



# Damian Rajchel Erasmus Portfolio



## 1. Bursa Virtual – movie

<https://drive.google.com/file/d/1lv4-x0Jxi6e0eUrS-60vDVIIn9wTUAZd8/view?usp=sharing>

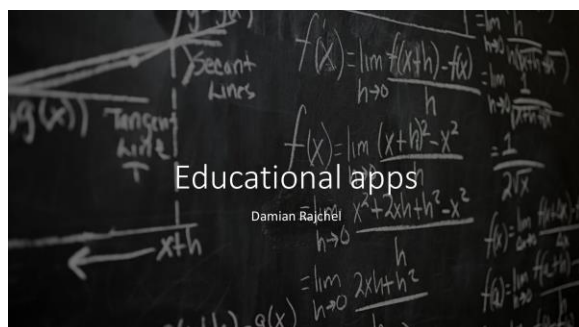
## 2. Erasmus poster

<https://drive.google.com/file/d/1Vo6iBE4dcKa-ff51HmGWxGJ7bFlhAr4i/view?usp=sharing>

## 3. Erasmus logo



## 4. Educational Apps - presentation

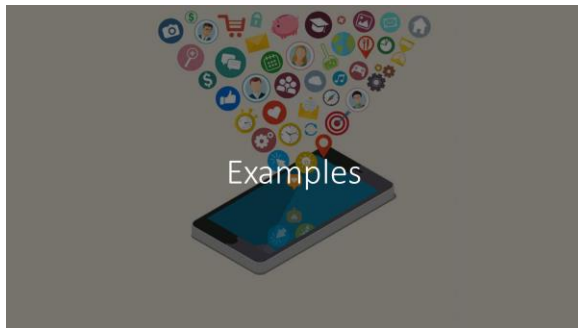


### Introduction

In everyday life we use a lot of apps for various reasons. Some of them are made for entertainment, others can be helpful in some minimal tasks like doing shopping. There are also music apps, communication apps and many more. But we shouldn't forget about educational apps – those are very useful and beneficial for us. When we use them, we can discover a plenty of interesting things on many topics. Apps are usually well-designed, so while using them not only do we learn, but also we have fun.



Co-funded by  
the European Union



## Duolingo

Duolingo is a worldwide famous app for learning foreign languages. This app is created in 25 languages and you mostly focus there on vocabulary. You can pick a lot of languages to study like English, Spanish or even Chinese. While learning every day, you gain a streak that is increasing every day you learn. You lose your streak while you miss one day. There are also many more various things that makes the learning even more interesting. Duolingo was created in 2011 by Luis von Ahn and Severin Hacker. Since 2015 teachers have been able to create virtual classrooms so learning is even more fun.



## Quizlet

Quizlet is an app that provides tools for studying. There you are able to use digital flash cards to learn quicker. But that's not everything – you can find there matching games or even quizzes to revise everything you've learnt. The best thing is that it can be used for multiple subjects – not only English or other languages, but also Maths, Physics or whichever subject you want. When you are having trouble with solving a particular exercise, you may find a solution there. You can find the exercise by searching for a book there – there are not a lot of them, but they are all solved by experts. Quizlet was created in 2007 and founded by Andrew Sutherland. According to Quizlet's website, there are more than 60 million active users, additionally, it is said that 2 in 3 USA high school students use this app.



## Photomath

Photomath is an app with algebra system programmed, where you can scan mathematical equations and then see a displayed solution step-by-step. So, when you encounter a difficult equation to solve, this app will show you how to get a correct answer and it might help you in solving next equations and becoming even better in Maths. Photomath was created in 2014 by the Photomath company. The app started recognising not only printed text, but also handwriting in 2016.



## Kahoot!

Kahoot! is an app (and also a website) where you can create your own quizzes and try out other user's quizzes. It is mostly used to revise the knowledge even during lessons. It is a great alternative for regular sitting in front of the book and doing exercises. This way you can study and in the same time you can compete with other people – at the end of every question there is displayed a sum of every player's points in order from the highest score. Kahoot! was created in 2013 and is very appreciated among students during lessons.



