# Workbook



Produced by students and teachers from

Högakusten, Skog, Sweden Kildegaardskolen, Herlev, Denmark Liptovský Mikulas, Slovakia









# Content

Festivities and tratitions
Ecology and environment
Art
Tourism
History
Transculturel education
Habits, consumption and healthty lifestyle
Sport
European citizenship

#### Introduction

When we started working on our project we planned to make and create a lot of products of different forms. But, how to put all this products together? And how will the others use them?

However, after a long discussion we decided to create this Workbook.

The workbook was created by students and teachers from Denmark, Slovakia and Sweden. We attempted to design a set of interesting worklists and other documents for teachers and students from other countries.

Workbook will provide you with 12 topics according to the project's aims. Each topic consists of introduction and task, our products and the factbox with interesting information. If necessary, at the end of the topic you can find the links to the electronically products like presentations, documents, videos, images, crossword etc.

Teachers will appreciate useful materials for their lessons, especially geogra—phy, history, biology or ecology, English, art, civics and others.

The instructions how to use these products, can be found on topic's introduction and task or on the webpage. Teachers can decide themselves, what document they will use. They can copy it from Workbook or they can download and print it from the webpage as well.

We suppose these documents will bring more knowledge for your students, more fun on your lessons and students will enjoy working with these products.

Students can find many interesting information and facts about the life in our countries.

We have prepared several games and activities like planning a trip, cooking some meal, discovering the history of our castles and many more. We hope working with this Workbook will help you to understand our different traditions and compare your own culture to ours.

And one day you will find out though the European nations are different, there's a beauty in this diversity.

Enjoy!

Students and teachers from Denmark, Slovakia and Sweden.



## **Summary from Comenius application**

The main aim of our partnership "Be European Star - personality development of young Europeans" is to shape students' and teachers' characters through international cooperation.

Students and teachers will be working in twelve different areas (geography and

nature, ecology and environment, history, festivities and traditions, art, habits and consumption, healthy lifestyle, tourism, transcultural education, sports and games, voluntarity and solidarity, special needs children) represented by twelve stars of European Union flag.



Every country has its own geographical and natural specifications. Some of them are typical for the whole country but other can be rare and located only on one place.

Our students prepared a memory gard game whe-

re you can explore the significant geographical and natural objects of our countries. After playing the game you can take a quiz and test your knowledge by matching the pictures with the text.

Good luck!

#### The Quiz - Draw a line between picture and matching text



Skuleskogen is like a textbook in physical geography, where you can see how ice sheet, land uplift and waves formed the land of Sweden. Skuleskogen was established in 1984 as Sweden's nineteenth national park. The park is part of the majestic High Coast, a World Heritage Site, where the Baltic Sea is at its deepest and its islands at their highest. The red-coloured Nordingrå granite cliffs, the land uplift coast, and the coniferous forest of the borderland between north and south characterise the national park. Trails and sights of

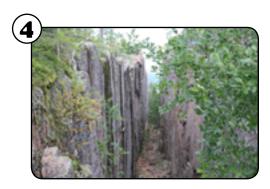
interest can be reached from the three park entrances or from the sea.



Esrange Space Center (short form Esrange) is a rocket range and research centre located outside the town of Kiruna in northern Sweden. It is a base for scientific research with high altitude balloons, investigation of the aurora borealis, sounding rocket launches, and satellite tracking, among other things. Located 200 km north of the Arctic Circle and surrounded by a vast wilderness, its geographic location is ideal for many of these purposes.



Råbjerg Mile – the moving dune Råbjerg Mile is the largest moving dune in Northern Europe with an area of around 1 km² (0.4 mi²) and a height of 40 m (130 ft). The dune contains a total of 4 million m³ of sand. The wind moves it in a north-easterly direction up to 18 m a year. The dune leaves a low, moist layer of sand behind it, trailing back westwards towards Skagrak, where the Mile originally formed more than 300 years ago.

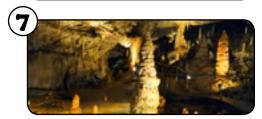


Himmelbjerget – The sky mountain 147 m. Despite the fact that Himmelbjerget rises 147 metres above sea level, the geologists claim that Himmelbjerget is a "false" hill. When the Ice Age was over, the enormous glacial streams dug into the ground and formed the subglacial stream trenches whose steep slopes form the »false« hill - as opposed to the "genuine" hill which is evenly rounded on all sides. In the subglacial stream trench formed by the glacial streams you find today the beautiful lake Jul-Sø, originally HjulSø (the name refers to a place of worship), above which Himmelbjerget rises.

#### The Quiz - Draw a line between picture and matching text

















E

Victoria Ingrid Alice Désirée, Crown Princess of Sweden, Duchess of Västergötland, is the eldest child of King Carl XVI Gustaf and Queen Silvia, and was born on 14 July 1977. Tuesday 24 February, 2009, The Crown Princess and Mr Daniel Westling announced their engagement at the Royal Palace in Stockholm. The wedding took place on 19 June, 2010.

F

Tatralandia – the largest waterpark in Central Europe. The waterpark is located near Liptovský Mikuláš. It is open throughout the year. In Tatralandia there are available six pools with thermal water of 38°C. Inside Tatralandia Aquapark offers you many facilities.

 $\widehat{\mathbf{G}}$ 

Skagen takes its name from the region, which projects into the waters between the North Sea and the straits of Denmark. Skagen is considered the boundary between the Skagerrak (named after Skagen) and the Kattegat. At its very tip is a sandy, shifting headland known as Grenen. Here it's possible to experience the sight of waves clashing together from each side of the tip.

H

Demänovská jaskyňa Slobody (the Cave of Liberty) is one the most famous cave in Slovakia. The cave is situated in Low Tatras mountains. It is considered to be the nicest one and the most visited, of course. This cave is the part of the Demänová caves system with total length over 30 km. It is famous for its beautiful natural decoration.

