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# "HELP ME!"

ERASMUS+ KA229  
SCHOOL EXCHANGE PARTNERSHIPS  
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## THE BOOK

*A JOURNEY THROUGH THE PROJECT.  
IT CONTAINS DOCUMENTS, ANALYSIS, OFFICIAL REPORTS,  
EXAMPLES OF BEST PRACTICES PRODUCED DURING THE  
IMPLEMENTATION OF THE PROJECT.*





# Help me!



"Priroda je velika, a čovjek je malen."  
(Matko Peić)

"Człowiek to robot jeśli nie używa serca"  
(Reto)

## Fires

"The fire you kindle for your enemy often burns yourself more than them"



## Floods

"The single raindrop never feels responsible for the flood."

## Earthquakes

"Once you have been in an earthquake you know, even if you survive without a scratch, that like a stroke in the heart, it remains in the earth's breast, horribly potential, always promising to return, to hit you again, with an even more devastating force."



## Droughts

"God has cared for these trees, saved them from drought. But he cannot save them from fools."

## Volcanic eruptions

Remind me that the most fertile lands were built by the fires of volcanoes."



"Ulciorul nu se duce multe ori la apa"  
(Famous proverb)

"Bulutlar ağlamazsa yeşillikler nasıl güle  
(Mevlana)

"La natura ci ha donato, e ci sta donando. Adesso tocca  
noi salvarla dal disastro imminente."  
(Aran Cosentino)



**These posters were created by the techno team during the LTTA in Cefalù (23-27 May 2022).**



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# Message from Italian Headmaster



Mr. Vincenzo Guarneri  
Headmaster of the Istituto  
di Istruzione Superiore  
Mandralisca  
Cefalù, Italy

Quando ho assunto il mio ruolo di Dirigente Scolastico all'IIS Mandralisca l'implementazione del progetto Erasmus "Help me!" era già iniziata da circa 2 anni ma era nella sua fase cruciale, quella delle mobilità fisiche, che erano state impedita dalla pandemia di Covid-19. Non ho quindi incontrato personalmente i Dirigenti Scolastici, i docenti o gli studenti che nel maggio 2022 erano stati ospiti del nostro Liceo Classico per la prima mobilità, né ho poi potuto partecipare io stesso alle mobilità successive a causa dei tanti impegni del mio nuovo incarico. Ho seguito però attentamente questa fase cruciale del progetto e so per certo che tutti i partner hanno lavorato alacremente sia online che in presenza ed ottenuto eccellenti risultati. Non posso che esprimere dunque la mia piena soddisfazione per il lavoro svolto da tutti i partner, docenti e studenti, per gli obiettivi raggiunti e per i lavori prodotti; tra questi la serie di attività didattiche e i relativi giochi digitali nonché la guida pratica per affrontare in modo adeguato le calamità naturali intitolata "Survival Guide". Questi saranno inseriti nel curriculum scolastico del nostro istituto e proposti ad altre scuole affinché vengano adottati e proposti agli studenti. Da loro, infatti, emerge la richiesta di affrontare l'argomento sul cambiamento climatico e sui disastri naturali nelle aule scolastiche.

Il mio ringraziamento va ai colleghi, dirigenti scolastici e docenti, agli studenti tutti, per aver saputo trarre il meglio da questo progetto fornendo un ottimo esempio di lavoro di squadra e aggiungendo un piccolo ma prezioso contributo al nostro bagaglio culturale e alla nostra resilienza.

Vincenzo Guarneri

When I assumed my role as Headmaster at IIS Mandralisca the implementation of the Erasmus project "Help me!" had already started about 2 years ago but it was in its crucial phase, that of physical mobility, which had been prevented by the Covid-19 pandemic. I therefore did not personally meet the headteachers, teachers or students who in May 2022 had been guests of our Liceo Classico for the first mobility, nor was I then able to participate in the subsequent mobilities myself due to the many commitments of my new position.

However, I have followed this crucial phase of the project carefully and I know for sure that all the partners have worked hard both online and in person and achieved excellent results. I can therefore only express my full satisfaction with the work done by all the partners, teachers and students, with the objectives achieved and with the work produced; these include the series of lesson plans and the related digital games as well as the practical guide for dealing adequately with natural disasters entitled "Survival Guide". These will be included in the school curriculum of our institution and proposed to other schools to be adopted and proposed to students. In fact, the request to address the topic of climate change and natural disasters in school classrooms emerges from them.

My thanks go to my colleagues, school headteachers and teachers, to all the students, for being able to make the most of this project by providing an excellent example of teamwork and adding a small but precious contribution to our cultural background and our resilience.

Vincenzo Guarneri



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# Message from Croatian Headmaster



Đani Žufić, prof.,  
Director of the Mate Blažina Grammar  
School Labin  
Labin, Croatia

Najprije bih htio čestitati i zahvaliti svim učenicima i njihovim profesorima (mentorima) na uspješno provedenom projektu „Help me“.

Kroz ove tri turbulentne godine svi su oni uložili puno truda, energije i entuzijazma kako bi projekt uspješno priveli kraju. Učenicima su od velike pomoći bili njihovi profesori koji su ih uspješno vodili, bili im pri ruci kada god je to trebalo.

Kroz projekt je svatko stekao nova prijateljstva, upoznao nove sredine i običaje. Smatram da uz finalni završetak projekta „The Book“ veliku korist imaju i poznanstva koja se steknuta na svim mobilnostima.

Vjerujem da će tako stečena iskustva svima njima pridonijeti u daljnjem životu.

Posebno treba naglasiti način sporazumijevanja, jer su svi sudionici usavršili svoje znanje engleskog, oslobodili su se u međusobnom komuniciranju te prezentiranju svojih radova.

U nadi da će imati još prilika sudjelovati u sličnim projektima svima skupa još jednom čestitam i želim puno uspjeha u daljnjem radu.

Srdačan pozdrav iz Hrvatske svima.

Đani Žufić, prof.,

First of all, I would like to congratulate and thank all the students and their teachers (mentors) for the successful completion of the "Help me" project. During these three turbulent years, they all invested a lot of effort, energy and enthusiasm to bring the project to a successful conclusion. The students were greatly supported by their teachers who successfully guided them and were there for them whenever they were needed.

During the project, everyone made new friends and learned about new environments and customs. I believe that besides the final completion of the project "The Book", the friendships formed during all the mobility activities are also of great benefit. I am confident that the experiences gained will benefit them all in their future lives.

It is important to highlight the way of communication as all participants have improved their English skills and have become more confident in communicating with each other and presenting their work.

In the hope that they will have more opportunities to participate in similar projects, I congratulate everyone once again and wish them every success in their future endeavours.

Warm greetings from Croatia to all.

Đani Žufić, Prof.,



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# Message from Romanian Headmistress



Prof. Olguța Bîlea  
Headmistress of Gheorghe  
Munteanu Murgoci Highschool  
Macin, Romania

În prima parte a mesajului meu, vreau să mă adresez elevilor, doamnelor și domnilor profesori care au fost activ implicați în proiectul Erasmus+ Help Me! Doresc să vă felicit și să vă mulțumesc pentru intensă activitate depusă în acest proiect. Tematica lui, dezastre și măsuri de urgență, este una care ne preocupă pe toți și nu este ușor de abordat. De-a lungul celor trei ani de implementarea proiectului, toți elevii, coordonați de minunați profesori, au participat la activitățile de proiect fie în școală, fie în mobilități. Acestea au condus la crearea unui produs final foarte bun, denumit de echipă, The Book. Acesta nu numai că va ajuta elevii noștri actuali sau viitori, dar va ajuta pe toți cei au nevoie de un instrument de învățare extrem de util. The Book, combină cunoștințele din domeniul științelor, geografiei, limbii engleze, toate create într-o manieră distractivă și interactivă. În final, atunci când veți răsfoi această carte, nu uitați, că este rodul muncii elevilor din cinci instituții școlare europene din Italia, România, Polonia, Turcia și Croația, elevi de care suntem mândri cu toții!

Prof. Olguța Bîlea

I first will address my message to the students and teachers that have actively been involved in the Erasmus+ project Help Me!. I want to thank and congratulate you on the great work and commitment in this project. The topic of disasters and emergency situations is something that concerns us all and it is not a very easy subject to handle. Throughout the three years of project implementation, all the students, guided by dedicated teachers, have participated in lots of activities, in their schools or in mobilities, all leading towards a wonderful outcome called, The Book. This product will not only help our students, current or future, it will help students from our towns, regions, countries, being a very useful learning tool. It blends science with English, all created in a fun and interactive manner. When you skim and read The Book, don't forget, that it is the work of Italian, Romanian, Turkish, Croatian and Polish teenage students we are all proud of!

Olguța Bîlea



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# Message from Polish Headmistress



Mrs. Aldona Dołubizno,  
The Headmistress of Zespół  
Szkół Ogólnokształcących  
I Policealnych w Wysokiem  
Mazowieckiem  
Wysokie Mazowieckie, Poland

Dzień dobry

Program Erasmus + jest dla naszej szkoły oknem na świat. Mobilności w ramach projektu „Help Me” umożliwiły młodzieży zapoznanie się z wieloaspektowym spojrzeniem na problemy związane z sytuacjami kryzysowymi w poszczególnych krajach. Ogromnym atutem programu jest rozwijanie kompetencji językowych, społecznych, osobistych i kulturowych, co wpływa na podniesienie samooceny uczniów. Kontakt z poszczególnymi szkołami, wspaniałymi ludźmi, tradycjami i obyczajami to bogactwo, którego nie da się wycenić. Dziękujemy raz jeszcze za wszystko. Pozdrawiam.

Aldona Dołubizno

Good day,

The Erasmus+ program is a window to the world for our school. The mobilities within the “Help Me!” project has allowed our young learners to gain a multifaced perspective on the problems associated with some crisis situations in various countries. A significant benefit of the program is the development of language, social, personal and cultural competencies, which enhances the self-esteem of our students. The interaction with different schools, wonderful people, traditions and customs is a richness that cannot be measured. We thank you once more for everything.

Best regards,

Aldona Dołubizno



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# Message from Turkish Headmaster



Mr Cüneyt Şenay  
Headmaster of the Pakmaya  
Ülkü Hızal Anatolian High school  
Kemalpaşa,Türkiye

Erasmus+ Help Me Project; Much more than a project...

It is a wonderful process in terms of European youth getting to know new cultures and touching different hearts. A cultural richness stretching from the history of Italy to the Carpathians of Romania, from the Croatian coast to Poland and Anatolia. I hope to see you in many different projects by developing and growing...

Mr Cüneyt Şenay

Erasmus+ Help Me projesi. Bir projeden çok daha ötesi...Avrupa gençliğinin yeni kültürleri tanınması, farklı farklı yüreklere dokunması açısından çok muhteşem bir süreç. İtalya'nın tarihinden Romanya'nın Karpatlarına, Hırvatistan sahillerinden Polonya ve Anadolu'ya uzanan kültürel bir zenginlik. Gelişerek ve büyüyerek çok daha farklı projelerde görüşmek dileklerimle...

Cüneyt Şenay



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# Message from Italian Coordinator



Emanuela Adesini  
Istituto di Istruzione  
Superiore Mandralisca  
Erasmus+ Project  
Coordinator

Vorrei iniziare accogliendo in un grande abbraccio tutta la famiglia Erasmus di questo progetto: Olguta, Ionela, Florina, Duygu, Zuleyha, Karla, Nedeljko, Daniel, Magda, Monika, Alina, Enza, Paola, Ninì e tutti gli altri che non cito per ragioni di spazio; tutti gli studenti, circa 200, che hanno da subito mostrato grande interesse per il progetto, vi hanno lavorato con tenacia e competenza e hanno fornito nuove, fresche idee a noi adulti. E in questo abbraccio voglio includere i dirigenti scolastici, che si sono adoperati per rendere possibile questa esperienza, i sindaci delle nostre città, che ci hanno accolti ed aiutati nel lavoro di ricerca, gli operatori della Protezione Civile, della Croce Rossa, dei Vigili del Fuoco, che ci hanno mostrato il loro duro lavoro e insegnato cosa sia possibile fare nei casi di emergenza e di primo soccorso.