## Scratch

Scratch is an app where you can see the visual interpretation of a programming language. It was created for children and youth to learn the basics of programming the computers and to familiarize with the development environment. There are a lot of possibilities to do there, like creating stories, animations, games and even music. The elements of the programming language have a 'puzzle' shape, so it is pleasant for eye. Scratch was created in 2003 by MIT Media Lab and has been developed ever since. With this app, some foundations have even organized educational programmes for students in schools.



## Seterra

Seterra is an app that contains many educational games about geography. You can find there over 200 various exercises about countries, capital cities, oceans flags and more. Playing it is quite simple, all you have to do is to tap on where the particular area is, the name of it is displayed on the top. Seterra was created in 1997 and it was translated into 40 languages. The app is easily accessible and it is possible to play offline.



## Reference material

- <https://en.wikipedia.org/wiki/Photomath>
- <https://pl.wikipedia.org/wiki/Duolingo>
- <https://en.wikipedia.org/wiki/Quizlet>
- <https://pl.wikipedia.org/wiki/Kahoot!>
- [https://pl.wikipedia.org/wiki/Scratch\\_\(%C4%99zyk\\_programowania\)](https://pl.wikipedia.org/wiki/Scratch_(%C4%99zyk_programowania))
- <https://www.geoguessr.com/seterra/pl>

Thank you  
for  
your  
attention ☺



## 5. Exercise with an app (Kahoot!)

<https://create.kahoot.it/share/kahoot-about-educational-apps/9a16c10f-c932-467c-8249-b5ac386eca76>

## 6. Our High School – movie

<https://drive.google.com/file/d/1LMUZGz1RRRmC5VXOkQID6FDEZarDxkEZ/view?usp=sharing>

## 7. My High School - presentation



### Introduction

Full name of my school:

- in Polish: Liceum Ogólnokształcące im. Wojska Polskiego w Nowym Dworze Mazowieckim
- in English: Polish Army's High School in Nowy Dwór Mazowiecki

Our school gives us an opportunity to gain wisdom, achieve success and expand our education interests.

All the students there are appreciated, especially hard-working ones and those who are happily gaining knowledge.

We always remember that 'We are learning for our future life, not for the school'.

### Classes we have

Currently in our school we have 18 classes.

For new students there are 5 school profiles to pick:

- 1) an advanced level of: Polish, History and Civics
- 2) an advanced level of: Biology, Chemistry and English
- 3) an advanced level of: Mathematics, Physics and IT
- 4) an advanced level of: Mathematics, Geography and English
- 5) an advanced level of: English, German and Geography



### Matura exam and Silver Shield

Matura Exam

After graduating the school you can proceed to the final exam called 'Matura exam'. By doing that, you may be able to go to college. In our school, the results of this exam in 2022 were quite good. The most important thing is that 99.04% of the students passed the exam.

Silver Shield

Educational Foundation 'Perspektywy' awarded our school with the 'Silver Shield', because the school prepares the students for college very well. The school took 89th place in Mazovia (voivodeship) and 395th place out of 2126 schools in Poland.



### History

Private Coeducational Middle School begins on the 5th of September 1934 on the initiative of the Military Families Association. In 1937, the school receives state powers and in 1938 there are the first graduates with the results of so-called "little matura exam".

The 1st of September 1939 – the beginning of World War II. Secret teaching began. Unfortunately, the building of the school was destroyed by German forces.

In 1945 the school resumes its activity. Lessons take place in very difficult conditions. There were only 3 permanent teachers with 35-57 students in each class. The two-year program was realized within one year.



### History

In 1946 the school changed its name into 'Tadeusz Kościuszko's Middle and High School in Modlin'. A year later lessons were resumed in the old and renovated building. Official nationalization of the school happened in 1950. In the '60s the school developed.

