March 2020

Erasmus+

National Agency for European Educational Programmes and Mobility

SUSTAINABLE LIVING - ACTIVE CITIZENS

2018 - 2020



#2

E-magazine

Italy Mobility topics

Lemons and Vitamin Sea



It was the second of May and we were longing for the summer, but outside our windows we could still see a lot of snow and hardly any flowers or green leaves. Summer comes late in Trysil. But this time, it did not bother us. Because we were heading for Italy and Sant'Angelo dei Lombardi. We were looking very much forward to a week with new friends, new knowledge and, last but not least, sustainability and culture.

Snowshoeing is the latest thing!







And Italy matched all our expectations. Southern Italy is the land of sun-soaked oranges and lemons bathed in the warm Mediterranean Sea breeze. Even if it was only the beginning of May, this was like a taste of summer for us from the cold north. After one week here, we went home to Norway filled up with happiness and vitamins from both the sun and all the very tasty and healthy Italian food.

MONASTERIES ARE STILL AROUND TODAY

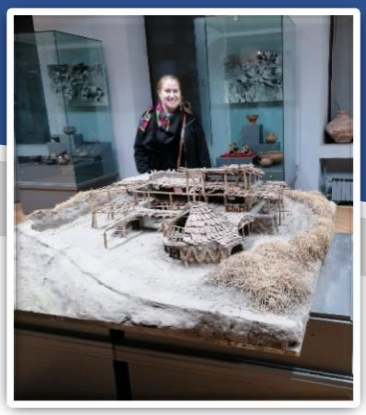


Goleto Abby is a monastery that was built in 1133 in Sant'Angelo dei Lombardi, Avellino, Italia. The stone building with old hue is standing on top of a hill in the Valley of Ofanto. Huge arches are a great example of architecture at that time. You can almost see back to the 12th century and feel the presence of the nuns and monk of that era. And nowadays you can still see some monks praying and meditating in total silence.

On top of the old stairs there is a little room. Inside that room, you can see two different altars. It is amazing how the altars and the whole building have survived for such a long time. If you look closely, the engravings are still on the stones. One can only hope that one could understand the meanings behind them. When you lean on the railing, a beautiful view opens in front of your eyes. It is fascinating that monasteries are still around us.





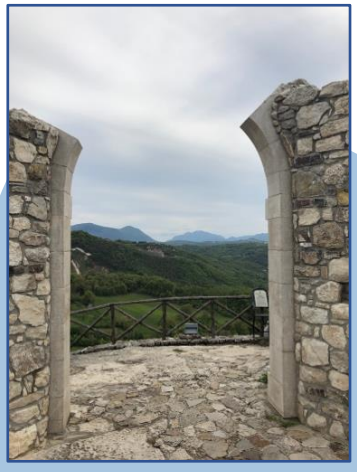




THE LAND SPRINKLED WITH CASTLES

The trip in Campania was amazing, Italian people know how to welcome foreigners !! even the landscape knew how to welcome us! with its incredible castles, land, mountains, architecture: everything was wonderful.

We had the opportunity to visit these lands and I have to say: I loved it!!
We visited castles, all different yet similar in their energy. We could feel their history while walking through the alleys and walls. The castles were on top of hills, which was perfect for us to see the breathtaking views.

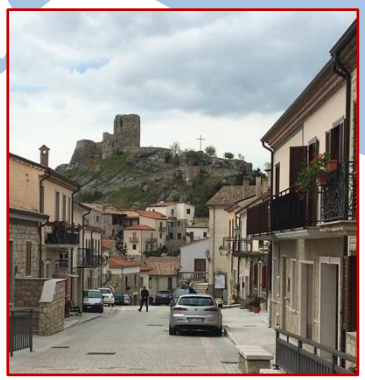


The breathtaking view



View on the village with the fog

These pictures show the Bisaccia Castle, the weather wasn't perfect, but we could still enjoy the view!!
We had a full view on the village but also on the hills and the forests!



