



Collegi La
Porciuncula



INcluded in NATure

Erasmus Project Magazine



Partner Schools:

La Porciuncula School

The Primary School of St. Vincent

The Lesično Primary School

Lesično, 2022



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INTRUDUCTION



INcluded in NAture

The Erasmus+ project started in the school year 2019/2020 and lasted for three years due to the COVID-19 pandemics thus ending in the school year 2021/22. The theme of our project was INcluded in NAture. The project involved primary schools from the following countries: Spain (project coordinator), Slovakia and Slovenia. The partner school from Finland decided to leave the project after the Spanish mobility because of objective reasons. During the course of the project, we carried out 3 mobilities with the students of the last triad (7th, 8th and 9th grade). In each of them we participated in various activities at the host schools and their surroundings for five days. The activities, products, performances, etc. were all connected with nature.

The main emphasis was on the use of foreign languages, establishing communication, and exchanging good practices in school work. Within the cover topic, we did art, listened to the sounds of nature, learnt about school gardens, followed recipes, learnt about healthy eating, animals, plants, water resources, ecological issues, etc.

We realized our first mobility in October 2019 when five working days were spent in Palma de Mallorca, Spain. The second mobility was realized in Ružomberok, Slovakia, in February 2022, and the last in Lesično, Slovenia, in May 2022. During the mobilities, we participated in various workshops at the schools, completed the corner dedicated to the project, filled out questionnaires, wrote reports, made posters and artwork and designed a project magazine.



Partners



SPAIN

Size: 505 944 km²

Population: 47 398 695 (2021)

Capital: Madrid

Official language: Spanish, Basque, Catalan and Galician

School name: La Porciuncula School



*Col·legi La
Porciuncula*



SLOVAKIA

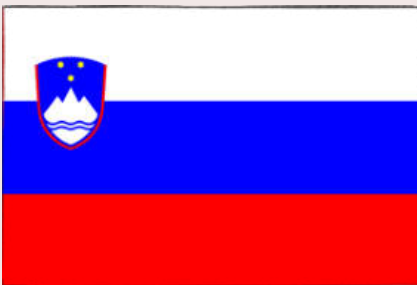
Size: 49 035 km²

Population: 5 459 781 (2021)

Capital: Bratislava

Official language: Slovak

School name: The Primary School of St. Vincent



SLOVENIA

Size: 20 273 km²

Population: 2 108 977 (2021)

Capital: Ljubljana

Official language: Slovenian, Italian and Hungarian

School name: The Lesično Primary School





Realized activities

We started the project in Spain, from 21st October to 25th October with a Welcome Ceremony for all the students and teachers from Slovenia, Slovakia, Finland and Spain. We celebrated it in the theater and all the students from the Spanish school were invited to it. We also visited some of the classes together to see the differences and similarities between the countries involved in the project. On that day, we visited the school church which is called the Glass Church.

We prepared different activities to get to know the school, the surroundings and the Island all of them connected to the activities of the project.

Mobility in Spain

21st October – 25th October 2019



We also celebrated The Day of the Languages together and we shared the activity to show all the students the importance of communication even if you don't understand the language.

We visited a local market where we bought the ingredients for the typical fresh salad that we prepared at the school called "trampo". We could choose good and fresh ingredients. The Spanish students explained the way they had to do the salad and everybody was engaged in doing the activity.





Apart from doing activities at the school we also prepared some activities outside to know some of the places next to the school. We visited the Cathedral, the city center and we also had some time to visit some towns around Palma such as Manacor.

We also prepared some activities related to food. We prepared a healthy salad together and played the "Blind Food Game". The students also did a presentation about different words related to animals and plants in all the languages.

We also had an activity where we visited the Scholar Orchard. The teacher in charge of it prepared a presentation where he explained the way the orchard was built and how it had to be taken care of and the role of the student in maintaining it in good condition.

We also had a visit to a treatment plant to show the way water is recycled on an island that has a lot of tourism during the year. It was a guided visit where a guide explained the way used water is treated to become clean water.

Visitors also had time to enjoy the nature of the school with the ziplines and to see that you can include nature with enjoyment by taking care of it.





IMPRESSIONS FROM THE SPANISH MOBILITY

Irene Garcia (Spain) (3rd grade): When the Erasmus students came three years ago, one of them came to my house. We were able to share very good experiences and most importantly, learn new ways of seeing things and meet new people from other places.

Teacher Ana Maria Arrabe (Spain): My personal impression about mobility is checking that the work you do to prepare it makes people happy, not only the students that are included in the mobility, but also the whole students at the school. They know what an Erasmus programme is and maybe they want to participate in it in the future. They learn and meet people from other countries that in a normal way they wouldn't meet. New ways of life make them more tolerant.

What surprised you the most about your trip to Mallorca?

Teacher Lili (Slovenia): beautiful nature, the ocean/sea, the people, the nice weather, hospitality of your school, different buildings.

Siri (Finland): The school was very different from my own school.

Lia (Finland): Beautiful buildings and nice people.

What were your impressions about our school?

Teacher Lili (Slovenia): I liked the swimming pool, the adventure park.

Siri (Finland): The school was very cool and I liked it.

Lia (Finland): It was a very beautiful place.

What was your favorite activity?

Teacher Lili (Slovenia): A trip to the pearl factory (Majorica), the school garden and the church of the school.

Siri (Finland): The trip around the island.

Lia (Finland): The adventure park

Were your expectations fulfilled?

Teacher Lili (Slovenia): Yes, of course.

Siri (Finland): Definitely yes.

Lia (Finland): Yes, they were.

Did you enjoy your trip to Mallorca?

Teacher Lili (Slovenia): Yes, especially the view from the plane.

Siri (Finland): Yes, I did. It was a very fun trip and I will remember it forever.

Lia (Finland): Yes, I did. Very much.



SPANISH MEMORIES OF SLOVENIA

~ We have just come back from Slovenia after living a dream week.

We have spent some days in an incredible place, we have learnt and we have shared valuable moments with people from other countries we bring to Spain our bag full of memories that will always come with us. ~

-Maria- 😊

This trip has been an amazing experience, for the kids but also for the teachers. I am grateful that I had the opportunity to go to this trip for many reasons: seeing the kids interact with other realities, other people, be able to enjoy the dream environment, etc.

My bag is now full of memories, people and experiences that I hope I can live again.

Thank you Slovenia and your people, I hope we meet again!

Rose ♡

It has been a fantastic experience. We have met many new people and we also have met for the first time a new country. The Slovenian school and the teachers have offer us a great experience, not only for the students but also to the teachers.