Ι

The Globe building is 110 meters in diameter and 85 meters high inside. It's a meeting place for concerts, icehockey, Stockholm horse show and much more. It looks just like a big snowball!

 $\mathbf{J}$ 

The declaration of Crown Princess Victoria's majority took place in the Hall of State at the Royal Palace of Stockholm on 14 July 1995. The Crown Princess will be Sweden's first female Head of State from the Bernadotte Dynasty. In modern times Sweden has only had two queens regnant, Kristina and Ulrika Eleonora.

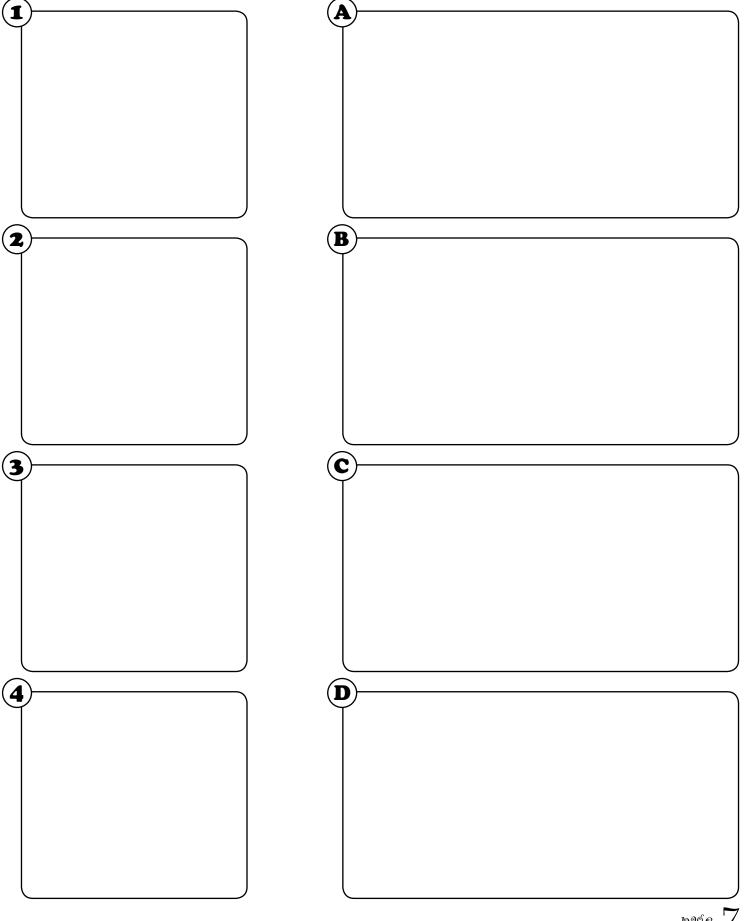
K

Kriváň (2 494 m above sea level) – it is one of the nicest peaks in the High Tatras. This peak is a symbol of the Slovak nation. The most beautiful view on this mountain is from the Liptov region.

T.

Kamzík (chamois) is a typical animal of the High Tatras. It is a kind of the mountain goat. Chamois is the symbol of the Tatra national park (the oldest one in Slovakia) and this animal is protected by the law. It lives on the alpine meadows and on the rocky parts of the mountains.

# Now it is your turn to make a quiz!



Seasons of the year and important dates









We had the opportunity to get to learn about the holidays in our countries, and traditions that are connected to them. We were able to find small differences in celebrating Christmas and Easter.

We put together a calendar of days that are important in each of our countries, adding those which are typical for one country only.

	DENMARK	SLOVAKIA	SWEDEN	Your country
JANUARY	1/1 A New Year's Day 6/1 Three Wise Men/Helligtre-konger	1/1 A New Year's Day/ Nový rok  Declaration of the independen- ce of the Slovak republic/Deň vzniku SR  6/1 Three Wise Men/Traja králi	1/1 A New Year's Day	
FEBRUARY	2/2 Candlemas Day/Kyndelmisse	Fašiangy, finished on Ash Wednesday/ Popolcová streda		
MARIS	Easter/Påske	Easter/Veľká noc	Easter/Påsk	
APRIL	1/4 April Fool's Day/Aprilsnar Easter/Påske Prayers Day/Store Bededag	Easter/Veľká noc	Easter/Påsk 30/4 Bonfire, witches go to "Blue Mountain" (Swedish name)	
	TOPIC - FESTIVITIES AND T			198ge <b>8</b>

	DENMARK	SLOVAKIA	SWEDEN	Your country
	1/5 May Day/Første maj	1/5 May Day/Sviatok práce		
MAT	4/5 The liberation Day (WWII)/Danmarks befrielse	8/5 Victory Day/Deň víťazstva		
	5/6 Constitution Day/ Grundlovsdag		6/6 National Day	
Str	5/6 Fathers Day/Fars dag		20/6 Midsummer Day	
JUME	Midsummer Day/Midsommer		Midsummer Day/Midsommar, light celebration - Around June 20th	
MIX		5/7 St. Cyril and Method/Svätý Cyril a Metod		
_		29/8 Slovak national uprising/	Swedish crayfish premier	
August		SNP	the 1st Wednesday  Premier for the famous Pickled Hering (Swedish name) August, the 3rd Thursday	
EPTEMBER		1/9 A Constitution Day/Deň ústavy		
OCTOBER.				
	1/11 Halloween/Allehelgen	1/11 All Saints' Day/Deň – všetkých svätých		
OVEMBER	10/11 Saint Martin's Day/– Mortens aften	17/11 A Liberty Day/Deň boja za slobodu		
	24/12 Christmas Eve	24/12 Christmas Eve	24/12 Christmas Eve	
BER	25/12 Christmas Day	25/12 Christmas Day	25/12 Christmas Day	
DECEMBER.		26/12 Boxing Day		
				page G



# Slovak

Tichá noc, svätá noc

Tichá noc, svätá noc. Usnula zem celá, dvaja len bdejú v Betleheme; v jasliach Dieťa tam utešené tíško, spokojne spí.

