

A BETTER LIFE



EXCLUSIVE

Interview with
Veronika.

P. 5

2019

How do
young people
spend their time?.

P. 9



ONLINE LESSONS IN CORONA TIMES

PAGE 7

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Editorial:

This is the first issue of three, of A Better Life Magazine. The aim of it, is to put focus to the fact that more and more young people get stressed. In Denmark numbers from 2018 shows that more than 30% of young people between the age of 18 and 25, are stressed.

Students who feel very stressed are almost twice as likely to drop out as students who do not feel stressed. And dropouts cost - both for the individual, the institutions and the society. Academic demands, time constraints and personal circumstances, are the factors that most students themselves highlight as reasons why they feel very stressed. This magazine will take a look at some of these reasons and try to understand why it gets worse in today's society. This issue has however changed some content, due to the lockdown because of Covid19.

Contributions to the content of this magazine come from students and teachers from 6 partner schools , in the Erasmus+ funded project "A Better Life". The schools are:

Secondary School Mate Blažine, Croatia
Moravská Střední Skola, Czech Republic

Holbæk 10. Klassecenter, Denmark

Liceo Classico D'Annunzio, Italy

Secondary School of Maia, Portugal

Nazilli Menderes Anadolu Lisesi, Turkey

The students work with the magazine both during mobilities and at their own schools.

If you want to know more, you can go to our website: erasmusplusabetterlife.com



Table of content

A Better Life - an Erasmus+ project	3
Coronavirus eliminates meetings	4
Erasmus plus for a better life	5
Meet Veronika	5
Jumble quiz	6
Thoughts on Erasmus from a student	6
Learning through online lessons in Italy	7
First international Meeting in Czech Republic	8
Survey on sparetime.....	9
Meet Marek.....	10
Positive and negative aspects of quarantine.....	11
Coping with disabled people in Italy.....	12
Survey - what do young people do in their sparetime.....	13

A BETTER LIFE - A PROJECT CO-FUNDED BY THE EUROPEAN UNION

THE MAIN AIM of our international partnership, is to provide effective, sustainable and successful transitions of young people in Europe, to awaken awareness of own satisfaction in life and to find motivation for preventing early school leave in order to get a meaningful life. The students will carry out research on life quality in the partner countries: Turkey, Croatia, Czech Republic, Italy, Portugal and Denmark. By comparing the different regions in the EU, they will discover the different life values. Participants are all schools with different profiles, but all students are about the same age, 15-18

It is important for the project that the schools are placed in different areas and are addressed to a large variety of different social layers.

The working language of the project is English, which will enable the students to widen their language abilities and gain fluency in using a foreign language in real situations.

The most important thing in this international project, is to motivate and enable students to find positive values in getting A Better Life.

The project has 4 important aspects: European citizenship (within culture and traditions as well as education and job possibilities), Inclusion

(refugees/migrants/disabled/social vulnerable), Health (what is a healthy lifestyle and why is it important) and Friendships across borders (spare time, sports, social medias).

Our final products will be:

1) An OER website, where teachers all over Europe can find interviews, articles, photos, and lesson plans freely to be used in classes. The website will be sustainable for at least 3 years after the end of the project. The idea is to inspire teachers in Europe to deal with the topics of A Better Life, in order to prevent early school leave.

2) Three digital magazines - one each year - with the relevant topics.

The magazines will be created in international groups during the last International meeting of each year. Students will work together, write articles, make interviews, take photos which they prepare for the entire year. Each magazine will therefore be concentrated around the 2 topics that are in focus each year.

What is a math teachers favourite dessert?

..... Pi.....



First international meeting in Olomouc, Czech Republic. Here the delegation is in Prague.

Photo: Mehmet Küçükbeyacit



Coronavirus eliminates meetings .

By Mette Ludvigsen, coordinator Denmark

Monday 9th of March became a very disappointing day in 40 students' lives throughout Europe. This was the day when it was decided that the 2nd international meeting of the Erasmus+ project "A Better Life" wasn't going to happen. A virus had infected the whole world... A Sci Fi movie? No, this was the real thing!

