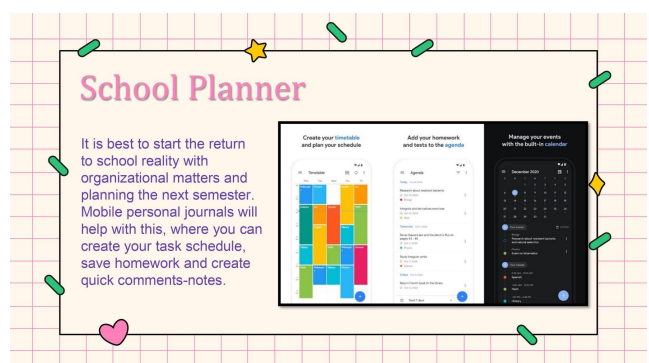
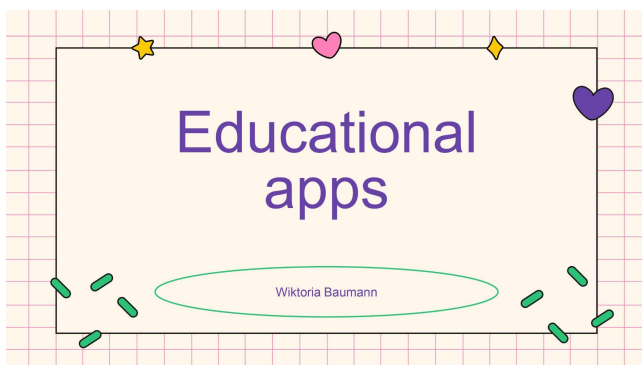


## Wiktorija Baumann - portfolio


### 1. Logo



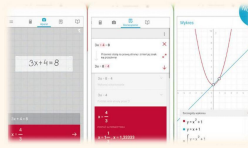
### 2. Educational Apps - presentation



# LEARNING MATHS




# Photomath



An application well known to all students, especially those who learn advanced mathematics. After scanning the task, the solution and step-by-step instructions on how to do the calculations appear. You will also find a calculator with advanced functions to help you calculate complex mathematical formulas.

# LEARNING POLISH




# Lekturowo




It contains a collection of the most important information about school reading, epochs and literary themes. The news is divided into three categories, which include summaries, character descriptions, time frames and key concepts.

# Polish spelling

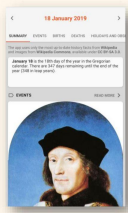


It offers an extensive library of spelling tests. The advantage of this application is informing about spelling and punctuation rules immediately after answering. It is important that the user gets a specific explanation of the error.

# LEARNING HISTORY AND ART

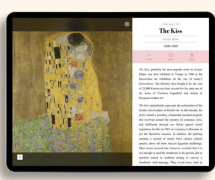


# Historical Calendar




Historical Calendar tells you what happened on a particular day (throughout both ancient and modern-day history) in chronological order. By default, the app shows events from the current day's date, but you can manually switch dates if you'd like to.

# DailyArt




This app does not contain any quizzes. It is based on essays on the artists' biographies and works. They are also filled with descriptions of popular museums, we can watch a virtual collection of works. In addition, the application DailyArt will make sure that you receive a new portion of knowledge every day by sending notifications encouraging you to discover another work of art.

# LEARNING GEOGRAPHY



# StudyGe



This is a geography quiz based on the world map. In the form of a game, you can study information about the countries of all continents. This is another application that will provide you with a new portion of knowledge, even if you do not regularly visit it. Every day in the notification bar you will find a message from StudyGe, containing the name of the country and its capital.

# LEARNING BIOLOGY, PHYSICS AND CHEMISTRY

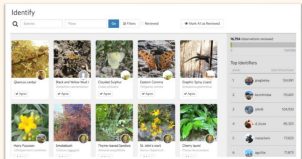


## The Human Body

The Human Body - is one of the best apps for high school and college, dedicated to biology, specifically the human anatomy. After installing it, the user gains access to numerous interactive boards, video presentations and recordings.



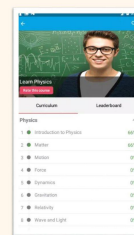
## iNaturalist



This app is based on the observations of users who share photos of various species of animals and plants. Most importantly, the information they provide is verified.

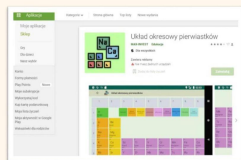
## Learn Physics via Videos

This app and offers different videos on subjects like motion, angular motion, introduction to physics, radioactivity, matter, force, torque, thermodynamics, gravitation, and more. Unfortunately, it is not free.



## Periodic table 2021

There you will find not only Mendeleev's table, but also descriptions of elements and a solubility table. It can be very handy for chemistry enthusiasts.

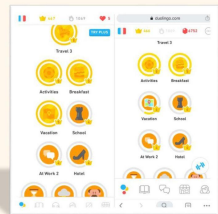


# LEARNING LANGUAGES



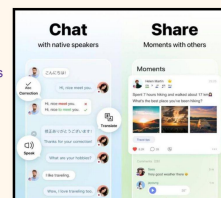
## Duolingo

Duolingo is not only one of the most famous, but also the best applications for learning foreign languages. It's effective especially when it comes to people starting their adventure with foreign vocabulary. Learning is like a game full of challenges created to unlock the next stages. Similar apps are Busuu, Memrise, Babbel, Livango and FunEasyLearn.



