

What have we learned?

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Culturally

- It was a great experience to discover different cultures
 - Cuisine, e.g. dried fish, shark, pierogi, barszcz
 - Eating habits
 - Traditions
 - Language
 - Educational system
 - Style of living (small vs. big city)

Socially/Communicational

- Meeting new people
 - Seeing their lifestyle
 - Different humour
 - Different behaviour
- Almost no communicational problems
 - Sometimes it was hard to communicate since some people would rather speak their native language (both Icelanders and Poles)

Geographically

- These journeys were very long and because of that we could see a lot of beautiful landscapes while driving
- We got to know the process that formed the territory of Iceland and Poland
- We saw the diversity of animals and the plant life in both countries

Better language skills

- ▶ Our native languages are very different so we had to overcome language barriers and speak in English
- ▶ We learned a lot of vocabulary connected to mindfulness and health

Connected to the project

- We learned how to practise mindfulness and breathing exercises
- In Poland we learned how to prepare healthy food
- In both countries we enjoyed the nature
 - We had to walk a lot so we got to exercise as well