25 students from Turkey, Italy, Czech Republic, Portugal and Croatia had been looking forward to be going to Denmark and staying with host families, when the coronavirus broke out and paralyzed each and every country in the entire world. Most of them had just started to communicate with their host students, who also were very excited about receiving a person from another country. But the joy was short when the meeting had to be canceled.

Students had been working on their presentations for the meeting. The topic of the meeting was "social inclusion". There was going to be several workshops on the topic, including a rap workshop, where the students would get some knowledge about prejudice and discrimination and then work with their own thoughts, write lyrics and perform a rap.

Also touristic visits were on the schedule, to

Roskilde and Copenhagen. Last night in Denmark, they would stay in Copenhagen with their teachers.

Teachers.... yes... they were of course also very sad about the situation, but it is probably easier for adults to adjust and accept a new situation. However meeting up with colleagues from around Europe, is very giving, and once you become an "Erasmus teacher", you get addicted to this kind of work across borders.

So, airplane tickets were cancelled. Fortunately for some, they were able to get a refund, as many airline companies cancelled many routes and as days went by, countries started to close their borders. Schools and universities sent teachers and students home, so the situation only got worse. Especially Italy, as the first infected country in Europe, was extremely affected.

Over time it became a bit easier to accept the new way of life.. Wash hands, keep distance.. But not being able to see your friends as usual, has probably been very hard on the youngsters. Teachers teaching online through Zoom or Google Meet. Face timing friends.. and so on.. Very difficult..

We have learned to deal with it and at present time, several countries are beginning to slowly re-open . Denmark was the first country to send pupils to school - however this was not a normal school day the children would face, but a short day in smaller groups and many activities were held outside.

Let us hope that this period of time has given us useful tools and a little greener planet. Let us hope that the world economy won't bleed too much and let us hope that we will not experience this again in many, many years. Even though experts talk about a second corona wave, let us hope that scientists find a cure or a vaccine,, so we all can meet again across borders and get A Better Life...

Erasmusplus for A Better Life

I've been teaching for over thirty years but I must admit that the Erasmusplus projects have always been one of the most motivating experiences in my life and career. During this very difficult period of isolation due to Covid-19 I've had so much time to reflect upon Europe and at times, I must admit, observing decisions taken by our European governors concerning the pandemonium I have often wondered if the European dream based on being "united in diversity" and founded on the common values of tolerance, justice, solidarity and equality had come to a standstill. I even got to the point of exasperation and started questioning the validity of the Erasmusplus projects. Well, you know what, fortunately I was wrong. My European colleagues and friends have always been there for me, especially when I was quite difficult to deal with because with this Coronavirus business we have had more downs than ups. They have kept alive all those values mentioned above and I thank each and every one of them. No matter what the difficulties, I know that our project is changing lives and opening minds and working towards**A Better Life.**Julie, Erasmusplus English Teacher, Liceo Classico G.

D'Annunzio, Pescara, Italy

Questionnaire on Czech students

1. What's your name and how old are you? What sport do you do top-level?
2. When did you start sport? What were your beginnings?
3. Who brought you to the sport?
5. Do you have any sport pattern?
6. What are your sporting successes?
7. Can sport be combined with study?
8. Do you want to do sport in the future?



This is Veronika Jiráčková from Olomouc

- 1) My name is Veronika Jiráčková, I am 18 years old and I do athletic, exactly pole vaulting.
- 2) I started when I was 13 years old. My beginnings wasn't good, because long time I couldn't find which discipline I like.
- 3) I like sport generally from low age, of course my parents are my big supporters.
- 5) I have many sport patterns, one of my biggest is Armand Duplantis.
- 6) I was many times on czech championship, last year I finished on second place and I was nominated to international match, but I couldn't attend.
- 7) I think it's is possible, of course depece what you do, but if you are good, I think your school will support you.
- 8) For sure, I would like to go to Olympic games one day.