Credo di non sbagliarmi quando dico famiglia perché questo è ciò che ho trovato in tutti quelli che ho incontrato durante questo viaggio di tre anni: disponibilità, apertura, calore, rispetto, amicizia, curiosità, voglia di conoscere tutto di te e di

far conoscere se stessi, la propria cultura, la lingua, il cibo e le tradizioni, tutto quanto di bello e positivo può trovarsi in un paese. Quante belle storie, quanta amicizia, quanti amori sono nati in questi tre anni, che forse non dureranno per tutta la vita ma che lasceranno un segno indelebile nella nostra memoria.

Uniti nella diversità: questo è il motto che ci appartiene perché questo progetto è, a mio parere, la dimostrazione di quanto l'unione di intenti e la collaborazione tra i popoli siano importanti per risolvere piccoli e grandi problemi e raggiungere obiettivi comuni, e il nostro pianeta ne ha veramente bisogno!

Emanuela Adesini

I would like to start by welcoming the whole Erasmus Family of this project in a big hug: Olguta, Ionela, Florina, Duygu, Zuleyha, Karla, Nedeljko, Daniel, Magda, Monika, Alina, Enza, Paola, Ninì and all the others that I can not mention for space reasons; all the students, around 200, who immediately showed great interest in the project, worked on it with tenacity and competence and provided us adults with new, fresh ideas. And in this embrace I would like to include the school principals, who worked to make this experience possible, the mayors of our cities, who welcomed us and helped us in our research work, the operators of the Civil Protection, the Red Cross, the Fire Brigade, who showed us their hard work and taught us what can be done in cases of emergency and first aid.

I think I'm not wrong when I say Family because this is what I've found in everyone I've met during this three-year journey: availability, openness, warmth, respect, friendship, curiosity, the desire to know everything about you and to let others know about them, their culture, language, religion, food and traditions, all the beautiful and positive that can be found in a country. How many beautiful stories, how many friendships, how many loves have been born in these three years, which perhaps will not last for a lifetime but which will leave an indelible mark in our memory.

United in diversity: this is the motto that belongs to us because this project is, in my opinion, the demonstration of how much the union of purpose and collaboration between peoples are important to solve small and big problems and achieve common goals, and our planet really needs it!

Emanuela Adesini



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# Message from Croatian Coordinator



Karla Golja Milevoj  
Srednja škola Mate Blažine  
Labin (Croatia)  
Erasmus+ Project  
Coordinator

Izrazito sam zahvalna na ovom nevjerojatnom iskustvu učenja, suradnje i međukulturne razmjene kroz Erasmus+ projekt Help me! koji je okupio učenike i nastavnike iz srednjih škola iz Italije, Turske, Rumunjske, Poljske i Hrvatske, a koji se bavio temom prirodnih katastrofa. Unatoč izazovima s Covidom, iz ovog smo iskustva izašli bogatiji.

Učenici su stekli temeljna znanja o raznim prirodnim katastrofama, uzrocima, utjecajima i mjerama sprječavanja istih. Suradnja s vršnjacima iz različitih okruženja proširila im je vidike te potaknula empatiju i poštovanje. Učenici su također napredovali u jezičnim vještinama, što je ojačalo njihovo samopouzdanje i sposobnost rješavanja problema. Mnogi su pokazali iznimnu zrelost, sposobnost za vođenje i društvenu odgovornost.

Nastavnicima je projekt omogućio primjenu inovativnih metoda poučavanja, što je rezultiralo zanimljivim predavanjima. Razmjena iskustava s kolegama iz navedenih zemalja obogatila je njihovo razumijevanje i poboljšala metode poučavanja. Projekt je potaknuo želju za kontinuiranim profesionalnim razvojem, dok su provedene aktivnosti unaprijedile kompetencije u vođenju učenika kroz teme vezane uz prirodne katastrofe.

Projekt je također uključio lokalne zajednice za bolju pripremu u slučaju prirodnih katastrofa. Na kraju, a ne manje važno, postavljeni su temelji za uvođenje navedene teme u nastavni plan i program, što će koristiti budućim učenicima na temelju ovog vrijednog iskustva.

Željela bih se zahvaliti svim koordinatorima i sudionicima, učenicima i nastavnicima na njihovim vrijednim doprinosima koji su bili ključni za uspjeh ovog projekta. Također sam zahvalna za nova prijateljstva i veze s kolegama koje su nas svih obogatili.

Karla Golja Milevoj

I am sincerely grateful for the incredible Erasmus+ journey of learning, collaboration and intercultural exchange in "Help me!" It brought together secondary schools from Italy, Turkey, Romania, Poland and Croatia dealing with natural disasters. Despite the challenges in Covid, we came out of it enriched.

The students gained extensive knowledge about different natural disasters, their causes, impacts and prevention. Interaction with peers from different backgrounds broadened their global perspective and fostered empathy and respect. Improved language skills strengthened their self-confidence and problem-solving abilities. Many students showed remarkable personal development and demonstrated self-confidence, leadership and social responsibility.

For teachers, "Help me!" provided innovative teaching opportunities that enabled engaging lessons. Exchanges with educators enriched understanding and improved teaching methods. The project fostered a strong network of educators for continuous professional development. Workshops improved competence in guiding students on disaster-related topics.

Beyond the school walls, "Help me!" engaged local communities in disaster preparedness. It laid the foundation for integrating disaster topics into the curriculum, benefiting future students.

We have emerged stronger from the challenges. Thank you to all coordinators and participants, students and teachers.

Karla Golja Milevoj



Erasmus+



# Message from Romanian Coordinator



Ionela Albu  
Gheorghe Munteanu  
Murgoci Highschool  
Macin, Romania  
Erasmus+ Project  
Coordinator

Proiectul Erasmus+ Help Me!, a debutat în anul 2020 când omenirea se confrunta cu o situație de urgență fără precedent, epidemia de Covid 19, dar cu toate acestea am reușit să depășim acest obstacol și să realizăm toate activitățile, mobilitățile, pe care initial ni le-am propus. A fost o călătorie ceva mai lungă, trei ani, dar am ajuns în momentul în care putem privi retrospectiv și să spunem că am reușit, că ne-am atins toate obiectivele asumate initial. Elevii din România, Italia, Turcia, Croația și Polonia au fost serioși și au creat produse finale de dimensiuni mai mici, care sunt părți integrante ale celui mai complex produs final, și anume The Book. Acesta este o colecție de articole, lecții, un dicționar, jocuri despre dezastre și situații de urgență, care pot fi folosite de orice elev sau profesor din Europa pentru a învăța sau predă aceste conținuturi.

În final, doresc să aduc mulțumiri pentru întreaga implementare a acestui proiect, în primul rând doamnei profesor coordinator Emanuela Adesini, tuturor profesorilor din instituțiile partenere din Polonia, Croația și Turcia, colegelor mele de Liceul Teoretic Gheorghe Munteanu Murgoci, dar mai presus de toți, le mulțumesc tuturor elevilor care s-au implicat și au lucrat în cadrul acestui minunat proiect. Acești adolescenți ne-au dovedit că Erasmus+ este o mare familie europeană, indiferent de limba, cultura țării din care provenim.

Ionela Albu

We first started the Erasmus+ project Help Me! In 2020 when the whole world was facing an unseen emergency situation, the Covid 19 pandemic, still we were fortunate to overcome all the obstacles and do all the activities, mobilities we first thought of. It has been a longer journey, three years, but a fruitful one, we can look back and say that we have done a good job. The students from Italy, Croatia, Poland, Romania and Turkey have worked hard and created smaller project outcomes all, then, gathered in one bigger one, we called 'The Book'. This is a collection of articles, lessons, to be taught, a dictionary and games that can be used by any European student or teacher who is interested in learning or teaching about disasters and emergency situations.

In the end, I want to thank our Italian coordinator, Mrs Emanuela Adesini, all our partner teachers from Poland, Croatia and Turkey for a great collaboration, as well as all the students that have been involved in the Help Me! Project, proving once again the Erasmus+ is one big European family, no matter what language you speak or what culture or nationality you have.

Ionela Albu



Erasmus+



# Message from Polish Coordinator



Magdalena Lewocz-Muszyńska  
Zespół Szkół  
Ogólnokształcących I  
Policealnych Wysokiem  
Mazowieckiem  
Erasmus Project Coordinator

Uczestnictwo w programie Erasmus+ Help Me! przyniosło wiele korzyści nie tylko mi, jako partnerowi i koordynatorowi polskiej grupy, ale przede wszystkim naszej młodzieży i szkole.

Udział w projekcie umożliwił naszej szkole nawiązanie stosunków partnerskich ze szkołami na Sycylii w Turcji, Rumunii i na Chorwacji. Nasi uczniowie mieli możliwość uczenia się jak postępować w sytuacjach kryzysowych, zapoznali się z różnorodnością kulturową, mogli rozwijać swoje umiejętności językowe, odkrywać nowe kultury, zwyczaje, tradycje i historie, co na pewno poszerzyło ich horyzonty.

Dla mnie było to nowe doświadczenie. Dzięki projektowi poznałam wspaniałych, otwartych, kreatywnych ludzi, dzięki którym otworzyłam się na nowe wyzwania. Realizacja kolejnych mobilności i związanych z nimi działań, wymagała dużo zaangażowania i usystematyzowanych czynności, takich jak planowanie,

organizowanie, komunikowanie się, zarządzanie zasobami ludzkimi. I chociaż wszystkie wymienione przeze mnie działania są mi, nauczycielowi dobrze znane, dzięki projektowi mogłam je rozwijać i doskonalić.

Praca przy realizacji projektu Erasmus + Help Me! przyczyniła się do zebrania wielu cennych doświadczeń, zarówno w sferze osobistej i zawodowej. Zwiększyła moją pewność siebie, dała poczucie spełnienia, pozwoliła podziwiać piękno odwiedzanych przeze mnie krajów.

Na koniec chciałabym serdecznie podziękować naszemu koordynatorowi – pani Emanueli Adesini i partnerom z Chorwacji, Rumunii i Turcji – dziękuję bardzo za współpracę i wspólnie spędzony czas. Chciałabym także podziękować uczniom za ich wkład pracy i uczestnictwo w projekcie Erasmus+. Wszystko, czego doświadczyłam w trakcie realizacji projektu na zawsze pozostanie w moim sercu i pamięci.

Magdalena Lewocz- Muszyńska

Participating in the Erasmus + Help Me! project brought many benefits not only to me, as a partner and coordinator of the Polish group, but above all to our students and school.

The project enabled our school partnership relations with the school in Sicily, Turkey, Croatia and Romania. Our students had the opportunity to learn how to behave in crisis situations, they got acquainted with the cultural diversity of the visited countries, could develop their language skills, discover new cultures, customs, traditions and histories which undoubtedly broadened their horizons.

For me, it was a new experience. Thanks to the project I met wonderful, open, creative people, thanks to whom I opened up to new challenges. The implementation of the further mobilities and related activities required a lot of commitment and systematic actions such as planning, organizing, communicating and managing human resources. And although all the activities I mentioned are well-known to me as a teacher, thanks to the project I was able to develop and perfect them.

Working on the implementation of the Erasmus + Help Me! Project contributed to the accumulation of many valuable experiences, both in the personal and professional sphere. It increases my self-confidence, gave me a sense of fulfilment, and allowed me to admire the beauty of the countries I visited.

In the end I would like to express my deepest thanks to our coordinator – Mrs Emanuela Adesini, and to our partners from Croatia, Romania and Turkey – thank you so much for your cooperation and the time we have spent together. I also want to thank the students for their hard work and participation in the Erasmus + Help Me! Project. Everything I experienced during the implementation of the project will forever remain in my heart and memory.



Erasmus+



# Message from Turkish Coordinator



Duygu Alınç  
Pakmaya Ülkü Hızal Anatolian  
High school  
Kemalpaşa, Türkiye  
Erasmus+ Project Coordinator

Erasmus+ Help Me projesi, farklı kültürleri tanımak, Avrupa ülkelerinden ortaklarımız ile beraber çalışmak, öğrencilerimiz ile seyahat etmek ve afet yönetimi hakkında bilgi edinmek açısından harika bir yolculuk oldu. Covid salgını sebebiyle ortaya çıkan zorluklara rağmen, çok güzel proje çıktıları ve projeye katılan öğretmen ve öğrenciler arasında çok güzel bir arkadaşlık edindik.