Tichá noc, svätá noc. Anjeli priniesli najprv pastierom radostnú zvesť, z nej teší sa i dnes celý svet: Prišiel Spasiteľ k Vám!

Tichá noc, svätá noc. V Ježiši – Dieťati Boh sa láskavo usmieva nám, anjel zvestuje: Buď pokoj Vám: Kristus je daný nám.

# Swedish

Stilla Natt

Stilla natt, heliga natt! Allt är frid. Stjärnan blid Skiner på barnet i stallets strå Och de vakande fromma två. Kristus till jorden är kommen. Oss är en frälsare född.

Stora stund, heliga stund!
Änglars här slår sin rund
Kring de vaktande herdars hjord,
Rymden ljuder av glädjens ord.
Kristus till jorden är kommen,
Eder är frälsaren född.

Stilla natt, heliga natt! Mörkret flyr, dagen gryr. Räddningstimman för världen slår, Nu begynner vårt jubelår. Kristus till jorden är kommen. Oss är en frälsare född.

# Danish

Glade jul, dejlige jul

Glade jul, dejlige jul, engle dale ned i skjul! Hid de flyve med Paradis-grønt, hvor de se, hvad for Gud er kønt, lønlig iblandt os de gå.

Julefryd, evige fryd, hellig sang med himmelsk lyd! Det er englene, hyrderne så, dengang Herren i krybben lå, evig er englenes sang.

Salig fred, himmelsk fred toner julenat herned!
Engle bringe til store og små bud om ham, som i krybben lå, fryd dig, hver sjæl, han har frelst!

Your language	
	 -

# What is good for the environment...

# ... and what is bad?

Write in the poster what you think:

Good things:	Bad things:
Good things:	Bad things:
Good things:	Bad things:

# Do your own collage

Do your own collage where there is an ideal world, and a world as we see it today. Be creative

Did you know that 80% of the produced energy comes from fossile fuels. Did you know that almost all Swedish forests are cultivated.

Did you know that bacteria was probably the first creature alive. In Denmark the Energy Agreement from 2012 targets for 2020 says that 35% of energy to come from renewable energy.

# Using traditional art in different ways...

Art is one of the first forms of human expression. It has many forms. People in the whole world love music, dance, theathre, fine arts.

In our project we chose traditional art desings to learn something about art and crafts of our countries. Students from each school picked one traditional art object to represent their country.

Dalecarlian horse from Sweden, China from Denmark, and an Easter egg from Slovakia.

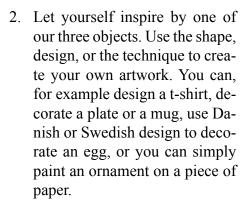
During our 3rd meeting in Sweeden, some of the students worked together and using the shape, colours, and design of the horse to design their own bags.

Assignment	for you:	(the	stud	ents)
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1. Choose a traditional art object from your country. Write down what you know about its history and a technique used.



- ----
  - .....



3. Take a picture of your creation and glue it into the workbook.



#### The history of Slovakien easter egg

The egg is a symbol of the circle of life, of its infinity and immortality," says ethnologists Colours are symbolic as well. They express spring and youth. It was used in magic. Its shape represented perfection and proportionality. Very frequently it was used as a means of exchange in trade. It was an important symbol of sacrifice especially during the spring, when pieces of shell were put in furrows where cabbages were grown to ensure a bountiful crop.

The oldest existing decorated egg, painted red, was found in the pyramids in Egypt; other examples were later discovered in graves in Asia Minor in 3000 BC. Exhumations of 7th century Slavic graves also found decorated eggs. Ethnologists have no explanation of the mysterious journey of egg symbolism to Slavic lands, but there's no denying the richness of regional traditions

that have evolved around the egg. In Slovakia these traditions are still very much alive and almost innumerable.

Lily of the valley, fir-branch, small and big spider, and sun are typical patterns you find on Slovak eggs, and all carry their own meanings and traditions.

Source: http://spectator.sme.sk/articles/view/7062



# The history of Royal Copenhagen china

The Royal Copenhagen porcelain factory in one of the oldest companies in the world. It was started in 1775. The company is known for the high quality and hand painted porcelain. The pattern is called "Muselmalet" and is the biggest brand from the company.



The Royal Copenhagen has a very long tradition in hand painting and has a uniq and charactaristic pattern. Today they are still using the same pattern but in a new way. They call it Mega Musel. This shows how they use the old and traditional material and make it up to date.



## The history of the Dalecarlian horse...

... the "Dalahorse" and it's decorations.

Dalahorses have been manufactured since 1600's, as a by-product of local furniture making, or as a toy



manufactured in the home. The decorations on the horses are called kurbits. These kind of decorati-

ons was first used in the 1870's. Very beautiful horses of high quality was first produced in the late 1800's. A wooden horse is traditionally a red painted stylized wooden horse which is now produced mainly in Nusnäs, Mora in Dalarna. Painting techniques and colors may vary between different locations in Dalarna. These kind of decorations are also common in houses and on furniture.

The Dalahorse is one of the most common symbols of Sweden in particular for traditional Swedish folk culture.

The students' task was to be inspired and make their own interpretations of the "Dalahorse" and it's decorations.

We have worked with this project in both Textile and Art, we also worked on the project when the Slovak students came to visit our school. We have used the techniques: silk—screen printing, embroidery, textile applications and three-dimensional textile creation. We have also created ceramic horses.



#### How to be creative using the horse as a motiv

#### Ceramic











Silkscreen printing











# Innimitation a trip to...

#### INTRODUCTION

Many people like travelling and visiting foreign countries. Visiting foreign countries can be fun, if you know where to go or what to see. But do you know all the best sites and places of interest? A travel plan could be good idea to help you.

