

# THE SKY is the LIMIT

Year 2022-23, Issue 13



BIOTEHNIŠKI  
CENTER NAKLO  
SREDNJA ŠOLA

## The Sky is the Limit

BC NAKLO – Secondary School Newsletter  
Glasilo BC Naklo – Srednja šola  
Strahinj 99, 4202 Naklo

### Editorial Board/Uredniški odbor:

Nely Seferagić, Naja Budau,  
Mojca Praprotnik, Petja Oražem

### Mentors/Mentorici:

Irena Šubic Jeločnik, Barbara Benedik

### Photo & illustrations/ Fotografije & ilustracije:

Students and  
teachers of BC Naklo & partners  
Dijaki in učitelji BC Naklo & partnerji

200 copies/200 izvodov

NOT FOR SALE/NI ZA PRODAJO

ISSN 2463-7777

November/november 2022

# CONTENTS

## 2 FROM THE EDITORS

## 3 GOING PLACES

### STUDENT MOBILITIES

- 3 Recent and on-going **projects & mobilities**
- 3 Gardening with our peers in **Croatia**
- 4 Hay milk in glass packaging – visiting a local farm with **Italian & Austrian** peers
- 4 An agricultural school, local food and stunning landscape in **Austria**
- 5 Our entrepreneurs in **Estonia**
- 5 Gaining life experience through The Duke of Edinburgh's **International Award**
- 6 Mountain biking in **Slovenia** – destination: **Škofja Loka**
- 7 Improving myself as a confectioner in **Austria**

### TEACHER & STAFF MOBILITIES

- 7 Improving my English where the **Greek** goddess of love was born
- 8 Learning leadership in **Florence**
- 9 So much to do in **Barcelona**
- 10 Multiculturalism in **Malaga**
- 11 Vivid **Verona**
- 11 Mindfulness in **Tenerife**
- 12 A stressless week in the **Canary Islands**
- 13 **Santa Cruz de Tenerife**, green but not really
- 14 Searching for new knowledge in **Iceland**
- 15 Getting active and creative in **Berchtesgaden** national park, **Germany**



Funded by  
the European Union

## 12 FROM OUR PARTNERS ABROAD

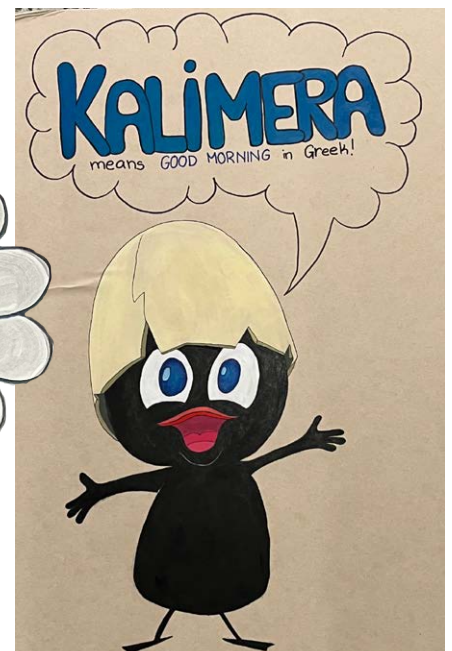
- 16 Greetings from **Valencia**
- 16 An overview of our Relearn Plastics activities in **Spain**

## 14 MEETING PEOPLE

- 17 **Our dream** is to take over a farm together
- 18 **World Champion** MTB stunt biker Waldek Kukurowski, a **Polish** student
- 18 **Foce dell'Isonzo**, the Rivermouth Nature Reserve
- 19 I wouldn't change my job for anything **in the world!**

## 16 YES WE CAN

- 20 Back to school with '**Feel-good** thoughts'
- 22 **European** Day of Languages
- 23 A prayer in **37 scripts** – and not a single one I can read!



## FROM THE EDITORS

### The Editors

It is with great relief and joy that we can report on finally being able to fully resume our international activities – not on-line but live! Over the past year we have been to Germany, Austria, Croatia, Cyprus, Portugal, several towns in Italy, Spain and the Canary Islands; Poland and Estonia. In turn, we have hosted students and teachers from these countries – or are expecting them shortly.

We have gathered many excellent articles about people's experiences in Slovenia and abroad. To us the most fascinating part is how people adapt their English based on their country of origin. It's a privilege to be able to put our feet into their shoes and experience life through their eyes. As rather fresh editors we must say we are greatly impressed with the vast material our school-mates and teachers have produced,

also big thanks to the countries that have collaborated with us. We appreciate you for sticking through and promise that our new, strong team of editors – while developing numerous skills and showing lots of potential – possess an amazing zeal for the issues to come so more interesting texts can be expected. If you have something to contribute yourself or would like to join us, contact your language teacher(s).

