

What have we achieved in this project? Example 2

1. What have you achieved in our project?

- Culturally
We learned each other's cultures. We know the differences and similarities.
- Socially
We made friends, met many new people, both Polish and Icelandic. We became more confident in starting new relationships. Polish kids had a chance to make new friends from their own school.
- Geographically
We had a chance to see different landscapes than we used to see. Icelandic people could see the life in big city and Polish people could see life in a small town located in the middle of nowhere with beautiful nature everywhere.
- Communicational
We can talk to different people easier, we are not afraid of talking to strangers anymore. We can make friends with no fear.
- Better language skills
We could speak English 24/7 and that improved our skills in speaking foreign language. We learned English in way that is more practical.
- Connected to the topic of the project
We learned how to:
 - Achieve goals
 - Reduce stress
 - Focus on a present moments
 - Live healthy
 - Live better life
 - Meditate
 - See the connection between body, mind and surrounding nature
 - Not judge
 - Change the way of your thinking

2. How can you use the knowledge you have gained in this project in the future?

We can easily cope with stress and problems that we will come across in the future as adults.
We can live healthy and give a great example to the others.