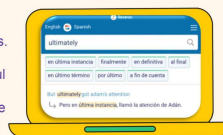
## HelloTalk

The best way to learn a language is to actually speak it. HelloTalk connects you with native speakers to chat with for free. You can talk to individual members or join group chats for a collaborative learning experience. Thanks to this language exchange, you become both a student and a teacher. In addition, you make friends around the world.



## Reverso context

Reverso is a multi-functional tool that provides the best translation quality and helps you to improve your language skills. It's free, you can install it on your computer, which can be extremely helpful when writing important assignments. The advantage of the application, and the specificity of learning vocabulary through it, is the fact that it shows words in sentences and words with a similar meaning at the same time.



# OTHERS



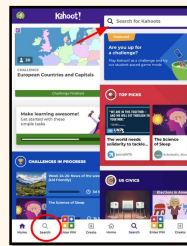
## Forest & Pomodoro

Both Forest: Focus on Productivity and Pomodoro Timer are based on choosing a specific time during which we do not use our phone. This allows us to focus on learning or other activities. Short episodes (e.g. 20 minutes) improve the effects of our work. In the Forest application, interrupting an episode removes a tree from our field, and a successful finish plants a new one.



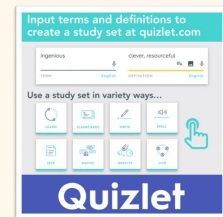
## Kahoot!

Kahoot! is a free platform for creating and running interactive quizzes. It's a fantastic tool for revision lessons, but can be used to learn any material through the game. It is an application well known to most students and teachers, but this does not diminish its effectiveness.

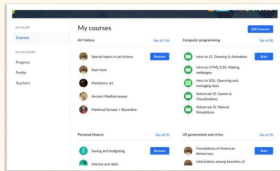


## Quizlet

Quizlet was created for the development of flashcards which are an amazing way to study vocabulary. You can check the level of acquired knowledge in automatically created open or closed tests and in a game in which you have to match words to their definitions. The application also allows you to browse sets of other users or create group quizzes, which is an interesting solution for teachers.



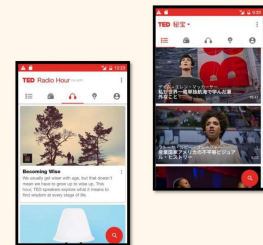
## Khan Academy



It is a non-profit educational website application that provides educational materials in many fields - math, science, economics and finance, humanities and arts, computer science. In each section there are courses in the form of videos, notes (articles, essays), quizzes and tests.

## TED

The TED app offers a collection of videos from scientific conferences where topics from many fields were discussed. The topics are really wide: from technology, through health and psychology, to art. Lectures are conducted in over 100 languages.



# 3. Internet journal

## Internet journal

### MAY

In May, due to the approaching end of the school year, I spent a lot of time making presentations or writing essays on the computer. To be able to do this, I used the Internet to obtain the necessary information or photos.

In total, I spent about 75 hours online, which gives the average of 18,75 hours per week and 2,42 hours per day.

I was using the computer for 27,53 hours, which is equal to 36,7% of the total time. It means that I was using my mobile phone for 63,3% of the time (47,47 hours).

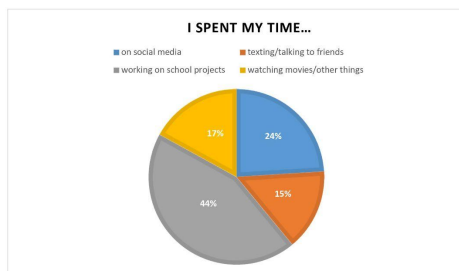
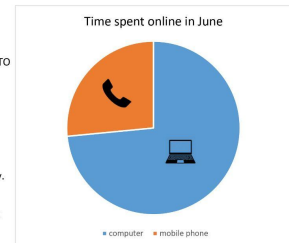


### JUNE

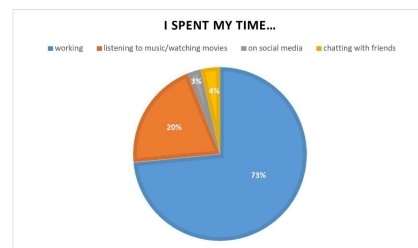
I spent the first half of June away from the computer, spending my time rather actively. From June 20, I worked at the LOTTO Foundation, which unfortunately required 8 hours of work at the computer. This had a huge impact on my average time spent online in June and the following months. My total time online in June was 98 hours.

During the week, I spent an average of 24,5 hours online, which is about 3,5 hours a day.

Working 8 hours a day for 9 days in June resulted in a total of 72 hours spent in front of the computer. I spent the remaining 26 hours on the phone. However, the time spent on social media or chatting with friends was relatively small. I listened to music on streaming platforms (Spotify) for about 18 of the aforementioned 26 hours (that is about 69,23%). This time is equal to the time I spent commuting.



The vast majority of my time was devoted to school-related matters, it was 44% of my online activity (33 hours). I spent about 18 hours on social media, mainly Twitter, Instagram and Facebook. Chatting with friends over the Internet (applications such as Messenger) lasted just over 11 hours. I spent almost 13 hours watching movies via YouTube, VLive, Netflix and Disney+.

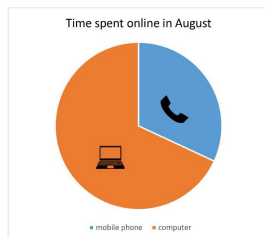


Little use of the phone and the Internet outside of work was due to the fact that I wanted to take a break from the screens and enjoy the weather as well as meet my friends.