# Gardening with our peers in Croatia



By Laura KEPEC & Zala VIDMAR

In May 2022, seventeen students of BC Naklo took part in an exchange to Varaždin, Croatia. Our host was Arboretum Opeka Marčan secondary school, which was also our first stop. They introduced us to the school and courses which are similar to ours. We were then taken to our motel in Varaždin, our home for the next ten days. Later this day we explored the main sights of Varaždin: the main square, castle, theatre, churches and more. The main purpose of the exchange was to learn

how people in other countries work in our profession. We were working in two garden centers, Krklec and Težak. As it was quite a long stay, we had two days off. In those two days we visited the capital city of Croatia, Zagreb (the market, parliament, ZOO), museum of the Neanderthal in Krapina, the birth house of Tito, the president of former

Yugoslavia and the Trakošćan castle. At the Cafuk and Agropomper farms we observed the production of cabbage products. On the last day we returned to the school for a walk around their botanical garden and the mansion they are building. Last but not least, we were awarded our certificates and got on our way back to beautiful Slovenia.

## Recent and on-going projects & mobilities

By the PROJECT OFFICE

### POPREI Erasmus+ project

- Arboretum Opeka Marčan, Croatia (May 2022)
- Nockberge National Park, Austria (May 2022)

### NAPREI/Erasmus+ project

- Zespół Szkół Centrum Kształcenia Rolniczego in Samostrzel, Poland (September 2022)
- Voss vidaregåande skule, Norway (October 2022)
- Pärnumaa Kutsehariduskeskus/ Pärnumaa vocational education centre, Estonia (October 2022)
- Biosphärenpark Nockberge, Austria (June 2022, May – June 2023)
- Arboretum Opeka Marčan/Srednja škola Bedekovića, Croatia (April – May 2023)
- Shipcon, Ciper (May – June 2023)
- Mobility for staff/teachers, Italy (2022 – 23)
- 'UČINEK' (Effect) project
- Staff mobility (2022)

### Mobility projects in the field of school education

- Brussels, Strasbourg, Luxembourg – group mobility for students (October 2022)
- Courses and training – staff mobility (school year 2022 – 23)
- Job shadowing – staff mobility (school year 2022-23)

### ZELENI SljAj/Erasmus+ project

- Zvezna gimnazija in zvezna realna gimnazija za Slovence, Austria (16<sup>th</sup> till 21<sup>st</sup> April 2023)



# Hay milk in glass packaging – visiting a local farm with Italian & Austrian peers

By Ana BAHAR

The Zeleni Sijaj project is an Erasmus+ exchange programme. In May 2022, during a memorable week, BC Naklo hosted a fun and instructive course for local and exchange students from Austria and Italy. In the spirit of the programme's theme – sustainable development – we visited a family farm in Predoslje, Kmetija Odems, run by Gregor and Darja Ovsenik. The farm's main intention is to bring back the 'old-times' milk acquired from only grass-fed cows, without any processed feed or food supplements. While not spending money on such feed, they decided to also lower their plastic usage by intro-

ducing glass bottles for milk products. They came up with the slogan 'Seneno v stekleno' which translates into English as 'Hay (milk) into glass packaging'. The bottles are reusable, and locals are happily bringing them back, because that means they can get more of their delicious milk. Gregor wants to focus only on what he has now and how to make that even better for the next generations. This small farm, in a small town, in a small country may be one of the starters for the world's change to a better and greener life and is definitely a great example for the generations to come.



## An agricultural school, local food and stunning landscape in Austria

By Zara Hema MITROVIĆ



During our exchange in Austria we learned a lot of new things and gained new practical knowledge. We got to know the culture of the Austrian Carinthia and delved into its nature and tourism. We met the rangers who work in the park. They were available for all information and provided

all the answers to our questions. We ate good, especially home-made, traditional, organically produced Alpine food, which is made there by local traders and farmers. We saw a lot of natural and cultural sights, including museums, towns and villages, mountain trails, lakes, rivers, farms and so

on. We visited an agricultural school, similar to ours, called Litzlhof. There they showed us the estate and the school. We students connected and, above all, had fun with each other. During one of our tours, we also helped make a documentary film with one of our rangers, Hans Meier.



# Our entrepreneurs in Estonia



## By the PROJECT OFFICE

Jerca, Beti, Hana and Ema, four students who won the national entrepreneurial competition called Junior Achievement, took their company to JA Europe in Tallinn. JA Europe is part of JA WorldWide and thus the biggest entrepreneurial event in Europe. The girls gave a successful presentation of their company Resina which produces creams, vaselin and gums from fir resin. A FEDEX workshop and a meeting with a number of Estonian start-ups enhanced the experience of pitching their project in front a huge audience among competitors from 40 countries. Addresses by Estonian Prime Minister Kaja Kallasova, Minister of Education and Science Mare Ahonen



and Junior Achievement CEO Salvatore Nigro illustrate the importance of the event. Congratulations to our ambitious crew!

