

# Let's be friends and help our nature together



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Partners of the project come from different countries: Latvia, Greece, Spain, Bulgaria, the Czech Republic.  
Task for our readers: Can you match the country, the greeting and the school logo?

*Buenos días*   *Hola*

Latvia



*Labvakar*

Greece



*Dobrý den*

Bulgaria

*Καλημέρα*

Spain



*Добър ден!*

The Czech Republic



We are really happy that we got the chance to meet new friends!

Dārgie draugi,

jums ir brošūra, kas tika izveidota starptautiskā projekta "Draudzēsimies un palīdzēsim mūsu dabai visi kopā" ietvaros. Šis projekts sākas 2018. gada 1. septembrī un ilgs līdz 2021. gada jūlijam. Tomēr mēs ticam, ka draudzība, kas radusies projekta gaitā, ilgs daudz ilgāk. Mūsu projekts bija saistīts ar daudzām dažādām aktivitātēm - mūsu skolu skolēni apmainījās ar informāciju par savām skolām un valstīm, viņi sūtīja plakātus un prezentācijas viens otram un virtuāli satiekas video konferencēs.

Projekta galvenā tēma ir dabas aizsardzība, meklējot veidus, kā apturēt dabas piesārņošanu, kas kaitē dabiskajam skaistumam. Ļoti svarīgs ieguvums ir tikšanās klātienē un kopīgās aktivitātes skolēnu apmaiņas laikā, kautrības barjeru pārvarēšana un komunikācija svešvalodā, kontakts starp bērniem un pieaugušajiem no ārvalstīm.

Mēs esam pārliecināti, ka esam sasnieguši projekta mērķi. Mūsu skolēni, skolotāji un, protams, vecāki izmantoja iespēju iegūt un uzlabot savas komunikācijas prasmes svešvalodā. Viņi tās lietoja praksē.

Vissvarīgākais - mēs visi atradām brīnišķīgus jaunus draugus.

Pašreizējās situācijas dēļ pagarinājām projekta darbības laiku līdz 2021.gada jūlijam. Plānoto noslēguma sanāksmi Spānijā visi partneri nolēma rīkot tiešsaistē 2021. gada pavasarī.

Dear friends,

you are holding a brochure which was created within the running of the international project **Let's be friends and help our nature together**. This project started on 1st September 2018 and will last up to July 2021. Nevertheless, we believe that friendship which originated during the running of the project will last far longer. Our project dealt with many various activities - the pupils of our schools exchanged the information about their schools and countries, they sent posters and presentations to each other and met visually during the video conferences.

The main topic of the project is the nature and countryside protection, looking for the ways how to stop the damaging of the natural beauty. A very important output are the personal meetings in the frame of the students exchanges, communication in foreign language and destroying the barriers of the shyness in the contact with children and adults from foreign countries

We strongly believe that we have fulfilled the aim of the project. Our students, teachers and, of course, parents used the opportunity of obtaining and improving their communicative skills. In practice, they verified them mainly - all of us found new friends, which we consider as incredibly wonderful.

Due to the current situation we prolonged the time of the project up to June 2021. Instead of the planned meeting in Spain all the partners decided to hold an on-line meeting in spring 2021.



## Activity number P1 - Posters creation MY TOWN, MY COUNTRY

One of the first tasks was to pass the information about our towns and countries to our partners' schools. We created posters, presented them at our schools, later to our friends.

There is a possibility to see all of them at our common eTwinning Twinspace account.





## Activity number P2 - presentations created by students COUNTRY, OUR NATURAL ENVIRONMENT

But posters were not enough. The next step of getting known our countries and towns better was creating of the PowerPoint presentations. We uploaded them as well into eTwinning Twinspace, some of them were presented within the first students meeting in Kolín in May 2019.

During our lessons, we watched them and studied all the presentation sent by our friends, so creating the presentation was not the end of the work. We had to find out important facts about partners countries online, decide which information is relevant and interesting.



## Activity number P8 - Planting and growing

Taken in three steps (preparatory stage, growing and planting itself, recording the results and the process). Each of the schools has got their own different conditions for growing and planting, depending on the climate of the country and possibilities of the school.

Kolin school from The Czech Republic has a small garden with wooden vegetable and flower beds, surrounding the outdoor classroom.

Rafina school has profound aquaphonic system.

School in Cardedeu uses „small field” for their planting.

Paitsy school from Bulgaria shared their experience with indoor planting.

Latvian school created fantastic posters.