We won't forget the experience we have had during this week and we will come back to Slovenia for sure.

Ana 😊



TYPICALS ANIMALS OF MALLORCA



Ferreret (*Alytes muletensis*)

The *Alytes muletensis* is a kind of frog typical in Mallorca. It is a species in danger of extinction. The annual count of those frog larvae are between 29.000 and 31.000. This is an endemic species of Mallorca, which means that they are only inside this island, not in another region.

Their food are little pieces of seaweeds and other organic materials.



Eleonora's falcon (*Falco eleonora*)

Eleonara's falcon is a migratory bird and we can find it in different areas of Spain like Mallorca, Ibiza, Menorca, etc. It is 36-42 cm long with an 87-104 cm wingspan, and it can be black or brown. They eat insects like dragonflies and birds that migrate to the Mediterranean.



Black vulture (*Aegypius monachus*)

The black vulture is located on the southwest of Iberian Peninsula and Mallorca. They are found usually inside holm oak, coak oak and gall oak forests, even though in Mallorca they are seen on coastal cliffs. They eat small animals, like squirrels, turtles and lizards. They are a threatened species.



Balear small lizard (*Podarcis lilfordi*)

The Balear small lizard is a species of squamous reptile who lived in Mallorca. The reason for the disappearance of these reptiles is because of the other predatory species. The adaptation of the insularity was the reason that these lizards only laid 2 big eggs instead of 8 or 10 like continental lizards. Nowadays, those lizards are located in 15 small islets of Cabrera, 8 islets of Mallorca and 14 of Menorca.



Balearic Donkey

It is a Spanish breed of domestic donkey indigenous from the autonomous community of the Balearic Islands, in the mediterranean of the eastern coast of Spain. It is found mainly in Mallorca, the largest island of the group, and also in Menorca, where it was much used for mule-breeding; it is no longer present on the islands of Eivissa and Formentera. Since 2006 it has been officially called the Raça Asenca Balear; it was previously known as the Raça Asenca Mallorquina.



Seagull

Gulls are a kind of flying bird, they usually have gray and white fur. In Mallorca they always occupy the areas with food. They eat the leftovers from the ground and even from the garbage. Many times they swim in the sea, they stay floating in the water. Sometimes you can find them next to places where they can find food easily.



TYPICALS PLANTS OF MALLORCA

Algarrobo (*Ceratonia Siliqua*)

The Algarrobo or Carob tree is a typical tree of Mallorca.

With carob beans you can create products such as creams, oil, ice cream, flour or other things, in general it is a product with many uses. They can be eaten without cooking but in Mallorca very few people do it. Picking carob beans is a good job because you can get money from it because some people are dedicated to creating healthy products with them such as carob cream, similar to chocolate cream but healthier.



Laurel (*Laurus Nobilis*)

Laurel is an evergreen tree or shrub. It is originally from the Mediterranean Sea, the sea of Mallorca. Laurel is used for cooking, making perfumes, flavoring or even to make creams.

Oliver (*Olea europaea*)

The olive tree is common inside Mallorca and other places inside the Mediterranean. It can grow up to 15 m, and its leaves are around 2–8 cm in length. The fruit is called olive, and its length is around 13.5 mm. With this fruit, we can do something that is really appreciated inside the gastronomy class: the olive oil. The olive is considered as a symbol of peace.





Purple sea fennel (*Crithmum maritimum*)

It's the unique species of the family Crithmum, we can find it in southern Europe and it can be 40 cm large. It is appreciated to boil it or to eat it with some vinegar.



Rosemary (*Salvia rosmarinus*)

Rosemary is one of the Mediterranean plants best known for its tradition as a culinary and medicinal plant. This shrub is very abundant from sea level to the mountains, in dry and sunny places on soils of calcareous areas, it is woody, perennial and can reach 2 m in height.

TRADITIONAL SPANISH RECIPE

Crespells are typical spanish biscuits. The tradition is to prepare it during the Holy Week. Holy Week starts on Palm Sunday and ends on Easter Sunday.

CREPELLS



INGREDIENTS :

- 100 g sugar
- 100 g lard
- 275 g wheat flour
- 35 g of olive oil
- 35 ml of natural orange juice
- 2 egg yolks
- lemon zest
- icing sugar for decorate

INSTRUCTIONS :

First you have to mix sugar, lard, egg yolks, olive oil, natural orange juice and lemon zest. Mix until you get a homogenic dough.

Add the flour to get a dough that does not stick on your hands.

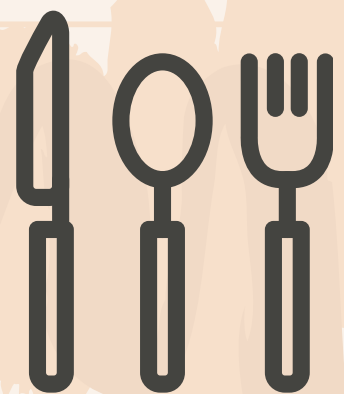
Knead and stretch the dough with the help of a rolling pin.

With the help of molds make the shape that you want and then heat the kiln to 180 degrees.

Bake for 25 min and then remove them from the oven to let them cool to room temperature.

The last thing is the decoration, which is optional. If you want you can put some icing sugar above the biscuits.

AND NOW YOU CAN EAT IT, THEY ARE DELICIOUS!!





Realized activities

Mobility in Slovakia

21st – 25th February 2022

In the morning, 21st February we welcomed our project partners from Slovenia (7 girls and 3 teachers) and from Spain (5 girls, 1 boy and 3 teachers). Together with our 17 skilful students and 4 teachers, we all opened together and started the Slovak mobility.

The first day, the so-called INTRODUCING DAY was about getting to know each other, learning names and faces, finding out interesting personal information and favorite places, animals, colors and various things.

After an excellent lunch, we stopped for a "compulsory" historical ride through our Liptov region in the premises of the Liptov Museum.

Satisfied, English-speaking and a little tired, we broke up with the feeling of a great day and with the promise of other unforgettable experiences.

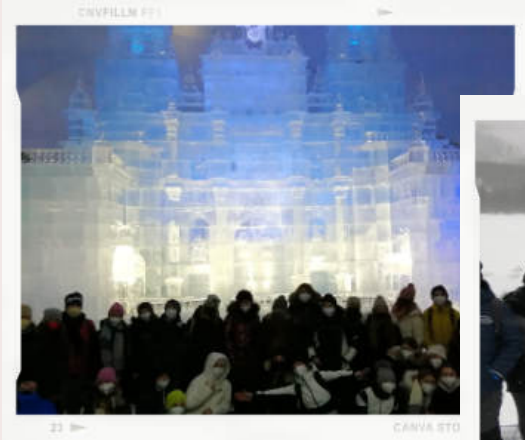
The trip to a beautiful Demänovská Cave of Liberty was the next step. Since water is one of the central themes of our mobility, all the drops that fell on us were "IN" and all the beautiful cave formations and ornaments created by water were beautiful to look at and useful for gaining new knowledge.