# Gaining life experience through The Duke of Edinburgh's International Award

## By Rebeka ČADEŽ & Joana ŠAVLI

The Duke of Edinburgh's International Award or MEPI (Mednarodno priznanje za mlade) is a programme where we test ourselves in sports, volunteering and skills. It is unique for every individual and its final outcome, for which we prepare through

out the year, can be done at different levels: bronze, silver or gold. The beginnings of the MEPI programme in Slovenia date back to 1997. A quarter century later, it is implemented by almost all Slovenian schools. I enjoyed myself most on our experience

along the edge of the Karst plateau which included preparing our own meals, sleeping in a tent and figuring out the best way to our destination. We made new friendships and helped each other along the way.



# Mountain biking in Slovenia – destination: Škofja Loka



By Nika VALIČ

Slovenians are very well known for loving a lot of different sport activities. One of them is mountain biking and one of its varieties, downhill. Besides loving different outdoor sports we also have beautiful nature and landscape from high and chizzeld moutains, alluring hills, breathtaking valleys, peaceful plains to sparkling sea, rivers, and lakes. These allow us to do a variety of outdoor activities.

For the first time in our school's history, we were able to go mountain biking for a sport day this year. It was quite an achievement for the organisers as they managed to combine safety with a lot of fun. We cycled up Križna gora, a hill above Škofja Loka, and descended on forest trails. Experienced bikers took the more technically challenging trails where they could perform tricks, of course all the time with safety in mind, while the less experienced ones followed a forest road but still enjoyed the nature, speed and occasional bumps. The day proved that it is possible to carry out a sport day which is fun, safe and accessible to biking enthusiasts, regardless of their skill or equipment. I believe we all had fun that day and I'm sure there will be many more like this.



# Improving myself as a confectioner in Austria

By Katarina Ana HITI

April marks the end of my five-month internship through the program Erasmus+ in Austria. Since this is not my first experience with the project I knew it would not disappoint me. I set out with the aim of gaining international experience and knowledge, meeting new people and seeing the surroundings.

I worked in a three-star hotel in a small town called St. Anton am Arlberg in western Austria. I was part of a wonderful team in the kitchen that supported and encouraged me at work. My tasks ranged from pre-preparing daily desserts for dinner, coffee breaks, making birthday cakes and special desserts for the holidays, and a la carte desserts. The work took place in two shifts. Half the shift in the morning and the other half in the late afternoon. At noon, I spent my free time skiing on beautiful slopes, taking long walks and meeting new people and getting to know their culture.

So far, I have gained quite a few different experiences working in di-

fferent hospitality types. I worked in restaurants, patisseries and hotels. I realized that seasonal work in hotels is one of the most difficult and tiring forms of my profession. It all depends on the number and complexity of the guests, because this in turn affects the amount and complexity of the work. More and more people have special dietary requirements such as celiac disease, various allergies and intolerances. Your job is to try to please everyone as much as possible, which is not always the easiest thing to do. I took this as a positive side as

it forced me to become more resourceful, more efficient and faster.

The experience upgraded me more than just in technical knowledge in the kitchen, but also in knowledge on a personal level. I became more confident, self-trusting, more efficient and creative. I also upgraded my knowledge of German. In addition to all the experiences I have had, I find the most important realization that growth does not come from the comfort zone. When something frightens you, you must not turn around, but you must go ahead and experience it.



# Improving my English where the Greek goddess of love was born



By Milena MAČEK JERALA

When managing international project teams, we know how important it is to pay attention to proper communication. This is one of the reasons why we are always trying to improve our language competences.

In July 2022, I took part in a mobility in Cyprus. Shipcon's English for Educators: Business English & Management course was designed to improve the skills of advanced English speakers in educational and business environments. It focused on strategies such as: conflict resolution, negotiation, communication, business ethics, delegation, teamwork, problem solving,



decision making and strategic thinking. I feel that all participants improved our English communication skills, we developed our vocabulary and improved our confidence in spoken English.

In the afternoon, we visited some local sights such as Limassol Castle, the Caledonian Falls, the legendary village of Omodos with the Monastery of the Holy Cross and Aphrodite's Rock, where the Greek goddess of love is said to have been born.

Blue wine is an innovation that has been circulating in the international market for a few years now, and in 2020, a historic winery in the Limassol mountains – Linos Winery in Omodos – was able to produce this unique wine. Blue wine has white Xynisteri as its base and does not include any artificial colours. Its emerald colour comes from a substance called anthocyanin found in the skin of red grapes.

Being a higher vocational lecturer I'm sure I will be able to use my knowledge and all the training topics will come in handy, including the confidence to collaborate and manage business meetings in international settings.

Training sessions like this are an excellent opportunity to acquire new skills, as well as to learn about different cultures and to make new contacts that can develop into collaboration between schools.

