type: none"> <li>✓ Arrival of the students and teachers to Zespół Szkół “Silesia”</li> <li>✓ Prezi and Glogster workshops</li> </ul>	
	12:00 pm	✓ Lunch break at school	
	12:30 pm	✓ The students watch the lessons	
	1:15 pm	✓ Prezi and Glogster workshops	
	3:00 pm	✓ The teachers meeting at school	

<b>Saturday 18<sup>th</sup> April 2015</b>	9:00 am	<ul style="list-style-type: none"> <li>✓ Arrival of the students and teachers to Zespół Szkół “Silesia”</li> <li>✓ Presentation of the results</li> <li>✓ Closing ceremony <ul style="list-style-type: none"> <li>• Final speeches*</li> <li>• Certificates for the students and teachers</li> </ul> </li> </ul>	*One student on behalf of the group
	1:00 pm	✓ Lunch	
	3.00**- 6.30 pm	✓ Visit to the Auschwitz Museum	**We definitely have to be in Auschwitz at 3.00
	7.30 pm	✓ Arrival to Czechowice-Dziedzice	

<b>Sunday 19<sup>th</sup> April 2015</b>	Morning/ afternoon	✓ Departure of the partners	
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### Maths Foot Orienteering



#### What is Foot Orienteering?

Foot orienteering is a sport which involves a huge mental element. There is no marked route – the orienteer must navigate with a map and compass while running.

The map gives detailed information on the terrain such as hills, ground surface, obstacles etc. Orienteers run over rough ground, completely unprepared forest terrain or rough open hills – cross country in the true

sense of the word.

#### Competition types

There is a wide variety of orienteering events: individual competitions and relays, ultra-short park races and mountain marathon events. Night orienteering with the aid of a head lamp is also a popular form of orienteering.

#### The World Championships

Every year, the best foot orienteers in the world fight for the World Champion titles and the World Cup victory. The programme of the World Championships includes four competitions for both women and men; Sprint, Middle Distance, Long Distance and Relay. Foot orienteering became a recognised Olympic sport in 1977.

#### Equipment

**RACING SUIT:** A lightweight, stretchy suit protects from undergrowth whilst allowing maximum freedom of movement even if it gets soaking wet.

**SHOES:** Light, strong shoes with non-slip soles allow sure grip on all types of ground – including mud and bare rock.

**MAP:** The map provided by the organiser shows the course with the control points which must be visited. The map is designed to give detailed information on the terrain – hills, ground surface, and features such as boulders or cliffs.

**COMPASS:** There is a wide variety of sophisticated compasses to choose from. Basically they can be divided into two main categories: base plate and thumb compasses.

**CONTROL CARD:** To prove that they have visited all control points in the right order, the orienteers have to punch their control card at each control using an electronic device.

*(Adopted from: <http://orienteering.org/foot-orienteering/rules/> and [http://en.wikipedia.org/wiki/Orienteering#Competition\\_types](http://en.wikipedia.org/wiki/Orienteering#Competition_types))*