Students made a video or a presentation about one interesting place in their country. Prepare a travel plan for 5 day trip. The plan should include the stops and activities /one must be at the place in video/, accomodation, transport and other information /currency, flights, prices.../.

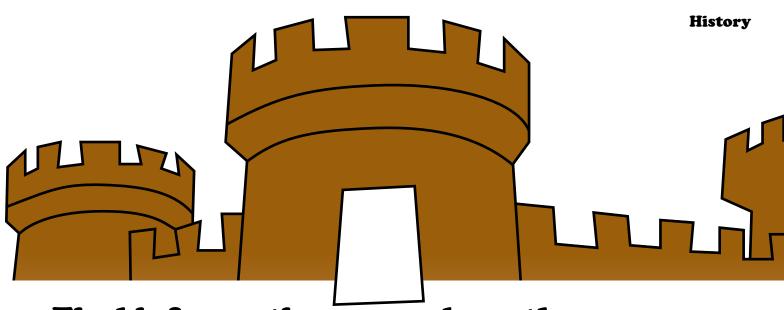
## During our meetings we saw...



# Planning a trip...

# Trip-planner

Country:	Suitcase:			
Destination/City:	Clothes need	_ Clothes need		
Transport (flight/train/bus/bike):				
Cast:				
Embassy:	Weather/climate/time of year			
Currency/rate:				
Accomodation:		How much money - Budget		
	Ordinary meal:	-		
(hotel/hostel/bed and breakfast)		_		
½ board/Full board:	_			
Duration/How many days	Specialities:			
Phone numbers		_		
Cost	_	-		
	Cost			
Tourist attractions:				
Culture				
		_		
Entertainment				
		_		
Cost		Total cost		



#### Find information on each castle

Though each country has its own history it's possible to find something what is common for all European nations like monuments. One of the most impressive monuments are the castles. Standing on the top of the hill somewhere in the Carpatians, situated on the shore of the Swedish lake or mentioned in the Shakespeare's play Ham-

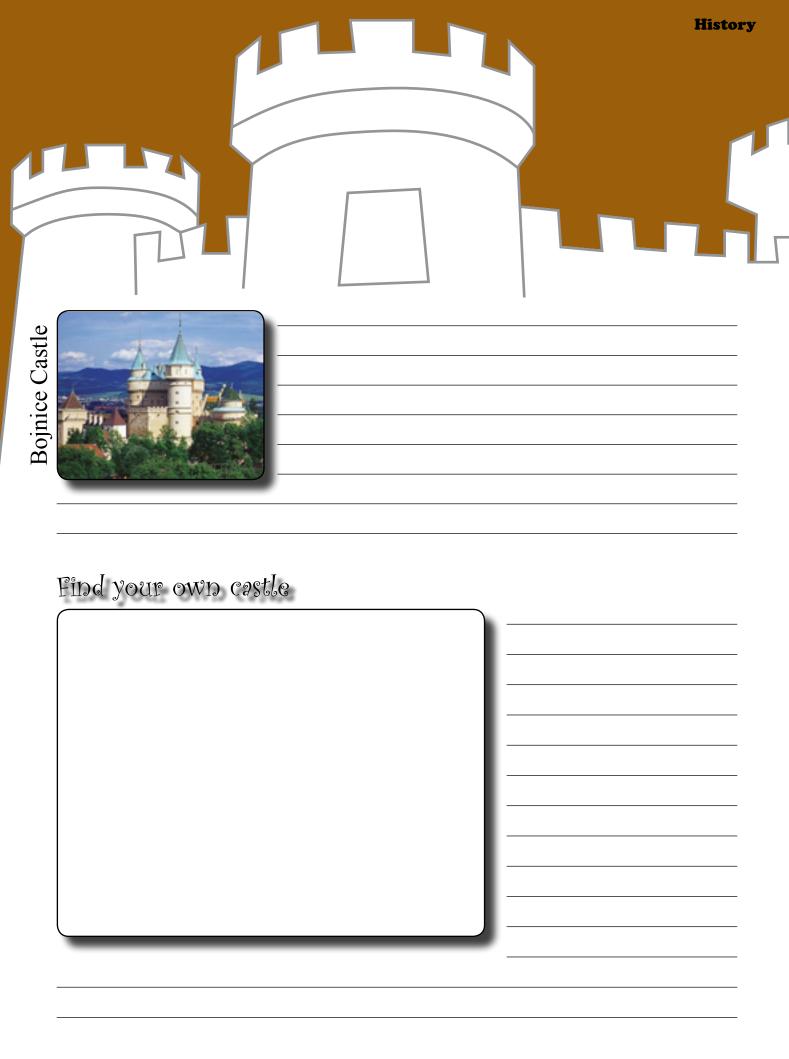
let, they can be found all over Europe. Our students have prepared the images of 9 castles (3 from each country). You can download them and then make and play an online puzzle. You can also read some information about the castles. It will help to complete the task in Workbook.

Good luck!

#### Example:

- · When was it founded?
- Who founded it and why?
- Who was the owner?
- Where is it located?
- What historical events are connected with these castles?
- Is it open for tourists?
- What is the status of protection?





# Game time...



We spent many lessons talking about our partnership countries. There were things we already knew, and we used the Internet to search for some new information. During the meetings we could compare our knowledge about each other. Students came up with the quiz to find out what our partners knew about our countries. Later we put the questions together and created the game.

#### Preparing for the game

- 1. Write 10 questions about people, objects, or events that you think are known in other countries.
- Download the cards from http://www.zsbrigadylm.edu.sk/comenius/tc\_ education/Game\_cards.docx.
- Download the game from http://www.zsbrigadylm.edu.sk/comenius/tc\_ education/Game.pdf
- 4. Fill 10 empty cards with your own questions.
- 5. Print all the cards and cut them.
- 6. You will need two dice to play the game. You will also need a small object that will represent you in the game, small enough to stand on the spot.