## Learning leadership in Florence

By Peter RIBIČ



During the summer I attended professional training for teachers in Florence, Italy. Constant changes in the environment and other challenges require new approaches to work, and thus also new skills and training. Teachers are no exception to this, quite the opposite. Constant learning and improvement is a necessity in order to be able to pass on new knowledge to younger generations.

Advances in the profession, new technologies, new pedagogical approaches ... require the upgrading of knowledge, which an individual can acquire in a variety of ways, perhaps even better outside school where you can meet new colleagues, experience other cultures and environments while adopting a different perspective of your life and work. This time I attended a seminar on leadership which included topics such as accepting responsibility, planning and organising work, managing colleagues and evaluating work. The latter is definitely one of the most demanding tasks.

At the seminar I was in a small group with Spanish colleagues. We may come from different cultures, have a different past and development of the country within the Union, but it turned out that we have very similar problems in pedagogical work. In the one-week seminar, we learned about topics such as motivating and managing employees, delegating tasks, planning team dynamics, active listening, and delved deeper into the values that guide us at work.

One of the main focuses of the seminar was the discussion of the so-called drives that guide us through life. During this educational week, I had the oppor-

tunity to feel the vibe of Florence, the rich Renaissance culture, high summer temperatures and to meet lots of nice people.





# So much to do in Barcelona



By Danijela GRUBAČ

Do you like sports? How about architecture and good food like tapas, paella, churros and sangria ... ? If your answer is yes, then Barcelona is a fantastic holiday destination for you. Barcelona is the second largest city in Spain. People are very kind, calm and always ready to help. The city is known for its spectacular football team and their Camp Nou stadium, which is also the biggest stadium in Europe. To see the city at its best I recommend renting a bicycle. It is very easy to get around due to a lot of very well marked bicycle lanes. Barcelona is a seaside city so don't miss out on the most popular urban beach called Barceloneta. If you want to fall in love with Barcelona, you have to come and feel the city vibe, experience their lively streets, meet the locals and get infected with their passion for life.

I stayed in Barcelona in July to take part in an ICT training course Web Solutions for the Classrooms. Guided by an Italian trainer Federica, participants from Hungary, Romania, Germany, Croatia and Slovenia explored free web tools such as Kahoot, Quizizz, Booklet, Book Creator, Plickers, Sutori, Wordall, Canva, Clipchamp and more. Together with the sightseeing and cycling around the city in afternoons it was an unforgettable experience.



# Multiculturalism in Malaga

By Rok MIŠČEVIČ (& Tina KRIŽNAR, Jana KORITNIK, Andraž KALAMAR)



In August me and my co-workers Tina Križnar, Jana Koritnik and Andraž Kalamar attended a week-long teacher training course in Malaga. It was a part of the 'Učinek' project under the Erasmus+ programme. The topic of the course was multicultural and international education.

As a whole, the course was very educational. It was created for teachers who want to understand group dynamics, especially intragroup relations where there are a lot of cultural differences among the group members. We paid a lot of attention to how such differences affect the classroom.

We learned about the various types of

prejudice and stereotypes (racial, ethnic, gender, age), their causes, manifestations and how to recognize them as an opportunity for growth and as a teaching moment. We discovered the importance of dealing with them in order to be able to foster better relations among students and teachers. Most importantly, we learned a lot about various personality types that also affect group relations. Through hands-on, practical activities we increased our own ability to model and encourage active listening, empathy, and emotional literacy to favour wellbeing, group cohesion and sense of belonging, especially for members from different

marginalised groups in the school community.

As mentioned above, the course lasted for one week. Lectures and practical activities took place in the mornings so we had the afternoons to ourselves and were able to explore and experience the attractions of Malaga. All in all, it was an excellent experience, and we would recommend it to all our co-workers.

Most of us had already attended Erasmus+ teacher training courses in the past and once again it turned out that it is truly worth the time. We would like to thank all the partners and participants who enabled us to take part in such an amazing course.



## Vivid Verona

By Martina KRAMARIČ

An opportunity to take a training course abroad enables you to acquire new knowledge but also expand your social network, spend time and exchange experience with colleagues from other countries. In Verona I learned about using digital tools in educational settings – a skill that is absolutely necessary these days. I was completely charmed by the town with its typical Venetian and Roman influences, its cobbled streets and amazing architecture. Verona is the most famous for Shakespeare's story of Romeo and Juliet, the Roman arena and the Piazza Bra, the largest square. In summers, the arena hosts a festival of world famous operas and I managed to see an excellent staging of Carmen where present and past were intertwined. The banks of the Adige river are lined with cosy inns, cafés, stalls and shops. If you ask me, Verona – just like constantly upgrading your IT skills – is a must-do!