### AUGUST

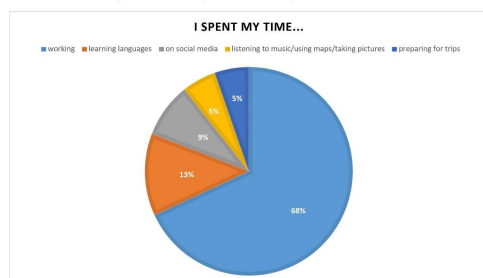
The only job I did in August was remote work, which I had started a month earlier. There is a significant decrease in the number of hours spent in front of the computer. I wanted to make the most of my free time in August, so I tried to stay outside as much as I could. I managed to visit several Polish cities - Poznan, Krakow, Katowice and Wroclaw. I used social media only when traveling to these places.

Using the computer in August took about 32 hours, and the phone - just over 15. It gives an average of 11.75 hours a week, or 1.52 hours a day.



The time spent in front of the computer is once again mostly work. However, I also spent a few hours getting ready for two trips abroad, which I did in mid-August. I have read a lot about Lombardy and Riga in order to be able to visit these places with at least some basic knowledge. During my trips, I used my phone only for taking pictures and using the map.

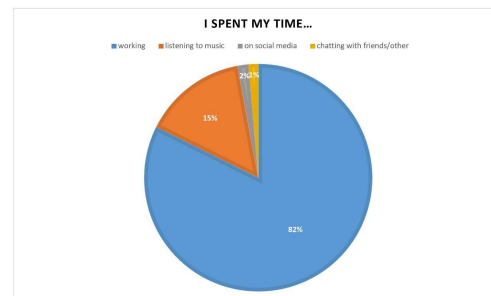
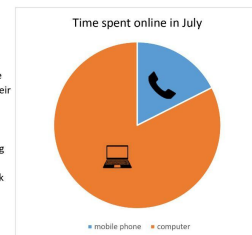
I have been learning Italian for a year and Korean for over two years. I tried to devote some free evenings to improving language skills. In order to learn from useful websites and YouTube videos, I used both a computer and a mobile phone.



### JULY

I spent July almost glued to the computer. I signed a second contract with the Foundation which lasted until the end of September. It included remote work in the form of assessing applications in one of their programs. From Monday to Friday I spent 10-12 hours working, which completely discouraged me from any online activity. The exceptions were the occasional texting with friends and listening to music while traveling by train. There was so much work that I had to spend my weekends on it more than once.

On average, I spent 8,65 hours in front of the screen a day, the weekly average is almost 67 hours.



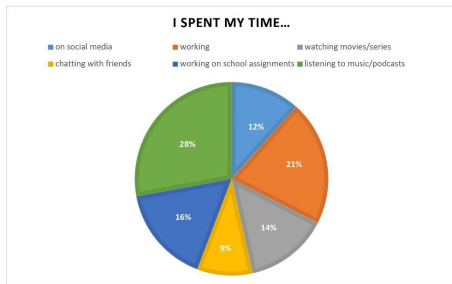
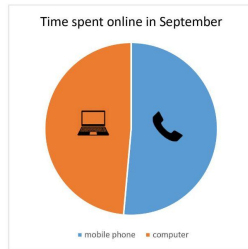
Again, the vast majority of my time was devoted to work, it was about 221 hours. A small percentage of the remaining 47 hours were social media and chatting with friends, I spent a little over 40 hours listening to music while commuting to work.

## SEPTEMBER

September was the month of going back to school. This involved the first presentations and other online activities, Erasmus contributed as well. I devoted a few hours to the remote work ending in September. I spent much more time chatting with my friends to tell about vacation stories and arrange in person meetings. In my spare time, I was watching movies I had been wanting to watch for a long time.

Compared to the previous months, the use of the mobile phone had a higher percentage, whereas the computer had a smaller one.

On average, I spent 1,5 hours online a day, which is almost 12 hours a week. In total, it was 23 hours on the phone and 22 hours on the computer



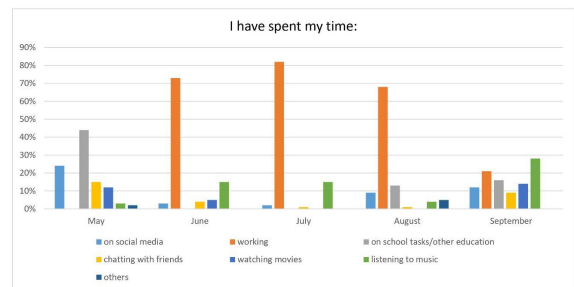
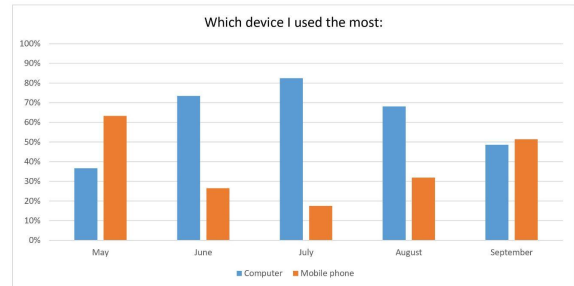
Time on the computer was divided between work, school assignments and watching movies and series. For the time of using the phone, it consisted of chatting with friends, scrolling through social media and listening to music or podcasts.