Museum of nature protection and caving in Liptovský Mikuláš was also great. The visit lasted more than two hours. We tested the weight of three kilos from Earth on other planets, we touched rocks and minerals, we heard the sound of iron (like a harp), we conjured with colored sand, uncovered fossils, we have witnessed the search for cave spaces, the creation and demise of the cave, we have seen what the job of a speleoarcheologist is ... simply, that day we have seen a lot, tried a lot and learned a lot.

On the way back we went to see another miracle from the water, Lúčanský waterfall. It was an ideal place for great photos from Slovakia. And really, we all took pictures. We were surprised by the snow (actually also made by the water), especially by the Spanish from Mallorca (who knows why:-)).



The next day was the whole day trip to the most famous mountains in Slovakia, The High Tatras. Other kinds of water were there, too. A lot of snow, ice and the beautiful building from the ice The Church of St. Jacob from Santiago de Compostela. It was snowy, windy, freezing and a long day (17 000 steps, 11.2 km, 8:00 — 17:40.) but also great.



There is no doubt that the Slovak fauna and flora is beautiful, rich and mysterious. We attended a forest pedagogy workshop with wonderful people. Martina and Martin brought a bright light to the topic of our E + mobility (Life in nature: animals, plants, water) when exploring the animal and plant kingdoms. They came with boxes full of nature. Thanks to a four-language dictionary (Slovak — English — Spanish — Slovenian), which we prepared for children, we researched and searched for trees and woody plants, sorted and assigned fruits, folded and glued seeds, we attracted big game with lures, we showed foreign friends acquaintances and less well-known Slovak animals, and in particular we have expanded our vocabulary with a large number of these natural words (Slovak, English, Spanish and Slovenian).

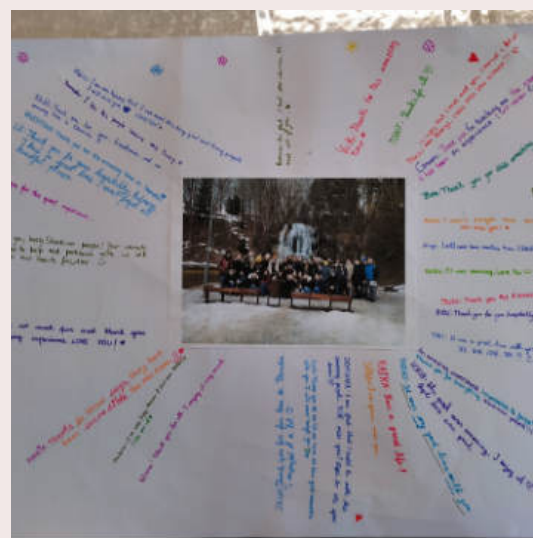
A good lunch came in handy before the hike through the sun-drenched Calvary to Hrabovo. We enjoyed the cable car ride to Malinô Brdo, where we enjoyed the sun-drenched slope with joy and great joy. The hot chocolate with cream ordered 27 times closed our natural-sunny day on Thursday and, accompanied by a cheerful four-language jabber, we returned home again, happy and satisfied.





On the last day we tested our creativity. We made handmade products from natural materials and each of us succeeded. Then we played together and we had a great taste of Slovak delicacies (we could not refuse any sandwiches, stuffed buns, buns, apples or nutrition. :-) And a typical Slovak culture must not be missing at our school, Stankovany costumes as part of the fashion show of our teacher and classmates were the center of attention and photographic interest. We ran through the city, had a sweet Friday lunch and came to Ludrova. Dear sir taught us to make paper by hand without having to cut down a tree. We took some handmade paper as a souvenir and a demonstration for everyone else. We tasted fresh mineral water from the natural source right by the palms of our hands and the last time we counted on the bus. We were all there.







IMPRESSIONS FROM THE SLOVAK MOBILITY

Mario Nemček (Slovakia): Project Erasmus+ was special to me, I have met a lot of new friends from Spain and Slovenia, I improved my English, I learnt something in Spanish and Slovenian language and I visited many beautiful places in Slovakia. Thank you for the chance to be here and I wish everyone a great experience.

Tobiáš Dvorščák (Slovakia): It was a special experience for me. I met new friends. The programme was great, I improved my English and I learnt a few Spanish words. The best experience for me was snowballing with Spanish students (they always lost). I think it was a lot of fun for them, too. I hope that I will meet these people again.

Tedor Martiška (Slovakia): Erasmus was good, great food, awful company, perfectly organized. We met new people, we had fun. English communication was great even if sometimes we could not understand, but at the end everyone understood well. The picture which mostly stays in my memory was Spanish gliding down the hill on the snow.

Noemi Kovalčíková (Slovakia): I had a unique opportunity to get to know new people, now already friends from Slovenia and Spain. Our communicating language was English, I learnt a lot of interesting things. We talked so that we could all understand each other. I am grateful for all shared experiences and friendships. I recommend everyone to participate in this project. He will get a lot and on top of that he will practice and verify his knowledge of English.

Teacher Martina Domiterová (Slovakia): Staying abroad and meeting with students from other countries is very important for each participant. Initially overcoming the speech barrier, and then a possibility to use English all the time, helped students not only expand their vocabulary, improve their English speech and often communicate using improvisation instead of what people have been taught but also increase the confidence of communication with foreigners that we will never lose. Of course, getting to know the mentality and habits was also beneficial for all foreign groups as the creation of new friendships. I would like to recommend this "learning by playing" to all of our pupils.

Teacher Božena Gazdová (Slovakia): This mobility was a special action for us as organizers. Situation in Slovakia was quite complicated because of the strict restrictions in Slovakia around the Covid. It was also necessary to go everywhere by bus or on foot. So we also checked childrens and adults' physical and mental condition. We have improved our managerial, logistical, communication and spontaneous skills. We are glad that we feel satisfaction and joy after her end. A lot we saw, heard, tried, talked, tasted, visited, experienced, remembered, saved in memory and hid in the heart ... May this life experience for all of us be enriched and motivation for our next work.