Çok samimi bir şekilde şunu söyleyebilirim ki, proje hareketlilikleri esnasında birbirimizle paylaştığımız iyi uygulamalar ve deneyimler sayesinde artık hepimiz acil durumlar ve afet yönetimi konusunda daha bilgili ve deneyimliyiz.

Projeye dahil olan tüm koordinatörlere, öğretmenlere ve öğrencilere böylesine öğretici ve eğlenceli bir yolculuk için teşekkürlerimi sunuyorum.

Duygu Alınç

Erasmus+ Help Me project has been a wonderful journey in terms of getting to know different cultures, collaborating with European partners, travelling with our students and learning a lot about disaster management. Despite the obstacles emerged because of the Covid pandemic, we managed to have great project outcomes and friendship among our teachers and students involved in the project. I can sincerely say that we are now more informed and experienced about natural disasters and management of these emergency situations thanks to the best practices we shared during our mobilities of the project.

I would like to thank all the coordinators, teachers and students for such an informing and fun journey.

Duygu Alınç



Erasmus+



# An introduction to the Project "Help me!": Let's take a guided tour of our project

"Help me!", the title has never been more appropriate for an Erasmus+ project that deals with natural disasters and how many we have seen in these 3 years: floods, heat waves, fires, earthquakes; ever more extreme, frequent, and sudden climatic events, so intense and devastating that they always catch us unprepared. And many of us have been directly involved in some of them during the implementation of this project: two earthquakes in Turkey, numerous floods in Italy and Croatia, the devastating fires of recent summers. I would also add the recent Russian-Ukrainian conflict, an even greater threat for all of Europe and especially for two of our partners bordering Ukraine, Poland and Romania. The very beginning of the conflict, last March 2022, forced us to cancel the second mobility in Romania. The Covid-19 pandemic was a disastrous event that forced us home for almost two years, during which we continued to keep the project alive by holding online project team meetings, some of the planned activities, and promoting the exchange of ideas and friendship among students through dedicated social apps.

Since the spreading of the Covid-19 pandemic had made any possible actions or activities uncertain, the implementation of our "Help me!" project started in September 2020 with a series of formal meeting at national level, and of informal online meetings among partners, a whatsapp group was created for fast communication, emails were used for more formal communication and exchange of documents. During the online kick off meeting, the project overview and overall goals were presented, how they fit with each school's goals was discussed, clear expectations regarding roles and responsibilities were established. The project coordinator and the most experienced teachers volunteered and offered their help to the less experienced one. The relationship among partners was friendly and collaborative since the very first beginning. Each partner was available for work and provided suggestions, comments, etc. From September to December 2020 each Institution had time to create its own management project teams and promote the project at local and school level. The project website, Facebook, e-Twinning, Instagram and Twitter pages were created by teachers and students, the Logo Contest (29th November-11th December 2020) and an initial survey on the students and school staff's knowledge of natural disasters (15th-20th December 2020) were conducted, all the students and teachers involved in order to arouse interest in the project. They were invited to join it and a dedicated Club (Help me Club) was set up. The students started making country and school presentations to be uploaded on social platforms and apps.

All these activities were made official on 12th February 2021 with an online partners' meeting during which a tentative timeline was set for the first students online meeting and the workshop on the eTwinning platform; roles and responsibilities formally stated. The minutes of the official meetings have been written and shared among the partners, Google drive and a dedicated Google classroom created by the project coordinator for internal use in addition to the project pages above mentioned on the main social apps and e-Twinning platform for its promotion and dissemination.

Now, we would like to take you on a guided tour of our project "Help me!" and its outcomes, so please relax and enjoy it!



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# The Logo Contest

If the project launch at school and on the media made it popular among parents, students, teachers, and school staff, the "logo contest" involved our students actively. They were enthusiastic and felt the importance of the topic they were dealing with. Specific rules were agreed upon among the partners and the following guidelines shared with the students:

## Logo Contest Guidelines

After introducing the project 'Help me!' to the students that are directly involved in the project and discussed its objectives and topics tackled, each partner school asks them to design coherent/relevant logos. The students are told to feel free to use their skills creatively and get inspired by the project. The logo designs submitted are collected by the contact teachers and posted on the project dedicated social media: Facebook page, e-Twinning page, website, the project WhatsApp group when necessary. Each partner creates a google form displaying all the logo designs of the partner countries except its own logo designs and shares it with the partners for them to check if all the logo designs have been included in the document. After approval, the partner school sends the form to its own students for them to vote.

## Contest rules

1. Each student can vote only one logo design.
2. The logo designs that gets more votes are called finalists. After all the students from the five partner schools have voted there will be from one to five finalists.
3. The finalists are displayed in one single google form that is shared by all the partner schools.
4. The google document is sent to all the students/a selected number of students from the partner schools/the contact teachers from the partner schools for them to vote.
5. The logo that gets the highest number of votes is the contest winner and becomes the Project Logo. It will be displayed on all the official papers, website, social media, announcements, etc.

The students from all the partner countries created 46 logos; the choice was made by Google form. There were two rounds for the choice of the Project Logo:

- round 1: 155 students voted their favourite logo choosing from 46 logo designs submitted by the students of partner countries;
- round 2: 52 students voted their favourite logo choosing from the 5 logos selected in the first round.

The winning logo shows our planet suffering because of the manifold disasters, other logos are interesting as well and witness the interest of our students for the issues connected with climate change and extreme disasters. Some of them are posted below.



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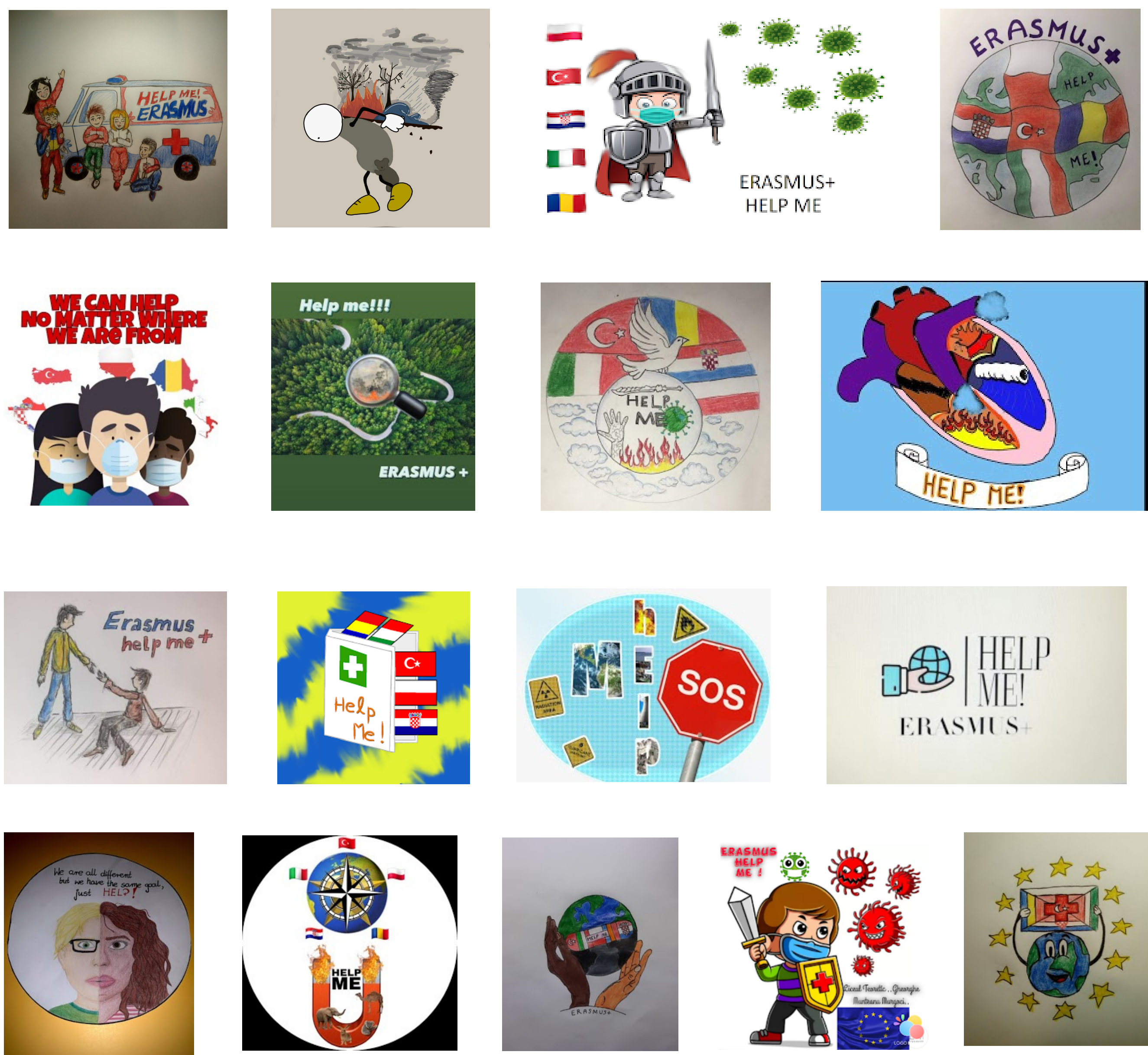


The 5 finalist logos



The winning logo

Some other creative logos





# Natural Disasters: an initial survey

An initial survey (15th–20th December 2020) was carried out to arouse awareness on the dangers of natural disasters and curiosity about how we can cope with them, by asking our students, colleagues and school staff about natural disasters that might occur in their country/region, their causes, if they can be prevented and what we can do to prevent them, if protection against natural disasters is taught in class, if they know how to perform medical first aid in case of a natural disaster and what action should be taken take in case of a natural disaster, if there is a disaster management or emergency plan for the area they live in, if they know about laws or policies that deal with disaster management in their country and the health issues connected to disasters, if they or their families have ever been affected by a disaster.

Do you live in an area which is heavily crowded?

According to the 252 people that answered the questions, earthquakes, wildfires, volcanic eruptions and floods are the disasters that are most likely to happen because of climate change (78.2%) and pollution (46.4%).


Disasters can be prevented by taking care of our planet, reducing pollution, respecting the environment. 97 people are very much concerned about the disasters that might occur in their areas.

43.6% thinks that the issue is not enough taught in schools and only 23.4% knows how to perform medical first aid in case of a natural disaster.

44.6% doesn't know what to do in case of a disaster; 54% is not aware of a disaster management or emergency plan for the area they live in; 44.8% doesn't know about laws or policies that deal with disaster management.

Only 11.7% live in heavily crowded areas; luckily 75.5% has never been affected by a disaster.

Regarding the health issues that might occur severe injuries, disease outbreaks, water contamination, water and food shortage, damage to hospitals have been chosen.



Natural Disasters: an Initial Survey

HELP ME! - Erasmus+ Program Call 2020 - Project Help me! - 2020-1-IT02-KA229-079430\_1

Are you

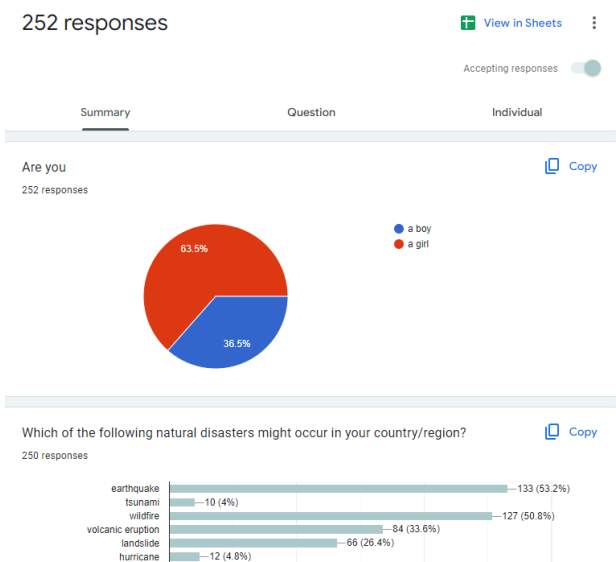
☐ a boy

☐ a girl

Which of the following natural disasters might occur in your country/region?