**6th ZS KOLIN, CR**



**1st PRIMARY SCHOOL OF RAFINA, GR**



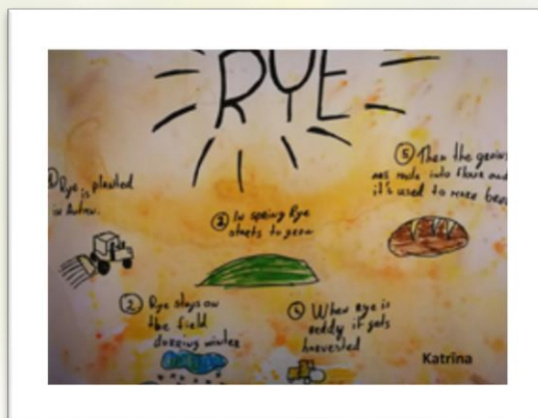
OTETS PAISIY PRIMARY SCHOOL (SILISTRA), BG



ESCOLA LES AIGUES, SP



TRAPENE ELEMENTARY SCHOOL, LV





## Activity number C2, C3, C4 - short - term exchanges of groups of pupils

### TEACHERS MEETING IN KOLÍN

16th - 18th Oct 2018

Before our students would meet, we felt it would be a good idea to meet personally with teachers.

11 teachers from all of the schools met in Kolín and prepared detailed schedule of all project activities. They got familiar with the coordinating school. All of us spent lovely three days hard working, meeting with the Kolin school students, visiting the lessons and participating at some English language lessons. The group of teachers visited Kolin town hall and met with the mayor of Kolín, Mr. Rakušan.

Teachers visited the capital of the Czech republic, Prague as well.



### 1st STUDENT EXCHANGE IN KOLÍN

Kolín, 12-18th May 2019

38 students, 13 teachers

Students got familiar with each other personally. They experienced the week full of various activities, they found out and shared many information about their partners' countries. They got familiar with the environment and nature protection in their countries.

The sports morning took place as well as many trips - to Prague, Kutná Hora.

Students visited the natural protected areas - Meadow forests near Kolín and Drábské světničky - the gate in to the Czech paradise.

We did not forget about our project activities - planting and seeding - which took place in the outdoor area at Kolin's school. Each of the group of the students planted their own vegetable bed- so there are Czech, Spanish, Latvian, Bulgarian and Greek beds of herbs and flowers, reminding the meeting and cooperation.

We even cooked together - each group of students prepared one of their national recipes - all of them were delicious!!!!

### C3 – 2nd SCHOOL EXCHANGE IN RAFINA

13 th – 19th October 2019

42 students, 11 teachers

Students and teachers from all schools met in Rafina, Greece. Accommodation was provided by host families, as was the case in the CR. The students dedicated themselves to the project activities - helping nature and cleaning the beaches as part of "The beaches cleaning day". There were some excursions to Athens, the capital of Greece, to the island of Andros and to the wider area of Kalavryta in the Peloponnese.

Of course, the students and their teachers also spent a lot of time in Rafina, at school, participating in classes and chatting with their friends.

During the meeting the students became familiar with the Greek climate, the differences compared to CR and they learned a lot about the fantastic Greek history, sights, landscape and people.

### C4 - 3rd SCHOOL EXCHANGE IN CARDEDEU

Due to the Covid situation we strongly believe that we will be able to meet with our friends at least online in spring 2021.





COOKING - TRADITIONAL RECIPES (WE DIDN'T ONLY WORK, WE HAD A LOT OF FUN AS WELL, WE DIDN'T ONLY OBTAIN A LOT OF INFORMATION, WE FILLED BELLIES AS WELL.)

This activity showed us differences and similarities in our cuisines. Groups of students prepared traditional recipes from their countries and compared the results of their work with other groups.





## GREEK SALAD

4 medium juicy tomatoes  
1 cucumber  
1 green bell pepper, cored  
1 medium red onion  
olives  
salt  
olive oil  
greek feta cheese  
dried oreganos

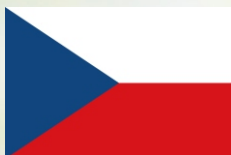


Wash and drain the vegetables.

Cut the cucumber, pepper, onion into slices.

Cut the tomatoes into large pieces and add the cucumber, pepper, onion, olives and feta cheese.

Add salt, oil, oregano and mix.



Egg spread  
Ingredients:  
5 hard boiled eggs,  
mayonnaise, salt, chives,  
ground black pepper (if  
wished), 5 pieces of rolls

Shell the eggs. Chop into tiny pieces with the rest of the ingredients and one teaspoon of chopped chives, add salt and put this mixture onto the slices of bread.



BANITSA . . . a famous traditional Bulgarian dish eaten at any meal, prepared by layering a mixture of whisked eggs and pieces of sirene (white cheese) between filo pastry and then baking it in an oven. Banitsa is served for breakfast with plain yogurt. It can be eaten hot or cold. Another popular version is banitsa with spinach.