Aina and Lucia (Spain): The Erasmus at Slovakia was incredible. We had such fantastic experiences. We also learned a lot about their culture, language, food, and country...

Bea and Nuria (Spain): It was an amazing week, we met new people of another culture, we made a lot of friends and we enjoyed it very much. Nowadays we still have contact.

Diego (Spain): I will come here another time, I liked it very much.

Victoria (Spain): We would like to repeat this experience, and we will always remember it.

Beatriz (Spain): Thank you for this amazing week. It was incredible. Love. Will miss you.

Teacher Maria Company (Spain): It was a positive experience for the students and for the teachers and we enjoy a very good week with landscape of nature.

Teacher Carmen Sanchez (Spain): Mobility to Slovakia was an unforgettable experience. We had a very warm, nice and hospitalarian welcome. Students talked to each other, they met new friends, that for sure they will remember for all their life. Knowing a new culture, with its customs, its gastronomy, its monuments, etc. This opportunity is a gift that only some can enjoy.

Tajda (Slovenia): Thank you for five amazing days in Slovakia. Love you.

Rubie (Slovenia): Thank you for your hospitality. I had a great time.

Špela (Slovenia): I had so much fun and thank you for an amazing experience. Love you!

Klara (Slovenia): Thank you for everything. I enjoyed it very much.

Kaja (Slovenia): Thank you for your friendliness and an amazing time in Slovakia.

Valentina (Slovenia): Thank you for an amazing time in Slovakia.

Teachers from Slovenia (Lili, Urška, Vida): Dear friends, we had a lovely time here in Ružomberok. Thank you for your warm, well-organized welcome, hospitality and kindness. Participating in all of the activities was so much fun. Getting to know you was a privilege. Also your warmth, readiness to help and patience with us will stay in our hearts forever! We won't forget all the beautiful places.



SLOVAKIAN MEMORIES OF SLOVENIA

Dear ERAZMUS⁺ friends! ✓

Thank you ✓ 

Dear friends in distance,
thank you so much for your
hospitality as well as being
a part of our wonderful
project.

Thank you for sharing ideas,
setting time aside to socialize
together and I also appreciated
your thought-provoking questions.

Your wisdom and outlook
inspired us and we hope to
keep in touch with you! ✓

Maia

Dear Slovenian friends !

We spent such a great time in your beautiful country. We really enjoyed our stay. I can say it was enriching, educational and we all had so much fun. 😊

Thank you very much for your kindness, hospitality and your warm welcome.

Everything was just perfect. Your staff and your clever students did a great job.

I would especially like to thank Lili for everything. 😊

It has been an amazing experience I will never forget.

Hope to stay in touch and wish you all the best.

Thank you ♡
Luzana

Dear Lili, Urška, Vida, Maja,
Mojca, Lidija

and my dear girls Rubi, Tajda,
Kaja, Julija, Špela, Klara, Valentina,

it was great pleasure for me to meet
all of you again and also meet
new friends. Thank you very much
for perfect preparation and organization
of the whole amazing week in Slovenia.
You have beautiful nature and
very nice school with family atmosphere.
I will never forget your names, faces
and all of your hospitality
and friendship.

Stay healthy and happy.
God bless all of you!

Thank you! Božena 



TYPICALS ANIMALS OF THE LIPTOV REGION SLOVAKIA



Brown bear (Medveď hnedý)

The brown bear is a large bear species found across Eurasia and North America. According to the International Union for Conservation of Nature and Natural Resources, the brown bear is one of the least endangered species, the total population is stable. Occurrence in Slovakia reached 32.7% of the territory.



Wolf (Vlk dravý)

The wolf is a large canine. He is a very shy and intelligent predator who hunts individually or in groups ruled by a strict hierarchy. They try to avoid people as much as possible.



Fox (Líška obyčajná)

Almost everyone knows foxes from fairy tales, but in nature you can't see them often, because they're shy and they avoid people. Colors of foxes depend on the type of fox and the time of the year. Some foxes change colors multiple times in the year.



Wild boar (Diviak lesný)

They live on 87.5% of Slovak area. The colour varies from black, through reddish brown to light brown, occasionally white and white spotty coloring is also possible. They prefer deciduous and mixed forests.



Red deer (Jeleň lesný)

Is one of the largest species of deer, as it can reach a shoulder height of 130 cm and weigh up to 300 kg. Males are separated from females by a massive horn. The red deer is the largest Slovak deer. Deer are especially active at dusk and at night. During the day it rests in the shelter of trees. It can live for 15 to 20 years, on average 5 to 6 years. It lives in the woods.



Tatra highland chamois (Kamzík vrchovský tatranský)

This is an endemic subspecies of the Highland chamois, which lives only in the Tatras (Slovakia, Poland) and the Low Tatras.

It is part of the logo of both national parks in the High Tatras.



TYPICALS PLANTS OF THE LIPTOV REGION SLOVAKIA

OAK (DUB)

It is a typical tree in Slovakia. It's a genus of deciduous and evergreen trees of the beech family. The whole genus includes 300 to 600 species. Oaks are long-lived, slow-growing trees, and exceptionally hardwood shrubs. The leaves are usually simple lobed, in the temperate zone they mostly fall in the winter, in the subtropical zones the evergreen species also grow. The flowers are unisexual. The fruits of oak are called acorns. The black base is a medicinal, ornamental and useful plant in every way. It is widely used in the kitchen and in herbal medicine. Bark, flowers, stones and marrow are used.



LINDEN (LIPA)

It is a typical tree in Slovakia. It is a genus of deciduous trees. Lindens grow mainly in the northern hemisphere and grow to a height of 20 to 40 meters. The leaves are heart-shaped and the flowers have healing effects. Trees are considered a symbol of Slavism. There are many types.



ELDERBERRY (BAZA ČIERNÁ)

It is a bush of the muskrat family. The black base is two to eight meters tall, shrub with strong branching, the leaves grow on long stalks, they are about 30 cm large, opposite, oddly feathered. The leaves (approx. 12 cm) are usually in 2-3 yokes, elliptical or ovoid, clean, sharply serrate along the edge, sparse on the upper side, densely covered with stellar hairs on the lower side, the older ones are almost completely glabrous. The extracts are small, dashed. The leaves develop in March or April. The black base is a medicinal, ornamental and useful plant in every way. It is widely used in the kitchen and in herbal medicine. Bark, flowers, stones and marrow are used.





