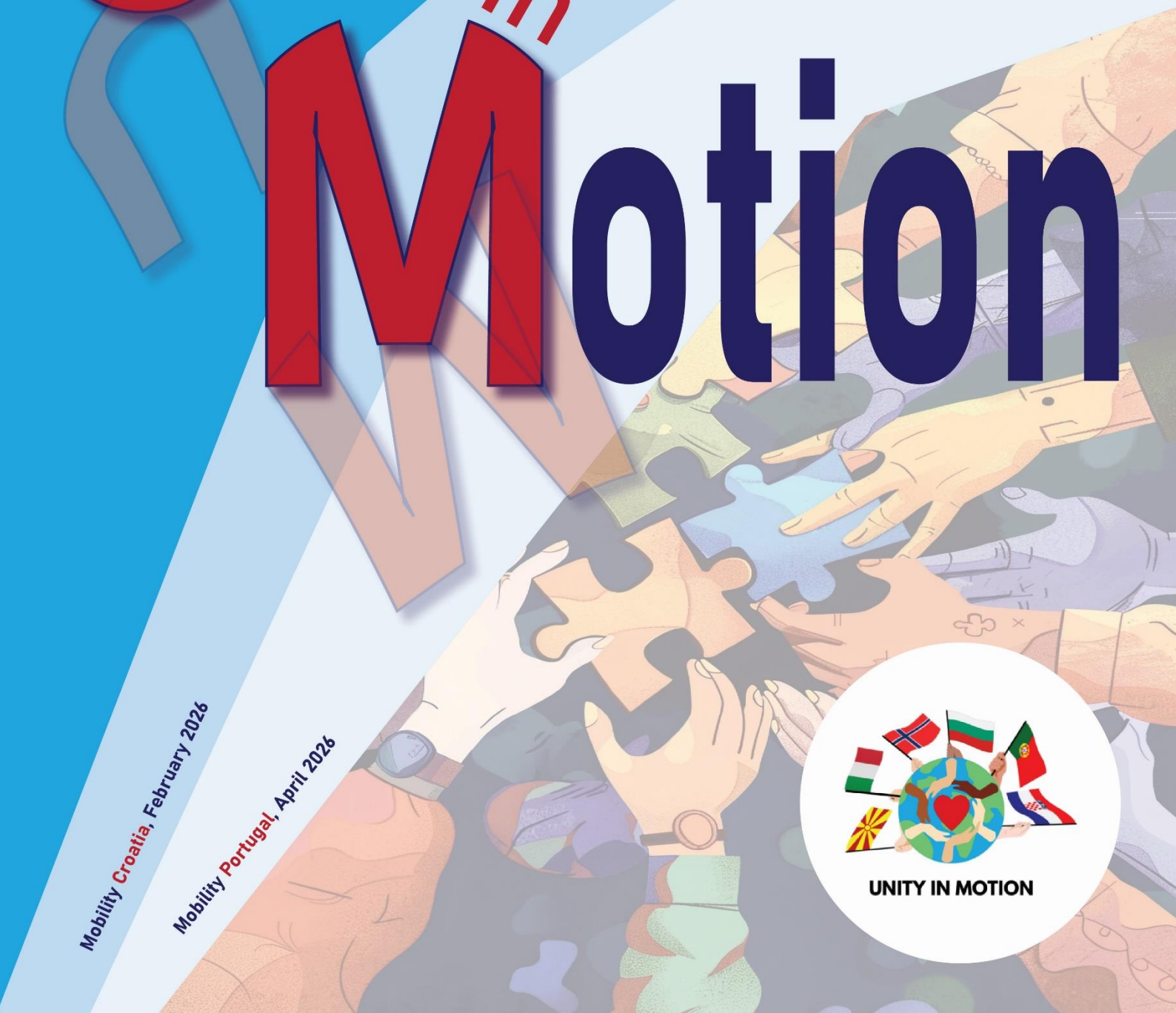
E-magazine

Issue #3
May 2026

Unity in Motion

Erasmus+

2024-2026



Mobility Croatia, February 2026

Mobility Portugal, April 2026

UNITY IN MOTION



Mobility Croatia



NASICE, FEBRUARY 2026



We participated in the Erasmus+ mobility project “Unity in Motion”, where we had the opportunity to host students and teachers from several European countries.

The project focused on connecting movement with learning, especially in STEM subjects, while encouraging cooperation, teamwork and cultural exchange between participants.

The program began with an opening ceremony and icebreaker activities that helped us get to know each other and create a friendly atmosphere. We also presented our school and introduced our guests to our town, its history and important cultural landmarks.