In 1969 the building was sold for 'Beauty' Institution from Warsaw. Learning takes place in a nearby primary school. On the 9th of June 1972 there was a ceremony of putting the new school building into use. It was built mainly by the army in surprisingly short time.

### History

On the 12th of October 1972 the school was named after Polish People's Army and The Parent Committee funded the school's banner.

In 1985 the school began working with the schools abroad.

In 1991 the school changes its name into the current one.

Henceforth, the school took part in many projects and organised many events like 'I've got a talent' competition.







## Comparison of school buildings



Thank you for  
your attention



## 8. My Internet Diary - presentation



How much time do I usually spend in front of the screen?

The amount of time I spend in front of the screen depends on many factors, like my mood or if it's holiday time or not. Here are some examples of my phone screen time during particular weeks.

When	Average time every day	Total time
24.08-29.08	2h 57min	24h 33min
24.08-01.09	2h 57min	42h 57min
25.08-31.08	2h 57min	20h 17min
22.08-29.08	4h 27min	27h 45min
28.08-29.08	2h 28min	28h 28min
24.08-25.08	2h 57min	24h 57min

### Some data of my phone screen time



### Can the time spent online be productive?

The time that we spend online doesn't have to be entertainment only. There are a lot of pages, apps and even games that can help us improve our skills. And it doesn't mean that they are boring – some of them can make you develop while you are having a great time. Knowledge is very important, so why don't you try a solution like this?



### How do I improve my skills while being online?

There are a lot of pages, apps and games that can improve our skills.

A great example of that is Duolingo. You can pick one of many languages that you want to learn and practise with it. This app gives you a reminder to study everyday and encourages you to train by experience points, achievements, levels etc. Of course, only this app won't be enough to learn a language, but it surely helps with the vocabulary and persuades you to develop your potential.



### How much time do I usually spend online for entertainment?

Entertainment is an important part of our lives. School and work are very significant, but we also need to have time to relax, so we don't burn out. Nevertheless, we have to be prudent and schedule our time.

One of the best and quick methods for entertainment are social media. Many of us use them on a daily basis.

The average of using a phone for entertainment is about 4 hours a day. I use my phone about 5 hours a day, but at least one hour of that time I spend doing schoolwork, so I have a very similar average.



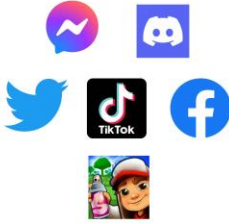
## Apps that I mostly use

There are a lot of apps that I use on a daily basis for different reasons.

The apps I use the most are communication apps, such as Messenger and Discord.

Social media also take a lot of time, from those I mostly use Facebook, Tiktok and Twitter.

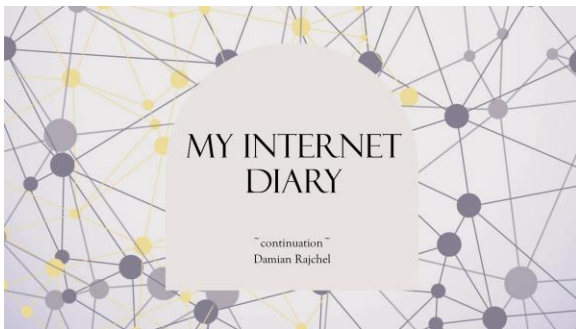
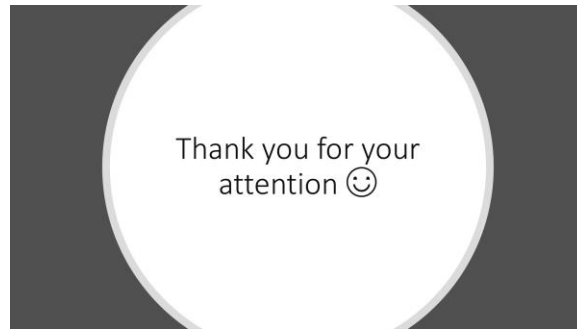
There are also some mobile games that I use only when I'm bored, like Subway Surfers.