☐ earthquake

☐ tsunami





# 18 March 2021 - Online Workshop

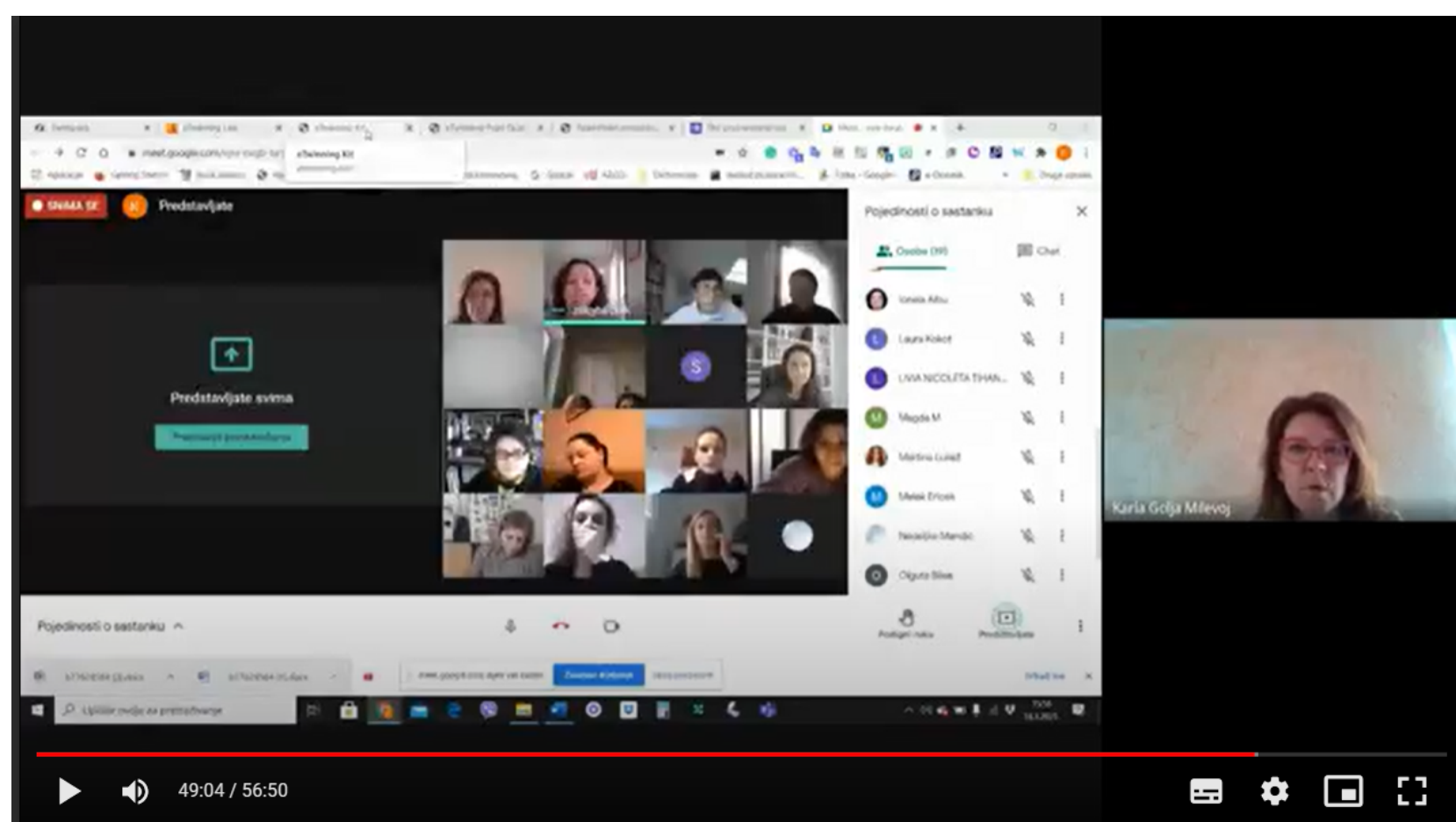
## "A bridge between eTwinning and Erasmus+ projects"

The workshop "A bridge between eTwinning and Erasmus+ projects" was held online on 18th March 2021 by our Croatian project partners from Srednja škola Mate Blažine Labin Karla Golja Milevoj (project coordinator) and Laura Kokot. It was planned to enable the participating teachers to acquire practical know-how about the eTwinning platform and to encourage them to use it for eTwinning and Erasmus + projects. The participants from the partner schools learned how to:

- register and become an eTwinning user
- upload materials to the platform
- look for projects of students and teachers' interest
- set up their projects
- find partners for eTwinning and Erasmus + projects

The workshop was promoted in the partner schools by means of circular letters, posts on our schools websites, whatsapp messages; it was also announced on the eTwinning project page.

It was recorded and can be watched by scanning the QR code below.





# Learning, Teaching, Training Activities



**C1: 23–27 May, 2022**

**ISTITUTO DI ISTRUZIONE SECONDARIA SUPERIORE "MANDRALISCA"**

**Liceo Classico – Cefalù, Italy**

The LTTA activities were divided into two sessions: during the curricular hours, 64 students, organized in interest/skills groups (Techno Group, Art Group, Writing Group) produced art works (posters, videos, infographics in English and partners' languages, interviews, LTTA journal, short articles, digital games and school and project topics presentations slideshows). The teachers acted as tutors and advisors and collaborated in the documentation of the project. The afternoons were dedicated to guided tours and cultural events.

## **1ST DAY (23 May 2022)**

It started with a guided tour of school, welcome meeting with students of 'Club Help me', school staff and teachers, continued with some ice-breaking activities and the 'Let's meet up!' activity: 2 students from the partner countries and two Italian students, acting as facilitators, spent 1 hour with the students of each of the 12 classes of L. Classico, presented their countries and schools, the project 'Help me' and were involved in an intercultural exchange on their cultures, lifestyles and topic of interest. The students were then organized into groups according to their interests and skills, team leaders were appointed. In the afternoon the group was taken on a guided tour of Cefalù with Italian students acting as guides.

## **2ND DAY (24 May 2022)**

It started with a welcome meeting with IIS Mandralisca Headmistress, Ms. Daniela Crimi. Then students worked in groups on the production of art works. Lunch was hosted by Hotel and Catering School Mandralisca. In the afternoon, there was a guided tour of the Duomo di Cefalù and Osterio Magno. The day finished with a guided tour of Castelbuono town.

## **3RD DAY (25 May 2022)**

It was dedicated to the guided tour of the historic center of Palermo: the Arab-Norman Itinerary and UNESCO Heritage, the Royal Palace and Palatine Chapel, the Cathedral, Pretoria Square etc.

## **4TH DAY (26 May 2022)**

In the morning the students worked in groups. The afternoon workshop was on 'Handling world-class emergency: school building evacuation drills and first aid practice', the theme of this mobility: the main disasters of our region, causes and consequences were illustrated; earthquake and guided evacuation drills were simulated, first aid techniques were shown by experts, then performed by some students. A member of the Cefalù Civil Protection team illustrated the role of the Civil Protection, presented some of the most common cases of natural disasters and answered the questions of the participants. The activity was appreciated by all the participants and was successful among the students despite the scorching heat.

## **5TH DAY (27 May 2022)**

It was the time to display the work the students did during the week and present it to the others, followed by the awarding ceremony: students and teachers received their certificate of attendance - and the feedback survey. Europass mobility certificates were also issued for all the partners.



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## Methodology

- cooperative learning
- teamwork
- web quest
- peer tutoring
- learning by doing
- tutoring
- debating.

Not only the students directly involved in the LTTA benefited from the activities but the entire community: students, teachers and school staff. A positive relationship among all the L. Classico students and the partner students and intercultural exchange were enhanced during the 'Let's meet up' activity, hosted by the school teachers during their classes. It was a useful and inclusive activity, allowed all the students to participate in the project; was good for the dissemination of the project.

### Activities carried out during the LTTA

- Presentation of the participants' schools and cities/ national disasters
- 'Let's meet up!' activity - enhancing a positive relationship among students and intercultural exchange through active interaction and cultural exchange
- Creating videos, infographics and posters
- Workshop on world class emergency and first aid techniques
- Writing reports/articles for the website, media
- using Canva to make presentations about emergency education
- Visiting schools
- Social and cultural visits

## Objectives

Communication skills:

- communicating in working teams
- working in a multicultural environment
- making presentations in front of a multicultural audience
- performing first aid in case of disaster
- coordinating or participating in emergency drills in case of disasters
- gathering, analysing and evaluating information
- fostering creativity

Language skills:

- all language skills were improved – speaking, listening, writing, reading
- communication with foreign students and teachers in English
- creation of presentations/ videos/ info-graphs/ slideshows in English/ partners languages
- creation of scripts for posters and videos in English



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#### Computer skills:

- using Canva
- creation of presentations in PowerPoint and/or videos/digital storytelling
- looking for information on the Internet

#### Organisational/managerial skills:

- leading and participating in international project teams
- acting as facilitators and team leaders.

Scan it to open the Vlog about  
the LTTA to Italy



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**C2: 26-30 September, 2022**

**LICEUL TEORETIC "GHEORGHE MUNTEANU MURGOCI" MACIN**

**Macin, Romania**

### **26th September 2022**

In the morning we were fortunate to be hosted by Romanian Red Cross officials who presented, in a very practical manner, some rescue techniques and disaster management methods. In the afternoon, we had a walk in the old part of Bucharest and we ended with a visit in the Village Museum where all the students were able to admire old Romanian traditional houses.

### **27th September 2022**

Today we welcomed our partners in Gheorghe Munteanu Murgoci High School, where after the greeting from Mrs Olguta Bilea, our principal, we saw great Romanian traditional songs and dances. We had a tour of our school and visited the kindergardens. All partners presented their town, school and shared traditional products from their countries. After lunch we went to the town hall of Macin and we met the mayor. Afterwards we have been to the oldest Orthodox church, Mestan Aga and the park where we could admire The Danube.

### **28th September 2022**

Today was a great project day! We went to Tulcea where we had the opportunity to meet the prefect and subprefect of the county of Tulcea and part of their staff that ensures an efficient management in emergency situations. Afterwards we met the Inspector in charge of all European projects from our region, Mrs Felicia Rusu. Then we went to the Department of Emergency Situations where our students were lucky to see all the equipment they have and try some of it as well. Our beautiful day ended with a visit in the Biodiversity Museum and aquarium where students learnt about the formation of the Danube Delta, about animals and how people used to live in this area.

### **29th September 2022**

Today we started the day doing presentation about the topic of our mobility, Survival Kit. Afterwards our partners took part at the drill we organised in case of an earthquake together with the Firefighters' Department of Macin. The afternoon activities were made in groups, students created a feedback questionnaire, a feedback presentation, a few pages of the project's magazine, a few pages of the dictionary of terms used in case of emergency and a flyer of the survival kit everyone should have in their homes.

The day ended with a feast and the certificates ceremony.

### **30th September 2022**

This morning we students presented their work, all the things they have done during the week. So together we filled the feedback questionnaire, a ppt to summarize the meeting, a flyer of the survival kit, a dictionary of terms for emergency situations and a project magazine. Some of them will be continued in the next LTTAs.



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### **Number of Local Participants**

50 students and teachers directly, local and regional authorities, representatives of the Tulcea School Inspectorate, Romanian Red Cross trainers, Firefighters, parents, all the other students of the Romanian school ( earthquake drill)

### **3. Describe the content, methodology and the results of this activity.**

#### **1. Who were the participants in the activity (including local participants)?**

In this mobility there were involved the following: 6 students and 2 teachers from Italy, 6 students and 2 teachers from Croatia, 6 students and 2 teachers from Turkey, 6 students and 2 teachers from Poland , 50 students and teachers directly, local and regional authorities ,representatives of the Tulcea School Inspectorate, Romanian Red Cross trainers, Firefighters, parents, all the other students of the Romanian school( earthquake drill).

#### **2. How was this activity related to or integrated with the normal activities of the involved schools?**

Most of the project activities on this week were integrated with the normal activities of the Romanian school. Students from Croatia, Turkey, Poland and Italy interacted with the Romanian ones during classes and their breaks as well. They could witness how some classes are taught, how Romanian teachers act in class. They had the opportunity to participate altogether in an earthquake drill, see how they all react and they have to do in such an unpredictable, yet dangerous, situation. The Erasmus+ group created a flyer of the emergency kit which will be used by all the students, teachers and parents of the host school and not only.