During the week, we took part in various workshops where movement was connected with subjects such as physics and English. Working in international teams allowed us to share ideas, improve communication skills and learn how to cooperate with students from different countries. In addition to educational activities, we also participated in traditional sports and games, which helped us build team spirit and introduce our guests to an important part of our culture.

We also visited educational institutions where we attended workshops related to technology and science. In our free time, we participated in fun activities such as bowling and other physical challenges.

On the final day, we spent time outdoors relaxing together and later participated in a closing ceremony where we received certificates. This experience helped us learn in a different way while creating new international friendships.











Leaving Vratsa on February 8th, our journey was a true test of endurance—we had to navigate a train and two different buses to finally reach Našice. Yet, the moment we arrived, the exhaustion vanished. We were one of the most numerous delegations, largely because the students from Croatia and Bulgaria formed such incredibly solid friendships throughout the entire project. It didn't feel like an exchange; it felt like finding a second family.

From the very first "ice-breaker" activities, the chemistry was undeniable. Whether we were navigating STEM workshops on motion or cheering during the "graničar" (dodgeball) tournament, there was an unspoken language of togetherness. We explored the historic Pejačević Castle and the streets of Osijek and Zagreb, but the scenery and the adventures in Amazinga were just a backdrop to the shared jokes and the realization that, despite different languages, our hearts beat to the same rhythm.







The true highlight of the mobility, however, revealed itself on our final day at Lake Lapovac. Under the vast Croatian sky, we flew kites, had lunch by the fire, sang and danced.



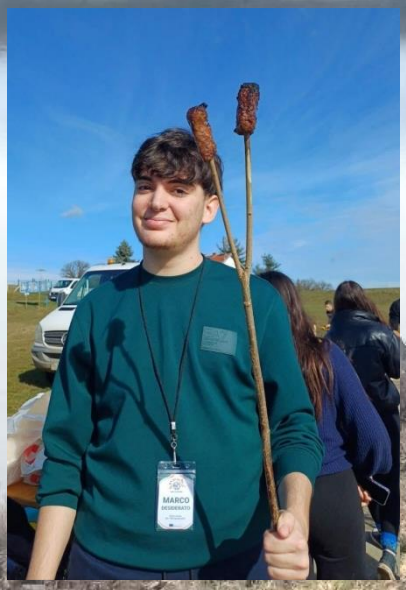
Leaving was the hardest part. As we received our certificates, the hugs lasted longer and the smiles were more fragile. We left Našice with heavy suitcases but even heavier hearts, knowing these bonds are the kind that distance can never break.



Taking part in the Erasmus project in Croatia was a wonderful experience that we will never forget. The activities we did, such as the one in Zagreb at the amusement park or the one at the lake where we built and flew a kite and cooked meat over the fire, as well as the activities at school, were a lot of fun.



We also felt great because of the company as we shared many beautiful moments with the foreign students, and they never made us feel homesick at all. We were also very lucky with our host families, because they all were truly wonderful people. We shared great moments with them as well, and built a very special bond with those who hosted us



The experience ended with a farewell party organized by the teachers and the local students. It was an evening full of fun and enjoyable activities, music and dancing, but at the same time we were sad because the experience had come to an end.



We are very grateful for this project because we met kind people from different cultures and discovered a country like Croatia that truly deserves to be visited.



Team Norway's wonderful and highly educational experience in Croatia

Our trip to Croatia has been a wonderful and highly educational experience, both in terms of school and especially in terms of culture. Over the course of just seven days we enjoyed countless activities, participated in social gatherings and learned through movement while making new friends in the process. Here is an overview of our journey, day by day.



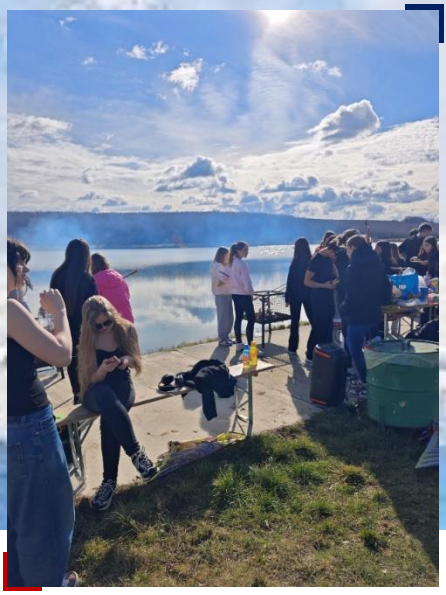


On our first day, we opened with a bang, more specifically an opening ceremony where we talked about ourselves and our countries. Afterwards, we did some much-needed ice breaking activities to release the tension along with a school tour. To finish off, we visited one of Našice's biggest attractions, the Castle Pejačević.