Erasmus

G D L E A R N I N G U R A R J P J A L K
C I N Y E V W A M T Y S M X C O N W A O
W F N L R U T P F P E L H J A A Q S U F
Y F L S I M L K D D L I F E G Z P W Y X
D R F N Q X R K E J V T Z L H B F X B L
Z I D D H L C I N T X J W T J R T T H A
H E A P R B O X M Z E K O R Q X J M S G
C N F Q A E D H A B K P C I R R O Q X U
E D O Q C T Y B R H D B O S F J Y Z R T
Z S C S S T H O K E K M A P N D L I H R
C H E T G E J K N L E S V H K V I D F O
F I X N V R V Z D C N R Q F G D M S A P
U P C E Q G U T M J A C E R B I A B I U
N L H D L F J E L E R U J T B T F V T Q
U L A U L P J U H K S O H U T A D Y A Y
S T N T P A A G A Q L M X H S L H E O A
K K G S X A V A K J G O G N O Y O K R Q
V G E L D B Z R F P F L Z I H G G R C S
A T V Z I P O P H N B O J M U D T U K Y
H Z G A P H H O H Y L L U R W V F T Y V

Czech
Denmark
host
exchange

Croatia
Better
family
students

Portugal
life
learning

Turkey
Olomouc
friendship

Italy
Prague
fun

Thoughts on being part of an Erasmus+ project

Hi, I'm Sara and I'm from Italy. My school gave me the big opportunity to take part in an interesting project called "A Better Life", so in November I went to Olomouc, Czech Republic. I stayed there for a week at my host friend's home. Her name is Kristyna and our friendship continues to grow, in fact we keep in contact almost daily even now. I fell in love with the city of Olomouc from the very beginning in particular thanks to its colours. There people are incredibly nice and the family that hosted me and other two girls of my school was so kind. During the week I spent time at my host friend's school I met many students from all over Europe. I had never met so many people from other countries before: Portugal, Denmark, Croatia and Turkey as well as the Czech Republic of course, and they helped me open my mind by sharing different ideas and cultures. We visited Prague, we went by train from Olomouc and we stayed there for a day, I liked that day so much. I was looking forward to it because I knew that it would have been one of the best days and I was right. I will never forget this experience and the friends I made during that week and I can proudly say this: I hope to come back soon.

Sara, Class 4C, Liceo Classico G. D'Annunzio, Pescara, Italy

ONLINE LESSONS

**ARIANNA MORETTA, TERESA PATANE',
MARCELLO IACOBITTI**

**Class 4D, Liceo Classico G. D'Annunzio,
Pescara Italy**

At the very beginning of this difficult period, taking lessons from home was a bit strange, due to the fact that we hadn't had such an experience before. Fortunately, our school was well-organized to deal with this kind of situation: we have attended online courses since the first day of quarantine, and we still continuing with distance learning. This gave us the possibility to keep up with our school programmes, but also to feel in close contact with each other. Undoubtedly, this is an unusual and, of course, hard circumstance, but we should consider ourselves lucky to keep in touch with our classmates, teachers and friends even now. It helps us feel less alone. Needless to say, we miss our school environment, but inevitably these strange times are an opportunity to reflect on important things in life, and school is one of them.



Every day we wake up in the morning, then we attend two or three online lessons of different subjects. Each lesson lasts an hour.

Last month there weren't lessons in the afternoon, but we had to do our homework. Now we are having lessons even in the afternoon, and there are also many more things to study, owing to the fact that these days we are also dealing with online tests. Sometimes it's stressful to cope with this new routine, and in the evening we usually feel incredibly tired, also because we spend too much time in front of our laptops and computers. However, being involved in all these activities is a way to feel less bored. Quarantine could be very tedious if you have nothing to do! Another very good aspect of this situation is the fact that, working at home, we do not have to wake up early in the morning to catch the bus to go to school. This makes us feel much more relaxed compared to before

Anyway, we hope to go back to school as soon as possible. The reasons why we hope so are many, but the most significant one is our wish to get back to normal. This atmosphere is so unreal

Liceo Classico G. D'Annunzio was founded in 1924 and is situated in the heart of Pescara. It is one of the biggest schools in the province of Pescara with almost 900 students and 87 teachers. The school offers new generations, aged 14 to 19, a modern education that combines both quality and innovation and assures a complete and modern humanistic and cultural formation. When finishing, most of the students choose faculties like medicine, law, engineering, arts and other branches of science.

