



NEWSLETTER

„Do something good for yourself”

2022. Február.

KA229-School partnership 2020-1-HU01-KA229-078727

The purpose of our Erasmus+ Program is to call attention to a healthy lifestyle. This area is also of particular importance in the program of our institution, which is why we organize a family running day and trips every year, we pay special attention to the appropriate consumption of vegetables and fruits, water consumption and the daily or once-a-week exercise. We continue to try to keep families and children active with joint online Zumba classes. Or to expand our existing recipe book with new recipes.

Our country's task through this tender was to present the situation of Physical Education in Hungary. Describe the equipment system, methods and importance of physical education in our education system, and show its place and importance in the Kindergarten Education Program. Within this Program, we would like to present the physical equipment found in our kindergarten and the possibilities of its use in large physical education sessions and in our everyday habits. We would also like to show you where the daily physical education classes are located, and the tasks within which the large physical education classes are carried out within different age groups

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How effective was this project in terms of their lifestyle and healthy outlook on life,
and how much were they able to change this?

Although the COVID subsided, when the other countries arrived in Hungary,
unfortunately the COVID flared up again in our country. Therefore, the management
decided, in order to protect the health of the children and teachers, because we did
not dare to take the risk of the guest teachers physically participating in the physical
education sessions. In this way, they could view the recordings of these gymnastics
exercises on video, as well as hold their presentations, where each country could
present its own country's concept on this topic.



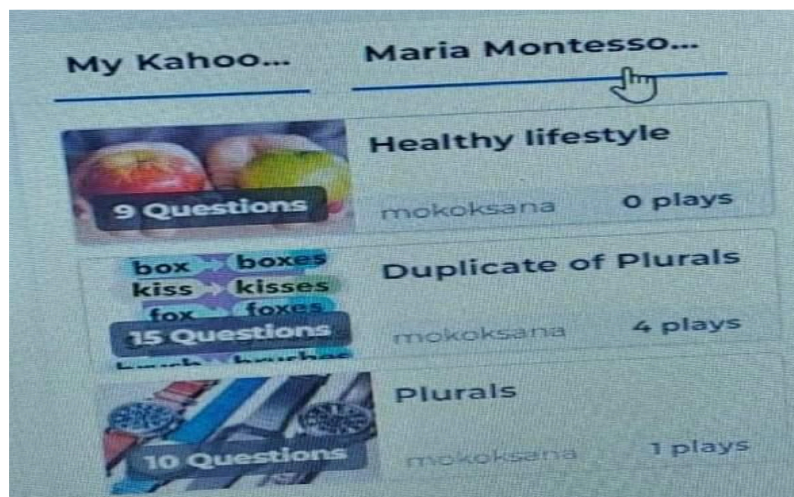
The goal of the countries visiting us was to obtain as much information as possible about the structure of the Hungarian kindergarten physical education methodology and toolkit, as well as the importance of physical education within the educational system. The other countries also presented the physical education program, tools and interesting methods and exercises used in their educational institutions through the videos they showed.

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Unfortunately, the first two days were overshadowed by the COVID virus, so in order to protect foreign teachers and children, we held the meeting online. The partners of the countries coming to us could meet Ágota Uzsoki within the framework of these zoom meetings and share their experiences with each other through short videos. At these online meetings, small scientific videos were shared, where our guests could

listen to and study interesting experiments thanks to the lectures presented by the BBC channel. Based on these scientific experiments, teachers were introduced to a new concept. As,

- comparing different foods,
- By questioning the correct and incorrect consumption of drinks, they tried to question the scientific views that had been formed so far.
- Experiments related to obesity were carried out
- Who can gain weight and why?
- How can it influence the origin of obesity?
- on the last day, within the framework of a KAHOOT quiz game, we tried to recall it again with the teachers to assess who retained what, who remembered what based on the scientific videos