#### **3. How did the participation in this activity benefit the involved participants?**

Activities organized during the exchange have improved students' abilities such as:

- Emergency and first aid capabilities
- Team work skills
- They were able to learn what they can do when they encounter any kind of disaster (earthquake and flood especially)
- Digital skills
- Collaboration and communication skills
- Increased creativity and better English communication
- A sense of cultural awareness and identity

The goal was to have more responsible students and young people in social life and enable them to understand their responsibilities, as well as students developed some degree of flexibility or adaptability, expression and the ability to maintain a perspective.

Teachers benefited from visiting the different school involved in the project and have recognized their way of organizing, they have learnt about the host school's projects, emergency and the first aid practices in school, IT equipment and technology in the classroom. They have learnt about the different methods they can be used in other school.

**Scan it to open the Vlog about the LTTA to Romania**



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**C3: 12-16 December, 2022**

**Zespół Szkół Ogólnokształcących i Policealnych  
Wysokie Mazowieckie, Poland**

### **12 December 2022**

The beginning of the mobility.

After breakfast, the bus with the group of Polish students and teachers took the participants from the hotels and everybody departed for the tour of the Old Town of Warsaw. In the Old Town we visited the Royal Castle, old town market place, the church and other historical sights. After that the whole group went to the Copernicus Science Centre.

### **13 December 2022**

On Tuesday all teams were welcomed by the headteacher and the deputy. The Polish students prepared a play „A Christmas carol” by Charles Dickens and a short concert of Polish carols. Then all students and teachers had a tour of school during which they could learn about the Polish system of education. We went to the County Office where the Head of the District told us about the emergency actions the Office is prepared to take. After lunch we went to the museum of Polish Village. In the late afternoon we made presentations about each country, region and school.

### **14 December 2022**

On this day all teams went to Tykocin where we visited the Jewish Synagogue, took a walk around the town and visited the Royal Castle. After leaving Tykocin we went to Białystok where everyone took part in an activity in the Voivodeship Crisis Prevention Centre. We watched a drill in case of a disaster. In the evening everybody relaxed in the local Christmas market.

### **15 December 2022**

On Thursday all students made presentations on Emergency Movement Plans. Next they did a workshop with different themes and created evacuation plans. The presentations were comprehensive and interesting, because each group presented their topics in a different ways.

The workshop was interrupted by the evacuation drill carried out by the firefighters and the police. In the afternoon all students created a flyer on the topic of the meeting, continued the project magazine and the dictionary. The meeting ended with the Certificate Ceremony.

### **16 December 2022**

It was a departure day. All students from Italy, Romania, Croatia, Turkey and Poland presented the results of their week's work: the flyer, project magazine and dictionary. They have also presented the results of the LTTA's survey and took part in the kahoot game prepared by the Polish students

## **DESCRIBE THE CONTENT, METHODOLOGY AND THE RESULTS OF THIS ACTIVITY.**

### **1. Who were the participants in the activity (including local participants)?**

People involved in this mobility: 6 students and 2 teachers from Italy, Turkey and Croatia, 8 students and 3 teachers from Romania, 36 students and 2 teachers from Poland, the headteacher and the deputy of Zespół Szkół Ogólnokształcących i Policealnych, the head of the district, the firefighters and the police units, the representatives of the Voivodeship Crisis Prevention Centre.



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## **DESCRIBE THE CONTENT, METHODOLOGY AND THE RESULTS OF THIS ACTIVITY.**

### **1. Who were the participants in the activity (including local participants)?**

People involved in this mobility: 6 students and 2 teachers from Italy, Turkey and Croatia, 8 students and 3 teachers from Romania, 36 students and 2 teachers from Poland, the headteacher and the deputy of Zespół Szkół Ogólnokształcących i Policealnych, the head of the district, the firefighters and the police units, the representatives of the Voivodship Crisis Prevention Centre.

### **2. How was this activity related to or integrated with the normal activities of the involved schools?**

The aim of the activity was to raise the awareness of how the emergency evacuation plans look like and when they should be introduced. The activity was an extension to the basic curricular program. Meeting with students from different countries was a chance to learn and experience the diversities of each countries traditions, customs and everyday activities. It was a lesson of tolerance.

### **3. How did the participation in this activity benefit the involved participants?**

The participants of the activity learnt how to act in emergency situations when they have to evacuate people from an endangered area. They were also able to get to know some parts of the Polish culture and traditions by taking part in trips, listening to Polish Christmas carols, and trying Polish cuisine.

**Scan it to open the Vlog about  
the LTТА to Poland**



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**C4: 27-31 March, 2023**  
**PAKMAYA ÜLKÜ HIZAL ANADOLU LİSESİ**  
**Kemalpaşa İzmir, TURKEY**

### **27 March 2023**

In the morning , We were welcomed in Pakmaya Ülkü Hizal Anadolu Lisesi with an official welcoming ceremony. The opening session continued with ice-breaking activities to let the students get to know each other better. Then, all partners made presentations about their town, school and country. After lunch, we participated in Ebru Workshop which is a traditional paper marbling art of Turkey.

### **28March 2023**

It was a cultural excursion day. We went to Selçuk to visit House of Virgin Mary and Ephesus Ancient City. Later on, we went to Şirince which is a traditional Turkish-Greek village where we had lunch.

### **29 March 2023**

The day started with the presentations of each country on the topic of the mobility, Emergency Training Program. After the lunch break, students were divided into international groups as Art group, Diary Group, Vlog group and Emergency Kit improvement group. They worked on their topics and created materials to present on Friday evaluation day.

### **30 March 2023**

In the morning, we went to İzmir Old Town where we had a chance to see traditional bazaar and taste traditional food. After lunch break, we were welcomed by the Fire Department of İzmir Metropolitan Municipality. Trainers made a presentation about Emergency situations and how to react in specific disasters. Later, participants experienced the Earthquake Simulation in a room designed to have participant experience an earthquake. The day ended with a certificate ceremony for Polish group.

### **31 March 2023**

The students presented their works which they carried out during the week. The day ended with a certificates ceremony.

## **DESCRİBE THE CONTENT, METHODOLOGY AND THE RESULTS OF THIS ACTİVİTY**

### **1. Who were the participants in the activity (including local participants)?**

People involved in this mobility: 6 students and 2 teachers from each partner country, 50 students and 15 teachers directly, local and regional authorities, representatives of Fire Department of İzmir Metropolitan Municipality, parents, all the other students of the Turkish school.

### **2. How was this activity related to or integrated with the normal activities of the involved schools?**

Most of the project activities were integrated with the normal activities of the Turkish school. Students of partner countries met the Turkish students and participated in their classes. They had a chance to witness how common subjects like Maths, English are taught in a different country. During the breaks, students got to know each other while chatting and doing some sport activities.



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### 3. How did the participation in this activity benefit the involved participants?

Activities carried out during the week improved students' abilities such as;

- Emergency capabilities ; how to react during any kind of natural disaster
- Team work skills
- Digital skills
- Presentation skills in a foreign language
- Collaboration and communication skills
- Increased cultural awareness and European identity

Teachers benefited from visiting the different school involved in the project and witnessed the host school's projects, emergency practices in school and in their curricula. They learned about different methods that can be applied in other schools.

Scan it to open the Vlog about the  
LTTA to Turkey



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**15 May 2023**

On Monday we were welcomed at the secondary school "Mate Blažine" in Labin. The students had a lot of fun with some ice-breaking activities. Afterwards they gave their presentations about their city, country and school. This was followed by a walk through the old town of Labin. After a pizza at the second best pizzeria in Croatia, the students and professors toured the old town of Labin.

**16 May 2023**

Croatian LTTA Day 2 On Tuesday 16 May we visited the largest town in Istria, Pula, where we were introduced to the FIRESPILL project (FOSTERING IMPROVED REACTION OF CROSSBORDER EMERGENCY SERVICES AND PREVENTION INCREASING SAFETY LEVEL) The project was presented by the Head of the Department of Nature and Environmental Protection of Istria County and the head of the FIRESPILL project for Istria County, Bruno Kostelić. The overall objective of FIRESPILL is to improve the capacity of emergency service organisations to increase cross-border effectiveness in managing natural and man-made disasters, to reduce the exposure of the population to the effects of hazards and to increase the safety of the Croatian and Italian Adriatic basin by improving emergency prevention and management measures and tools. <https://www.italy-croatia.eu/web/firespill>.

As part of the EU FIRESPILL project, Istria County acquired valuable equipment to prevent the spread of marine pollution, namely 500 metres of protective dams and additional equipment to prevent the spread of hydrocarbons and other pollutants during adverse marine and coastal events. This was followed by a rainy tour of the Arena and Forum of Pula. In the afternoon we visited the Istrian town of Rovinj and its famous Church of St Euphemia.

**17 May 2023**

On the third day of mobility we visited the Labin fire station in Dubrova, near Labin. The presentation of the station was followed by a demonstration exercise on rescuing an injured person from a car in a ravine. The exercise was carried out jointly by firefighters and an ambulance team. This was followed by an exercise to extinguish a burning car. A student from each province took on the role of a firefighter. This was followed by a first aid workshop organised by the Labin Red Cross. The workshop was led by students from the Labin High School Before lunch, we walked through the famous sculpture park. It is one of the most beautiful Croatian sculpture parks and offers unique moments of art and nature in an open-air gallery. It covers more than 33 hectares of land, partly surrounded by dry stone walls, with natural valleys and plateaus and a rich and diverse Mediterranean flora.

**18 May 2023**

On the fourth day of mobility, the students gave presentations on the worst natural disasters in their countries in the last 100 years. Afterwards they were divided into 5 teams. They continued working on the project materials created during the previous mobilities: Natural Disaster Dictionary, the book, a quiz on emergency teams and a survival manual in case of natural disasters. In addition, a group created a digital photo narrative about mobility in Croatia. There was a joint lunch prepared by our school's catering company and cake donated by Bar Pozzo Littorio from Labin.



**19 May 2023**

The last day of mobility was dedicated to packing up. As 2 teams had to leave early, the Turkish, Polish and Croatian teams were accompanied for one hour by the 3rd grade students of a grammar school, who worked in groups and talked about their cultures, customs and education systems in their respective countries. In the second part of the morning, the Turkish and Polish students were guided by the Croatian team, who showed them the classrooms, workshops, the school kitchen, laboratories and the library.

**Describe the content, methodology and the results of this activity.**

**1. Who were the participants in the activity (including local participants)?**

People involved in this mobility:

6 students and 2 teachers from each partner country as follows: Italy, Poland and Turkey and 8 students and 2 teachers from Romania. As regards to the students from the Croatian team, all students who participated in the 4 mobilities took part in activities in Labin divided in groups each day. As for the local authorities, we collaborated with the Red Cross, Fire Department in Labin and Emergency medical services (EMS) as well as the Department of Nature and Environmental Protection of Istria County.

**2. How was this activity related to or integrated with the normal activities of the involved schools?**

The aim is to raise awareness of the importance of emergency drills and to embed them in schools. In addition, pupils are to be familiarised with the scope of activities of the individual emergency teams. In addition, lesson plans on the topic of this mobility will be created, which can later be used by all participating countries.

**3. How did the participation in this activity benefit the involved participants?**

All activities were closely linked to the sub-theme of this mobility (emergency teams). Both students and teachers had the opportunity to get to know the field of activity of each of the teams mentioned in question 1. In the case of the fire brigade, the head of the fire brigade spoke about their tasks, the organisation of the work and the cooperation with the police, EMS and the Red Cross. It was especially emphasised how important the cooperation of all emergency teams is for a successful operation. Representatives of the Red Cross joined in with their share of responsibility, as did EMS. To reinforce the theory, they organised an exercise to practise the much needed cooperation between emergency teams. After pushing a car into a ravine from which an injured student had been pulled out and placed in the Red Cross van, they set the car on fire and the firefighters (some students volunteered) put it out. The students not only understood the importance of coordination, but were also able to try it out for themselves.

In the last mobility, the students continued to work on the projects they had started in the first mobility, in each mobility until the last one, where we continued where we left off and prepared everything to finish the project. In this way, the students learned to work together in international teams.