## How do I reduce the time I spend online?

The best way of reducing the time spent online is finding a hobby. It might become your passion and you're going to achieve the goal surprisingly quickly.

I used this method and I reduced the time in front of the screen. Drawing was my passion and entertainment as well, so I didn't have to play mobile games in order to relax.



### MY SCREEN TIME

when	average time every day	total time
07.11-14.11	5h 50min	15h 01min
14.11-21.11	4h 18min	30h 10min
21.11-28.11	4h 51min	34h 07min
28.11-05.12	5h 50min	23h 30min
05.12-12.12	4h 03min	28h 26min
12.12-19.12	5h 50min	45h 50min
19.12-26.12	4h 11min	29h 21min
26.12-02.01	4h 30min	31h 30min
02.01-09.01	4h 28min	31h 23min
09.01-16.01	4h 50min	33h 40min
16.01-23.01	4h 41min	32h 47min
23.01-30.01	5h 01min	35h 08min
30.01-06.02	4h 37min	31h 30min
06.02-13.02	3h 57min	27h 39min
13.02-20.02	3h 43min	26h 01min

Here we can see my screen time. As you can notice - it decreased during the last two weeks of gaining the data. That's because these weeks were just before and during winter break. For me, more free time means more time for my friends, so I had no need to check anything online - I didn't scroll through the social media that often or check if I have any assignments to do.

### SOME DATA DIRECTLY FROM MY PHONE

### THANK YOU FOR YOUR ATTENTION 😊

# 9. Virtual Tour – Turkey (Bursa) - presentation



### Basic information

Turkey is a country located in Western Asia and partly in Southeast Europe.

It borders in Europe with Bulgaria and Greece, and in Asia with Syria, Iraq, Iran, Azerbaijan, Armenia and Georgia.

The capital city is Ankara.

The population is 82.8 million people.

### Biggest cities in Turkey

1. Istanbul – 15,5 million people
2. Ankara – 5,6 million people
3. Izmir – 4,3 million people
4. Bursa – 3 million people
5. Adana – 2,2 million people



### Bursa

It is a city in northwestern Turkey, located 25 km from the coast of the Sea of Marmara, at the foot of Mount Uludağ.

The city is an important center of trade, industry and culture. Traditionally it is known for its clothing products (mainly silk ones), today the car industry is also developed here.

### Historical monuments in Bursa

Those are mainly located in the old city district. We can find here many historic mosques like the Green Mosque (*Yeşil Camii*), the Bayezid I Mosque (*Yıldırım Bayezid Camii*) or the Grand Mosque (*Ulu Camii*). Medieval trading places such as the Silk Bazaar cannot go unnoticed. There are also numerous funerary mausoleums in the city.

*(Bursa in 1890 on the right)*

### The Grand Mosque

It is a historic mosque that was commissioned by the Ottoman Sultan Bayezid I to commemorate his great victory at the Battle of Nicopolis. It was built between 1396 and 1399. We can surely notice that it is the largest mosque in Bursa with an interior surface area of 3165m<sup>2</sup>.

### The Green Mosque

It is also known as the Mosque of Mehmed I. It is a part of a larger complex, that consists of a mosque, *Türbe* (tomb), *Madrasa* (educational institution), kitchen and bath. It was built between 1412 and 1424. The interior tile decorations are green and blue, so this is where the name comes from.

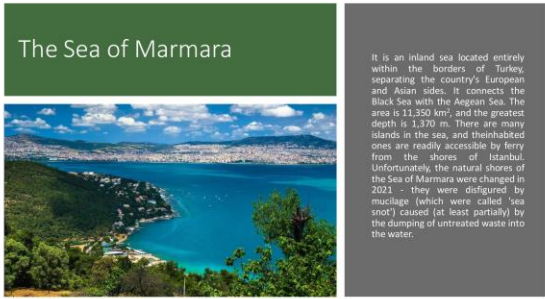
### Bayezid I Mosque

It is a historic mosque that is a part of a large complex. It was named after the sultan and built between 1391 and 1395. Additionally, it was constructed entirely out of dimension stones – bricks were not used in any part of the mosque. There was an extensive renovation due to the 1855 Bursa earthquake.