SPRING SNOWDROP (SNEŽIENKA JARNA)

It is a plant of the amaryllis family. It is a perennial plant of the amaryllis family, which reaches a height of about 8 to 20 cm. It has a simple ovate onion and two to three narrow and inlaid leaves. Among them is a stalk, at the end of which in the period from February to March (sometimes April) appears one white flower. The flower has three petals 12 - 30 mm long. The fruit is a three-capsule capsule. Snowdrop contains many types of alkaloids.

GOLDEN-HEADED LILY (ĽALIA ZLATOHLAVA)

It is a tall and perennial herb. It grows to a height of 30 to 100 cm, exceptionally also 150 cm. It has strong red to pink spotted flowers. In Slovakia, it occurs in middle and higher positions. It can regulate the depth of onions in the soil using pulling roots.



SLOVAK PONIKLEC (PONIKLEC SLOVENSKY)

It is a legally protected plant. It is a perennial, whole hairy to bushy herb of the family Ranunculaceae. It is located mainly in central and eastern Slovakia, especially in higher altitudes. It is a legally protected plant that is considered a symbol and messenger of spring.

This inconspicuous, blue-violet flower grows on warm shrubby and grassy rocky slopes.

The Slovak poniklec is a West Carpathian endemic the largest occurrence of the herb is in central and eastern Slovakia at an altitude of 350 to 1,000 m above sea level. m., from the hills to the subalpine areas.

The Slovak poniklec is a poisonous plant, especially its aboveground part contains the poisonous active substance proanemonin. The external effect of this substance is very irritating, it causes inflammation on the skin. Its internal ingestion has a depressant effect on the central nervous system. Causes vomiting and diarrhea. The released toxins slow down the heart rate and lower blood pressure to such an extent that coma can occur.



TRADITIONAL SLOVAK RECIPE

It is Slovak national meal. People in Slovakia started cooking bryndza dumplings quite early, they started eating them in the 17th century or in the 18th century at the latest. It is a very simple meal to prepare.

BRYNDZOVÉ HALUŠKY (BRYNDZA DUMPLINGS)



INGREDIENTS :

- kilo of potatoes
- 250 g flour
- 250 g bryndza
- 500 g bacon
- a pot of sour cream and salt

INSTRUCTIONS :

Clean the potatoes.

Grate the potatoes finely with a grater. Add some flour, a tablespoon of salt and mix well. If the potatoes are dry, add a little water.

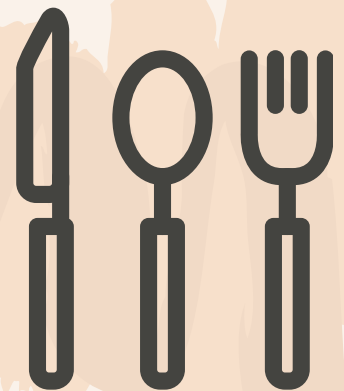
Throw the dumplings through the colander into a pot with boiling salted water.

Cook the dumplings for about 10 min until they come to the surface.

Drain the cooked dumplings, rinse with cold water and let it drip. We set aside the water from the dumplings and use it to dilute the bryndza.

Put the dumplings in a bowl and gently grease them with bacon or a tablespoon of oil so that they do not stick together.

Mix bryndza with cream, add dumplings and mix well. We can also add bacon that you have previously baked. Enjoy our Slovak meal!





Realized activities

In the week between 16th to 20th May 2022 there was an Erasmus+ mobility in Lesično. The Slovenians hosted students and teachers from Slovakia and Spain, two partner schools in the project with the title INcluded in NATure. Five days were spent actively working on the project magazine, posters, learning about the surrounding places with the emphasis on the natural heritage of the Kozjansko region, which is famous for its biotic diversity.

On the first day there was a short cultural programme prepared by the host school when the students from partner schools introduced themselves and their schools with video presentations. After this we had an introductory workshop where students got to know each other through a game. Later everyone was divided into two groups for a tour of the school and its surroundings. The seven graders presented individual classrooms and other parts of the school – the Spanish and Slovakian students could observe lessons that were in progress as well as see the inside of the offices. Then they had a guided tour of the outdoor school premises, where the guests could see the labyrinth, the school pond, the outdoor classroom, the park of rocks, etc. In the afternoon we were invited to the town hall by the mayor of Kozje, who presented the municipality and its projects.

Mobility in Slovenia

16th – 20th May 2022



After a tour of the town square we walked to the ruins of Old Kozje castle and back along the Bister Graben stream.





Realized activities

Tuesday was again a day of socializing with Erasmus project partners, however we also had to be mentally active and creative because we started working on the magazine and the posters — our joint task at this mobility. After lunch, we set out to explore the natural and cultural sights of Podsreda. We took a bus ride to the Podsreda castle, where we had an audio-guided tour of it, visited the still operating mill on the river Bistrica, got acquainted with the beaver habitat and walked through the Podsreda square.





Realized activities

On Wednesday morning we continued our successful cooperation in the creation of posters and the magazine – obligatory project activities and finished early to visit Olimje. There, a knowledgeable priest took us through the history of the castle, today's monastery, explained the religious images and the importance of the third oldest pharmacy in Europe, emphasizing the significance of the herb garden. The Olimje chocolate family production and shop took care of the sweet delights. We certainly didn't forget about the friendly deer, roe deer and mouflon in Jelenov greben, which shows off with its nature in the beautiful environment.





Realized activities

On the fourth day the activity with posters and the design of our joint magazine was getting towards the end. Everyone could test their drawing skills and draw our common project logo on white T-shirts. Of course, we wanted the memory to stay permanent, so we added everyone's signatures and thoughts. Then we set off on the Water Learning Trail Lesično — Pilštanj. The knowledge gained by listening, observing and reading educational information boards was tested with the help of the Actionbound application. Of course, we did not forget to visit the museum classroom and briefly stage how the lessons were conducted more than 60 years ago.





Realized activities

On the fifth day we ended the activities of the joint project. The coordinators from Spain, Slovenia and Slovakia started writing the final report, and students analyzed water taken from different places — the wetland, the school pond and the Bistrice river. This was followed by an interesting lecture on pollinators, conducted by Mrs. Karmen from Kozjansko Park. After the introductory part, the students constructed hotels for bees. We formally said goodbye to our guests at lunchtime. In the afternoon there was an informal sports gathering organized by Kozjanski dvor and the final dinner.





IMPRESSIONS FROM THE SLOVENIAN MOBILITY

The week between 16th to 20th of May we had exchange students from Slovakia and Spain included in Erasmus+ visit our school in Slovenia. We asked them a few questions about their experiences.

What are your first impressions of Slovenia?

Laura (Slovakia): Nature.