**Scan it to open the Vlog about the  
LTTA to Croatia**



**Erasmus+**



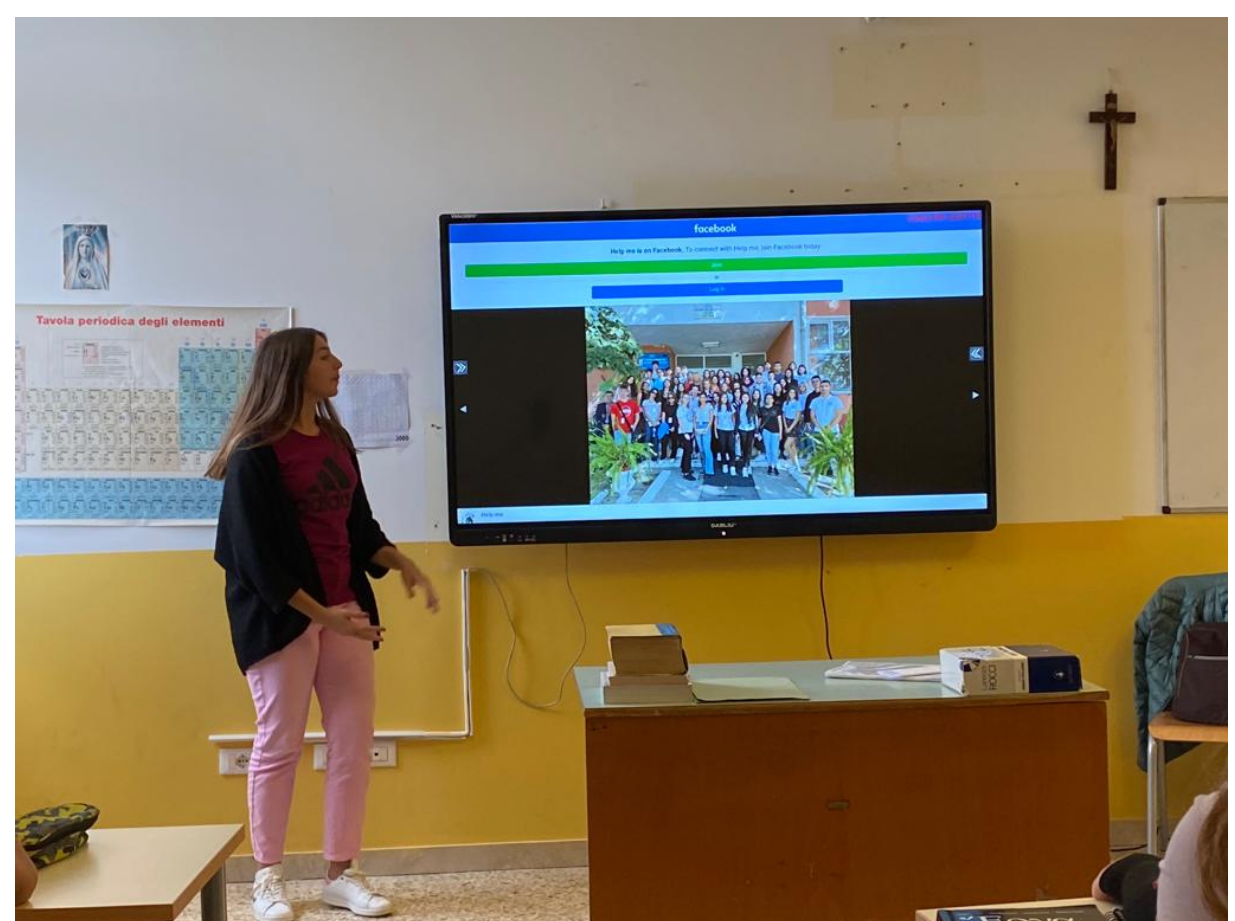
# #Erasmusdays and IDDRR: 13-14 October 2022

On 13th and 14th October 2022, all the partner schools – Croatia, Italy, Poland, Romania and Turkey – of Erasmus project 'Help me!', participated in the #EramusDays 2022 and in the the International Day for Disaster Risk Reduction.

The title of the event was "Early disaster warning systems and emergency plans": 2 days to celebrate #Erasmusdays and participate in the International Day for Disaster Risk Reduction.

The members of the "Help me Club" reported to their school mates on our recent mobility to Macin, Romania. Our schools students and teachers were involved in presentations and debates on the importance of early disaster warning systems and emergency plans. The "Sendai Framework", videos and info from the 'International Day for Disaster Risk Reduction' webpage were used as well as the outputs produced by our students so far (infographics, survival kit folder, ppts). Our students will report on our recent mobility to Romania, on survival kits.

Here are some photos of this wonderful experience. For a full account of the event visit our project FB page <https://www.facebook.com/profile.php?id=100063547210218>



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# Report on Surveys: why schools need to include lesson plans on natural disasters and emergency education in the school curricula

Before the mobility to Turkey all the partners agreed on conducting an intermediate survey on the effectiveness of our project in terms of knowledge and skills and on the importance of dealing with the topic “natural disasters” in schools. The surveys were carried out from 14th to 24th March 2023 by means of google forms or interviews (Poland).

Schools in general provide teachers, students and school staff with school evacuation plans and first aid kits; some schools have earthquake bags on every floor and drills are held every semester but all of them should do more.

**Here is a summary of their answers:**

- most students and teachers stated that the topic of natural disasters, the rules of conduct and procedures to be implemented, evacuation plans, emergency plans, survival kits, emergency response, the role of civil protection, have been covered during the implementation of the “Help me” project, mostly by the English teachers but also by the science teachers;
- most of them have never taken a course on “Emergency Response” organised by their school and would like to know how to behave in case of a disastrous event and how they can help a classmate who has suffered injuries or damage of some kind;
- they do not think their schools are properly structured and organised to deal with an emergency;
- 98% think that the school should deal more with action plans in case of a natural disaster;
- 100% think that every student should learn the basics of first aid as part of the regular curriculum; simulations of evacuations should be held more frequently and that their school should help them learn how to deal with a catastrophic event – flood, fire, earthquake, whirlwind, etc. – by talking more about the subject, taking specific courses, organizing meetings and workshops with experts;
- first aid training should be provided from a young age.



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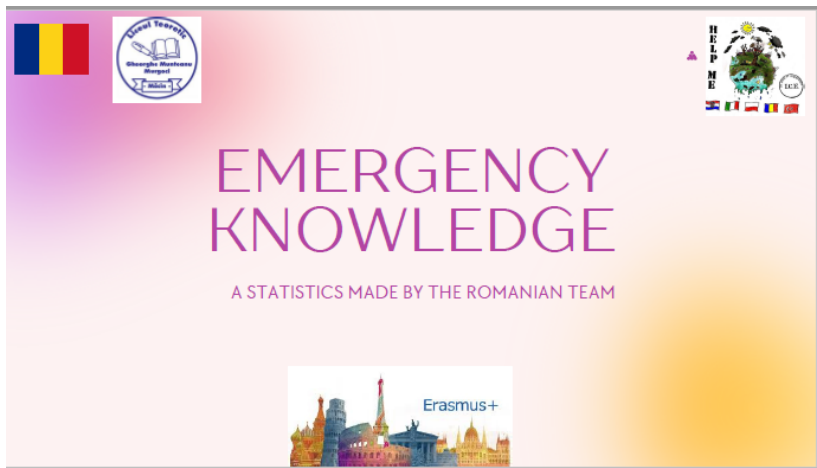
Istituto di Istruzione Superiore Mandralisca - Cefalù, Italy  
"Emergency Education and School Curricula"



‘Srednja skola Mate Blazine Labin’- Labin, Croazia  
"Questionnaire"



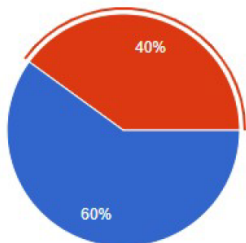
‘Liceul Teoretic Gheorghe Munteanu Murgoci’ di Macin, Romania  
"A Survey about Emergency Education and Programmes"



‘Pakmaya Ülkü Hızal Anadolu Lisesi, Kemalpaşa’ - Izmir, Turkey  
"A Survey about Emergency Education and Programmes"

A survey about Emergency Education and Programmes  
in Turkish School Curricula

Is the topic of natural disasters and emergency plans covered in your school  
curricula?



● Yes  
● No





# Project Evaluation

Soon after the end of the LTTAs, evaluation surveys were conducted from 29th to 31st May 2023 to get feedback on the way our project had been implemented and on its results and success. Two separate sets of questionnaire were prepared, one for the students and one for the teachers involved in the project with different questions. Both questionnaires can be viewed by scanning the QR codes below:



## STUDENTS' FEEDBACK AND EVALUATION

Students were mostly motivated by getting to know different countries and cultures, opportunities to acquire new experience and new skills and improving language skills.

Most students indicated that the opportunities you had never had before participating in the project were making friends with students abroad cooperating with students from other countries; travelling abroad and attending classes in a school abroad.

Travel experiences, sightseeing other countries, getting to know other cultures and traditions and improving language skills were the points that most students enjoyed about working on the project.

Most of the students have pointed that this project met all their expectations.

Students stated that earthquake, wildfire, flood avalanche, landslide, and droughts mostly occurred in their country/region.

58 students stated their opinion about what the health related issues could happen when a disaster struck, among them: different types of injuries, broken bones, death, disease, famine, mental health problems, psychological problems, respiratory infections, heart attack, epidemics, etc.

Most of the students think that natural disaster can not be prevented from happening but people can be prepared and get crucial precautions before they happen.

Most of the students stated that they became informed about how to protect themselves in the case of a natural disaster; basic first aid practices; disaster management in their countries and the precautions that should be taken in the case of an emergency.

About the implementation and design of the project; most of the students indicated Teachers pointed that the field trips, workshops and the presentations about natural disasters, and disaster management were useful and relevant; the group works were efficient to understand the topics of the project. Most of the students stated that their knowledge and experience about natural disasters and emergency training has improved after participating in this project.

After the project meetings, students mostly gave presentations about mobility to other countries; wrote feedback about project partner meetings experiences; and shared their experiences on social media.

About the organization and partnership of the project; students mostly stated that the meetings were effective for their ability of communication and development of their socio-cultural knowledge about other countries; activities were useful for the development of group work. Most of the students pointed out that free time activities fulfilled their expectations.



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## TEACHERS' FEEDBACK AND EVALUATION

Teachers were mostly motivated by opportunities to acquire new experience and new skills and getting to know different countries and cultures.

They mostly enjoyed getting to know other cultures and traditions and comparing different systems of education.

All teachers have pointed that this project met all their expectations.

Teachers mostly become informed about the Emergency Institutions of their country /other countries; how to protect themselves in the case of a natural disaster and basic first aid practices.

Most teachers think that “Natural disasters, emergency management and training” should be included in Geography lessons.

About the implementation and design of the project, all teachers indicated that they were informed about travel, accommodation etc. before the meeting from host partner, responding in time; the general organization of the meetings was efficient; the different types of activities were balanced; the meetings fulfilled the established objectives and personal expectations. Teachers pointed that the field trips, workshops and the presentations about natural disasters, and disaster management were useful and relevant; the group works were efficient to understand the topics of the project.

After the project meetings teachers mostly shared their experiences on social media; gave presentations about the mobility to other countries, prepared school notice board and wrote feedback about project partner meetings experiences.

About the partnership of the project all teachers indicated that the meetings were useful for the development of socio - cultural knowledge about different countries and they felt motivated to continue working on an Erasmus+ project in the future. Most teachers think that the activities and the meetings were effective to their ability of communication with others and for development of team work. All of them recommended to take part in the Erasmus+ Projects to other teachers.

Teachers' opinions about the best practices of the project were: having roles and responsibilities clearly stated and complied with by all the partners, learning how to act during an emergency, visiting the Fire Departments and Red Cross, , the opportunity to make a work experience abroad, working as a team.

Finally. regarding the best practices of the implementation of the project, the teachers' opinions are: the kick-off meeting to present the overall goals of the project and how it fits with each school's goals, the projects overview and timeline, establish clear expectations regarding roles and responsibilities, comparison of before and after ideas on natural disasters and first aid, watching people while they are giving first aid, participating in emergency and first aid situations wearing firefighters/civil protection clothes to understand them, the workshops and drills carried out during the mobilities with doctors and nurses, firefighters, Civil Protection and Red Cross staff, the genially games, the survival guide.



