

Erasmus Adventure In Poland

In the small town of Gewartow, Poland, in the beautiful camp of Sunsport, the spirit of cultural exchange and exploration came alive during our Erasmus+ middle school trip. The focal point of our journey was learning about healthy eating while being surrounded by some of the most beautiful nature we had ever seen. Against the backdrop of September's crisp air, this camp offered an immersive experience in healthy living, language acquisition, and a bunch of fun activities, creating a blend of education and adventure.

Starting off I would like to say how lucky I feel to have had the opportunity to go and experience such a great trip. The whole trip also felt like a reward because I had been working hard and making projects for the program for the last year. Another thing I would like to say is that I would like to thank all of the teachers that volunteered and helped us in the program in any way.

One of my favorite things was the camp itself and the area where the whole program took place. We were surrounded by nature and lived in small cabins that were right on the shore of a lake that had its own ecosystem. The camp also provided us with great home-cooked traditional polish dishes. The staff was really friendly and energetic which made our stay there a whole lot more enjoyable and fun. Another thing that I liked about the camp was the plethora of different equipment and toys they had to keep us entertained and help us in bonding with each other and making new friends.

The Erasmus program placed a significant emphasis on language learning and cultural exchange. Language classes were conducted in an immersive and interactive manner, allowing us to learn new languages and immerse ourselves in new and interesting cultures. This also became really interesting because we had a native speaker teaching us the language which meant that we could hear the exact pronunciation of the words. Some of my favorite languages that we learned were Spanish and German.

Even though all those things were great the whole purpose of the program was to teach us about healthy eating habits. But they taught us in a very different way than how they teach us in school. Instead of having us sit at desks and teaching us they put us in groups and let us work on different kinds of projects which proved to be a very effective learning method. Essentially, we were improving our communication skills, learning new things AND having fun all at the same time without us even noticing. We also learned by creating our own song about healthy eating that was centered around the program slogan “The healthier I eat the better I learn”.

This camp was not only about learning but about having fun too. One of my favorite activities was kayaking where we kayaked in the gorgeous lake that was filled with wildlife in its natural habitat. Another activity which I found really fun, and thrilling was climbing. I cannot talk about fun without mentioning the foam party in which the staff sprayed us with fluffy white foam while we danced to the music. I also loved the campfire which we had at one of the last nights at the camp during which we sang, played and danced together.

The camp was also a great opportunity for us to make friends and meet new people. I personally loved socializing with other people that were my age and finding things that we have in common. This resulted in my making new friends from countries like Spain, France and Greece. I still talk with some of those friends through social media.

From my Erasmus trip to Poland, I have learned a lot of new skills as well as a lot of new important information on the topic of healthy eating and healthy living in general. I have also made a lot of new memories and friends that I will treasure forever. Lastly, I would like to say that it was one of the best experiences that I ever had.

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