## Mindfulness in Tenerife

By Tadeja POLAJNAR & Tatjana ŠUBIC



As part of the mindfulness course, which took place from August 15 to August 19 in Tenerife, we learned the basic techniques of breathing, relaxation, visualization, yoga and meditation. The objective of learning the practice of mindfulness is to provide the necessary tools which we can gradually incorporate into our everyday life, helping us to live a fuller life, to increase creativity and concentration as well as live a more attentive alternative to our present life. Of course, Tenerife is the ideal environment for such practice. A significant part of the course was improving our foreign language skills, communication skills and the use of modern communication tools. In the afternoons, we learned about geographical features, culinary, cultural and historical attractions. We were very excited about the stunning beauty of the

landscape. We believe that such courses are very constructive and useful for all participants and we will be happy to

transfer the newly acquired knowledge to our colleagues and students on various occasions.



# A stressless week in the Canary Islands

By Nada ZUPANC

## The course

We can hardly imagine our life without stress these days, because it follows us every step of our way. Everyone deals with it differently. I have decided to attend a course called Mindfulness-Based Stress Reduction Programme, which was held within the 'Učinek' project. There were nine participants who came all the way from Germany, Poland and, of course, Slovenia. Our mentor was originally from Slovakia, but has been living on Tenerife for the last four years.

Our course lasted twenty-five hours and included theoretical and practical knowledge about mindfulness. We got to know different techniques that can help us get to know our inner selves, increase concentration and reduce stress in our everyday life.

The essence of mindfulness is being aware of what is going on in and around us. With that reason I decided to dedicate the mornings to education and the afternoons to getting to know the island. This way I was able to bring the theory of being here and now into reality, which is the main message of mindfulness and our course.

## The island

Tenerife is the biggest of the Canary Islands. The main activity of people there is of course tourism, which is sensed everywhere you go. The towns are clean, the roads are new, the people are really nice, many speak English fluently. I stayed in the south of the island in a town called Playa de las Americas. It was built only because of tourism: hotels, restaurants, shops, bars, long beaches, etc. You practically won't be able to find anything else. Because I wanted to explore the island, I rented a car and did some trips.

The most important sight is for sure El Teide, which is a volcano, also known as the highest 'mountain'. It reaches 3,718 metres in height and is a part of a national park. You can drive up to an altitude of 2,200 metres by car. And in case you want to experience the top of El Teide, you can take a cable car, but you have to

make a reservation in advance. The national park is definitely worth seeing, because there is a completely new world, new environment, some even compare it with the moon.

I was in a town called Los Gigantes as well. It is on the west side of the island. It's main feature are 500 to 800 metres high cliffs that rise from the sea.

One whole afternoon I dedicated to visiting Loro Parque (in a town Puerto de la Cruz). It is a very special zoo, that you must see, if you are on the island. I was so amazed by the penguins, gorillas, lions, ... but even more interesting were shows with parrots, dolphins, sea lions and orcas. And what makes the experience even better is, that animals really seem to be taken care of very nicely.

## The weather, food and prices

Let me mention the weather as well, it was very different compared to what I had expected. In the town, where I lived we always had sunny weather with over 20 degrees. But when I was driving to the centre of the island, temperature qu-

ickly dropped to 9 degrees at most, with rain included. I had to take some extra clothes every time.

I was really impressed with the food. I found it delicious since I absolutely love sea food. I suggest you try La paella, which is some kind of risotto, (usually with chicken and sea food) which is being prepared in some kind of iron pan.

Prices are pretty similar to Slovenian ones (big pizza – 8 euros, small beer – 2,2 euros, pasta – 10 euros, juice a glass of juice – 2,2 euros and 98-octane gasoline – 1,569 euros per litre).

I was able to see just a small part of what the island has to offer. The rest will stay for the next visit (capital city Santa Cruz de Tenerife, Garachico, Masca and many beautiful beaches). It was definitely an unforgettable experience. Everything I learnt about mindfulness will be useful in my everyday life, I got to improve my English as well and it helps with greater self-confidence of the individual too. Thank you, BC Naklo for making this possible.



# Santa Cruz de Tenerife, green but not really

By Irena ŠUBIC JELOČNIK

An ERASMUS+ teacher training course on the use of art and drama in the classroom took me to Santa Cruz de Tenerife last February. The course with just five participants, three Romanians and two Slovenes (with

widely diverse professional background) was, unfortunately, a little disappointing, however, the temperatures were lovely for this time of year. Another contrast: the city is packed with concrete and I struggled to find a

few tiny parks. On the other hand, the authorities have implemented a lot of green solutions such as e-scooters and gym equipment along the coast. The most practical and the funniest to me was the fact that the streets



are swept not with brooms but with palm branches! I found my haven for the week in the charming Palmetum botanical garden overlooking the sea. While the Canaries are known as a winter training destination for cyclists it turned out I had picked the wrong island: mountain biking can best be done on Gran Canaria whereas Tenerife is more appropriate for road cycling. I finally managed to rent a crappy bike in Las Americas and do a short guided tour along the coast, among cactuses and banana plantations to a black beach lined with volcanic stones. Quite an experience!