- average weekly time spent online: 24,23
- average weekly time spent on my phone: 7,2
- average weekly time spent on my computer: 17,03
- average monthly time spent online: 106,5
- average monthly time spent on my phone: 31,59
- average monthly time spent on my computer: 74,91

### Differences between May and September (monthly):

- average time spent online: 75 – 45 -> a difference of 30 hours
- average time spent on my phone: 47,47 – 23 -> a difference of 24,47 hours
- average time spent on my computer: 27,53 – 22 -> a difference of 5,53 hours

## Summary



### Average ... for the 5 months described (in hours):

- average daily time spent online: 3,48
- average daily time spent on my phone: 1,03
- average daily time spent on my computer: 2,45

## Internet journal

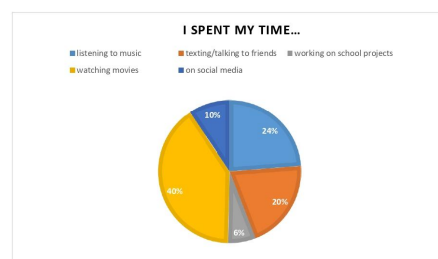
### DECEMBER

I used the Internet quite a lot in December. Due to an illness, I did not leave the house for a week. This resulted in many hours spent watching series and movies.

In total, I spent about 113 hours online, which gives the average of 28.25 hours per week and 3.77 hours per day.

I was using the computer for around 6 hours, (which is equal to 5.31% of the total time) and my mobile phone for around 70 hours (61.95%). I also was using Netflix and Disney+ on my TV for about 37 hours (32.74% of time).

As I mentioned, a large part of my online activity was devoted to watching movies and series, because as much as 40%. I also listened to a lot of music (24%) and chatted with friends. In fact, all my work on the computer was related to the Erasmus programme.

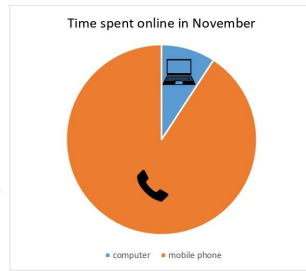


## NOVEMBER

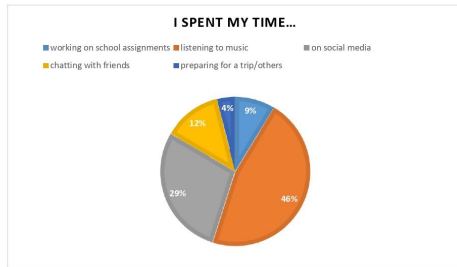
In November, due to a short trip to Spain and a few concerts, I used my phone less than usual. During these events it was only used to take pictures.

In addition, I tried to read more books to take a break from the blue light of the screens.

I spent a total of about 57 hours online (14.25 hours a week, 1.9 hours a day), of which about 8 hours on the computer (9.2%), and the remaining 48 hours on the phone (90.8%).



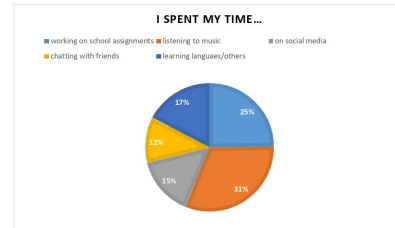
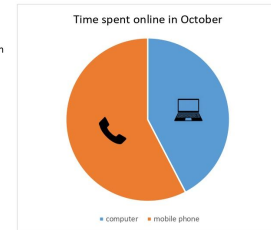
I spent most of my time on my phone listening to music (about 46%). Talking to friends took about 8 hours (12%), the rest was social media (29%). The computer activity was almost entirely devoted to school assignments. I spent about 2.5 hours looking for useful information to be fully prepared to go abroad or transferring photos to the computer after concerts.



## OCTOBER

October was a pretty ordinary month when it comes to my internet activity. I focused mainly on learning at school and learning languages outside of it.

A large part of the time spent on the computer was spent looking for study materials (about 15 hours), the rest of the time was watching TV series or movies (10 hours). I spent about 34 hours on the phone. This gives a total of 59 hours (14.75 per week and 1.9 per day).

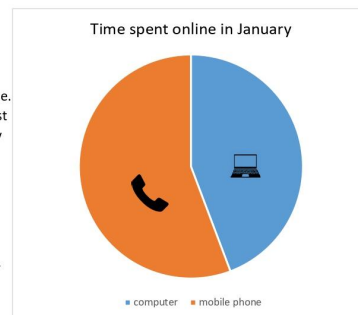


Due to the larger than usual amount of scientific materials that appeared in October, I divided them into 2 categories - materials for school (25%) and other materials (17%). Of course, I also used social media (15%), chatted with friends (12%) and listened to music (31%). I've only watched less than an episode of the series, so I won't put that in the summary.

## JANUARY

In January I tried to reduce my screen time. It is not my New Years resolution, I am just trying to take care of my health and enjoy new experiences instead of being stuck in the virtual world.

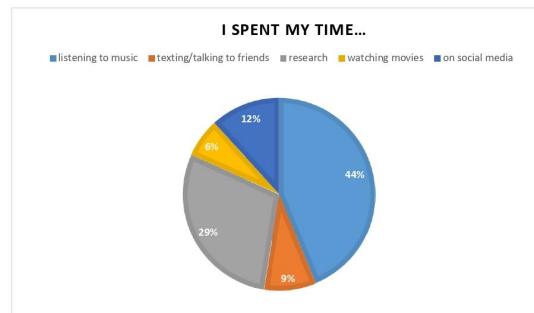
I was preparing for a trip to London and after years of waiting I finally got a dog, so researching information on these two topics took quite some of my online time.