#### How to play

- 1. Shuffle the cards and put them to the empty spaces according to the countries on the board.
- 2. Throw dice. Move forward.
- 3. If you land on the flag's spot, pick a card.
- 4. Answer the questions. If your answer is wrong, move 3 spots backward. If your answer is right, throw the dice and continue forward. If the green line starts from the flag's spot and your answer is right, proceed on green line. If your answer is wrong or don't know you will continue forward on blue line or on red one.
- 5. The person who gets to Finish first wins.

#### Danmark

- 1. Name a Danish football player you know of.
- 2. What's the name of the worldwide Danish shipping company?
- 3. What's the name of the Danish music group who sang "Barbie Girl"?
- 4. Name a Danish brand that exist in your country.
- 5. Did you know that you have a Danish word in your language? It's OMBUDSMAND. Explain what it is.
- 6. Copenhagen means : buy/ purchase in the harbour. Does the name of your capital mean anything?
  - 7. Have you ever bought anything from Denmark in your country?
  - 8. The company Lego is Danish but can you guess what it means in Latin?
- 9. Danish Butter Lurpak and Danish Bacon are buyable in your country. Why do you think so?
- 10. Denmark has got the eldest Monarchy in the world. Who is now on the throne?

#### Slovakia

- 1. Who is our ice-hockey player who tragically died in Russia?
- 2. What is the name of the Slovak traditional musical instrument?
- 3. What is the name of the Slovak traditional sheep cheese?
- 4. What is the name of the Slovak famous band?
- 5. What is the name of the Slovak voyager which became king of Madagascar?
- 6. What is the name of the Slovak traveller, photographer and film director?
- 7. What is the name of the Slovak national hero who was executed because of he was highway-man?
- 8. What is the name of the Slovak inventor of parachute?
- 9. What is the name of the Slovak traditional folk dance?

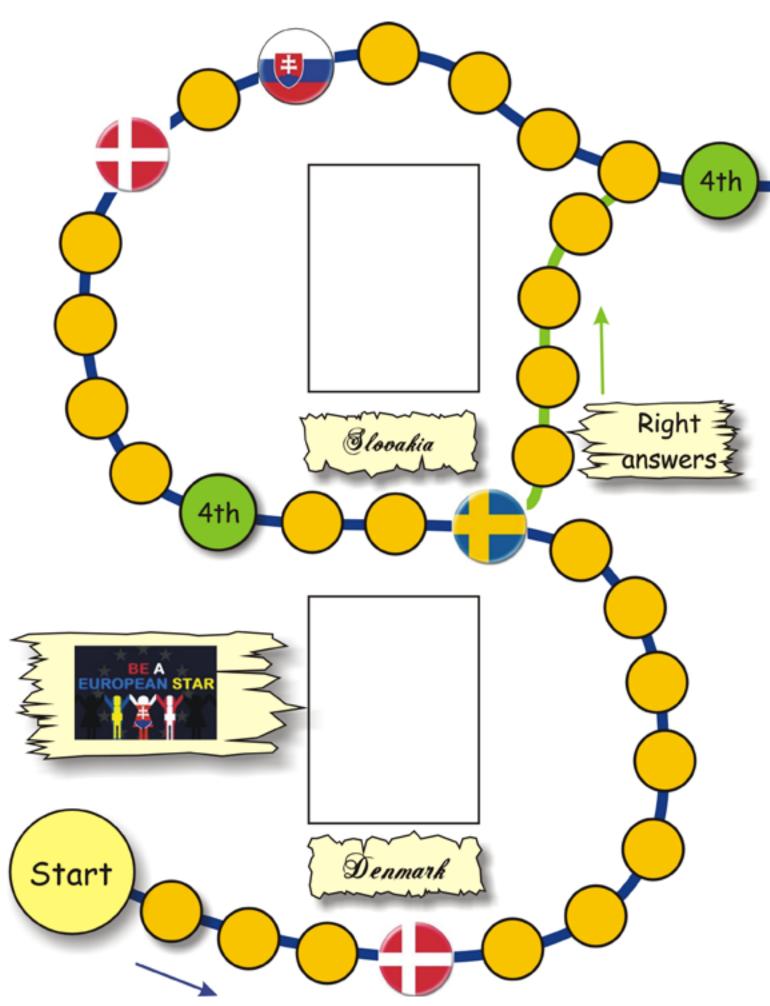
10. What is the name of the Slovak mountain climber that climbed up ten 8.000 meter high peaks?