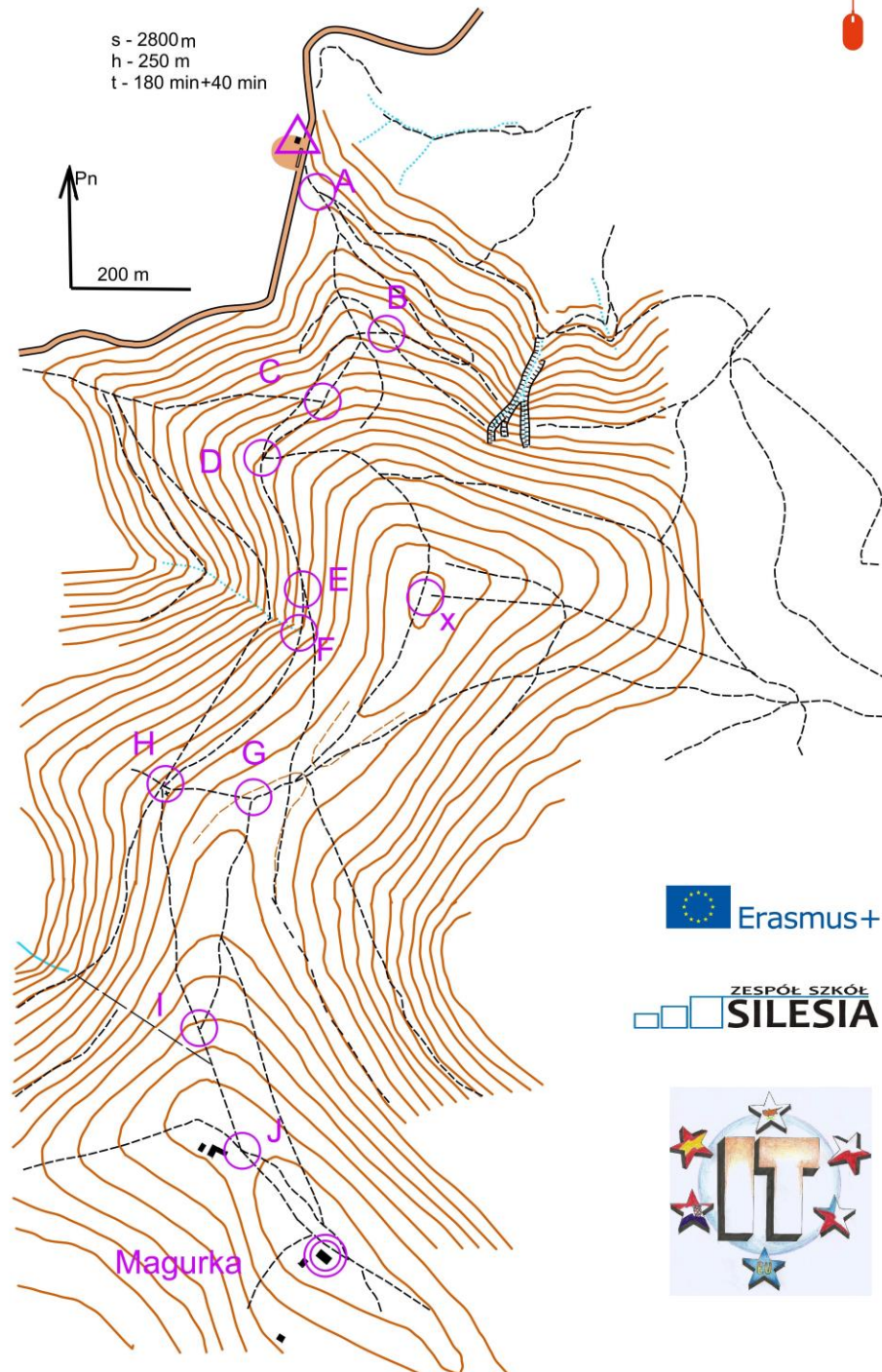
#### The organiser of the Maths Foot Orienteering in Zespół Szkół “Silesia”

A person organising our Maths Foot Orienteering event is Adam Skoczyński, one of the best competitors in Poland and many times winner of the Polish Orienteering Championships and the organiser of several events voted the best Foot Orienteering competitions in Poland in years 2010, 2011, 2012. A technical support is given by his son, Arkadiusz Skoczyński, a two-time winner of the Junior Orienteering Championships in 2013 and 2014.



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## MATHS FOOT ORIENTEERING





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**THE HOST FAMILIES  
CONTACT DATA**

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## Approximate prices in Poland

### Food&Drink's

milk	2,50 pln	≈	0,60 €
bread	4,25 pln	≈	1,00 €
yogurt	1,19 pln	≈	0,30 €
butter	4,00 pln	≈	1,00 €
bottle of water	1,89 pln	≈	0,50 €
Coca-Cola (0,5L)	4,00 pln	≈	1,00 €
tea (in the school canteen)	1,00 pln	≈	0,20 €
coffee (in the school canteen)	1,00 pln	≈	0,20 €
sandwich (in the school canteen)	3,00 pln	≈	0,75 €
Kebab	10,00 pln	≈	2,80 €
Pizza 32 cm	22,00 pln	≈	5,50 €
45 cm	35,00 pln	≈	8,75 €

### Transport (Bus)

one way ticket	students ticket	1,50 pln	≈	0,40 €
	regular ticket	3,00 pln	≈	0,80 €

### Entertainment

Billiards	12,00 pln/h	≈	3,00 €
Bowling	35,00 pln	≈	8,80 €

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### Useful vocabulary

ENGLISH	POLISH
A ticket to...	Jeden bilet do...
Bless you!	Na zdrowie!
Bye, see you!	Cześć!
Call the doctor, please!	Proszę wezwać lekarza!
Can I charge my mobile here?	Czy mogę tu naładować moją komórkę?
Can I have ...?	Czy mogę prosić o ...?
Can you show me on the map?	Czy może mi to pan pokazać na mapie?
Can you write it for me, please?	Proszę mi to napisać.
Cheers!	Na zdrowie!
Close	Zamknięte
Don't worry about it.	Nic się nie stało.
Enjoy your meal!	Smacznego!
Excuse me!	Przepraszam!
Excuse me, how can I get to...?	Przepraszam, jak dojść do ...?
Excuse me, where is ... street?	Przepraszam, gdzie jest ulica ...?
Excuse me, where is the toilet?	Przepraszam, gdzie jest toaleta?
Free.	Bezpłatny.
Good evening.	Dobry wieczór.
Good luck!	Powodzenia!
Good morning.	Dzień dobry.
Good night.	Dobranoc.
Goodbye.	Do widzenia.
Have a nice day.	Miłego dnia.
Hello.	Cześć.
Help yourself!	Poczęstuj się! / Nie krępuj się!
Here you are.	Proszę.
How can I get to ...	Jak mogę dojść/dojechać do ... ?
How do you do?	Witam co słyhać?
How much is it?	Ile to kosztuje?
I agree.	Zgadzam się.

