



NEW- FIRST AID IN SCHOOL
TEACHING AND TRAINING
2020-1-CZ01-KA229- 078299_1

Our first mobility

Nymburk, the Czech Republic

21 - 27 OCTOBER 2021



Co-funded by the
Erasmus+ Programme
of the European Union



Nymburk

Nymburk is a breathtaking place, full of history, gracefully combining a royal heritage and its inhabitants' love for Sports. Full of astounding views, the green spaces blend beautifully with the rustic buildings.



Since our project's theme is teaching and learning how to give first aid, we took part in workshops at Střední Zdravotnická škola. These workshops perfectly complemented the theoretical notions we took in during the previous year's online meetings. Teachers and students from the Czech Republic showed us how first aid is done correctly, according to the new regulations.



We admired the Erasmus corner in the Czech school, offering information about the project and CPR. We also had a chance to present our teams and to get to know our peers from the other countries.





We had a tour of Nymburk and were delighted to see a spellbinding church, with a 66 m high tower. We were lucky to admire the view from the top. We also visited the City Hall, a very beautiful place where the Mayor welcomed us warmly.



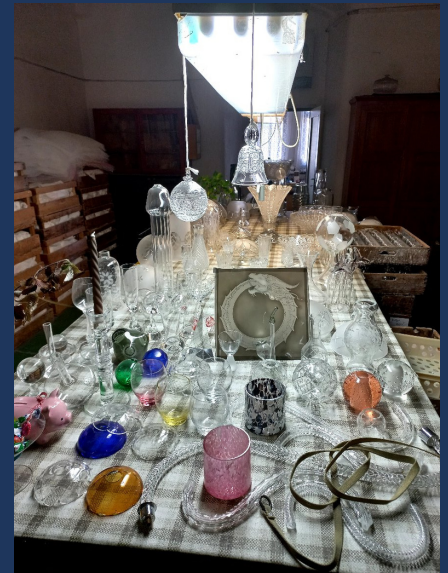
A short hike took us to Podebrady, a touristic town near Nymburk. The place was very nice, full of joyful people and noble buildings.



We had fun and bonded as we went bowling together. It was a good opportunity to make friends and to learn new words from other languages.

Rokytnice nad Jizerou

On the fourth day, we visited a glass factory that took us all by surprise with its techniques and amazing artwork. I'm sure we all had wondered at least once how the glasses we drink from were made. On the same day, some of us had a first-time experience: going on a cable car. It was exhilarating and, honestly, there was some yelling involved, as well. The hike back down the mountain was refreshing, showing us the most amazing scenery and giving us the opportunity to practice our English and our friends-making skills.



For team building, each country had to share an activity with the others; they were all extremely entertaining. We even shared games and dances that we learned from previous Erasmus+ projects.





The last day in Rokytnice brought us a revigorating hike. As a reward, we got to enjoy a splendid view from the watch towers nearby. On our way there, we put into practice what we had learned about administering care to an ill or injured person by enacting an imaginary situation.

Upon returning to the cottage, we had the Certificate Awarding Ceremony. Afterwards, we engaged in activities and games and we all worked together as a big team. Sadly, this was also the moment we had to say goodbye to some of our new friends.



Prague

In the early morning of the sixth day we left for Prague. The drive was pretty quiet, we were all excited to see Kafka's place of origin. Lucky to be in Prague, we went on a bus tour of the city. The guide told us about the history of some distinguished old buildings as we were passing them by, as well as historic facts about the Czech Republic.



We were privileged to pay a visit to the State Opera, where we enjoyed "La Bohème". Everything about the play was cathartic and uplifting, the actors, the singing, the costumes, the set...the perfect ending to a great experience!



We left the tour bus feeling encouraged to explore the city by foot and so we did. We roamed the paved streets of the old centre and felt the buildings coming to life.