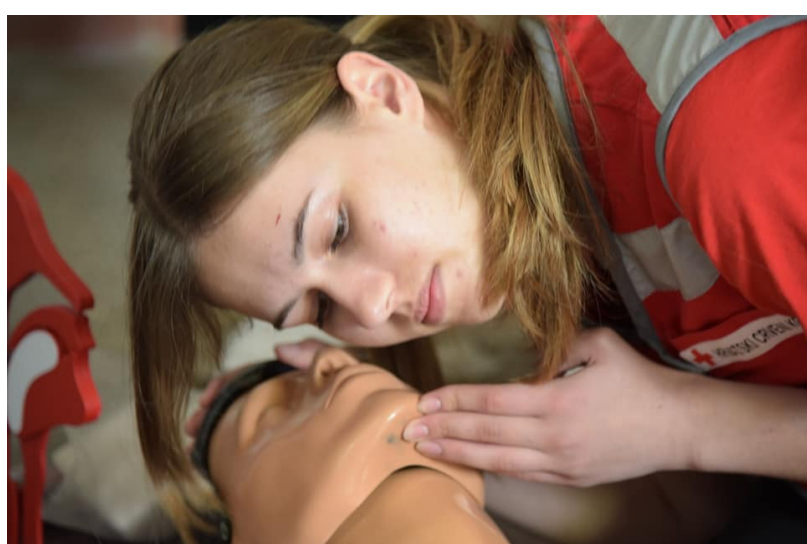
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# Best Practices

According to the project coordinators and based on the students' and teachers' opinions expressed in the project evaluation survey, examples of best practices in the implementation of "Help me!" project are:

- the kick-off meetings (at national and European level) during which the overview and overall goals of the project were presented and how they fit with each school's goals discussed, expectations regarding roles and responsibilities were clearly stated and complied with by all the partners, and a timeline was set;
- comparisons of before and after ideas on natural disasters and first aid were made possible by means of surveys and open discussions in classes and on the dedicated social apps;
- learning how to act during an emergency: during the LTTAs, students and teachers visited Fire Departments, Red Cross and Civil Protection; they could watch people while they are giving first aid, participated in emergency and first aid situations wearing firefighters clothes, and in workshops and drills carried out by doctors and nurses, firefighters, Civil Protection and Red Cross volunteers, students' peer who already volunteer in these organizations;
- the creation of the short course book entitled **"A More Secure World: Our Shared Responsibility – Are you prepared? Know what to do in time"**, which contains an introductory article from BBC on climate change and its effects on our planet, a dictionary of words related to natural disasters, lesson plans on natural disasters, emergency education and first aid, evacuation plans, survival kit, emergency teams. Each lesson plan includes suggested activities for teachers and project works. It is intended to be used by all teachers and students regardless of their school level, using the CLIL methodology or their translation into the partners languages. It is accompanied by Digital Games that can be used as an assessment tool and by a Survival Guide. These three useful tools will be disseminated in both digital and paper format. Copies will be printed using this project implementation funds and will be distributed in schools. Furthermore, at the beginning of the new school year 2023–2024, the project coordinators will present them to the teaching staff and to the science and foreign language departments and will propose their inclusion in the school curriculum so that they can be carried out within the classrooms. Workshops on safety and emergency education in schools and on first aid will be organized, in collaboration with the Red Cross and the Civil Protection and the active participation and voluntary actions of our young people within these organizations will be promoted.



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# Workshops on Emergency Education and First Aid

The visits to the Firefighter Departments, Red Cross, Civil Protection and the workshops held by experts allowed us, teachers, and students, to learn on the field how to behave in case of a disasters and how we can provide help to injured or sick people. Observation and practice are the best way to acquire knowlege and competence on such an important matter.

Here are some videos made during the workshops:



Scan them to watch the videos of the workshop held in Cefalù, Italy



Scan it to watch the video of our Visit to the Firefighters Department, Tulcea Romania



Scan it to watch the video of the workshop held in Izmir, Turkey



Scan them to watch the videos of the workshop held in Labin, Croatia



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# Project Results

In line with our project and in the light of what came out from the initial and intermediate surveys and from the needs expressed by the students themselves, in addition to the results planned in the project - "The Book" and the "End Magazine" - the Project Team has decided to focus on the creation of concrete and tangible project results, usable by all teachers and students regardless of their school level, using the CLIL methodology or their translation into the partners languages. For space and size reasons these project results cannot be contained in this publication and are therefore published on another publication entitled **"A More Secure World: Our Shared Responsibility – Are you prepared? Know what to do in time"**, which contains the Lesson Plans and the links to the Digital Games and the Survival Guide.

Both the Lesson Plans and related Digital Games, and the Survival Guide will be disseminated in digital and paper format. Copies will be printed using this project implementation funds and will be distributed in schools. Furthermore, at the beginning of the new school year 2023-2024, the project coordinators will present them to the teaching staff and to the science and foreign language departments and will propose their inclusion in the school curriculum so that they can be carried out within the classrooms. Workshops on safety and emergency education in schools and on first aid will be organized, in collaboration with the Red Cross and the Civil Protection and the active participation and voluntary actions of our young people within these organizations will be promoted.

Furthermore, the project coordinators will make arrangements with local schools for the presentation of the Lesson Plans and the Survival Kits by the students and teachers involved in the project. This will also be a good occasion for us to disseminate our project "Help me", the experiences made by the students during its implementation and the opportunities offered by the Erasmus+ program.

The activities above can be considered among the best practices of our project and help make our schools acquire awareness and knowledge of the consequences of climate change and be better prepared to deal with them.

Here is the complete list of our project results and the QR codes that allow you to access them:

**The Book:** it is a formal intellectual output that contains all the documents, analysis, official reports, examples of best practices, etc. produced during the implementation of the project.



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**End Magazine:** it is an informal output containing photos, videos, comments and messages produced by the students during the implementation of the project (LTTAs).



**“A More Secure World: Our Shared Responsibility – Are you prepared? Know what to do in time”:** it is a formal output – a short course book – that contains an introductory article from BBC on climate change and its effects on our planet, a dictionary of words related to natural disasters, the same dictionary in the partners languages, both created by our students, the lesson plans created by the partner students and teachers, the links to the genially games and survival guide created by our students.



**Assessment through gamification:** they are two sets of games created by our students on the topics dealt with in the lesson plans – natural disasters, what to do in case of a natural disaster, first aid in case of an emergency.



**Survival Guide:** it is a very practical booklet created by our students and intended for the young that, using a very simple language, provides definitions of the main types of disasters identified during the implementation of the project, an emergency training program (what to do in case of a disaster?), some “first aid” actions illustrated by drawings, the survival kit, European and national emergency contact numbers to be called in case of an emergency.



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# Dissemination of "Help me!" Project

The very first dissemination of our “Help me!” project started when we received the official communication of its approval from the National Agency: the news was spread among the school and local communities by means of posts on our schools websites, circular letters and articles published by local newspapers. The project was also presented to parents and promoted among teachers and students and both were invited to join it.

When its implementation started, dissemination activities were agreed upon among the partners and the following dedicated tools were created with teachers and students taking care of them in line with the project instructions:

- Erasmus project corner;
- project website;
- eTwinning page;
- Facebook page;
- instagram page;
- twitter page.

In addition to the joint activities above, each partner school has used its own strategies to promote and disseminate the project. The dissemination activities were related to the project theme, but also to the Erasmus+ programmes in general. The aim was to familiarise the public with the objectives and results of the “Help me!” project, but also to increase the visibility of Erasmus+ projects and motivate the general public to get involved in their implementation.

Here follows a list of the actions undertaken by each of us:

## **Istituto di Istruzione Superiore Mandralisca, Cefalù, Italy**

October 2020: presentation of the project and its objectives by means of posts published on the school website and article published in local newspapers, circular letters to students, parents, teachers and school staff;

November 2020– October 2021: circular letters to promote the project and announce online meetings and workshops, presentations made by the coordinator in general assemblies and in classes to arouse interest in the students and create the “Help Me Club”;

November 2021: presentation of the Erasmus project “Help me!” and of the school project "IIS Mandralisca is my green school" at the School for Enogastronomy and Hotel Services. The latter was born from the implementation of the project “Help me!”, in order to start making small gestures, such as separate waste collection, as a contribution to reduce the disastrous effects of climate change. The local councilor for environmental policies, Dr. Salvina Mancinelli, attended the presentation;

22 April 2022: on the occasion of the “Earth Day 2022”, the project “Help me!” and “IIS Mandralisca is my green school” were presented to the local community at Cefalu City Hall;

May 2022: “Let's meet up!” was an activity carried out during the mobility in Cefalù to enhance a positive relationship among students through active interaction and cultural exchange. During the activity the students from participating countries spent 1 hour with the students of each of the classes of Liceo Classico Mandralisca: they presented their countries and schools, promoted and attracted the interest of the students to the 'Help me!' project and interacted with the students on topics of interest,



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November 2022: the mayor of Cefalù, Mr Daniele Tumminello, was invited to take part in the students general assembly on November 29 as a guest speaker, the project presented, the mayor invited to talk about Cefalù evacuation plans;

a presentation on the state of the project was made to the municipal council (mayor, town planning councilor, environmental policies and culture and public education councilors) on the occasion of a meeting on emergency management by the municipality of Cefalù;

presentation of the project to the Cefalù civil protection volunteers "Giubbe d'Italia";

13-14 October 2022: our participation in the Erasmus Days and International Day for Disaster Risk Reduction was an opportunity for students to socialize the experiences made during the mobilities and to put the topics covered by the Help me project as topics for debate;

May 2023 presentation of the project and its outcomes to the Polish, Romanian, Macedonian, Dutch and Turkish partners of the Erasmus+ project KA220 KA220-SCH, 2021-1-PL01-KA220-SCH-000023916, "Teaching History for Disabled Students through Digitized Gamification Tools ", during the latter's mobility in Holland. In particular, colleagues were involved in the digital game on Emergency Education, which they found fun and useful. The digital game link was shared with the partners who expressed their intention to use it in the classroom with their own university students and students with disabilities.

Furthermore, each mobility was socialized with posts on the school website and upon returning from each mobility articles were published in the local media, students were asked to write a short comment which was socialized on the project's social channels; pptx presentations and reports on the mobilities were made by the students during general assemblies and in classes.

The students involved in the project ranked first at the 'Green Game Digital' on recycling, others ranked among the first 20 schools in a contest on sustainability (Olimpiadi della sostenibilità); we also participated in the Earth Days, International Day for Disaster Risk Reduction and in the Q-Hack4.0 Call4Earth - Youth Hackathon for COP27, with students awarded as best participants.

## **Gheorghe Munteanu Murgoci Highschool, Macin, Romania**

October 2020: presentation of the project to the parents and teachers during a Parents Annual Assembly;

October 2020: ERASMUS DAYS event- activities about the project and its objectives;

April 2021: presentation of project in the ARRUBIUM magazine;

4. October 2022: online press articles, on a regional level, about the activities done during the Romanian LTTA;

October 2021: ERASMUS DAYS event- PRESENTING THE PROJECT ON A SEMINAR ON REGIONAL LEVEL

June 2022: Students participating in Italian LTTA dissemination presentation for teachers and students;

October 2022: ERASMUS DAYS event- Preparing the Romanian mobility;

November 2022: Parents Annual Assembly, presenting the work done in the project;

January 2023: Students involved in the Polish mobility Presentation to the other students involved in the project about their work;

April 2023: Articles in the ARRUBIUM magazine about all the mobilities in the project;

June 2023: Students participating in Croatian LTTA dissemination presentation for teachers and students



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## Srednja skola Mate Blažine Labin, Labin, Croatia

We carried out dissemination activities at local, regional, national, and international levels.