#### Sweden

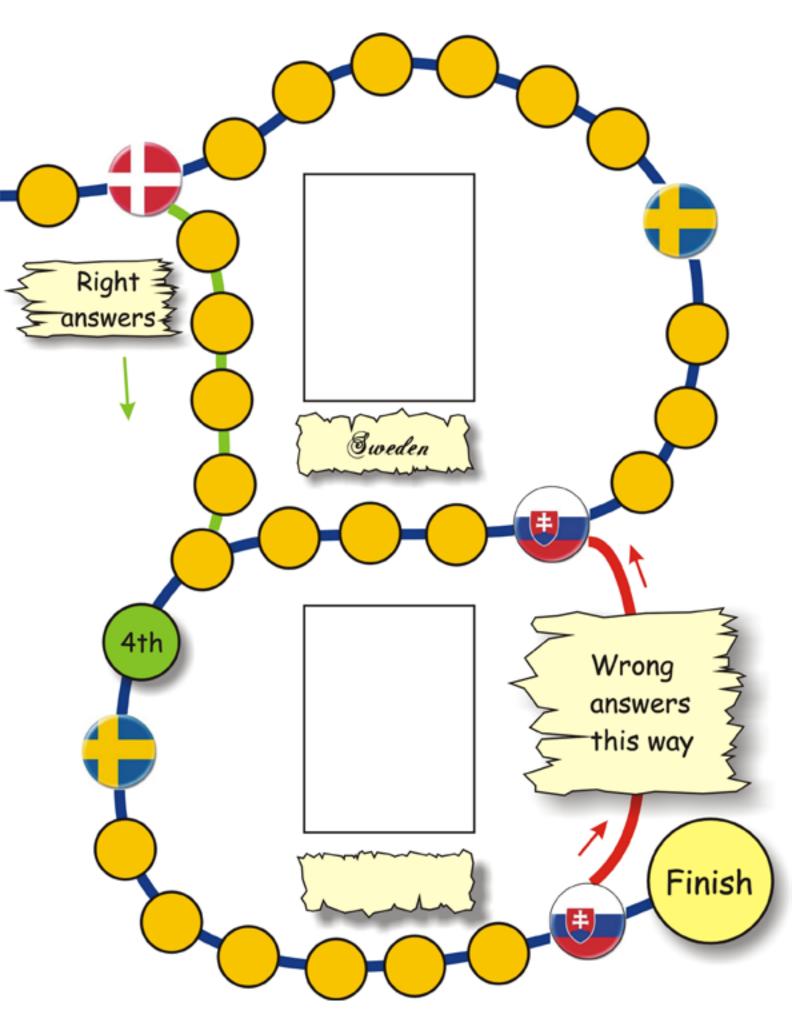
- 1. Name a book from Astrid Lindgrens collection.
  - 2. Name a ABBA song.
- 3. Name something about the company H&M.
  - 4. Name a dish from a Swedish "Smörgåsbord" smorgasbord.
- 5. Name three furniture name from IKEA. Like "Billy"
  - 6. Name a Swedish sports celebrity.
- 7. Name a Swedish animal that is similar in your country.
- 8. Name a Swedish company witch is available in your country.
  - 9. Name a Swedish actor.
    - 10. Name a Swedish invention.



#### Transculturel education



page 21



#### International cookbook



#### Introduction

Food is a part of every nation and culture. Each nation has its own traditional meals reflecting its history, customs and of course sources taken from the land or sea. Some food is well known all over the world but some nations keep their traditional meal inside the boundaries. Tasting such a food can be a great experience.

During the project meetings our students had the opportunities to taste and prepare some typical or untraditional meal. They shared their recipes and decided to publish them. Now, you can prepare some Danish, Slovak or Swedish meal. Recipes can be found in Workbook. Enjoy your meal!

Assignment: Try to prepare your typical or favourite meal. Find some information about it and don't forget to write and share the recipe in our International Cookbook /see Workbook/.

This dish is from northern Sweden. The Serves 4 persons

person who first created the dish is Simon Börjesson, working as a chef in a restaurant called Docksta hostel and camping. The name of the dish - "The High Coast

Toast," comes from the use of local ingredients - salmon, bread and cheese. The dish can be eaten as a lunch or a first course

It is made out of a local raw, spiced salmon and for the area a typical soft "flatbread". The cheese is made in Västerbotten in northern Sweden.



- 2 peaces of flatbread 20x20cm
- 6 large slices of raw spiced salmon
- (recipe in the main course)
- 2 deciliter of crème fraiche
- 200 grams of grated Västerbotten-cheese
- 1 teaspoon of basil

Mix grated cheese, crème fraise and basil. Put one of the breads on a cutting board and put half the cheese mix over it.

Take a knife and spread it out. It should cover the area of the whole breads.

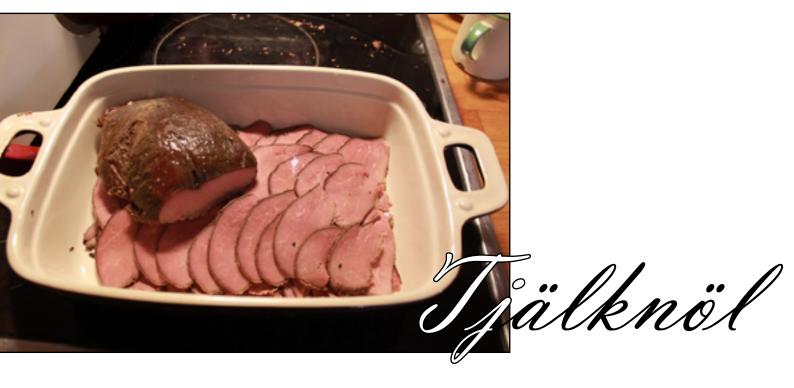
Put the slices of salmon over it. It should cover the same area.

Put the rest of the mix on top of the salmon. Put the last bread on top of it all. Cut the toast in peaces and fry them golden brown in butter.

Serve the dish on a bed of lettuce, red onions in slices, tomatoes and cucumber. Decorate with a slice of lemon and dill on the top.

Not for persons with lactose intolerance, allergy to fish or to gluten.





The frost roast is the result of a clever method of cooking – take the frozen meat from the freezer and cook it in the oven in a low temperature. Pickle it in a liquor.

Put the frozen meat on a rack in a roasting pan, place it in a cold oven on the bottom shelf and set the oven to 100 C°. Slowly fry for 9-10 hours, preferably overnight. Insert a thermometer after about two hours when the meat is defrosted, remove the meat from the oven when the thermometer shows 65 degrees Celsius.

Liquor (pickle)

Mix the ingredients for the liquor in a saucepan and boil it shortly. Place the meat in a bowl. Pour the hot liquor over the meat and cover it. Place the meat in the liquor in a cool place for 4-5 hours.

Remove the meat and wipe it. Cut it in thin slices.

Serve the meat chilled, with boiled potatoes or potato-salad and a fresh salad.