### Mount Uludağ

It is a great place for skiing lovers – the mountain has great views with an elevation of 2,543 m. It is the highest mountain of the Marmara region and the highest peak is called *Kartaitepe*. There is a large ski resort – several mountains are connected with each other by routes. We can find there 24 ski routes. What is more, there is more than 3 meters of natural snow for three months (January – March).





## 10. Poland and our city – presentation



### Poland's geographical Location

- Poland lies at the physical centre of the European continent, approximately between latitudes 49° and 55° N and longitudes 14° and 24° E. Irregularly circular in shape, it is bordered to the north by the Baltic Sea, to the northeast by Russia and Lithuania, and to the east by Belarus and Ukraine.



## POLAND

### BASIC INFORMATION AND INTERESTING FACTS

The administrative area of Poland is **312,696 km<sup>2</sup>**, which gives it 69th place in the world and 9th in Europe. Inhabited by **38,179,800** people (March 2021), it ranks 38th in the world in terms of population and 5th in the European Union. Poland is divided into **16 voivodships**.

The first historically confirmed date describing the history of Poland is the year 966, when prince Mieszko I, the ruler of the areas currently mostly located within Poland, was baptized. In 1025 the Kingdom of Poland was established, the first king of which was the son of Mieszko I, Boleslaw I the Brave.



Despite the enormous loss of lives and the significant destruction of the country as a result of World War II, Poland managed to preserve a lot of its cultural richness. There are 16 sites inscribed on the UNESCO World Heritage List, 54 historical monuments and a large number of registered monuments.



- > The president of Poland is Andrzej Duda.
- > Poland's constitution was the 2nd in the world.
- > Poland didn't exist on maps for 123 years.
- > The national colours of Poland are red and white.
- > Poland borders seven other countries. The countries that border Poland are Russia, Germany, Ukraine, Lithuania, Slovakia, Belarus and the Czech Republic.
- > The alphabet in the Polish language has 32 letters in it.
- > You can find lots of medieval architecture in Poland, including castles, historic buildings and museums.

### Polish flag

This flag has a rectangular shape in proportion 5:8. The top half is a white stripe and the bottom half is a red stripe. Nevertheless, there are 2 official variants of the flag. The second one has the emblem of Poland in the middle of the white stripe. However, the first type of the flag is used definitely more often. Since 2004, the 2nd of May has been the national Polish flag day. The white color of the flag symbolizes purity, and the red - courage and bravery.



## The emblem of Poland

It is an image of a white eagle with a golden crown on a head that is turned to the right. The eagle has unfurled wings, a beak and golden claws. It is placed on a red background. The emblem was introduced on February 22nd, 1990 after the changes of political system. Nowadays, we could call it a symbol of Poland. This design seems to be quite simple, however it wasn't like that all the time. There are a lot of examples of eagle-themed emblems in Polish history that weren't so obvious. There isn't a single one source of information about the origins of this emblem or even the eagle theme. However according to the legend about the creator of the Polish country (Lech), he saw a nest with an eagle and the view was so beautiful for him that he decided to call this place 'Gniezno' (the first capital of Poland).



Examples of eagle-themed emblems in Polish history:



## Polish anthem

"Mazurek Dąbrowskiego" is the official national anthem of Poland. The author of the lyrics of this anthem is Józef Wybicki, but the melody is more questionable. It is based on the motifs of 'mazurek' (country dance), so the author is unknown. To this day it is referred to as a folk melody. The content of the lyrics refers to many historical events like the third partition of Poland or Swedish Deluge, and Polish military commanders like Stefan Czarniecki and Tadeusz Kościuszko.