1st international meeting in Olomouc, Czech Republic, 18th-22nd November 2019

During the third week of November 2019, the Czech mobility took place in a Moravian town Olomouc within the framework of Erasmus + project „A Better Life“. This mobility was coordinated by Mgr. Vendula Rulcova and Mgr. Jiri Zizlavsky. Our students hosted students from Denmark, Portugal, Italy, Croatia and Turkey.

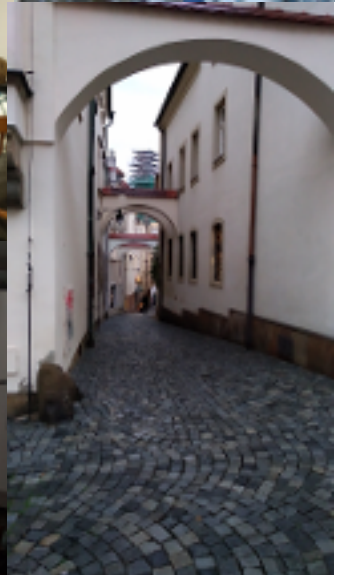
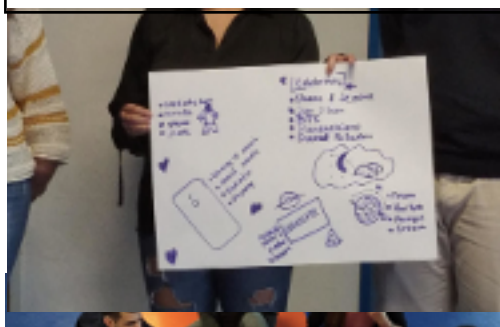
The first day was devoted to workshops, so students were working in a mixed groups, creating vlogs about people who does not fit into the mainstream society. Moreover, about their values which are important to them by which they realized their own identity and the importance of a social life. In the afternoon we had a town centre walk so that students could get the knowledge about the hosting town, surroundings, and their hosts.

During the second day each country created powerpoint presentations about their countries, home towns and they had a debate with a professional working for a non-profit Czech organization „Clovek v tísni“/ “People in Need“ which provides consultancies for adults and for teenagers as well. This organisation is well known for their social work- they help people from debts, the victims of crimes, and also with resocialization of people in troubles, which we thought, could be useful for realizing that a life of European teenagers does not have to be ideal for all of them.

Next two days were devoted to trips, students visited the centre of a capital city Prague which is a part of the UNESCO list of sights, they had a city centre walk with an English guide. Next day, to keep them fit again, we were heading to Javoricko caves and to get a better notion of a local museum, we took them to a manufacture of paper called Velke Losiny.

The whole week was concluded by a sports day in a Palacky University campus, where students were fulfilling different sport activities (to be in motion of course) and at the same time for having clues which were leading to the key word which was the hymn of the European Union.

Moravian High School Ltd. is a legal entity registered in the school register on 1 January 2005. The school is located at 935 / 8a Pasteurova , 772 00, Olomouc . From 18th 2006, the headmistress is Mgr . et Bc Jaroslava Spurná The total capacity of the school is 650 pupils .Our school is the largest private high school in the region.Our school has 3 fields of study such as gastronomy, art and design and trade areas as well.



SURVEY ON SPARE TIME

The survey, Spare Activities launched under the Better Life project received 163 responses from students (60% female; 40% male) of the 6 countries integrating this Erasmus+ project : Croatia, Czech Republic, Denmark, Italy, , Portugal and Turkey.

The purpose of this survey was to find out how young European teenagers spend their free time. The consultation was closed before the Olomouc Transnational mobility in November 2019.

The following report presents a summary of the respondents' opinions and information given on the topic.

The results show that the students from the 6 different countries engaged in the project occupy their spare time in very similar ways, developing activities that are typical of any adolescent regardless their origins, culture or nationality.

Thus, among respondents the activities done to occupy their free time are: just being with friends (60%), being with their family (48%), reading, watching television, listening to music (30%) and 28% playing the computer.