## Searching for new knowledge in Iceland

by Lenka ŽIGON

My second visit to Iceland in May 2022 was a part of the Erasmus+ (Staff Mobility). The National and University Library in the capital, Reykjavik, was the venue where the course took place. The main organiser was Maksima from Split, Croatia, which offered the course called Development of 21st Century Teaching Skills. In the group we were 20 teachers from different EU countries: The Czech Republic, Germany, Latvia, Lithuania, Portugal, Slovenia and Spain. Our professional backgrounds were different, one more reason to point out the importance of listening to each other when the participants discuss a particular topic from different points of views. The course was certainly a unique opportunity to learn and practise the '4 Cs' of education, i. e., Communication, Collaboration, Critical Thinking, Creativity. The strong message of the course was that education is not only 'education for University' but we have to develop a set values in our students.

### **Communication, collaboration, critical thinking and creativity are essential life skills**

More often than not, school work is still focused on individualism and competition. A school has to develop such programmes that support a ho-



listic approach to develop intellectual, mental, physical, emotional and social abilities. How can we teach critical thinking? First of all, teachers have to encourage students to have an open mind. Start a class discussion by asking an open-ended question and give students time to think things through. We have to teach students how to find reliable information and encourage them to examine and quote the source meticulously. Last but not least, contemporary school work has to include ICT technology. During the course we tried out some apps i.e. VITA, Flipgrid, and GooseChase, which can be easily used on student smartphones.

### **Some impressions of the country**

In my free afternoons I tried to discover the attractions of Reykjavik as much as possible. On every corner of the city I could admire 'street art'. Reykjavik is known as a city with many thermal baths, which are quite popular among citizens and tourists. The water in public swimming pools has different temperatures. I tried some pools but not the hottest one (36°C). A mobility in Iceland might prove to be problematic as it isn't easy to discover places outside the capital. I was quite lucky to get an offer from the Lithuanian teachers to accompany them in a rental car and thus managed to see some beauties of the country i.e.

The Great Geysir, the Gulfoss Waterfall and the Kerid Krater.

Tradition is of extreme importance to the Icelanders. As a nation they appreciate the value of their independence which was achieved after Norwegian and later Danish rule. Icelanders are also proud of some other achievements such as gender equality, low crime rate and no military. The country is well sustained regarding food production. I learnt a little bit about the famous Icelandic yoghurt, Skyr. Icelanders use cheap geothermal energy to heat greenhouses and cheap electricity to provide illumination during the darkest months. This is how the country can boast Europe's largest banana plantation etc.

There is a collective need among the Icelanders to stand together in good and in hard times. This attitude has served the nation well throughout the ages, when people's very survival depended on it. Icelandic nature is beautiful and sometimes unpredictable (the ice, the volcanoes, the earthquakes

and the boiling hot geysers). Locals still believe that dwarfs (trolls) live 'next door' and they really respect them. As a precious memory from Iceland I brought a book which is about Sobo – a troll from the Hidden World. Sobo's mission is to help people remember that they are a part of nature, and that we need

to re-learn how to take care of our environment.

To conclude I would like to use the words from the Sobo:

'When you go back to your side of the world with everything you now know, you will teach all humans to understand and love Nature again'.



## Getting active and creative in Berchtesgaden national park, Germany

By Mojca LOGAR

In May 2022 Urška Kleč, Meta Vovk, Neža Čimžar and Mojca Logar visited the Berchtesgaden national park in Germany within the POPREI Erasmus+ project. They prepared and showed us a special education programme for young people. We observed a few workshops on making simple wooden products, a kitchen where they made butter, cheese and yoghurt, and a workshop in a special room for meteorological experiments. We spent two days with a guide from the park and we learnt about some problems in the region. We arranged a pasture which was damaged by wind. We cut down little spruces and larches and prepared the pasture for building a wooden fence. Next day we built a special hotel. On another side of the park we made a stone sculpture for the little rodents. We collected stones from fields and mixed them with roots. The hotel is

located at the side of the field. On the edge of the meadow they planted a lane of blossoming honey flowers for bee food. In the German language they call

that lane 'Bienen Tankstelle' (bee 'gas station'). We took a boat on the König See lake and visited the historical Berchtesgaden.



# Greetings from Valencia

By Class 3<sup>rd</sup> ESO, IES CID Campeador, Valencia, SPAIN

Dear Relearn Plastics partners from Naklo!

Congrats on your Issue 12 of 'The Sky is the Limit!' We have been reading it in class and we have learnt a lot of interesting things. It's very attractive and easy

to read! We are with you and trying to do our bit concerning the problem of plastics. Let's continue this year sharing stories, inspiring individuals, spreading the word, and trying to make a difference. The solution is down to all of us.



