



STUDENT EXCHANGE IN POLAND

EMOTIONS HELP INCLUSION **(26th – 30th September, 2022)**

10 students, the project coordinator and two accompanying teachers took part in the mobility in Poland. We were accommodated in wooden cabins that were built especially for school groups within the Rado Resort. The host school, ZESPÓŁ SZKÓŁ BUDOWLANYCH, MIELEC is a high school that offers students programmes including construction, geodesy, architecture, interior design and firefighting. The school is very large, neat and pleasant. Ice-breaking activities were organized in the multipurpose hall of the resort where we were staying.

Emotions, which are very fragile during adolescence, play an important role in coping with exclusion. Google's definition of adolescence is as follows:

Adolescence is a stage in life between childhood and adulthood, from 10-19 years of age. It is a unique stage of human development and an important time for laying the foundations of good health. Adolescents experience rapid physical, cognitive and psychosocial growth.

In Poland, the students analyzed in great detail the very emotions that play a big role in inclusion. They made posters showing:

- what fear, anger and sadness look like
- how to manage anger
- if emotions could speak, what would they say
- if possible, describe how they feel at the moment they are in.

Students divided emotions into groups according to their function and discussed how to identify them based on facial expressions. They matched emotions with pictures and described pictures using metaphors. Finally, they analyzed what impression people make on the outside, when they feel different emotions. The workshops were followed by group discussions led by a counselor, which encouraged the participants to think about themselves.

The students also learned about the programmes offered by the school in special workshops. We visited the Wieliczka Salt Mine, Krakow and Sandomierz, Mount Pepper, the birthplace of Pope John Paul II, Auschwitz and Pompeii.

SLOVENIAN TRANSLATION / PREVOD:

EMOTIONS HELP INCLUSION
(Čustva pomagajo pri vključenosti)

IZMENJAVA UČENCEV na POLJSKEM
(26. – 30. september 2022)

Na Poljsko se je odpravilo 10 učencev, koordinatorica projekta in dve učiteljici spremljevalki. Nastanjeni smo bili v lesenih hiškah, ki so jih zgradili posebno za šolske skupine v sklopu letovišča Rado.

Šola gostiteljica je srednja šola, ki nudi dijakom programe gradbeništva, geodezije, arhitekture, notranjega oblikovanja in gasilstva. Šola je zelo velika, urejena in prijetna. Spoznavalne aktivnosti so bile organizirane v večnamenski dvorani letovišča, kjer smo bili nastanjeni. Pri spopadanju z izključenostjo igrajo veliko vlogo čustva, ki so v najstniški dobi zelo krhka.

V Google-u piše takole o adolescenci:

Adolescenca je življenjska faza med otroštvom in odraslostjo, od 10. – 19. leta starosti. Je edinstvena stopnja človekovega razvoja in pomemben čas za postavitev temeljev dobrega zdravja. Mladostniki doživljajo hitro telesno, kognitivno in psihosocialno rast.

Učenci so na Poljskem najprej bolj od blizu podrobno analizirali prav čustva, ki igrajo veliko vlogo v inkluziji. Izdelovali so posterje in prikazali:

- kako izgleda strah, jeza, žalost
- kako obvladati jezo
- če bi čustva znala govoriti, kaj bi sporočila
- znati opisati, kako se sami počutijo v trenutku v katerem so

Učenci so čustva razdelili v skupine odvisno od njihovih funkcij in debatirali kako prepoznati čustva na podlagi izražanja obraza. Povezovali so čustva s slikami in opisovali slike z metaforami. Kot zadnja aktivnost so učenci analizirali, kako je človek viden od zunaj, ko čuti različna čustva in kakšen vtis da navzven. Delavnicam so sledili skupinski razgovori, ki jih je vodila svetovalka, ki so udeležence spodbudili k razmišljanju o sebi. V posebnih delavnicah smo tudi spoznali njihove šolske programe.

Obiskali smo rudnik soli Wieliczka, Krakow in Sandomierz, goro Pepper, rodni kraj papeža Janeza Pavla II in taborišče Auschwitz.