In terms of applying for extra school activities 50% develop different sports, participate in school trips and attend language courses while other 50% don't take part in any extra-curricular activities. Moreover the majority of the respondents (74%) say that they occupy their spare time with various activities because they want to, 28% to have and live new experiences; 24% only to be with friends and, curiously, despite being a residual percentage, 1%, are enrolled in some activities either because their parents want to or because they forced them to do it.

Escola Secundária da Maia

The Cluster of Maia is a public school located in the urban area of the city of Maia and belong to the metropolitan area of Porto.

150 children are enrolled in kindergarten, 600 in the two Elementary Schools, 1200 students are in grades from 5th to 9th, 1240 in Secondary school.

The general objectives of the Educational Project 14/17 are: Improving educational attainment and the quality of learning; Educate for citizenship and promote health, sports and

Furthermore, to the question «Do you attend art courses after school, 65% of the students said No and 35% Yes, among them they refer a ceramics. Taking photos, painting , music and 42% respond Other(unspecified activities) In fact, this is also an expected result since young people in these age groups often associate these activities with something boring and often just for nerds.

Also, among respondents, 47,4% spend their free time at home, 28,4% on the street, 9,5% in shopping malls and another 9,5% in the park.

Finally, the respondents refer that family, friends , pets and freedom are the most important things in their lives which helps naturally to the formation of the youth's identity whose principles will later make easier the construction of a friendship across borders.

In conclusion

All teenagers are different but many enjoy spending their free time doing the same things like shopping, being with friends, gaming and using social media, texting, watching movies, reading and going to the park.

In fact, leisure time is an extremely important part of life for adolescents. It provides them with many opportunities to rehearse different roles and activities creating an important context for the development of various individual, social and cultural skills. Such competences will definitely enable them to live better and establish bridges and friendships across borders, contributing to the effectiveness of a truly European citizenship.

Maia, Portugal, 26 May 2020.

culture; Improve work efficiency and create a self-assessment culture; and deepen the relationship between school / family / community.



MEET MAREK

- 1) My name is Marek Nešpor. I'm 20 years old. I do motocross on top level.
- 2) I started riding motocross when I was 14 years old. I started pretty late, so it was tough.
- 3) My dad use to be a European champion. So he brought me to motocross.
- 4) I would say that my pattern is and always be my father.
- 5) I'm champion of Moravian. Last year I ended up on third place in Czech Championship. And I also was in Top ten riders in Europe.
- 6) Yes, with individual study plan it is possible.
- 7) Yes, I would like to do sport in future, but with sport that I do it is hard to make a living from it.



Marek Nešpor

SOCIAL INCLUSION

This issue was going to cover the topic on social inclusion, as that was the topic of the mobility in Denmark. But since this was canceled, the topic will await.

However, social inclusion is very important in our everyday lives, for both students and teachers. But we the teachers must be role models and it is our job to see to it that:

- All children and young people must have the feeling of belonging to a community. No child or young person can be disregarded, forgotten or abandoned.

- All children and young people are wanted. We do not see children with problems, but children in vulnerable positions.

Every municipality all over the EU should have a policy regarding social inclusion. In Holbaek this was formed in 2012.

Inclusion is about securing children's right to and possibility for actively taking part in the already established communities.

The aim of inclusion is that all children and youth, regardless of capabilities, background and prerequisites, experience that they can contribute to and profit from the academic and social community, that they live in. Inclusion is an expression of a change of perspective, where focus is shifted away from individual defects and inadequacy to which possibilities the communities have, for them to stay there.

Under the leadership of the adult, the community adjusts towards the concrete children and young people, so that those who are in vulnerable positions, still can feel a part of the community.

In the ideal world, inclusion is a success, when no child or young person feels excluded in any way.