The castle from the village



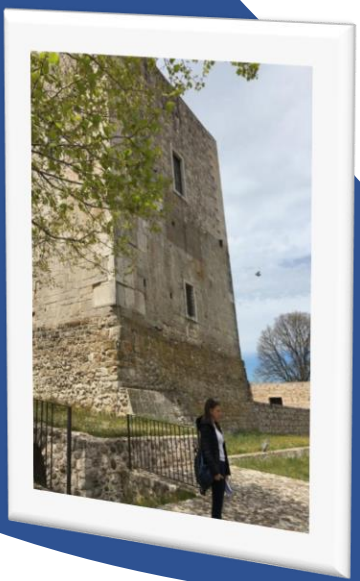
We also visited a castle in Sant'Angelo Dei Lombardi, as for the Bisaccia Castle, it wasn't very sunny but yet delightful.



The last castle we had the chance to visit was located in Quaglietta, we finally had the chance to visit a castle under the shining Italian sun (and some clouds)



Every castle was unique but as said before, we could feel their history because everything was well preserved and our guides were doing great, telling us the stories of those places with passion.



THE FROZEN PAST OF POMPEII

Pompeii was the sight of human tragedy and probably the most important documented tragedy of destruction in ancient history. Mt. Vesuvius erupted and burned Pompeii under a blanket of ash and lava flow. The volcanic eruption destroyed Pompeii and the life of the Pompeian's and their city were frozen in time.



The morning of August 24th 79 A.D. started out as any other day in Pompeii. The streets were full of people trying to do their daily chores and activities, unaware that it was the day that would be forever engraved in history. They did not know the dangers of the neighboring volcano and so believed themselves to be very lucky to find such a place.

After the volcano erupted two thousand Pompeians died in tragedy. Although a very unfortunate disaster, Pompeii provided future generations with a great deal of knowledge about their civilization. Objects were found preserved together. For example, pots along with pans and other dishes were found in the kitchen, mirrors and combs in the bedroom.



We have particpated in the mobility in Italy as a part of the Erasmus project SLAC. We have been fascinated by the preserved dead bodies who discovered the spirit and the suffering which happened on that very day. It was a visit filled with emotions, exicitement and the feeling of something old, famous all over the world. We were amazed by the fact that they used to have a gym where they spent their time and they looked after themselves.





We would recommend to everyone who has an opportunity to go and visit Pompeii and to experience their history the way we did it.



Museo Delle Acque-Water Is Reusable, Isn't It?

The visit of the Water Museum in Caposele was one of the most suggestive stops of the Italian mobility related to our SLAC Project. We had the opportunity not only to be fully immersed in the water reign but also to make our international guests learn more about the history of our zone and of our important energy researches.



Visiting the Museo delle Acque in Caposele has given us the opportunity to get acquainted with one of the most significant work in Southern Italy, the «Acquedotto Pugliese». The Museum saves a lot of pictures and materials concerning the history and the realization of the aqueduct. This public infrastructure is very important for our country, because it provides with the water supply Apulia, one of the widest and driest regions of our country, that has suffered for centuries the lack of water. The aqueduct starts in Caposele and ends in Santa Maria di Leuca in the extreme south of Apulia for about 500 km. As shown in some of the pictures included, our group could see the starting point of the aqueduct, hosted in one of the buildings of the Museum,



The first important realization begun in 1905, consists in the main canal, powered by the water of two rivers, Sele and Calore. All of us were strongly and emotionally excited when a group of expert guides showed us a sort of photo exhibition that portrayed the most important moments of the construction and in general of the aqueduct's story. It was also impressive to observe some models of the aqueduct's system that showed how it works.



The water's travel was preceded by a visit to the "WWF OASIS" in Senerchia, an open sky paradise, whose colors and rumors we heard during a fascinated walk in a waterfall.











Macedonia Mobility topics

GOOD MORNING! MAY THE COFFEE BE WITH YOU!