Stefan Czarniecki



Tadeusz Kościuszko



Józef Wybicki's manuscript

## THE CAPITAL OF POLAND – WARSAW

Warsaw is the largest city in Poland. Warsaw is also the capital of the Masovian Voivodeship. This city is located in central part of the country, in the Middle Mazovia Lowlands, in Mazovia, on the Vistula River.

Warsaw is an important scientific, cultural, political and economic centre. Here are the headquarters of, among others the President of the Republic of Poland, the Sejm and Senate, the Council of Ministers and the National Bank of Poland. Warsaw is also the seat of the Frontex agency, responsible for the security of the European Union's external borders, and the Office for Democratic Institutions and Human Rights (ODIHR), an OBWE agenda



In Warsaw lives **1 794 166** people. The administrative area of this city is **517, 24 km²**. The president of Warsaw is **Rafał Trzaskowski**.



That is the arms and the flag of Poland's capital.

## Some of the most popular monuments in Warsaw

### PALACE OF CULTURE AND SCIENCE

The palace was "a gift of the Soviet people to the Polish nation". It was built in the years 1952–1955 according to the design of the Soviet architect Lev Rudniew. It is 237 meters high.

The palace is the seat of many enterprises and public institutions, including four theaters, two museums, a cinema, Collegium Civitas, the authorities of the Polish Academy of Sciences and the Council of Scientific Excellence. Various types of exhibitions and fairs are also organized there.



### ROYAL CASTLE



### ROYAL BATHROOMS

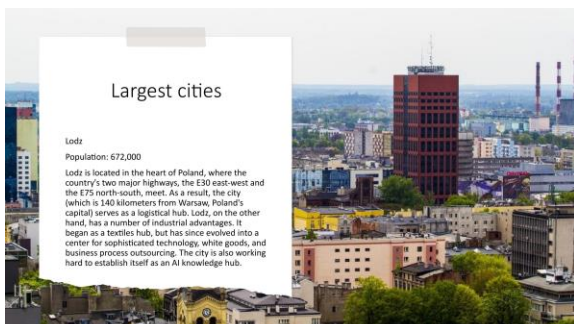


Warsaw  
Population: 1.79 million  
Warsaw is the capital of Poland, and it is situated in the country's east. The capital of Poland is a tourist and educational hotspot, and many Poles work in government agencies. Warsaw had a reputation as a heavy-industry city during the Soviet era, but it is now known for its high-tech, electronics, chemicals, cosmetics, construction, film and media, food processing, printing, metallurgy, machinery, and retail industries.

## Largest cities in Poland

## The largest cities

Cracow  
Population: 780,000  
Cracow lies about 50 kilometers from the Slovakian border in the south of Poland. The city is filled with landmarks, making it a popular student destination as well as a tourism centre within Poland. Although traditional industries such as manufacturing, steel, and tobacco continue to be significant to the city, its economy has shifted to business services in recent decades.

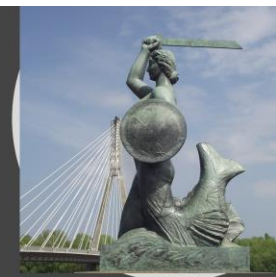


### Largest cities

Lodz  
Population: 672,000  
Lodz is located in the heart of Poland, where the country's two major highways, the E30 east-west and the E75 north-south, meet. As a result, the city (which is 140 kilometers from Warsaw, Poland's capital) serves as a logistical hub. Lodz, on the other hand, has a number of industrial advantages. It began as a textiles hub, but has since evolved into a center for sophisticated technology, white goods, and business process outsourcing. The city is also working hard to establish itself as an AI knowledge hub.

## Famous monuments

The Warsaw Mermaid  
This guardian mermaid is one of Poland's most iconic symbols – and it's impossible to miss her in the heart of Warsaw. You'll find her in the heart of Warsaw's Old Town square. Called "Syrenka" in Polish, she's accused legendary status in the city and is now an overnight darling and souvenir across the capital. The legend holds that she came from the Baltic Sea. Some hold that she has a twin sister: the sister of Czarny. When the Syrenka swam up the Vistula River to the old town, she caught sight of some fishermen. She decided to save a bit of her and free their jobs. The fishermen was, understandably, fuming but once she started singing and they were mesmerized. A while later, a rich merchant captured her. Those friendly fishermen managed to free her, and in gratitude, the mermaid promised to protect them at sea. A wealthy merchant later kidnapped her. Those helpful fishermen were able to locate her, and the mermaid pledged to protect them at sea in return.