Sara (Spain): People are very funny. There's a lot of greenery, nature.

Alexa (Slovakia): Really hot and pretty.

Ziyi (Spain): I was very interested in your school.

Teacher Ana (Spain): It is a very beautiful place surrounded by nature.

How did you feel on your first working day in Slovenia?

Sara (Spain): Happy, but tired.

Dominika (Slovakia): Tired.

Carla (Spain): Happy, I liked it.

Victor (Spain): I felt very good.

Teacher Ana (Spain): It was a fantastic day. I didn't think it was a working day.

What difference between your school and our school surprised you the most?

Laura (Slovakia): Outside. It's bigger at your school.

Carla (Spain): You have a lot of rooms, like the gym. And it's very clean and not noisy.

Irene (Spain): The classes. We don't have a kitchen and a library.

Xiaoting (Spain): Your new playground.

Teacher Ana (Spain): It is very quiet and it has different classes for subjects and students move from one to another.

What did you think of the activities and which one was your favourite?

Sara (Spain): Making posters.

Teacher Maria, Victor (Spain): Tourism in Olimje.

Paulina (Slovakia): Chocolate factory in Olimje.

Teacher Zuzana (Slovakia): Jelenov greben and feeding deer.

Teacher Ana (Spain): Sightseeing in Olimje has been a wonderful experience.

What about the local food, did you like it?

Teacher Maria, teacher Rosa, Victor (Spain): Food is so good, we have never eaten so much. Everything is so good.

Teacher Maria (Slovakia): Delicious, tasty and salads are very good.

Teacher Ana (Spain): There are many things to choose and they are all good. Fantastic salads, chips, no words to express.

Xiaoting (Spain): Very good and very different.

Laura (Slovakia): Yes, I love it, everything.

Do you think we are included in nature enough?

Teacher Maria, teacher Rosa, Teacher Ana, Victor, Carla (Spain): Yes, absolutely. You have an environment that invites you to do things in nature.

Teacher Maria (Slovakia): Yes, everything is so nicely planned. Compliments to you, you organized everything so well.

Alexa and Lia (Slovakia): Yes, sure. It was great! Especially when we went to the castle and when we fed the deer.

Irene (Spain): Yes, of course! Environment is so clean.

What do you think of the Slovenian language?

Sara (Spain): I think that it is different from the Spanish language.

Carla (Spain): I think that Slovene language is so difficult and I don't understand anything you say and it's so different.

Alexa (Slovakia): Slovenian language is similar to Slovak language, I can understand most of it. But there are still a lot of shocks like maybe Slovenian word for child means slave in Slovak.

Would you like to visit Slovenia again?

Carlos (Spain): Yes, I would like to return to Slovenia, it was very fun.

Carla (Spain): I would visit Slovenia again, I like the nature and the animals here. And I would like my family to enjoy this.

Alexa (Slovakia): I'd like to visit again, but maybe in the winter because it's so hot here because I feel like I'm swimming in my own sweat.



TYPICAL ANIMALS OF THE KOZJANSKO REGION

The roe deer — srna (*Capreolus capreolus*)

The roe deer is a relatively small deer, with a body length of 95–135 cm, throughout its range, and a shoulder height of 63–67 cm, and a weight of 15–35 kg. The hair on the body is reddish and on the head gray.

The coat becomes darker in winter, lighter on the underside and white on the dorsal area. Older roe deer have antlers, up to 25 cm in size, and have two, three, four or rarely five antlers.



The red fox — rdeča lisica (*Vulpes vulpes*)

It has an elongated slender body and very flexible pointed ears on his head and a narrow pointed nose with sparse long hair. The tail is long and bushy, white at the end. The coat is reddish-brown. The body is 60 to 90 cm long, the tail 35 to 50 cm; adult males weigh up to 10 kg. It lives in forested areas, rarely in the mountains. It very often stays near human settlements, even near large cities. It is very skillful and fast. It walks around mainly at night and hunts for prey, looking for food.

It feeds on everything it can catch, from small mammals, insects, reptiles, birds, strawberries, etc. It lives individually, rarely in small groups, in the ground, in a den, to which it digs several exits. It mates once or twice a year, usually in winter. Pregnancy lasts 52 days, in the spring it gives birth to 4 to 8 pups (maximum 12), which become independent after about four months. The male fox helps with breeding. The fox is the main carrier of sylvatic rabies, but it is very useful in the forest, as it removes sick and dead animals.

Alpine newt — planinski pupek (*Ichthyosaura alpestris*)

It is adapted to life in colder places. It is found up to about 2000 m above sea level. It uses small water basins and watering places for livestock to breed there.

It is widespread in Central and Southern Europe. They live mainly in the Alpine and hilly part of Slovenia. They are most often found in alpine lakes or puddles located in the Alps. It is also present in the highlands of Slovenia. It is not present only in Prekmurje and Primorska.



Females grow up to 12 cm, while males are slightly smaller. The collar (around the throat) and abdomen has a solid colour (orange-red), which separates it from other newts. A grey to blue coloured band with black dots runs along the hips. The spots are also nicely visible on all legs. The dorsal crest of males is low and inconspicuous. In Slovenia, the species is protected and listed as a vulnerable species on the Red List.



TYPICAL ANIMALS OF THE KOZJANSKO REGION

Whirligig — vijeglavka (*Jynx torquilla*)

Whirligig is our smallest species of woodpecker. At the same time, it is the only one that can move its head to 180 degrees. For successful nesting, it needs suitable trees with hollows and anthills. In the existing hollows (it also uses nesting boxes), which are only on older and thicker fruit trees, it breeds an offspring that feeds mainly on ants. It is one of the few bird species where both males and females sing.





TYPICAL PLANTS OF THE KOZJANSKO REGION

Orchid (kukavičevke)

Orchids are the most extensive plant family. In Slovenia, over 80 species of orchids that grow in meadows or forests are known from the Kozjansko Park. Wild-growing orchids can only be admired in nature, as they are pruned and protected in our country.

One of the largest orchid habitats in the Kozjansko park is located below the top of Veternik, where we can admire these flowering beauties on a walk along the well-kept educational botanical trail. The first orchids will bloom in April and will bloom until the end of June.

The common cuckoo — navadni kukovičnik (*Gymnadenia conopsea*)

It is a tall and slender cuckoo with a leafy stem. Striped stem leaves are getting shorter towards the top of the stem, and a long, cylindrical light inflorescence has developed at the top of the stem. It consists of small monochromatic and delicately scented flowers. The pink flowers have a thin spike, which is curved downwards and is clearly longer than the pistil. The common cuckoo is relatively common on barren basic soils in light locations throughout Slovenia.