## An overview of our Relearn Plastics activities



By Class 2<sup>nd</sup> Bachiller, IES CID Campeador, Valencia, Spain

As part of the Relearn Plastics project, we have participated in different activities that we would like to share with you. Some of us designed posters to promote recycling habits in the school. We also made board games with plastic caps. Others participated in a Relearn Plastics photo contest. We are collecting bottle caps and bringing them to an institution to fund a social project called 'Caps for a new life'. And, last but not least, we have made a mural with 2,000 bottle caps.







## Our dream is to take over a farm together

By Manca LEPOŠA



**During our stay in Poland we had some time to get to know the locals and also our hosts. We met a young couple of two students who agreed to give us some insight into their lives in Poland: Dawid (16) and Zuza (17). We asked them three questions.**

### What programme are you in? Why?

Dawid is studying to become an agricultural technician. To our question why he answered that he started working on a farm when he was just 11 years old and has loved it ever since. He's also very

connected to the countryside and wouldn't choose to live elsewhere.

On the other hand, Zuza's programme is veterinary technician due to her love of animals. She's always been one to help them however she could, and she figured that she could provide them with the best care as a veterinary technician.

### What do you do in your free time? Do you have any particular hobbies?

They told us they loved hanging out with each other and spend most of their time doing that. Next to that they also spend

quite some time working on the farm and having some fun there. They both play base and like reading books, especially history books. But we can't forget that every teenager nowadays spends some time playing video games.

### What are your career goals? Do you have a dream job?

Both Dawid and Zuza share the same dream to one day take over Zuza's farm. Dawid will take care of the crops and run the whole thing while Zuza's job will be taking care of the farm animals.

# World Champion MTB stunt biker Waldek Kukurowski, a Polish student

Ažbe HORVATINOVIĆ talked to Waldek during the visit of Polish students in Slovenia last September.

## What is your name?

My name is Waldek.

## How long have you been training stunt riding?

I train MTB stunts (an extreme bike

sport), acrobatics on bike, headstand on bike, stand on bike ... I have been training for 10 years. I was inspired by my friends, who were posting videos on the internet. I saw my friend doing it and so I started.

## What does your training look like and how often do you train?

I've had my ups and downs. When I first started, I gave up after some time, but then I started training again. I train every other day, because if I didn't train muscles, they would get sore. I compete once a year in an international championship. I have competed in India, Italy and more. Usually the ride takes about three minutes and in this time I have to show my best tricks. Last year I won an international tournament.

## How much does a typical stunt bike cost?

A bike costs about 2000 – 3000 euros. I upgrade my bike all the time.

## Is the training more focused on general fitness or strength?

The training usually takes about 1 – 1,5 hours. For me being fit is more important. If I want to be fit, I can't smoke. I can say that I am a very lucky person because I have never been injured.

## What are your plans for the future?

I plan to keep competing and to take a part in Got Talent Polish edition, the TV show. (By the time of finalising this issue Waldek has already taken part in it and passed the preliminaries).



# Foce dell'Isonzo, the Rivermouth Nature Reserve

By Erika MRAVLJA, Tjaša PREVODNIK & Anja LUZNAR

During student exchange Erasmus+ program Zeleni SljAj in Trieste we visited the Foce dell' Isonzo Nature Reserve. We interviewed Kajetan Kravos, a former Slovenian researcher and our guide. He gave us a lot of information on how to monitor the populations of different bird species.

## How did researchers at the reserve previously follow the birth and life of all these birds?

We used to track the births of greylag geese by walking through the reeds and counting their nests. So, between February and March, when they start nesting, we put on

special high boots, and then we walk through reeds. Geese make large grey nests and are therefore easy to spot. When they hear a human walking, they get scared, they take off, we see where they took off from, and then we search the reeds there to find their nests.

### **How do they track the changing numbers of birds in the reserve today?**

In recent years, this has been done mainly by drone, so that we can get information on how many geese there are, where their habitat is and where they are nesting. They also ring the birds so they can follow them to see how many of them survive.

### **How do they catch the birds for ringing?**

Songbirds are caught with very special nylon nets that are placed in bushes. During their migration to Africa, they see bushes and land during flight. When they are looking for food, they fall into special pockets of nylon nets. Catches are checked every hour: the birds are taken out and carried to the control station. There they are freed from the nets, photographed, measured and ringed.

### **What threatens the species in the natural reserve?**

Birds in the reserve are threatened by various predators, such as foxes, gulls



and, more recently, jackals. Of course, other species in the reserve, such as turtles, are also endangered, but, unknowingly, by humans. When people get tired of their turtles and want to release them into the wild, they simply bring

them to the reserve and release them into the water. The introduced non-native turtles then occupy the territory of the native turtles, threatening them. The most common turtles that threaten native species are red-bellied turtles.

## **I wouldn't change my job for anything in the world!**

**Ana BAHAR & Taja LESKOŠEK talked to Jakub KAWCZYNSKI while visiting our partner school in Poland.**

### **What do you teach and is it different than your degree?**

I have a Master's degree in agriculture and since I am a teacher of agriculture engineering my job isn't very different from my studies.