Preparation: Take 12 pastry sheets (phyllo). Grease bottom of a pan with butter or oil. Brush 3 sheets with butter. Place sheets one atop the other. Spread 1/3 of filling. Top with 2 more sheets, each brushed with butter or oil. Spread second third of filling. Repeat one more time. Top last layer of filling with 3 oiled sheets. Bake in a moderate oven until a wooden pick inserted in center comes out clean  
Ingredients: 4 eggs pinch of baking soda  
1/4 kg white cheese Beat eggs, adding baking soda, keep beating and add crumbed (or grated or crushed)

BREAD WITH TOMATOES Sliced bread garlic, tomatoes, olive oil, salt, serrano, ham. RECIPE: STEP 1. Slice the bread. 2. Toast the bread. 3. Cut the garlic in a half and rub the garlic on toast. If you don't like the garlic taste don't rub it. 4. Cut the tomatoes in half. Rub the tomatoes on toast. The secret is to cut the tomato like this. 5. And drizzle with olive oil. 6. Sprinkle with salt to taste. 7. You can add slices of Serrano ham or cheese



GREY PEAS WITH MEAT AND ONIONS – a typical Latvian Christmas dish  
500 grams grey peas, meat (better smoked), 2 onions , water, spices (salt, peppers), kefir

Soak the peas for 4-5 hours or for a night.  
Wash the peas again and put them into a pot, pour cold water and boil them until they are soft (40min – 1h).  
Take away the spume during the boiling process.  
Put some salt (1 – 2 teaspoons) at the end of the boiling process.  
While the peas are boiling, cut the meat and onions into small pieces.  
Then put all the meat and onions on the pan and fry them.  
Add some salt and grounded black pepper.  
When the peas are ready, pour out all the water through the sieve.  
Mix the peas with the fried meat and onions.  
Enjoy the dish together with a drink „kefir” (very similar to Turkish „Ayran”)



## ACTIVITY P7 – CREATION OF DICTIONARIES

We created „dictionaries“ connected to various topics, but mainly focused to nature, animals, planting.

DICTIONARY- FRUIT						
ENGLISH	LATVIAN	GREEK	SPANISH	CATALAN	BULGARIAN	CZECH
BANANA	BANĀNS	μπανάνα	PLÁTANO	PLÀTAN	банан	BANÁN
CHERRY	ĶIRSIS	κεράσι	CEREZA	CIRERA	череша	TŘEŠEN
PEACH	PERSIKS	ροδάκινο	MELOCOTÓN	PRÉSSEC	праскова	BROSKEV
GRAPES	VĪNOGAS	σταφύλι	UVA	RAÏM	грозде	HROZNOVÉ VÍNO
PEAR	BUMBIERS	αχλάδι	PERA	PERA	круша	HRUŠKA
PLUM	PLŪME	δαμάσκηνο	CIRUELA	PRUNA	слива	ŠVESTKA
STRAWBERRY	ZEMENE	φράουλα	FRESAS	MADUIXA	ягода	JAHODA
RASPBERRY	AVENE	βατόμουρο	FRAMBUESA	GERD	малина	MALINA
LEMON	CITRONS	λεμόνι	LIMÓN	LLIMONA	лимон	CITRON
APPLE	ĀBOLS	μήλο	MANZANA	POMA	ябълка	JABLKO

DICTIONARY- VEGETABLES						
ENGLISH	LATVIAN	GREEK	SPANISH	CATALAN	BULGARIAN	CZECH
CUCUMBER	GURĶIS	αγγούρι	PEPINO	CUGOMBRE	краставица	OKURKA
GARLIC	ĶIPLOKS	σκόρδο	AJO	ALL	чесън	ČESNEK
CARROT	BURKĀNS	καρότο	ZANAHORIA	PASTANAGA	морков	MRKEV
RADISH	REDĪSS	ραπανάκι	RÁBANO	RAVE	репичка	ŘEDKVIČKA
CAULIFLOWER	PUĶKĀPOSTS	κουνουπίδι	COLIFLOR	COLIFLOR	карфиол	KVĚTÁK
PUMPKIN	ĶIRBIS	κολοκύθα	CALABAZA	CARBASSA	тиква	DÝNĚ
LETTUCE	SALĀTI	μαρούλι	LECHUGA	ENCIAM	маруля	SALÁT
BROCOLLI	BROKOLI	μπρόκολο	BROCOLI	BRÒQUIL	броколи	BROKOLICE
CELERY	SELERIJA	σέλινό	PUERRO	PORRO	целина	CELER
RED PEPPER	PAPRIKA	κόκκινη πιπεριά	PIMIENTO ROJO	PEBROT VERMELL	червен пипер	PAPRIKA

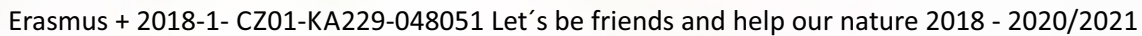
The original version included the pictures as well. All sets are possible to see at our e-Twinning TwinSpace.