## Famous monuments

Wawel

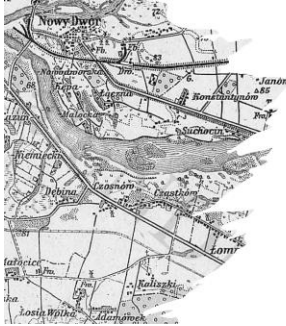
Cracow was once the political and cultural heart of Poland. Wawel Castle, which sits on a limestone hill in the city, is one of the country's most important historic sights. The collection of Romanesque, Renaissance and Gothic architecture dates back to around the 16th century. It's now a museum with five different attractions inside: Crown Treasury and Armoury, State Rooms, Royal Private Apartments, Lost Wawel and the Exhibition of Oriental Art. Once upon a time, the kings of Poland would have been coronated and buried here.



## Famous monuments

The Vang Stave Church

This peculiar wooden church has a fascinating history. It's actually from the Norwegian town of Vang, its namesake. Built in around 1200, the four-post single-nave stave church would have been one of around 1000 similar structures. Today, there are only thirty stave churches remaining. Around 100,000 tourists visit every year to explore the fairytale cabin-like structure.



## Nowy Dwór Mazowiecki - general information

- Nowy Dwór Mazowiecki is a town in the Masovian Voivodeship. It is inhabited by over 28,000 people and its area is approximately 28 square kilometers. Nowy Dwór is located on the Srodkowopolska Lowland in the Warsaw Basin, 34 km north-west of the center of Warsaw.
- The founder of the city is considered to be Duke Konrad I of Mazovia (around 1233).

## The history of Nowy Dwór Mazowiecki

- On September 30 1655, in the battle of Nowy Dwór, the Swedish army defeated the mass Mazovia during the Swedish Deluge. After the Swedish invasion, the town fell into decline to the rank of a village, which remained until the end of the 18th century.
- On June 20, 1782, the Nowy Dwór farm was re-granted town privileges by Prince Stanisław Poniatowski. In 1794 Nowy Dwór was bought by Count Ludwik Szymon Gutkowsk. After the Third Partition of Poland, Nowy Dwór found itself in the Prussian Partition, and after the Congress of Vienna, in the Russian Partition.



## The history of Nowy Dwór Mazowiecki

- In 1807, on the orders of Napoleon Bonaparte, the construction of the Modlin fortress began, from 1810 it was built no longer as a food warehouse, but as a fortified camp. From February to December 1813, the French defended themselves in the fortress of Modlin besieged by the Russians. After the attack, fairs in Nowy Dwór flourished and German, Russian and Jewish people began to come.
- During World War II, in September 1939, the fortress was defended in the September campaign under the command of General Wiktor Thommée, after its fall it was seized by the Wehrmacht.



## The history of Nowy Dwór Mazowiecki

- A Jewish ghetto operated in Nowy Dwór from May 1940 to December 12, 1942. In 1944 there was a forced labor camp.
- Currently, the city has a well-developed chemical industry, as well as light, food, electromechanical and wood industries.



## The monuments of Nowy Dwór Mazowiecki

- Modlin Fortress
- Museum of the September Campaign and the Modlin Fortress
- Granary of the Modlin Fortress (Bank of Poland)
- Baska Murmańska
- Monument of the Defenders of Modlin
- Church of Saint Michael the Archangel

Modlin Fortress



Thank You  
For Your  
Attention

Tony Wichmann  
Natalia Różalska  
Damian Rajchel  
Paweł Podgórski  
Wiktoria Baumann