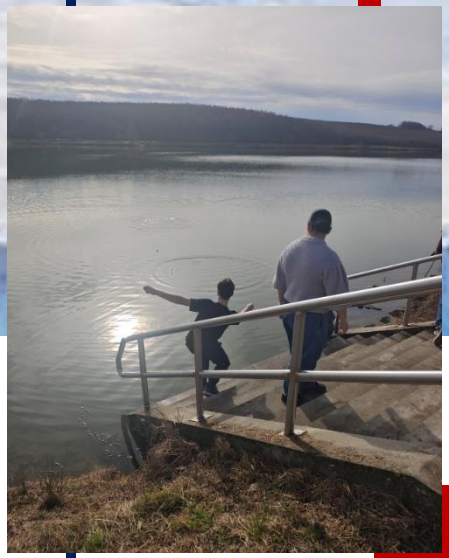


Tuesday was characterized by physical activity. The teachers were creative enough to involve movement in physics class, where we "walked on water". The rest of the day was spent doing sports activities. Norway won 2nd place in dodgeball!!!

The following days, we visited bigger cities in the country. We visited an ICT-faculty, went bowling, saw a tesla coil in action (!!!) and visited Amazinga Adrenaline Park – definitely one of the highlights of the trip.









Our last day we had a lovely day with all the students being social at the nearby lake, grilling, dancing and flying kites – just the end we needed.



Our Erasmus experience in Croatia was one of the most meaningful and exciting periods of our life. From the moment we arrived, we felt a mix of curiosity and nervousness, but those feelings quickly turned into joy as we started meeting new people from different countries. Every day brought a new conversation, a new perspective, and a new friendship. We shared our cultures through food, music, and stories, and we learned that even though we come from different backgrounds, we have many things in common.





The academic part of the exchange was interesting, but what we value the most are the social experiences. We explored beautiful cities, Osijek and Zagreb, and spent evenings talking for hours about our dreams and future plans. We improved our communication skills, became more independent and gained confidence in speaking English with people from all over Europe.

This experience also taught us how to adapt to new situations and appreciate different ways of life. Simple things like using public transport, shopping in local markets or trying traditional dishes became small adventures.



Erasmus was not just a trip. It was a personal journey that helped us grow. We returned home with unforgettable memories, lifelong friendships, and a stronger sense of who we are and what we want for our future.





ONCE UPON A TIME... IN NAŠICE!



Our Erasmus experience in, Croácia, was extremely positive and truly unforgettable!

From the very first day when we arrived at Našice, we were welcomed by the students and their families, who made us feel comfortable and integrated.

This experience allowed us to contact with a different culture, taste traditional croatian food and learn more about local customs and traditions.

The activities we participated in were engaging and educational, helping us to develop teamwork skills and improve our communication in foreign languages.

Našice is a beautiful town, and the kindness and hospitaly of its people made our stay even more meaningful!

We returned home more independent, more confident and enriched both personally and academically.

It was, without a doubt, a valuable experience that we would gladly repeat.

The Erasmus Mobility exceeded all expectations, thanks to everyone's support.

Thanks for everything!

<u>Team Portugal:</u>

Mariana, Constança, Salomé L., Beatriz and Salomé C.









Mobility Portugal

Nisa, April 2026

The Erasmus+ mobility project" Unity in motion"recently concluded at Agrupamento de Escolas de Nisa, bringing together students and teachers from Norway, Bulgaria, North Macedonia, Italy, Croatia and Portugal. This enriching international experience promoted cultural exchange, teamwork, healthy lifestyles, and innovative learning through sports and education.



The programme began with students' presentations and the activity "Getting to Know Me," where participants introduced themselves and shared aspects of their cultures and traditions. Ice-breaking activities created a welcoming atmosphere and encouraged communication among all participants. The presentation of the project "Moving the School – Where Sports and Learning Intersect" highlighted the importance of combining education with physical activity to improve wellbeing and motivation.



Throughout the week, students participated in sports activities around Nisa, outdoor games, fitness sessions, roller skating, and extreme sports. Activities such as "Unity in Motion" and the workshops on "Healthy Living: Nutrition and Sports" promoted inclusion, cooperation, and healthy habits. In the Digital Education Lab Room, students explored STEAM activities that developed creativity, teamwork, and digital competences.



Participants also enjoyed cultural and educational visits. A hike through the fields surrounding Nisa, guided by a local potter, allowed students to discover the traditional paths used to collect clay and quartz for the famous pottery of Nisa. The cultural tour to Castelo de Vide and Marvão included visits to the Inquisition House, the Synagogue, the Garcia de Orta Museum, Marvão Castle, and its beautiful viewpoints and traditional streets.