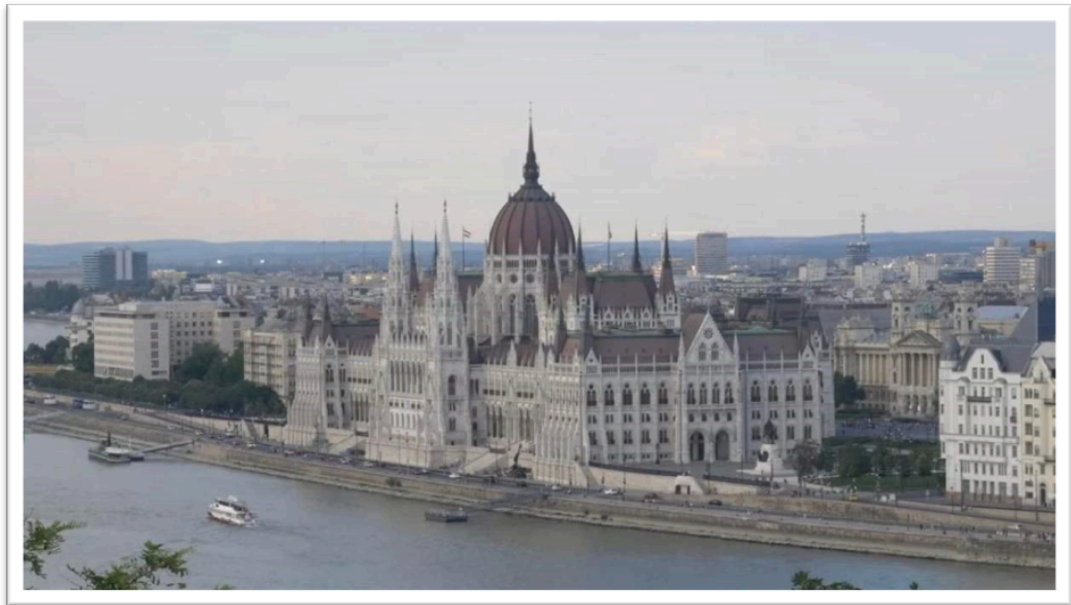


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They introduced each other to new methods, games and tasks. During the rest of the day and the week, we tried to put a lot of emphasis on the fact that the foreign teachers who come to us can get to know the culture and history of Hungary better, as well as participate in activities related to a healthy lifestyle.



So on this day, they could take part in a 3-hour sightseeing bus trip, where they could learn about the history of Hungary and admire the sights of our capital. The route of the excursion led across the Erzsébet Bridge along Gellért Hill and the Citadella and then continued from Rákóczi Street all the way to Hero Square on the deservedly famous Andrassy road. Our guests could see and take an easy walk at the largest church in Budapest, the Sent Stephen Basilica, and then continue their journey to the Parliament, but first they could admire the Margit Bridge. Finally, you can take a pleasant walk in the Castle Quarter, where every cobbled street leads to an interesting place, characteristic building or baroque house. Highlights in this district are the Fisherman's Bastion and the Matthias Church, from which you can enjoy a magical view of the city. Through this excursion, our guests could get a comprehensive picture of the history of Budapest. Since Hungary is world-famous for its thermal spas, and Budapest is also a famous big city of thermal spas, our guests were able to visit the famous Széchenyi Spa, where they had an experience of a lifetime.



Lánchíd, háttérben a Budai Várnegyed

On the fourth day, the destination was the famous Grassalkovich Castle, which is Hungary's largest Baroque castle built in the 18th century by one of the country's most prestigious lords, Antal Grassalkovich. It was bought by the Hungarian state in 1867 and, after a quick renovation, was given as a coronation gift to Franz Joseph I and Elisabeth, i.e. Queen SISI. SISI loved and cared about the fate of the Hungarians, which is why the Hungarian people loved him so much. In the late afternoon, the visiting teachers could take part in a romantic evening boat trip on the Danube, where they could also admire the sights of Budapest in their evening splendor, such as the National Theatre, the Parliament, the Citadel, Gellért Hill, and Fisherman's Bastion and admire our illuminated bridges.

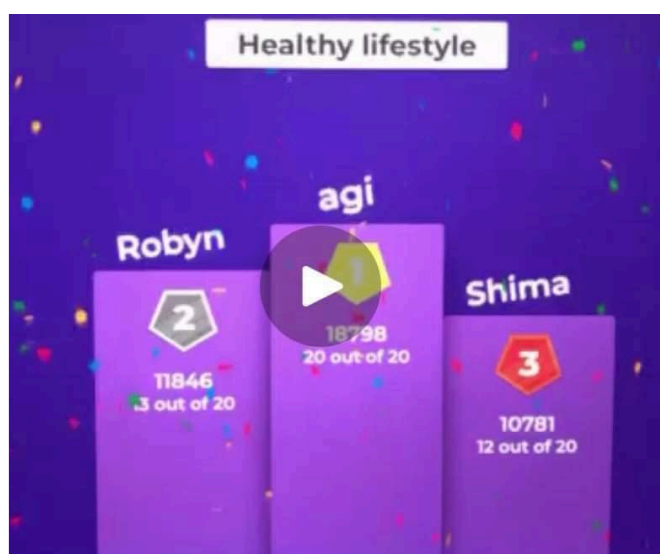


Grassalkovich Kastély, Gödöllő



Hajókirándulás a Dunán

On the fifth day, both foreign and Hungarian teachers could give an account of their knowledge from the knowledge they acquired during their time here, within the framework of a KAHOOT quiz game. Where we could proudly claim victory, and we were very happy with the success of the Hungarians, because they also proved that they have a good memory and are good team players. After all, the goal of the game was for everyone to take the knowledge gained from the short videos with them, which they succeeded in doing.



KAHOOT Quiz game winners

On this day, we surprised our guests with special Hungarian delicacies, so we prepared Hungarian cold dishes, with red onions, Hungarian cheeses, custard cream, dumplings, Hungarian Gyula sausage, and the world-famous Pick salami. Our Hungarian teachers treated the visiting teachers with home-made salty and sweet delicacies, which they received with great love.



Farewell dinner

Our closing dinner was hosted by a famous Hungarian restaurant, which was built at the turn of the century and is located in the heart of Budapest. We chose this restaurant because both the atmosphere and the food reflected Hungarian history and gastronomy. We hope, that our guests returned home enriched with lifelong experiences during the time they spent here, and perhaps they will visit Hungary again in the future!

Project coordinator

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Project Partners:

M. Montessori school - kindergarten

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Kefalonia



First (1st) primary school of Lixouri

Kefalonia

Gr.Lampraki

Lixouri



Greece