# Raw spiced salmon

- 500g of bone free fillet of salmon (must be frozen at least 48 hours before or after the dish is made)
- ½ tsp crushed white pepper
- 45 ml salt (not mineral salt)
- 60 ml sugar
- 100 ml fresh dill

Mix the salt, sugar, and white pepper. Put it on both sides of the salmon. Sprinkle the dill over the fish and put the fish in a plastic bag. Put the salmon package in a tin and cover it with a plate. Keep it in the refrigerator for about two days. Turn the package twice a day.

#### Salmon sauce

- 45 ml mustard
- 45 ml sugar
- 15 ml vinegar
- 100 ml vegetable oil
- 30 ml dill
- salt and white pepper



Mix mustard, sugar, vinegar in a bowl and carefully add the oil wile stirring strongly. Add dill and some salt and pepper, taste.

Cut the salmon in thin slices from the "head" side towards the tail and serve with boiled potatoes and a salmon sauce. A fresh salad and some bread is very nice with this.



- 6 tablespoon vegetable oil, margarine or lard (for sauté the onion)
- 20 g dryed mushrooms (leaves to be soaked for 2-3 hours)
- 320 g cabbage (ex. A can from the daily supermarket, or try the greengrocer)
- 40 g prunes without stones, cut into small pieces
- 1/4 fine chopped onion
- 200 g smoked pork (ex.. smoked saddle of pork or other things preferably with bones)
- 200 g Danish pork sausage
- 1,2 l water
- 2 dl cream
- possible a bit of vinegar

Herps: salt, whole black pepper, powdered sweet paprika, bay leaf, marjoram and powdered black cumin.

Other ingredients (then mentioned portions can vary according to the taste)



The cut onion is to be sautéd in oil og scattered with paprika, add water, salt, herps, mushrooms cut into pieces og and smoked pork.

When the pork is half boiled, pick it up, cut it into sqares and boil it together with the danisk pork sausage and cut cabbage.

When the pork sausage has boiled, cut it into pieces and put it back in the soup. A bit before the soup is done, add the prunes. Add some vinegar to enhance the taste.

Very last thicken the soup with cream.





# nish cookies

- 4 cups flour
- 1 pound soft butter -- creamed
- 16 tablespoons powdered sugar
- 3 cups hazelnuts -- ground
- 2 teaspoons vanilla

Sift flour, add creamed butter and mix with the powdered sugar. Fold in the ground nuts and vanilla.

Roll small quantities of dough between the palms of your hands into crescent shapes.

Place on greased cookie sheets and bake 20 to 25 minutes in a preheated 350° oven. Remove from cookie sheets and roll in powdered sugar while still warm.

Yields about 80 cookies, depending, of course, on the size of the crescents.





Your o	wn favori	te dish
Picture of your of	dish.	Title of your dish
	How to cook:	
Picture of your dish.		Picture of your dish.

#### Creating a sports activity with new challenges

In our lessons we have tried to let the students creat their own games by using a tool called "The Game Wheel.

This wheel works as a game-setting-tool where you will get instructions from a turning wheel which will tell you what kind of ball you must use, how many participants, the area and size of the course and so on.

This will open the students mind in creating a new and innovative game. Taking many well known elements and mix the up and use them in a new way.

Another very interesting element is to remove one of the sences and

still playing sport. This could be disciplins such as Goalball or wheelchair basketball.

You can easily create your own Game Wheel by cutting a circle in cardboard and putting an arrow in the middle that can turn. Now you have your own Game Wheel!

The Game Wheel

When you use the wheel, you just turn the arrow and let the wheel decide which kind of ball you must use.

You should create several wheels which then can give you a whole new kind of game. It can also change an ongoing game by turning the wheel with number of participants.

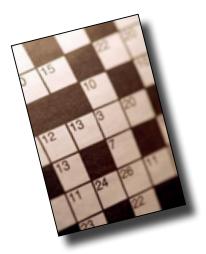
Suggestions to other topics for wheels where only your imagination is the limit!

- Type of course
- Size of course
- Number of participants
- Type of ball
- Environment
- Rules
- Type of goals
- Obsticals

To each topic you must then write a number of different solutions.

An easy way to get your students involved in PE. Innovation and creativity!





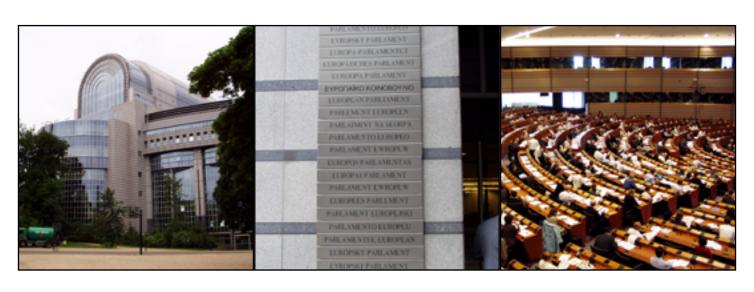


European citizenship offers the Europeans many possibilities, advantages and opportunities. Europeans can appreciate traveling without custom control within the member countries, students can stu-

dy at any university in the EU, young people can find a job or start their business with the same rules at any EU country. Our students made a quiz and finally they created a crossword, where you can test

your knowledge about the EU. Prepare your own quiz and crossword as well. Click on the link or try:

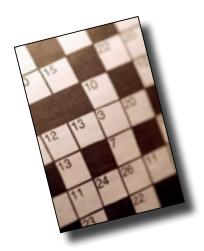
http://www.zsbrigadylm.edu.sk/comenius/eu crossword.htm



# DID YOU KNOW...

- The EU has 24 official languages and more will be added as new countries ioin.
- The Schengen Agreement led to the creation of Europe's borderless
   Schengen Area in 1995. The treaty was signed on 14. June 1985 between five of the then ten member states of the European Economic Community near the town of Schengen in Luxem-
  - Herman Achille Van Rompuy is the first full-time President of the European Council. This is a position appointed by the European Council.