Unlike the French, I learned that the Macedonians have an excessive consumption of coffee! Somewhere in the town of Bitola we can find on a roundabout, a symbol of the town of Bitola - a cup of coffee, which is significant as the inhabitants of this town love to have coffee in any place at any time of day, which is amazing! One of the mountains which embellishes the landscape was also previously named "the mountain of coffee" because above, there is a cafe which people come to enjoy the view and have their coffee, but it was destroyed.

In Bitola, in Macedonia, coffee is more than a drink, it's a tradition! You can drink it anytime but not anywhere! The ideal is to take advantage of the beautiful Shirok Sokak street to choose a coffee and enjoy an espresso, a cappuccino, a Turkish coffee. . .
We can also find in the city centre a very famous café “Aero”, on the Shirok Sokak: they make the best quality coffee there! We went there to test, personally I took a cappucino (a variant of coffee) and it was just as delicious.





The decoration of the cafe was very chic, there were a lot of staff and a lot of customers.

During the Erasmus + week, we went to the Aero cafe in this big pedestrian street. Whether on the terrace or inside, we took advantage of the warm atmosphere of the place to talk with friends from all over the world. This convivial moment between exchanges and tradition was a strong point of the stay. Of course, we didn't wait until the end of our stay to go back to Shirok Sokak for a delicious coffee!









OHRID – THE PEARL OF MACEDONIA



When we arrived in Ohrid, we walked along the lake Ohrid. We arrived almost at the same time as the sunset, which was breathtakingly beautiful. Despite our late arrival, we got a good glimpse of the beautiful lake there. Right before we lost the light.

Ohrid is a UNESCO world heritage city, with a beautiful fortress called Samoil's Fortress. Due to our late arrival in Ohrid, we did unfortunately not see much of the fortress. However, we spent the whole evening in Ohrid's streets as well as walking next to the beautiful Ohrid lake. We visited multiple cafes before we had to return to our bus.

Before arriving in Ohrid, we visited The Bay of Bones. This was an archeological complex located at the excavation site of Ploca Micov Kamen, near Gradishte and Pestani along the Ohrid coast. The bay of bones was very exciting to visit, since it was very well preserved.

We took multiple pictures in front of the beautiful lake Ohrid.













DIHOVO-SLOW FOOD SANCTUARY

Our mobility to Macedonia has offered us the opportunity to experience local food traditions and appreciate the resources that the territory can offer, in the rural village of Dihovo. There we enjoyed the rustic atmosphere of the place and tasted local, simple and genuine food. The meal offered in the restaurant Villa Dihovo was made from scratch whatever's good, local and in season. This experience was intended to sensitize everybody about the concept of Slow Food. In fact, Macedonia embraced the concept of slow food long before the official term existed and the nation has always tried to raise awareness on new generations and other nations in order to promote local produces.

After this moment of sharing around the table, two groups were created to have an insight in the honey production system. An expert showed to the international groups how honey is made, the importance of bees in the ecosystem and the versatility of their precious work, that provides us not only with honey, but also with propolis, royal jelly and pollen. As well known, many benefits can be acquired trough the apitherapy, a kind of therapy based on products coming directly from honeybees, used to treat different illnesses for their anti-inflammatory effect. We could experience on our skin the apitherapy and taste the different kind of bee-products.



The visit to Dihovo has made us aware of the importance of what the environment around us can offer to carry on a good and healthy life.