POSITIVE AND NEGATIVE ASPECTS OF QUARANTINE

ARIANNA MORETTA, TERESA PATANE',
MARCELLO IACOBITTI

Class 4D, Liceo Classico G. D'Annunzio, Pescara
Italy

As coronavirus spreads all over the world, it is absolutely recommended to stay home, in order to reduce the risk of being infected. The period of lockdown is utterly new for all of us, since we have never lived a similar experience. However, sometimes it is essential to adapt to unknown circumstances and make an effort to find positive aspects in them, even though these seem absent. Not being allowed to go outside, many of us find the time to relax. Common activities are reading a book, listening to music or watching a film. In fact, all these need to be done over several hours, without thinking about time. Your brain progressively forgets about your worries, and even your body starts to feel better. Speaking of less cultural restful activities, you may have a long bath or start a new beauty routine. Nevertheless, it is fundamental not to forget about fitness and sport. Not everybody has a garden or wide spaces to work out in. Anyway, while the luckiest ones also have the possibility to run, those who live in a flat can practise a few but very effective exercises... a little exercise is better than none!

"Do you think people can live alone?" was the question of the character of Paul, in the film *Masculin, Féminin* (1966). During these days we've understood that the answer is no. The recent security measures related to the covid-19 pandemic have forced us to take on a new lifestyle, no longer regulated by our appointments, school hours, holidays or sport-training, but reduced to a single and monotonous set of wasted hours. "A waste of time". We think that this is the common feeling for most people of my age: during this

emergency in fact, each teenager is seeing a huge part of the "best years" of his life basically slipping away without being able to enjoy it. Moreover, this feeling of frustration may have repercussions not only on a student's mood, but also on his school performance and this could lead to a complete loss of interest and impatience with school duties. Being *caged in* all the time has also strong effects on the family-life, that in the last years has become always less central in our everyday-life. People no longer used to see their parents for more than two hours a day, now they have to spend with them almost each single minute...and after a while, this "forced cohabitation" can become very difficult. Then, for what concerns external relations, even if isolation is indispensable for public health, this situation has interrupted most human contacts, now replaced by sad surrogates such as online chats, video calls, etc. that sometimes just make you feel more alone: we don't think that any of us are happy to see the face of their friends on a screen instead of being next to him/her, in a bar, or at the cinema for example. Therefore, this quarantine has many negative aspects that make it hardly bearable, and every day we need great willpower to continue, but we can't give up. We must be strong, and like other generations did in the past, put up with this whole situation. It is and will be hard, but there aren't any alternatives.



COPING WITH DISABLED PEOPLE IN ITALY

It is commonly assumed that disability is a human rights issue, whereby vulnerability arising from physical or intellectual impairments may have heavy social implications. There is no point saying barriers built by disability may best be removed by the integrated effort of the government and educational institutions.

The basis of Italian current legislation is Framework Law 142 of 5 February 1992 entitled "Framework Law on support, social integration and the rights of disabled people".

Law 104/92 was based on the United Nations programme for disabled people and focuses on the following:

- guaranteeing full respect for the dignity and right to freedom and independence of disabled people, while supporting full integration in the home, the school, the workplace and society;
- preventing and removing any conditions that hinder the development of a human being;
- encouraging functional and social recovery of people with physical, psychic and sensorial disabilities by guaranteeing the services they require and providing juridical and financial support;
- preparing actions specifically to overcome social alienation and exclusion.

Currently our town, Pescara, offers the following services regarding the rights of disabled people. Practical measures have been taken by the local sanitary association to make the town hospital more efficient following the suggestions given by local associations.

Among the innovations already introduced we find the creation of new reserved car parks near the entrance of the multi-storey car park and the construction of newly-equipped toilets in public areas.

Moreover, a plan to remove architectural barriers throughout the city, will be developed.

There has also been a non-profit organization in Pescara since 2004, called "Diversuguali", that means "Different but equal", which organises activities like cooking classes, pet-therapy and music therapy so that disabled people can participate and be more independent.

Finally, another important association in Pescara is called "ARDA". It is a landmark for the parents of children with Down syndrome.

Indeed, a great deal has been accomplished and more has to be done to make the existence of the disabled easier creating opportunities that allow them to live their lives to the fullest. We have so much to learn from them therefore, we strongly advocate that both national and local governments continue to support their involvement in all the social spheres of our cities.

Alice Catena and Alessandro Chiaromonte, Class 4A, Liceo Classico G. D'Annunzio, Pescara Italy

You: Teacher!