In total, I spent about 63 hours online, which gives the average of 15.75 hours per week and 2.03 hours per day.

I spent 36 hours on my phone (about 57.14% of the total time) and 27 hours on my computer (42.86%).

As always, most of my time online was dedicated to listening to music. I was also chatting with my friends, including my Turkish host! As I said earlier, I dedicated approximately 20 hours to search on London and dogs. The rest is social media and watching movies.



## 4. Istanbul guide

### Istanbul guide

Wiktorija Baumann



### History of Istanbul

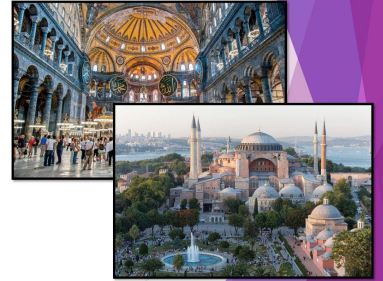
- ▶ Establishment of the city is estimated at 600 BC, when the Greeks settled in these areas.
- ▶ The city was originally named Byzantium, almost 1000 years later renamed to Constantinople.
- ▶ Constantinople in 1453 was conquered by Mehmed II and became the capital of the Ottoman Empire.
- ▶ After World War I (March 15, 1919), the Allied troops entered the city, and in 1923 the capital of the Turkish Republic was moved from Constantinople to Ankara.
- ▶ It was not until March 28, 1930 that the city was officially called Istanbul.

### Istanbul today - general information

- ▶ With the area of 5343 km<sup>2</sup> and the population of almost 16 million inhabitants, it is the largest and most populated city in Turkey.
- ▶ It is not the capital city, although it is the cultural, commercial and financial center of the country.
- ▶ The western part of the city is located in Europe, while the eastern part is in Asia. It is one of two cities in the world that are located on two continents at the same time.
- ▶ Istanbul is the second largest city in Europe and the 13th largest in the world.
- ▶ It is situated 40 meters above sea level.
- ▶ The city is divided into 31 districts.

### What to do in Istanbul? Visit Hagia Sophia

- ▶ Hagia Sophia is a building considered to be a miracle of the architecture of the first millennium. It is the most popular monument not only in Istanbul, but also throughout Turkey. It used to be a Christian temple, a mosque, and a museum, respectively. It was the highest rank temple in the Byzantine Empire. Hagia Sophia serves as a model for the construction of many eastern mosques to this day.



### What to do in Istanbul? Visit the Blue Mosque

- ▶ The Blue Mosque, also known as the Sultan Ahmed Mosque, was built on the orders of Sultan Ahmed I. The building was designed to overshadow the splendor of Hagia Sophia. The name comes from the 21,000 blue tiles that decorate the interior of the temple. The Blue Mosque in Istanbul has as many as 6 minarets.
- ▶ Legend has it that the 19-year-old Sultan Ahmed I decided to build a mosque to obtain forgiveness from Allah for his inappropriate behavior in his youth.
- ▶ Admission to Hagia Sophia is paid, whereas the Blue Mosque can be visited for free.
- ▶ Between the buildings there is a park which is an ideal place to relax.



### What to do in Istanbul? Look at the city from above

- ▶ The Galata Tower is one of the most iconic buildings in Istanbul. The tower was built in 1384 as the Tower of Christ. However, there are many speculations as to the existence of an earlier form of the tower - over the centuries it served various functions such as a base for a Janissary detachment or even a 16th-century prison.
- ▶ There is a club, restaurant, souvenir shop and a vantage point on the top from which you can see the panorama of Istanbul.

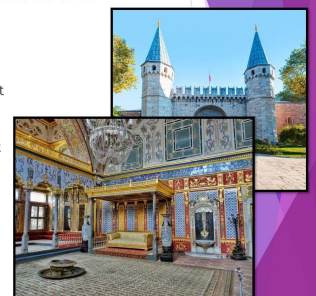


### What to do in Istanbul? Have a picnic in Gülhane Park

- ▶ Gülhane Park, which means "house of flowers", is the oldest green area in Istanbul.
- ▶ It is located between Topkapı Palace and Sarayburnu Cape. We can also find Hagia Sophia nearby.
- ▶ In 2008, the Museum of Islamic Science and Technology was opened on the western edge of the park.
- ▶ Admission to the park is free. Its charms can be admired at any time of the year.

### What to do in Istanbul? Feel like a character from the show

- ▶ For centuries, Topkapı Palace was the most important place in the history of the Ottoman dynasty. The building was made famous due to the record-breaking popularity of the series "Magnificent Century".
- ▶ For over 380 years it served as the residence of the sultans. It is worth spending at least one day to visit over 70 hectares of the palace.



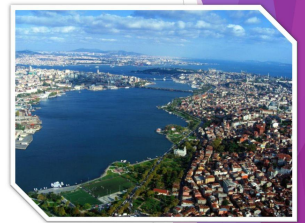


## What to do in Istanbul? Drive between the continents

- ▶ The Bosphorus Strait is a unique place connecting Asia and Europe and the seas - Black and Marmara. In the past, the strait was of great importance for the trade route reaching the coast of the Caucasus through the Sea of Azov
- ▶ The average depth of the strait is 65 meters and its length is 32 kilometers.
- ▶ Going on a cruise, we can admire the most important tourist attractions of Istanbul - palaces, fortresses, castles.
- ▶ After 10 years of construction work, the Marmaray railway tunnel, which runs below the bottom of the Bosphorus, was opened. It is considered to be the deepest tunnel in the world. In addition to railways and ferries, the strait can be crossed by car. It is possible thanks to the Bosphorus Bridge I.