Beech — bukev (*Fagus sylvatica*)

It is one of the most widespread trees in our forests. If forests were left entirely to natural development, beech would account for 58% of the total wood stock. Today, its share is around 29%. Beech grows up to 40 m high and has a trunk diameter of up to one meter. Individual trees can reach larger dimensions. The trunk has a grey and smooth bark, on which the remains of fallen branches are clearly visible. The buds are oblong, 2 cm long and brown. The leaves are oval, 4 to 10 cm long. In spring they are light green and in summer they darken and become dark green. Beech blooms in May, and the fruits - acorns - ripen in early autumn. It grows well on fresh and deep calcium-rich soils. It also grows well in the shade, especially young beeches can grow for decades in the shade of other trees. It is sensitive to sunburn, which occurs if we completely remove the surrounding trees and the trunks are exposed to strong sunlight.



TRADITIONAL SLOVENIAN RECIPE

This special culinary specialty comes from Prekmurje - the area in the Northeast of Slovenia.

PREKMURSKA GIBANICA

INGREDIENTS (FOR 12 PEOPLE) :

- 10 spoons oil
- 1 dl sour cream

Apple filling

- 700 g sour apples
- 3 spoons sugar
- 1 spoon ground cinnamon
- 1 spoon grated lemon peel

Poppy seed filling

- 200 g ground poppy
- 5 spoon sugar
- 1 packet of vanilla sugar
- 2 dl milk

Walnut filling

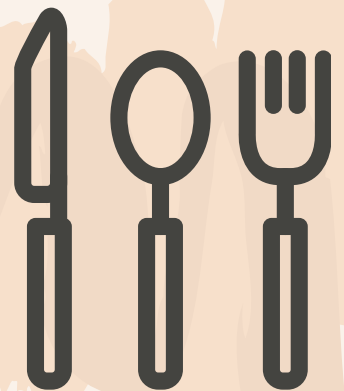
- 200 g ground walnuts
- 5 spoon sugar
- 1 bag vanilla
- 2 dl milk
- 1 spoon ground cinnamon

Cottage cheese filling

- 300 g cottage cheese
- 5 spoons raisins
- 1 egg
- 1 dl sour cream
- 2 spoons sugar
- 2 spoons rum

Dough

- 500 g flour
- 1 egg
- 1 spoon lemon juice
- 3 dl lukewarm water
- 1 pinch salt
- 3 spoons oil



INSTRUCTIONS :

Sift the flour into a bowl and make a hole in the middle to which you add the remaining dough ingredients. Knead the dough. Soak raisins in rum.

Bring a bowl with 3 dl of milk to a boil. Put poppy into a bowl and pour it with a deciliter of boiling milk, then sweeten it with plain and vanilla sugar.

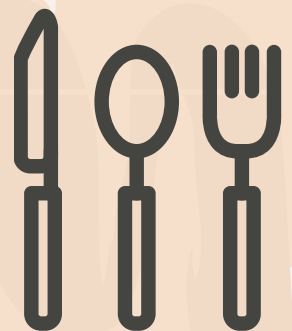
Put the cottage cheese into a bowl and crush it with a fork. Beat the egg, pour the cream, sugar and raisins soaked in rum. Mix everything well with a fork.

Put the walnuts in a bowl, pour 2 dl of boiling milk over them and sprinkle with plain and vanilla sugar, add cinnamon. Stir with a fork until a creamy mixture is obtained.

Wash the apples, dry them with a kitchen towel, then peel them, grate them and put them in a bowl. Sprinkle them with sugar and grease the pan with a tablespoon of butter. Shake the apples into the pan, stir and cover with a lid. Simmer for 5 minutes, then add the cinnamon and lemon zest then mix everything together again. Melt 5 tablespoons of butter in a small pan and preheat the oven to 180 degrees.

Roll out the dough on a floured working surface very thinly. Cut off the thicker ends and cut the dough into 6 equally large surfaces so that they will fit the size of the baking pan you intend to use for baking. Grease the baking pan with butter and place the first layer of rolled out dough on it - it should be sprinkled with melted butter. Place another layer of dough on it, and sprinkle it with butter. Spread the poppy seed filling evenly on this layer and cover it with the rolled dough. Then sprinkle the dough with melted butter, spread the cottage cheese filling and cover with dough. Sprinkle the dough again with butter, then spread the walnut filling and cover with dough. Sprinkle the dough again and spread with the apple filling. Coat with the last layer of dough, drizzle with butter and pour over sour cream. Push the pan into the oven and bake the gibanica for one hour.

Take the baked gibanica out of the oven and cool well. When it's chilled, cut into pieces of any size and serve on plates.

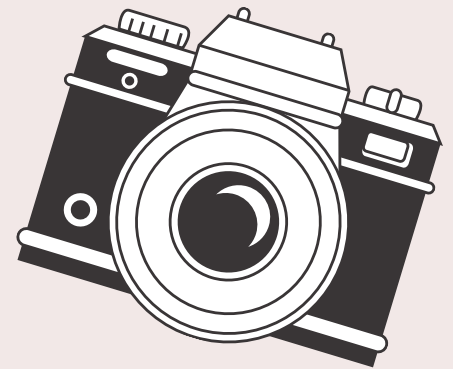




A poem

*Looking for English,
looking for friends,
looking for something new.
Want something spontaneous?
That's Erasmus!*

Dominika Sekanová





Dictionary



ENGLISH	SPANISH	SLOVENE	SLOVAK
beech (<i>Fagus sylvatica</i>)	haya	bukev	buk
roe deer (<i>Capreolus capreolus</i>)	corzo	srna	srnčia zver
common fox (<i>Vulpes vulpes</i>)	zorro común	navadna lisica	líška obyčajná
Alpine newt (<i>Ichthyosaura alpestris</i>)	ombligo de montaña	planinski pupek	horský pupok
brown bear (<i>Ursus arctos</i>)	oso café	rjavi medved	medveď hnedý
wolf (<i>Canis lupus</i>)	lobo	volk	vlk dravý
oak (<i>Quercus robur</i>)	roble	hrast dob	dub
linden (<i>Tilia</i>)	tilo	lipa	lipa
elderberry (<i>Sambucus</i>)	saúco	bezeg	baza čierna
spring snowdrop (<i>Galanthus nivalis</i>)	campanilla de primavera	navadni zvonček	snežienka jarna
golden-headed lily (<i>L. martagon</i>)	lirio de cabeza dorada	turška lilija	l'alia zlatohlava
Slovak pasque flower (<i>Pulsatilla slavnica</i>)	poniklec eslovaco	slovaški poniklec	poniklec slovenský
Eleonora's falcon (<i>Falco eleonorae</i>)	el halcon de Eleonora	Eleonorin sokol	Eleonórin sokol
black vulture (<i>Aegypius monachus</i>)	buitre negro	vranji jastreb	čierny sup
Balearic Donkey	Burro balear	Balearski osel	Baleársky somár
seagull (<i>Laridae</i>)	gaviota	galeb	čajka