The mobility also included a memorable visit to Nazaré and ended with a farewell dinner and a spectacular fireworks display, celebrating friendship, cooperation, and unforgettable memories created through Erasmus+.

The students truly loved the experience and shared excellent moments together, creating strong bonds and friendships that will certainly last for many years!

Team Portugal!

From 19th to 24th of April, the Erasmus+ “Unity in Motion” project took place in Nisa, Portugal. The Croatian team consisted of 5 students: Noa Štefiček, Borna Žagar, Mislav Hvizdak, Nikola Tomaić, and Luka Djedović. There were also 3 Croatian teachers: Goran Hajnal, Marija Božičanin, and Sanja Olbina-Borić.



We participated in many interesting activities with people from Norway, North Macedonia, Bulgaria, Italy, and Portugal. On Monday, we had an opening ceremony and an activity called “Peddy Paper,” where we were divided into teams and had to walk around the town and complete various challenges. On Tuesday, we were once again separated into teams. There were many activities at the school, such as rock climbing and roller skating.



On Wednesday, we visited Nazaré, where we enjoyed the beautiful view of Nazaré Beach. After that, we had a picnic on the beach. On Thursday, we hiked through the fields of Nisa, where we saw the location where clay and quartz are extracted. These materials are used in their traditional pottery creations, which we saw after the hike.



On Friday, we visited several museums around Nisa, such as the Museum of Inquisition. After that, we paid a visit to Marvão Castle, where we could see both Spain and Portugal. In the evening, there was a closing ceremony followed by a fireworks show due to Portugal’s national holiday.

On Saturday morning, we departed from Nisa, which marked the end of our Erasmus+ journey.



This trip created many new friendships and memories that we will remember for a lifetime.



Nikola Tomaić





Our Erasmus+ Adventure: An Unforgettable Week in Portugal

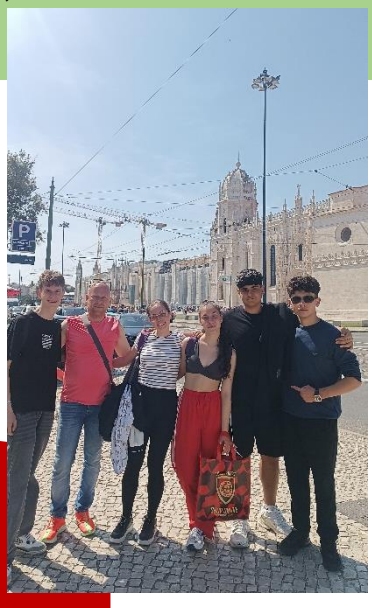
By Anita, Kaloyan, Valentin, Vanessa, and Nikola

Going to Portugal for our Erasmus+ mobility was a dream come true, but honestly, we felt a mix of excitement and nerves because it was our first time staying with host families in another country. Very quickly, however, their warm hospitality made us feel completely welcome and at home.

Living with Portuguese families helped us experience the local culture in a much more personal way. We tried traditional food, spent quality time together after school, and improved our communication skills through everyday conversations. Kaloyan and Nikola really enjoyed diving into the local lifestyle, especially since they got to spend extra time with Alexandre—the student Kaloyan had previously hosted in Bulgaria. Reconnecting with Alexandre reminded us all of the true magic of Erasmus+; it isn't just a short trip, but a beautiful cycle of hospitality that builds lifelong friendships across borders.



During the week, we participated in sports activities, teamwork challenges, and outdoor games that helped us build confidence and grow closer to the other participants. We also visited stunning places such as Nazaré, Marvão, and Castelo de Vide, where we immersed ourselves in Portuguese history and traditions. In Nazaré, we celebrated Vanessa and Valentin's 17th birthday, complete with a delicious cake lovingly baked by Mariana, one of the Portuguese teachers.



The farewell dinner was a deeply emotional moment. Two Portuguese girls performed a traditional dance that impressed us with its elegance and graceful movements. Afterward, Vanessa and Anita took the floor to perform Bulgarian folk dances, which were full of energy, fast steps, and a powerful rhythm. Although the two dance styles were very different, both performances beautifully showed how traditional arts reflect the spirit and unique identity of each culture. Before finally heading home, we also enjoyed a scenic walk around the streets of Lisbon.



We returned to Bulgaria with unforgettable memories, invaluable new friendships, and a greater sense of confidence. This incredible experience showed us just how easy it is to connect with people from different corners of the world when you spend time together and stay open-minded.