## What to do in Istanbul? Visit the edge

- ▶ Sarayburnu Cape, also known as Seraglio Point, is the headland separating the Golden Horn and the Sea of Marmara in Istanbul. It is located near the Topkapı Palace and Gülhane Park. Sarayburnu was inscribed on the UNESCO World Heritage List in 1985.
- ▶ The Golden Horn is the bay of the Bosphorus that separates ancient Constantinople from Galata. The edges of the Golden Horn are currently connected by four bridges. Haliç Haliç Metro Köprüsü is the one on which the Istanbul metro trains run.



## What to do in Istanbul? Sunbathe and bathe in water

- ▶ Istanbul is not only a huge metropolis but also a seaside city.
- ▶ Sandy beaches attract both tourists and permanent residents of the city. The best weather for sunbathing in Istanbul is from July to September.
- ▶ Here is a list of the most popular beaches in the area:
  - Floria Beach (entrance costs about 20 lire),
  - Yesilkee Beach (located on the Sea of Marmara),
  - Jdebostan beach (admission to the beach is free),
  - Kyuchyuku Beach (beach on the Asian side of the Bosphorus, also free entry),
  - Beaches on the Princes' Islands (getting to the islands is possible only by water, ferries depart every hour from the Kabatash port).

## What to do in Istanbul? Protect yourself from the heat

- ▶ The Basilica Cistern, also known as the Jerebatan Palace, is an underground chamber with a ceiling supported by over three hundred marble columns. Its primary function was to supply the imperial palace with fresh water in the event of the post-war destruction of the aqueducts.
- ▶ Although all the tops of the columns are decorated, the one at the foot of which there is a carved head of Medusa deserves special attention.



## What to do in Istanbul? Purchase of a lot of unnecessary souvenirs

- ▶ The Grand Bazaar is one of the largest places of this type in Turkey. There are over 3,500 shops on more than 30 hectares. This trading place was already known in the Byzantine era. It was built in the Fatih district, near the Golden Horn.
- ▶ The bazaar is an ideal place for lovers of oriental spices, teas, dried fruit and sweets. We will also find there various souvenirs, toys, handbags and "branded" clothes.
- ▶ Before you go shopping, it's a good idea to practice your bargaining skills.

## What to do in Istanbul? Pat the cat!



- ▶ Walking through the streets of Istanbul, you are bound to see at least a few cats. They are the unofficial symbol of Turkey. A Turkish documentary "Kedi - the secret life of cats" has even been released. It tells the story of seven Istanbul pets.
- ▶ The inhabitants of the city take care of their smaller flatmates. They prepare bowls of food and water, and sometimes even soft beds on which the cats can lay and enjoy nice weather.
- ▶ Pets are used to tourists, so go ahead and pet one!

## What to do in Istanbul? Smoke a hookah ☺

- ▶ Smoking a hookah (today known as shisha) is a very popular Turkish entertainment and most restaurants have hookah on their menu. Typically each spot offers 20-30 flavors.
- ▶ Smoking shisha, although common, can be more harmful than smoking typical cigarettes. However, that doesn't mean it's not worth trying.



## Food

When getting to know a foreign country, it is worth paying attention not only to its history and monuments, but also to the specialties of the local cuisine.

## Turkish snacks

- ▶ Pidesi - thin bread with characteristic "bellies" and sprinkled with mush
- ▶ Lahmacun - Turkish thin pita with Zatarra, tomato sauce or cheese, it's usually small, about the size of an orange with a small amount of filling, served like pizza or rolled up
- ▶ Dried fruit - available prepackaged in stores, but it is recommended to buy them from the countless stalls at the market.



## Not only the kebab

- ▶ (A must-try dish) Turkish kebab - Also known as döner kebab ("rotating roast meat" in Turkish), in non-touristic places, the kebab is filled only with dried mutton, often without vegetables, served cold
- ▶ Kumpir - an oven-baked potato, cut in half and combined with butter and cheese; on top, everyone selects any additions from various sausages, salads, olives, spreads, vegetables and sauces
- ▶ Kofta - minced meat shaped into chops, with the addition of Zatarra and often chopped tomatoes and onions. There is also a vegetarian counterpart - Cig kofta (with tomato, hot pepper and onion instead of meat)



## If you have a sweet tooth...

- ▶ Baklava is an exceptionally sweet cake layered with honey, almonds, hazelnuts, pistachios, soaked and covered with liquid icing. It has the shape of triangular or square pieces and is often sprinkled with nuts or pistachios on top.



- ▶ Halva comes from Turkey, although it is also made in other countries. You can meet various types of halva, however all of them have an incredibly intense smell and sweet taste. The basis is usually sesame seed pulp and various additives - pistachios or hazelnuts.

## Ice cream with a little twist

- ▶ Although the ice cream does not come from Turkey, the country has become famous for an unusual attraction associated with this sweet snack.
- ▶ Dondurma (Turkish ice cream) is known all over the world. Films in which you can see a man dressed in a traditional costume spinning ice cream around became popular all over the world. If you haven't seen one already, make sure to watch the video on the right.
- ▶ The biggest secret of this ice cream is that it does not melt.



## And last but not least - something to drink

- ▶ Turkish tea is served everywhere in characteristic small glasses, and its taste is always both tart and sweet. It is served with breakfast, shisha or dessert.
- ▶ The most famous Turkish alcohol is vodka with anise flavor (raki), usually distilled from fresh grapes. It is worth mentioning that anise vodka is recognized as the national drink of Turkey.