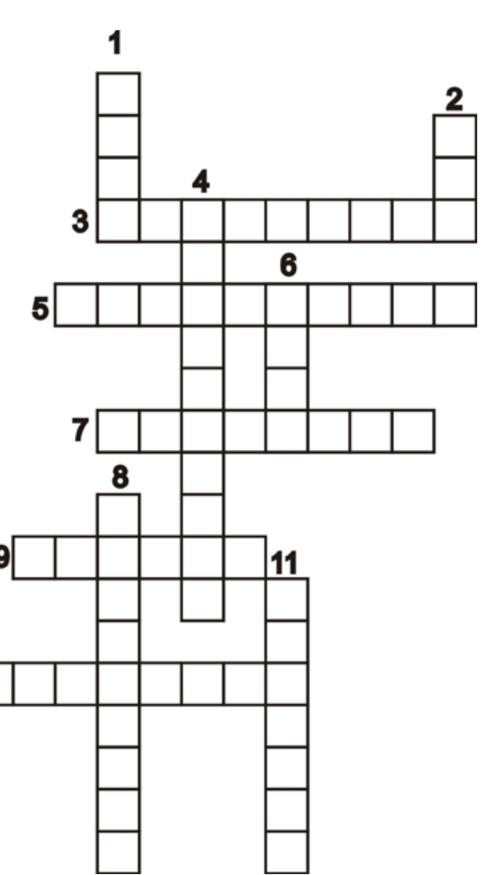


# Crossword puzzle

- 1. The most common currency in EU
- How many countries joined the EU in 2004 together with Slovakia? (write in word)
- Institution or person, that defends the human rights (Danish word originally)
- 4. What is the capital of Slovakia?
- 5. In which French city is the seat of EU Parliament?
- 6. What is the basic colour of the EU flag?
- 7. Which city is considered to be the capital of the EU?
- 8. Who is the author of the EU anthem?
- How many stars are there on the EU flag? (write in word)
- Which country is the newest member of the EU? (joined in July 2013)
- 11. Which was the first north European country, that joined the EU?

10

12. What is the capital of Denmark?



#### Journalists in the field...

Almost every day we listen and watch the TV news about the disasters all over the world. Earthquakes, hurricanes, tsunami or volcano eruptions cause huge damage and change the peoples' lives. After the disaster these people need a help which is usually given by numerous international

organizations. Many volunteers are willing to help. But you don't need to go to the suffered areas. We hope you can find many examples at your place where help and volunteers are needed. Our students found and described some situations and possibilities how could they or some orga-

## Voluntarity and solidarity

nizations be helpful. Can you find some, too? Here is an example:

**Assignment**: Try to find the examples of voluntarity and solidarity in your country. Write a short article how you or some organizations could help.

# Did you know...

The International Red Cross and Red Crescent Movement is an international humanitarian movement with approximately 97 million volunteers, members and staff worldwide which was founded to protect human life and health, to ensure respect for all human beings, and to prevent and alleviate human suffering.

Denmark has a very strong tradition for volunteer organisations and 43 per cent of the Danes do some kind of volunteer work. The explanation is found in tradition, social trust and the logic of the welfare state.

## Dog shelters

Written by slovak students

The biggest help is to adopt a dog from a shelter. But some people can't adopt a dog, because they haven't got enough space or time. But there's many other ways people help in dog shelters.

Volunteers bring dogs old food, because some shelters don't have enough food for all dogs. Old clothes are helpful too, they can be used to warm up dogs in winter. Some people bring their old toys to shelters to make dogs happy. They also choose the doghs and then go out on walk with them. For a longer time, they can have dog in temporary care, until it finds an owner. Very much people post and share information on social networks, to help dogs find their new owners. One of the biggest helps, is to save lone dog or another animal from street and bring it to shelter.

# Läkare utan gränser

Written by swedish students



The Swedish section of Médecins Sans Frontières (MSF), in Swedish named "Läkare utan gränser".

The section was founded in 1993 by three Swe-

dish doctors and today they are active in over 70 countries. They are politically independent and only committed

to help people in need. When a catastrophy occurs somewhere in the world, MSF is quick-



ly able to gather staff and travel there starting the help operation immediately.

Staff are not allowed to receive any compensation other than what is represented by their salary or fee. The percentage paid is limited. The salaries are lower than for comparable services in the labor market. Wages are public.

In 1999 the organization received the Nobel Peace Price.

# Homework cafe at Norrebro

Written by danish students

In some areas of Copenhagen there are people living who are refugees. They come from countries where war and suppression is a part of daily life. When the adults come to Denmark their children will start going to school. Danish is a hard language

to learn but there is help. A group of young Danish Red Croos workers have started a homework cafe where the children can get help to learn danish, math and other subjects. This is a big help for the children since they can't get much help at home. When they learn da

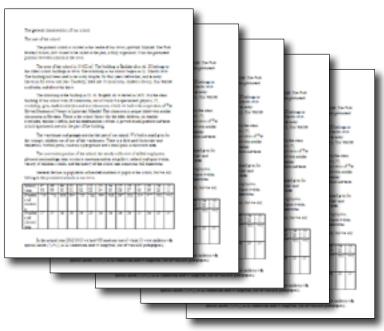
nish quick they will get danish friends to play with.



#### Special needs children

Special needs children need special care even at school. During the 4th meeting in Slovakia in November 2012 the principals visited Palkovo centrum in Liptovský Mikuláš, where they talked about different specifications and problems. Then they compared the national systems of taking care of problematic children. Finally they decided to make a presentations about special needs children where they deal with national laws, local conditions, process of mapping and definitions of special needs.





#### EU-CITIZENSHIP\_CROSSWORD ANSWERS

- 1. EURO
- 2. TEN
- 3. OMBUDSMAN
- 4. BRATISLAVA
- 5. STRASBOURG
- 6. BLUE
- 7. BRUSSELS
- 8. BEETHOVEN
- 9. TWELVE
- 10. CROATIA
- 11. DENMARK
- 12. COPENHAGEN



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