Teacher: Yes?

You: Would you punish me for something I didn't do?

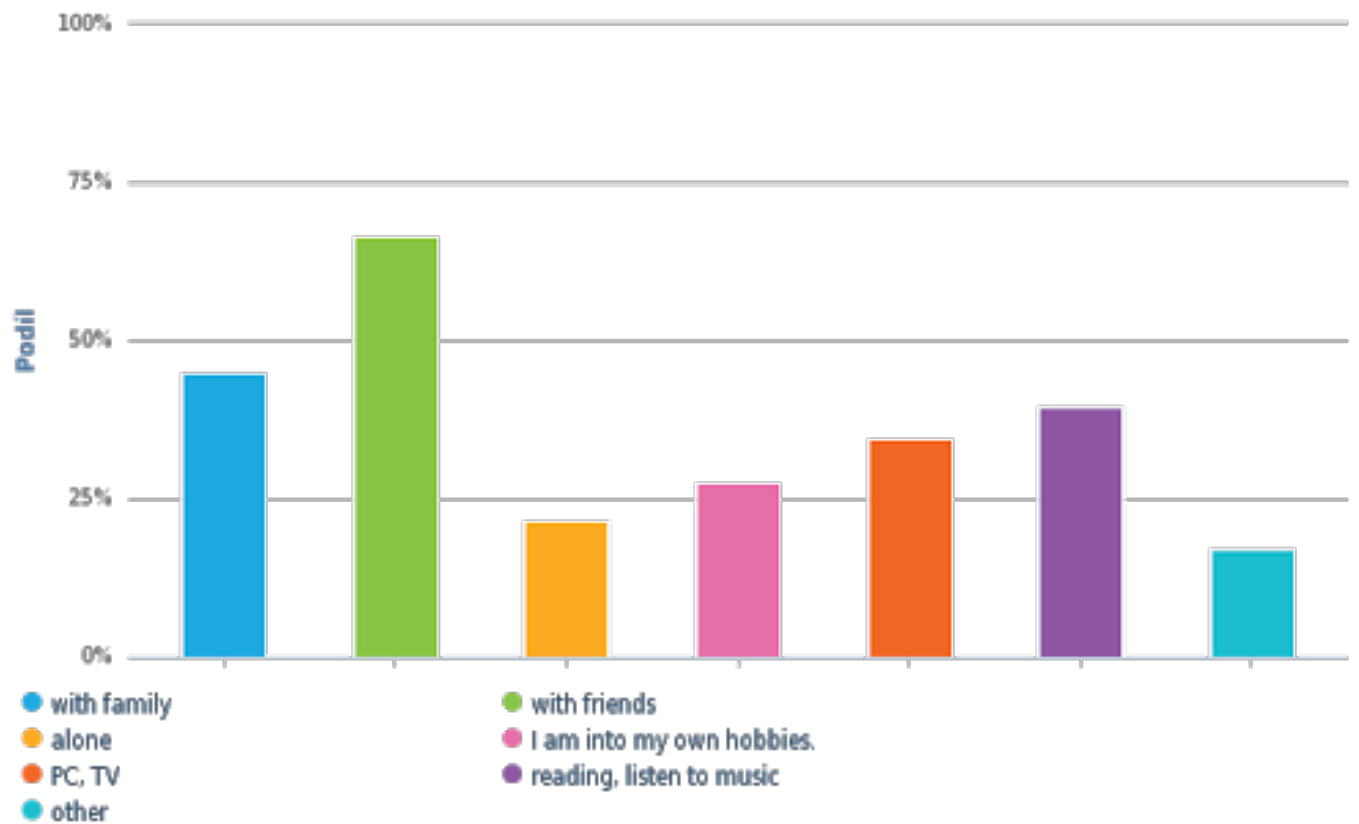
Teacher: Of course not.

You: Well, I didn't do my homework.