## Fun facts

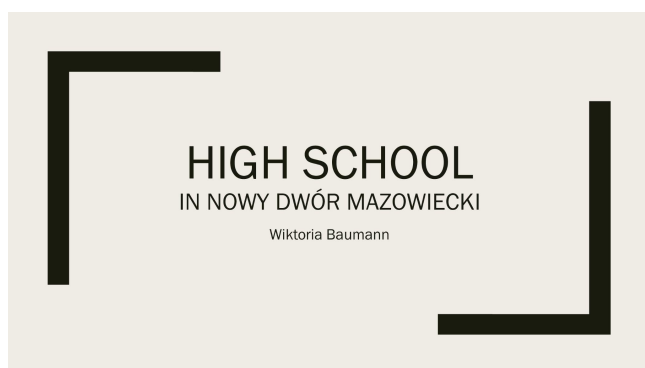
- ▶ During the Ottoman Empire, Istanbul was known to have over 1,400 public toilets.
- ▶ Tulips (characteristic of the Netherlands) come from Istanbul.
- ▶ The famous British writer Agatha Christie wrote her famous novel "Murder on the Orient Express" at the Pera Palas Hotel in Istanbul.
- ▶ The city was built on seven hills to be equal to the seven hills of Rome.
- ▶ Istanbul's metro is the third oldest in the world.
- ▶ In 2010, Istanbul became the European Capital of Culture.

Thank you for your attention and see you in Istanbul!

## 5. Presentation about Poland and Nowy Dwór Mazowiecki

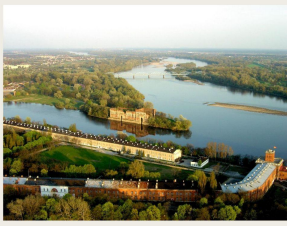
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## 6. Presentation about my town



### Where is our school?

- Nowy Dwór Mazowiecki is a small town located about 35 kilometers from Warsaw in the Masovian Voivodeship. It is surrounded by 2 rivers – Narew and Vistula (the longest and the most significant river in Poland).
- Our town is inhabited by around 40 000 people.
- Nowy Dwór consists of the main town and Modlin – famous for its fortress (the longest building in Europe) and one of the main airports in Poland.



### A little history of our school

- Secondary school in Nowy Dwór Mazowiecki was founded in 1935. It has survived World War II and many other historical events.
- In 1985-86 cooperation with schools from abroad began.
- 1991 was the year in which the school was given its current name – of the Polish Army
- In 2002/2003 there was a reform announced by the government. The duration of high school education changed from 4 to 3 years. Almost 20 years later it was once again changed – back to the 4-year-long journey.
- Our current principal is Teresa Popielak.



### Profiles

- Having decided to become a student at our school, you must choose a profile with selected extended subjects. Here are the ones available right now:

- Humanistic – Polish, history and civics
- Medical – biology, chemistry and English
- Polytechnic – mathematics, computer science and physics
- Managerial – English, geography and mathematics
- Linguistic and tourist – English, German and geography

For the second foreign language you can choose German, French or Russian.

### What to do after school?

Here are just a few examples of where you can continue your education path depending on your previously chosen profile.

- Humanistic - law, administration, history, Polish studies
- Medical – various kinds of medical studies, biomedicine, pharmacy, forensic chemistry
- Polytechnic - engineering, construction, energy, electrical engineering, computer science
- Managerial - geology, ecology, oceanology, spatial management, navigation
- Linguistic and tourist - tourism economy, sightseeing and cultural tourism, tourist guidance and pilotage, English or German studies


### Projects of our school – Erasmus+ K210 „DigitAll”

- The main programme is Erasmus+ K210 „DigitAll”. Participation in the project is a great opportunity for students to develop their interests, learn languages, meet peers from other countries, their culture and traditions, and know soft skills essential to work in various professions.



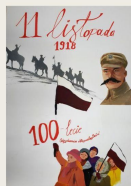
### Projects of our school – Erasmus+ KA220

- Another project is Erasmus+ KA220 which focuses on prevention from bullying in school environment, not only in terms of physical, but also verbal violence. It focuses on investigating the scale of this phenomenon and developing measures to prevent this dangerous trend. The participants of this task are Poland, Turkey, Finland, Belgium, Italy and Portugal.



## Projects of our school - School of Young Patriots

- This project took place in 2018-2019. It was organised by the European Law Study and locally coordinated by our beloved English teacher - Mrs. Marzena Kisiel. The main goal of the project was to make young people aware of what contemporary, wise and responsible patriotism is all about.
- The programme consisted of 3 segments - patriotic song contest, patriotic poetry contest and contest for a poster on the occasion of the 100th anniversary of regaining independence. The posters displayed on the right are some of the awarded ones.



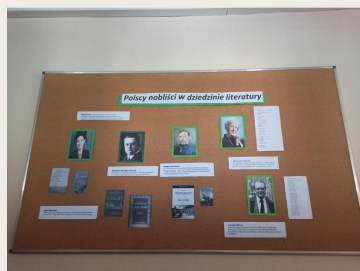
## Patriotism in our school



- Walking through hallways, you are bound to find some of our boards prepared by talented students. You can learn a lot about the history of Poland, cultural heritage or the local community.
- Here is a picture of a board representing the most significant battles of our country such as the Battle of Vienna, the Battle of Grunwald and the Warsaw Uprising.