ECHOES OF THE PAST: BITOLA MUSEUM

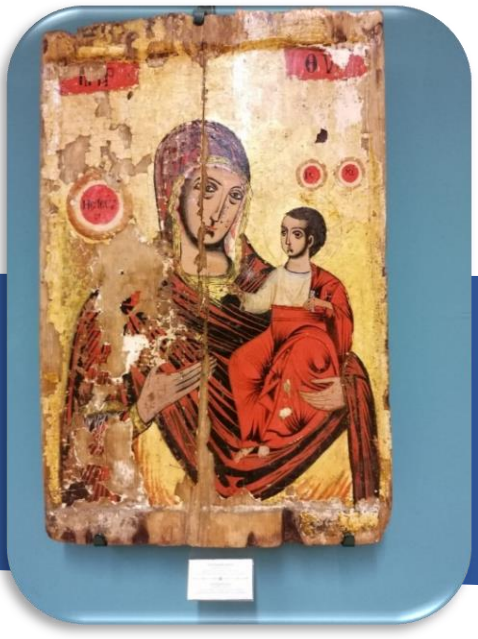


The Museum of Bitola is a great place to visit in Bitola. The building was constructed in 1848 and was originally a Military High School. Kemal Ataturk, the father of Modern Turkey, was educated there. In 1909 the Military School quit its function and later on it became a museum. The building itself is grand and beautiful, but what's inside is even more fascinating.



The museum aims to protect and present the cultural legacy of Bitola. There are permanent exhibitions where you can trace the historic periods of the region, Memorial Room of Kemal Ataturk and temporary exhibitions on numerous topics. You can also have a look at some ruins from Heraclea Lyncestis, an ancient city close to modern day Bitola.





In the museum you will get a glimpse of the past of Bitola and feel the historic energy.
It's definitely worth visiting!



PELISTER: NATURE'S GIFT TO BITOLA

Pelister, the Peak of Baba Mountain, is a well-known national park that adds beauty and tranquility to the nearby town of Bitola. With the indigenous flora and fauna it offers an escape into the serene nature and establishes a long lost connection between man and his initial home, Mother Nature.

Marvelous, astounding, phenomenal, are all epithets for the terrain which is comprised of stone rivers, stone seas, plowing blocks, stone rings, and other phenomena that enrich the spectrum of natural rarities. The flora consists of mostly hidden-seed plants and more than one thousand and fifty systemic units of superior plants. In this location it can also be found the world renowned and quite rare, only found on the Balkan Peninsula, "Molika" also recognized as Pinus peuce. Stretching close by, are situated trees such as Pinus sylvestris, Beech, Oak, Cedar, eagle fern known as Pterideo-Pinetum peucis, molika with blueberry Vaccinio-Pinetum peucis and various other pine trees. The unhindered, vibrant and allure scenery, provides unintentional inspiration and temptation to spend time among its elegance and charm.





Furthermore the picturesque park, not only is it ambient with glamorous flora but diverse and endemic fauna as well. The most notable are the Lynx, the mighty grizzly bear, cunning fox and inquisitive bunny. Other fauna includes a great number of microorganisms, algae, mollusks and other limbed animals which can be found in or around water surfaces of which most popular are the "Pelister Eyes".





In conclusion, Pelister is an inevitable sight and privilege to see, due to its charming and delightful environment, intriguing animals and one crucial component, clean air.

PARTNER SCHOOLS:

SOU Taki Daskalo
Bitola, Macedonia

Trysil videregaaende skole
Trysil, Norway

Adam-Josef- Cüppers-Berufskolleg
Ratingen, Germany

Ensemble Scolaire Jeanne d'Arc + St Joseph
Remiremont, France

Muhoksen lukio
Muhos, Finland

IISS Francesco De Sanctis Sant'Angelo dei Lombardi
Sant'Angelo dei Lombardi, Italy

#2

PREPARATION OF THE MAGAZINE:
SOU "Taki Daskalo" – Bitola, Macedonia

EDITOR:
Gordana Jordeva, teacher, Project coordinator

COMPUTER DESIGN AND COVER DESIGN:
Vesna Mundishevska-Veljanovska, teacher, graphic vocation

LECTORS:
Valentina Bogojovska, Natasha Kotevska, English teachers



SOU "Taki Daskalo"
Bitola, Macedonia
"Dimitar Ilievski Murato" 37
takidaskalo@gmail.com