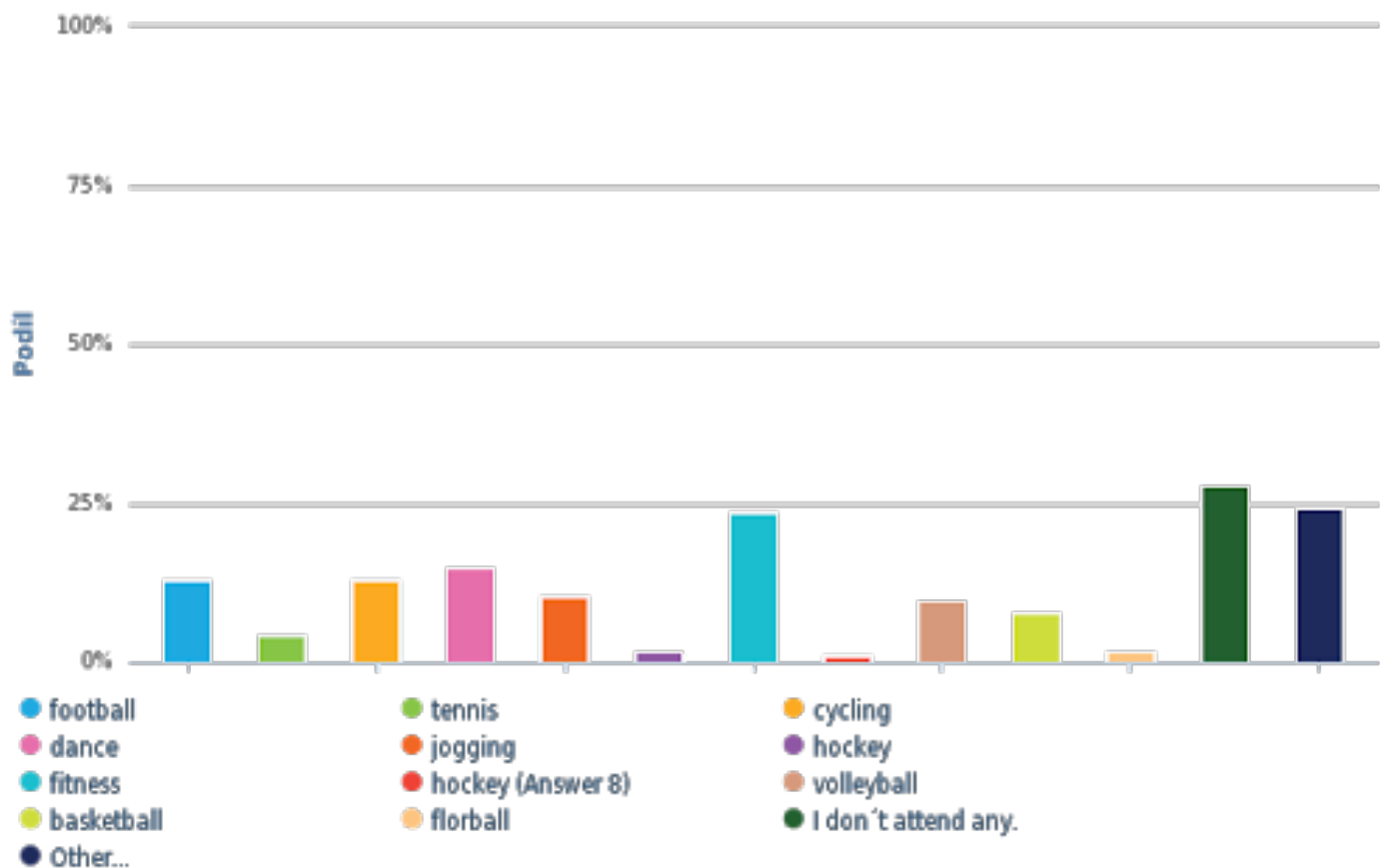
Why don't eggs tell jokes??

They'd crack each other up..

How do you spend your free time?



Which sport activities do you do?



THANK YOU FOR READING

A BETTER LIFE



MAGAZINE - issue #1



NEXT MAGAZINE - June 2021:

Time after Corona
European citizenship
Culture and tradition
Education and jobs

Try out this Kahoot

**I TOLD MY SUITCASE WE WERE NOT GOING ON AN
ERASMUS PROJECT THIS YEAR.**