DICTIONARY- PLANTINGACTIVITIES (VERBS)						
ENGLISH	LATVIAN	GREEK	SPANISH	CATALAN	BULGARIAN	CZECH
WATER	ŪDENS	ποτίζω	AGUA	AIGUA	поливам	ZALÉVAT
SEED	SĒKLA	σπέρνω	SEMILLA	LLAVOR	засявам	OSÍT
DIG	RAKT	σκάβω	CAVAR	CAVAR	копая	KOPAT
CUT	GRIEZT	κόβω	CORTAR	TALLAR	режа	SEKAT
HOE	KAPLĒT	σκαλίζω	AZADA	AIXADA	копая с мотика	KYPŘIT
WEED	NEZĀLE	ξεχορταριάζω	MALA HIERBA	MALES HERBES	плева	PLÍT
REAP THE HARVEST	IEVĀKT RAŽU	θερίζω	RECOGER	RECOLLIR	събирам реколтата	SKLIDIT
FERTILIZE	MĒSLOT	λιπαίνω	FERTILIZAR	FERTILITZAR	торя	HNOJIT
IRRIGATE	APŪDENOT	αρδεύω	IRRIGAR	IRRIGAR	напооявам	ZAVLAŽOVAT
PLANT	STĀDĪT	φυτεύω	PLANTAR	PLANTAR	засаждам	PĚSTOVAT

DICTIONARY- WEATHER						
ENGLISH	LATVIAN	GREEK	SPANISH	CATALAN	BULGARIAN	CZECH
HOT	KARSTS	ζέστη	CALOR	CALOR	горещ	TEPLO
COLD	AUKSTS	κρύο	FRIO	FRED	студен	CHLADNO
SUNNY	SAULAINS	λιακάδα	SOLEADO	ASSOLELLAT	слънчев	SLUNEČNO
WINDY	VĒJAINS	αέρας	VENTOSO	VENTÓS	ветровито	VĚTRNO
CLOUDY	MĀKOŅAINS	συννεφιά	NUBLADO	ENNUVOLAT	облачно	OBLAČNO
RAINY	LIETAINS	βροχή	LLUVIOSO	PLUJÓS	дъждовно	DEŠTIVO
STORM	VĒTRA	καταιγίδα	TORMENTA	TEMPESTA	бүря	BOUŘE
THUNDER	PĒRKONS	βροντή	RELAMPAGO	LLAMP	бүря с гръмотевица	HŘMĚNÍ
RAINBOW	VARAVĪKSNE	ουράνιο τόξο	ARCOIRIS	ARC DE SANT MARTÍ	дъга	DUHA
FOGGY	MIGLAINS	ομίχλη	NUBLADO	BOIRA	мъгливо	MLHAVO



What did you like about the project the most?  
What do you think you have learned from the project activities?  
Did you make any new friends?  
Which activity did you enjoy? Which one you did not enjoy?



## WITHIN THE PROJECT PARTICIPATED 5 SCHOOLS

Coordinating school:

**ZŠ Kolín V., Ovčárecká 374,** [www.6zskolin.cz](http://www.6zskolin.cz)

Headmaster: Mgr. Lukáš Kačer

Coordinator of the project: Mgr. Hana Pakandlová

Partner schools:

**1st Primary School of Rafina** [www.1dimrafin.com](http://www.1dimrafin.com)

Headmaster: Dr. Sarantis Chelmis

Coordinator of the project: Dr. Saratis Chelmis

**Trapene Elementary School** [www.apesnovads.lv](http://www.apesnovads.lv)

Headmistress: Mrs. Una Reke

Coordinator of the project: Mrs. Lucija Kapača

**Otets Paisiy Primary School** [www.paisii.oisy.org](http://www.paisii.oisy.org)

Headmistress: Mrs. Detelina Dobрева Terzieva, Mrs. Galya Ilieva

Coordinator of the project: Mrs. Milena Tsaneva

**Escola Les Aigues** [www.escolalesaigues.cat](http://www.escolalesaigues.cat), [www.agora.xtec.cat/lesaigues/](http://www.agora.xtec.cat/lesaigues/)

Headmaster: Mr. Josep Cortada

Coordinator of the project: Mrs. Mentxu Martinez

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