## Patriotism in our school

- Here is a list of Polish Nobel Prize winners in the field of literature.
- The most recent winner is Olga Tokarczuk. She was given the Nobel Prize for the year 2018. (If you're wondering where she is, there is a picture of her in the top left corner).



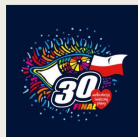
## Local patriotism in our school



- We ought not to forget about local community and the beauty of our region. Here are only a few photographs to show off our stunning local diversity.

## Volunteering, WOŚP, partner organizations

- Students have been willing to volunteer for many years. Thanks to their commitment, the school actively helps Wielka Orkiestra Świątecznej Pomocy. It's a non-government organisation which has been raising money for various fields of medicine since 1993. Just this year the Polish managed to raise 224 376 706 zł, which is almost € 500 000.
- Our school cooperates with many organizations, here are some of them:
  - COFAC COOPERATIVA DE FORMACAO E ANIMACAO CULTURAL (Portugal)
  - Bursa Hürriyet Anadolu Lisesi (Turkey)
  - OLEMISEN BALANSSIA RY (Finland)



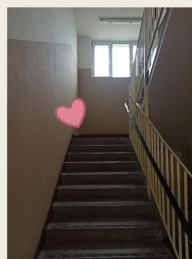
## Active recreation

- Hours spent studying can negatively affect students' health. For this reason, the school has provided places where we can spend time actively. The pitch and outdoor gym are available for everyone. We also use them during PE lessons. Students usually prefer to work out surrounded by nature and fresh air.



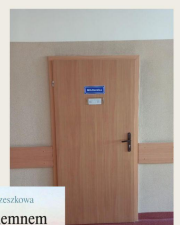
## Active recreation

- From time to time the pitch and the gym are occupied. Fortunately, the school foresaw such possibility and, bearing in mind the physical condition of the students, built stairs so steep that they are more tiring than the actual PE lessons.
- The stairs are also a great space to chat with acquaintances or to copy homework that students may have forgotten.



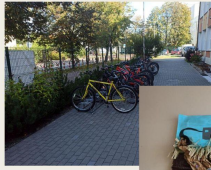
## The cultural side

- The school also does not forget about the cultural needs of the students. Our library is equipped with books from ancient Greece, the Middle Ages or the Second World War. In addition, there are books for the young, computers and printers.



## "Green" school

- Our school genuinely cares about the environment. Walking through the hallways, you will see lots of small exhibitions dedicated to the environment and ways to protect it.
- Students are also encouraged to go to school on foot or by bikes instead of cars. There is even a bike rack so that they don't have to worry about the safety of their sport equipment.



## What's next?

- Our school makes sure that students graduate not only with a passed exam, but also with other skills and interests, not strictly related to learning.
- Entering the building, we see a board with information about driving courses, competitions in which our school participates or martial arts training. There are also advertisements of some of the most famous universities in Poland.



## The foreign corner



- School exhibitions would not be complete without a space dedicated to Erasmus+ projects. In the common room we have created a corner where we present the works of students participating in the exchanges. We also hang photos taken with peers and teachers for all over the world to be able to relive our memories.

## Our graduates

- Our students are not only committed to school life, but they also develop their skills in their spare time. Several graduates of our school are known nationally and even internationally.
- **Rafał Brzozowski** - initially he trained wrestling, but thanks to participation in well-known Polish entertainment programs, he became one of the most recognizable Polish singers, last year he represented Poland during the Eurovision Song Contest. He is also known as the host of "Wheel of Fortune" and "Name that tune".
- **Mariusz Patyra** - another musically gifted former student of our high school, a great violinist who became the first Pole to win a famous violin competition in Genoa, where he was also awarded a copy of the violin "Il Cannone" belonging to the great virtuoso.



## Our graduates

- **Izabela Dylewska** - two-time bronze medalist of the Summer Olympic Games (Seoul in 1988 and Barcelona in 1992). One of the greatest canoeists in the history of Polish canoeing.
- **Elżbieta Urbańczyk-Baumann** - one of the most successful Polish canoeist in the history of Poland, four-time Olympian (Seoul, Barcelona, Atlanta, Sydney), her world record for 1000 metres remains unbeaten until today, her medals only from the world championships weigh 25 kilograms, she won the Polish championship 46 Times and won the first gold medal in the world championship in the history of Polish women's canoeing



## Our graduates

- **Grzegorz Pietrzyński** - studied Astronomy at the University of Warsaw, today a respected researcher in the USA, Chile and Japan, he is one of the discoverers of 46 planets outside the Solar System
- Fun fact: Elżbieta Urbańczyk-Baumann and Grzegorz Pietrzyński both graduated in 1990, they used to be in the same class (with extended maths and physics)



## The "Silver Shield"

- In year 2021 our school was once again mentioned in the List of General Secondary Schools published by the Perspektywy portal, the ranking includes schools that best prepare students for universities. We were given the prestigious "Silver Shield" award.
- Our high school was given the 89th place in the Masovian Voivodeship and the 395th place in Poland. The ranking included data on 2,126 secondary schools.
- Such title and the "Silver Shield" award confirm the quality of our school's work and students' incredible results of matura exams.
- Due to the wide activity of the school staff and students, we can admire diplomas and thanks from various organizations.



Thank you for  
your  
attention!



## 7. A video about our school

<https://drive.google.com/file/d/1LMUZGz1RRRmC5VXOkQID6FDEZardxkEZ/view?usp=sharing>