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I don't understand.	Nie rozumiem.
I live in ...	Mieszkam w ...
I'm looking for ...	Szukam ...
I'm lost.	Zgubiłem się.
I'm not well. / I'm sick. / I'm ill	Jestem chory.
I'm sorry.	Przepraszam, przykro mi.
Nice to meet you.	Miło Cię poznać.
No.	Nie
No, you can't.	Nie, nie możesz.
Open.	Otwarte.
Please.	Proszę.
Repeat, please.	Proszę powtórzyć.
See you later.	Do zobaczenia.
Single fare / one way ticket.	Bilet w jedną stronę.
Sure. / No problem. / OK.	Pewnie./Jasne.
Thank you.	Dziękuję.
That's All right.	W porządku.
The same to you.	Nawzajem.
What time is it?	Która jest godzina?
Where are you?	Gdzie jesteś?
Where is ...?	Gdzie jest ...?
Yes.	Tak.
Yes, of course.	Oczywiście.

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# **INTERESTING SIGHTS IN OUR REGION**

**Bielsko-Biała**

**Bielsko Castle**

**The railway station**

**The Municipal Theatre and  
the first post office**

**The Old Town**

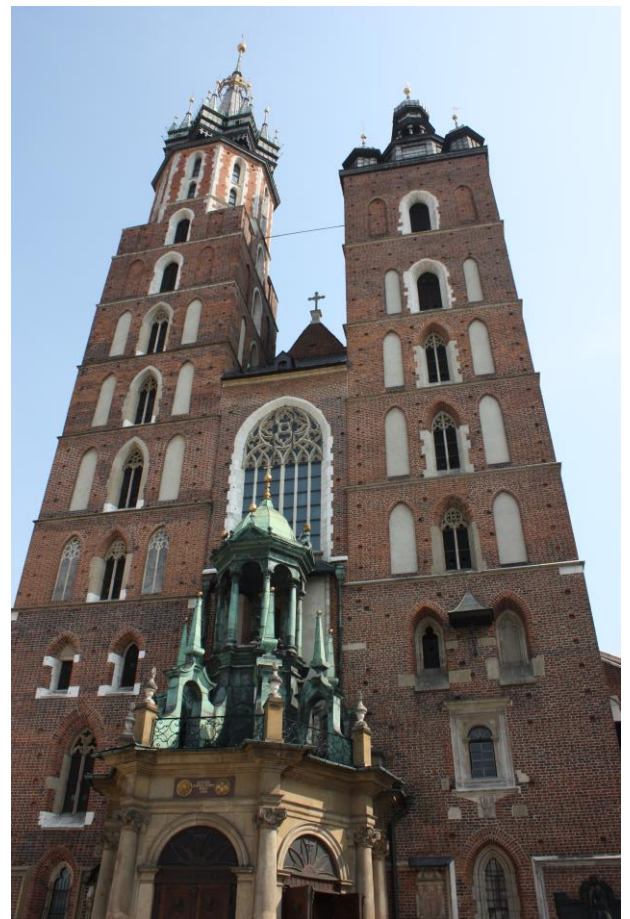
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### Czechowice-Dziedzice



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## Kraków





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## Oświęcim - Auschwitz



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### SAFETY RULES DURING THE VISIT IN POLAND

#### THE PARTICIPANT OF THE VISIT MUST:

1. obey all the safety rules required in the respective schools’ rules and listed in this rules
2. obey the instructions of the teachers and guides
3. take part in all the activities
4. have necessary equipment and documents:
  - a. EHIC - European Health Insurance Card
  - b. ID cards/ passports
  - c. the students cards
  - d. hiking clothes/ shoes
  - e. warm jackets
  - f. waterproof clothes
5. contact the teacher any time he/she needs some help
6. inform the teachers about any dangerous situation
7. be at host family’s home after 10.00 pm

#### THE PARTICIPANT OF THE VISIT MAY NOT:

8. drink alcohol, smoke cigarettes or use other prohibited drugs
9. Leave the group without the teacher’s permission
10. Leave the host family’s house without their permission



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## **NOTES**