

What have we achieved in this project?

We have achieved many things in this project including meeting a lot of new people and make great new friends. Even though there is a language barrier we can still communicate well. In these countries, we have seen lot of new thing and experienced the culture in each country. In Poland, we tried lot of traditional food, drinks and dance. The Polish people tried all kind of Icelandic food, which they didn't find really good but it was a nice experience they also visited few companies in the town and learned a lot about fish industry.

Icelanders visited a lot of famous places in Wroclaw and learned many thing and experienced a lot of new things. When the Polish students arrived, they saw a lot of mountains, waterfalls, geysers and other beautiful places that they never imagined they would see.

The communication between the students was phenomenal. At the beginning languages seemed to be difficult but later each and everybody learn a little bit in the foreign language such as “takk fyrir”, “dziekuje” and “flottur rass”. If the Polish kids would stay here a month they would be fluent in Icelandic. It is pretty cool to converse in three different languages in the same time.

Thanks to a lot of workshops in mindfulness we learnt how to avoid stress and deal with everyday pressure. We attended to mindfulness classes which we found very interesting. We could have compare situations in Polish and Icelandic schools.

Thanks to the project we learn a lot of news things and meet a lot of interesting people. We spent great time together and we hope that we could repeat it in the future. We are sure that knowledge which we gained in this project will be very useful in the future and will help us to live effectively.