Dictionary

ENGLISH	SPANISH	SLOVENE	SLOVAK
red deer (Cervus elaphus)	ciervo rojo	navadni jelen	jeleň lesný
carob tree (Ceratonia siliqua L.)	algarrobo	rožičevce	Karobovník
laurel (Prunus laurocerasus)	laurel	lovorikovec	vavrín
olive (Olea europaea)	aceituna	oljka	olivový
purple sea fennel (Crithmum maritimum)	hinojo de mar morado	morski koprc	Fialový morský fenikel
rosemary (Salvia rosmarinus)	romero	rožmarín	rozmarín





Facts and differences

THE DIFFERENCES BETWEEN SLOVENIA AND SPAIN

The differences between Slovenia and Spain are that this village is very green and they have a lot of animals, forests, plants, etc. They also have lots of different kind of food and they take care about their things, and to finish it, the differences in the schools are that they have a subject that is cooking, they have two kitchens and the most important difference is when they do the change of subject, students move to the other class but in Spain it is the teacher who moves and the students stay at their classes.

(Spanish students)

FACTS ABOUT SLOVENIA

Slovenia has more than 2.000.000 habitants.

It is one of the countries with an exceptional number of top athletes and rich natural creation.

Apart from speaking Slovenian, they also speak Hungarian and Italian in some mixed areas.

Slovenia is one of the members of the European Union and a member of NATO. The majority of the population is Roman Catholic, and this country also has 40 other officially registered religious communities.

(Spanish students)



Facts and differences

Interesting facts about Spain

1. In 2006 Spain hosted one half of the World's first Earth sandwich. Few people in Spain and few people in New Zealand placed baguettes on the ground and the result was an Earth sandwich.
2. Spanish is the world's second most spoken language. Spanish is native language for almost 500 million people.
3. There is no tooth fairy in Spain. When a small kid loses its tooth, tooth fairy won't come, but someone else will - tooth mouse called Ratoncito Perez.
4. There is a Spanish royal family. The Spanish royal family consists of King Felipe VI., Queen Letizia, their two children and Felipe's parents.
5. A child traditionally receives two surnames. Traditionally a person receives two surnames. One from their mother and one from their father.

(Slovak students)

Interesting facts about Slovakia

1. They have a lot of high mountains and ski resorts.
2. They have over 6000 caves and more than 1300 mineral springs.
3. Every meal starts with soup.
4. The Slovak capital city Bratislava is the only capital in the world bordering two countries.
5. The difference between Ružomberok and Lesično is that Ružomberok is a city with factories and Lesično is a village in a very calm environment. Slovak students spend their time between classes playing table tennis and table football.

(Slovenian students)



Jokes

Why don't dogs make good dancers?

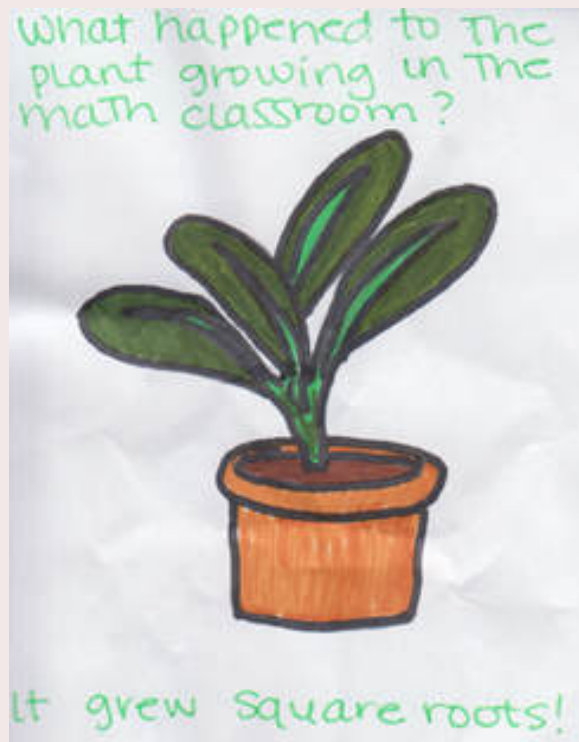
Because they have two left feet.

Why do pandas like old movies?

Because they are black-and-white.

Can a kangaroo jump higher than the Empire State Building?

Of course. Buildings can't jump.





ABOUT ERASMUS+

The things you might not have known

MORE THAN 9
MILLION
PEOPLE HAVE
BENEFITED
FROM ERASMUS+
IN 30 YEARS.

The first exchanges
started to take
place
as early as
in 1987.

Now, the programme
includes 32 countries -
in addition to all 27 EU
countries,
it also includes Turkey,
North Macedonia,
Norway,
Iceland and Liechtenstein.

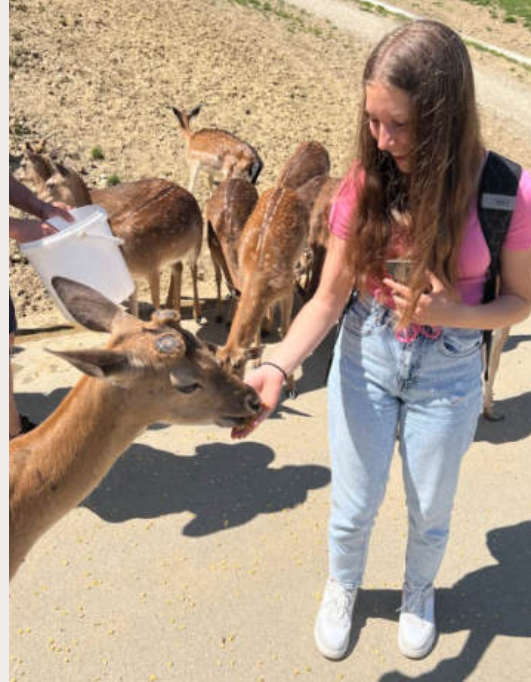
Erasmus+
budget
for 2021 to 2027
is 28 billion
euros.



SOURCES:

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