ERASMUS+ PORTUGUESE MOBILITY – TEAM ITALY



The Erasmus+ program led us to Nisa, a little city of about 6000 inhabitants in the Alentejo region in Portugal, near the Spanish border from 19th to 25th April.

We got to know and made friends with many students from different parts of Europe: Bulgaria, Croatia, North Macedonia, and Norway other than the Portuguese hosts and their friends not involved in the program.



The mobility was sport themed so we took part in different activities such as: Peddy Paper through the city with every station containing a different sport activity and a related question so their completion assigned different points, climbing, walking on the slack line, rollerblading, fitness class and many more.



We also visited cultural sites, the city of Nazarè on the ocean, Marvao's castle, the inquisition museum in Castelo de Vide, the local pottery in Nisa and the fields where artisans use to take clay and quartz from to make their signature crafts





To sum everything up it was a fantastic experience, we're never going to forget it and the people we met, and, as Nisa's mayor said we left a part of us there and replaced it with one from that beautiful city.

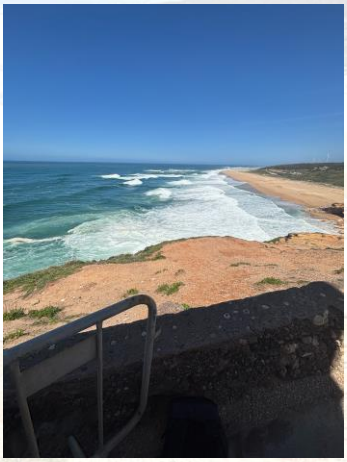


Reflections from Team Norway – Nisa mobility April 2026

After a day in Lisboa, enjoying different attractions and the nice weather, we arrived in Nisa. Quickly, we realized the week was full of fun activities. One of the highlights was going to Nazaré. Here we went on a guided tour with a magnificent view of the Atlantic Ocean and had a picnic at the beach with all our new friends. This, in April, was something completely different than our cold town up north, far from the ocean. The same goes for the food, our favorite from the trip probably being the famous pastry, Pastél de Nata.



The people in Nisa were amazing. We had a lot of fun with them and got to know them well throughout the week. Even though we come from different countries and cultures, it was easy to connect with them in the activities and every day brought something new. The exchange taught us a lot about the Portuguese culture and the importance of cooperation. And by the end of the week, we were saying goodbye to good friends.





The trip to Portugal was an unforgettable experience and it is something we will never forget.



Our Erasmus+ mobility in Portugal was truly one of the most unforgettable experiences we have ever had. During our stay in the beautiful town of Nisa, we met amazing people, created new friendships and experienced a completely different culture and lifestyle. The host families were incredibly welcoming and made us feel comfortable and happy from the very first day. If we had the chance, we would definitely do this experience all over again. The food was different from the food in our country, but it was delicious and interesting to try many new traditional dishes and desserts.



Every day brought something new and exciting, which made the whole experience even more special. Since the project was focused on sports and healthy living, we participated in many fun and educational activities both at school and around the town. We enjoyed spending time together, learning about teamwork, communication and the importance of an active lifestyle. We also visited many cultural and traditional places. One of the highlights was Nazaré, with its beautiful beach and amazing waves. We visited the pottery workshop and the fields full of clay and quartz, which were truly beautiful, and we learned about the entire process of creating the famous handmade pottery. We also had the opportunity to visit beautiful museums full of historical moments, culture and emotions that helped us understand Portugal's rich history even more. Another unforgettable moment was visiting the majestic castle where we could see both Portugal and Spain at the same time. The view was absolutely breathtaking. At the end the farewell party was also very emotional and beautiful. We spent our last moments together laughing, dancing crying and sharing memories from that week that we will never forget.









We returned home with unforgettable experiences, stronger friendships and wonderful impressions that will stay with us forever.



Preparation of the E-magazine:
SOU "Taki Daskalo" - Bitola, RN Macedonia

Editors:
Gordana Jordeva, Project coordinator, Editor-in-chief
Vesna Mundishevska-Veljanovska
Marija Mladenovska-Dimitrovska

Computer design and Cover design (Poster for the Project):
Vesna Mundishevska-Veljanovska, teacher

Issue #3

E-magazine

UNITY IN MOTION



PARTNER SCHOOLS

SOU Taki Daskalo
Bitola, Macedonia

Trysil videregaaende skole
Trysil, Norway

Agrupamento de Escolas de Nisa
Nisa, Portugal

Srednja skola Isidora Krsnjavoga
Nasice, Croatia

Sredno uchilishte Hristo Botev
Vraca, Bulgaria

I.I.S.S. "S. Trinchese"
Martano, Italy