On its website, Mate Blažine Labin Secondary School informed the public about the implementation of the project activities from 2020 to 2023, about the objectives and results of the project and pointed out that the activities were funded by the European Union and implemented within the Erasmus+ KA2 programme. Within the school, the project activities were announced in the meetings of the Teachers' Council and individual meetings were held with colleagues who expressed the wish to participate in future Erasmus+ projects. For interested teachers from Mate Blažine Labin Secondary School, the coordinator of the Croatian partner for the Help me! project organised a presentation on Erasmus+ accreditations. The lecture was given on 7 July 2023 by Samanta Matejčić Čotar, Erasmus+ Ambassador of the Croatian Agency for Mobility and Programmes of the European Union (AMPEU).

The Help me! project also received the most coverage in the local and regional media. The pupils of the school who participated in the Help me! project won 2nd place at the BeSafeNet 2021 International Olympiad on Natural Disasters, organised under the Council of Europe Euro-Mediterranean Agreement EUR-OPA. The project was thus presented at the national level as part of the Civil Protection of the Republic of Croatia and also at the international level, as the mentioned activity indirectly emerged from the Help me project. When the award was presented by the Council of Europe, it was reported that the project itself encouraged students to participate in the BeSafeNet Olympiad and provided them with additional knowledge, and that the teachers of the Help me! project team for Secondary school Blažine Labin secondary school also mentored the students.

During the mobility in Croatia (14 May - 20 May 2023), civil society organisations and/or individuals that were collaborated with in the implementation of the project activities at local and regional level, namely the Labin Public Fire Brigade, the Labin Red Cross and the Istria County Emergency Medicine Training Institute, posted about the project on their Facebook profiles and/or websites. A roll-up banner of the project and promotional material - pens - were also created.

Several presentations about Erasmus+ programmes and eTwinning were given during the Help me project. Professors Karla Golja Milevoj and Laura Kokot gave the international presentation A bridge between eTwinning and Erasmus+ projects on 18.3.2021 and the online presentation Predstavljamo eTwinning škole on 30.3.2021. Professor Karla Golja Mileva gave a presentation on Erasmus+ and eTwinning projects (first steps) at Ivan Batelić Raša Primary School on 29.8.2021 with the aim of encouraging primary school teachers to get involved in Erasmus+ projects. In addition, the Erasmus+ projects of Secondary school Mate Blažine Labin were presented in a programme about education on national television on 10 February 2022. Together with the project partners, the Erasmus Days 2022 were celebrated in the way that each project partner held a debate on the topic in their school: The importance of disaster early warning systems and emergency plans.



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## **Zespół Szkół Ogólnokształcących I Policealnych w Wysokiem Mazowieckiem, Wysokie Mazowieckie, Poland**

October 2020

Setting up a Help Me! Group on Facebook enabling the people involved in the project to post;

Setting up a Facebook group Erasmus+ Help Me! Liceum Ogólnokształcące Wysokie mazowieckie;

April 2021

Power point presentation to the school teachers about the project and the countries involved;

May 2022

An article on the school webpage and in the local newspaper about the project and the visit in Sicily;

October 2022

Students' power point presentation to their peers about Italian and Romanian experiences for the Erasmus Days events;

April 2023

Presentation to the other schools in Wysokie Mazowieckie about Erasmus+ Help Me! project and the mobilities;

June 2023

Completing the Instagram And Twitter pages about the mobilities;

August 2023

An article to the local newspaper and the school page summarizing our participation in the project;

School notice board for the Erasmus + project.

## **Pakmaya Ülkü Hızal Anatolian High school, Kemalpaşa,Türkiye**

December 2021: Power point presentation to the school teachers about Erasmus+ Projects and Mobility experiences;

May 2022: Press Release on the local newspaper about our Erasmus projects;

October 2022: Students' power point presentation to their peers about Romanian mobility experiences for the Erasmus Days events;

January 2023: Students' Presentation to the other schools in Kemalpaşa about Erasmus+ project and their experiences in other countries;

School notice board for the Erasmus+ projects;

March 2023: Short film about students' experiences who have joined mobility visits so far.



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# Dissemination of the "Help me!" Project Results

The short course book entitled **"A More Secure World: Our Shared Responsibility – Are you prepared? Know what to do in time"**, its related Digital Games for assessment, and the Survival Guide will be disseminated in both digital and paper format. Copies will be printed using this project implementation funds and will be distributed in schools. Furthermore, at the beginning of the new school year 2023-2024, the project coordinators will present them to the teaching staff and to the science and foreign language departments and will propose their inclusion in the school curriculum so that they can be carried out within the classrooms. Workshops on safety and emergency education in schools and on first aid will be organized, in collaboration with the Red Cross and the Civil Protection and the active participation and voluntary actions of our young people within these organizations will be promoted.

Furthermore, when the new academic year starts, the project coordinators will make arrangements with local schools for the presentation of the Lesson Plans and the Survival Kits by the students and teachers involved in the project. This will also be a good occasion for us to disseminate our project "Help me", the experiences made by the students during its implementation and the opportunities offered by the Erasmus+ program.

The project coordinator, Ms Adesini, presented the project results (lesson plans, digital games and survival guide) on 5th September during the first teachers plenary meeting and on 6 September to the foreign languages and science departments. The topic "Climate change and natural disasters" has been chosen as the Liceo Mandralisca main topic for school year 2023-2024; the English and science teachers are planning strategies and forms of cooperation to include the project outcomes mentioned above in the school curriculum. Agreements will be signed with the local Red Cross and Civil Protection and regular drills and workshops on emergency education and first aid to be held during the school year. The students will be encouraged to volunteer in either organizations.

Presentation of the project and execution of the games On 11th September during the welcoming activities of the first classes students, the project and its outcomes will be presented, the digital games played with the students.

The lesson plans, digital games and survival guide will also be published on the eTwinning platform and teachers from European countries will be invited to carry them out in their schools and provide comments on their effectiveness, suggest corrections and additional activities and games, provide information on their experiences and examples of best practices. Our hope is that a network will be created for our mutual benefit.



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# Minutes of partners' meetings

12th February 2021  
meeting n.1



[https://drive.google.com/file/d/1XG1o-aoCGr3Ni5oTL6EXbCEO-eil6\\_v4/view](https://drive.google.com/file/d/1XG1o-aoCGr3Ni5oTL6EXbCEO-eil6_v4/view)

23rd June 2021  
meeting n.2



<https://drive.google.com/file/d/17n4QkCtz7JQpblCVdPWvLAj8jhkvXcVv/view>

6th October 2021  
meeting n.3



<https://drive.google.com/file/d/1VMYRDNXVgKrwUxZ4PFnKxNRK0vUCVrxy/view>

25th January 2022  
meeting n.4



<https://drive.google.com/file/d/1JVVWqZMCPxmQgJR26RXAH2l677ZIFp5OT/view>

29th September 2022  
meeting n.5



[https://drive.google.com/file/d/1LigcKCH3gDuW3kVMzQksJulcDw\\_Krcj1/view](https://drive.google.com/file/d/1LigcKCH3gDuW3kVMzQksJulcDw_Krcj1/view)

29th March 2023  
meeting n.6



[https://drive.google.com/file/d/18oem7QeMevtDvb\\_ufcy6zjq4d3EnAICp/view](https://drive.google.com/file/d/18oem7QeMevtDvb_ufcy6zjq4d3EnAICp/view)

18th May 2023  
meeting n.7



[https://drive.google.com/file/d/1lukos1CjJc9Pb94Tu\\_fcrrQkhJLStt\\_l/view](https://drive.google.com/file/d/1lukos1CjJc9Pb94Tu_fcrrQkhJLStt_l/view)



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# "Help me!" Project on Social Media

Our "Help me!" project can be found on

Project website

**<http://murgocimacin.ro/helpme/index.php>**

Project on eTwinning

**<https://school-education.ec.europa.eu/en/etwinning/projects/help-me-part-2>**

Project on eTwinning before its migration

**<https://twinspace.etwinning.net/124124/home>**

Facebook page

**<https://www.facebook.com/profile.php?id=100063547210218>**

Twitter page

**[https://twitter.com/Erasmus\\_Help\\_Me](https://twitter.com/Erasmus_Help_Me)**

Instagram page

**[https://www.instagram.com/erasmusplus\\_helpme/](https://www.instagram.com/erasmusplus_helpme/)**



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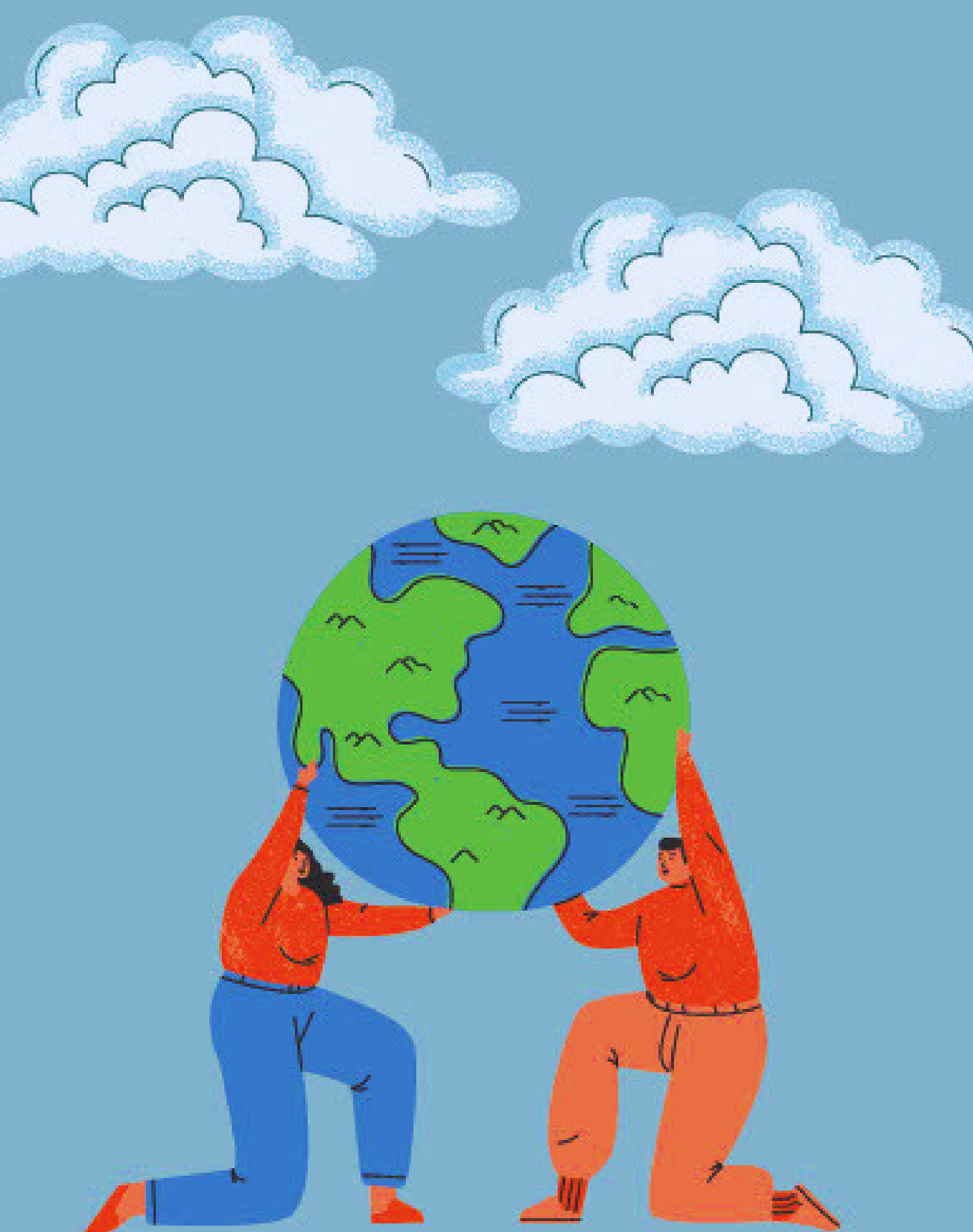
"Priroda je velika, a čovjek je malen."  
(Matko Peić)

Człowiek to robot jeśli nie używa serca"  
(Reto)

"Ulciorul nu se ducedu multe ori la apa"  
(Famous proverb)

"Bulutlar ağlamazsa yeşillikler nasıl güler"  
(Mevlana)

"La natura ci ha donato, e ci sta donando. Adesso tocca a noi salvarla dal disastro imminente."  
(Aran Cosentino)



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