### **Do you like working at this school? would you change anything about it?**

I have been working here for the past 5 years and, yes, I do like it. My colleagues are nice and, most importantly, the headteacher is very open-minded and tries to help everybody.

### **Would you change anything about the school?**

At first, I was happy with how the school was on its own but ever since I started taking care of the school's property,

I wanted to make some changes like getting more animals and giving the students more practical work. Of course, there were questions like who would take care of everything during holidays or summer vacation, so the whole idea of having more animals was unfortunately rejected.

### **Have you ever taken part in this kind of exchanges before?**

Yes, when I was in secondary school, I went to Germany twice. Both times we saw different farms and different techniques of farming. I loved it and I am happy to be able to participate in this project.

### **Have you always lived on a farm?**

No, I lived in Bydgoszcz but a year ago I

moved to the countryside, closer to the school. Ever since then I have been feeling more free and happier. Bydgoszcz isn't a bad city but living on a farm still wins.

### **How did you end up teaching?**

Both my grandparents were history teachers and I always looked up to them. I even thought about studying history but again agriculture won my heart over.

### **Do you like teaching?**

Yes, the idea of being able to give my knowledge to younger generations amazes me. Even though the students aren't always nice and are sometimes difficult, I wouldn't change my job for anything in the world.

# Back to school with 'Feel-good thoughts'



## FEEL-GOOD THOUGHTS

BE THE REASON SOMEONE SMILES TODAY

When you focus on the good the good gets better

Kindness is luxurious, not everyone can afford it

YOU ARE AS HAPPY AS YOU THINK YOU ARE

DON'T STAY AT HOME - PINK FLOYD  
TIRED OF LYING IN THE SUNSHINE.  
STAYING HOME TO WATCH THE RAIN

DESIGN YOUR LIFE BY CHOICE NOT BY CHANGE

YOU GLOW DIFFERENTLY WHEN YOU'RE HAPPY

Step by step day by day

HAPPINESS IS THE BEST MAKEUP.

Never let the fear of striking out keep you from playing the game.

TRUE terror is to wake up one morning and discover that your high school class is running the country.

Do it or not, but do.

FOR EVERY MINUTE YOU ARE ANGRY YOU LOSE SIXTY SECONDS OF HAPPINESS

Don't think too much, just do what makes you happy.

Every day is a new beginning. Take a deep breath, smile, and START AGAIN.

If you have one breath left, use it to say thank you!

Somebody told me I'm a FAILURE, I'll prove them WRONG.

BE AFRAID AND DO IT ANYWAY

Set yourself free

If It Doesn't Challenge you, It won't Change you

If Plan A doesn't work there are 25 more letters in the alphabet

The best view comes after the hardest climb

No one is you, and that is your power

The SECRET of Happiness is freedom. And the Secret to freedom is Courage.

BEING HAPPY NEVER GOES OUT OF STYLE

LIFE IS BEAUTIFUL

DO MORE OF WHAT MAKES YOU HAPPY

The early bird gets the worm

YOUR SELF RESPECT HAS TO BE STRONGER THAN YOUR FEELINGS

ONLY ALLOW STRENGTH AND AMBITION

You never quit until you stop trying!

BEING HAPPY IS THE GREATEST FORM OF SUCCESS

AMAZING IMPORTANT PERFECT YOU ARE SPECIAL UNIQUE KIND

You gotta be able to smile through all this bullshit!

"We rise by lifting others"

Nobody can make you happy unless you're happy with yourself!

When you focus on the good the good gets better

You are what you love Not what loves you

Life is not about waiting for the storm to pass, but learning to dance in the rain

Don't stop until you are proud!

Be somebody who makes everybody feel like a somebody.

Only surround yourself with people who will lift you higher.

Today is not just another day, it's a new opportunity.

Become more aware of what's really worth your energy!

Always impossible until it's done!

Every day it's a new lesson to learn.

It always seems impossible until it's done.

There are so many beautiful reasons to be happy.

Don't give up. There is not such a thing as a free lunch.

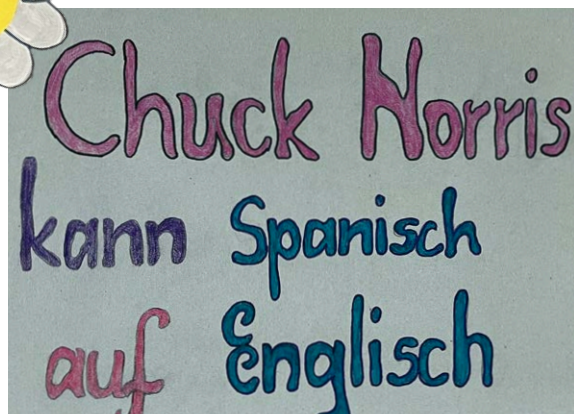
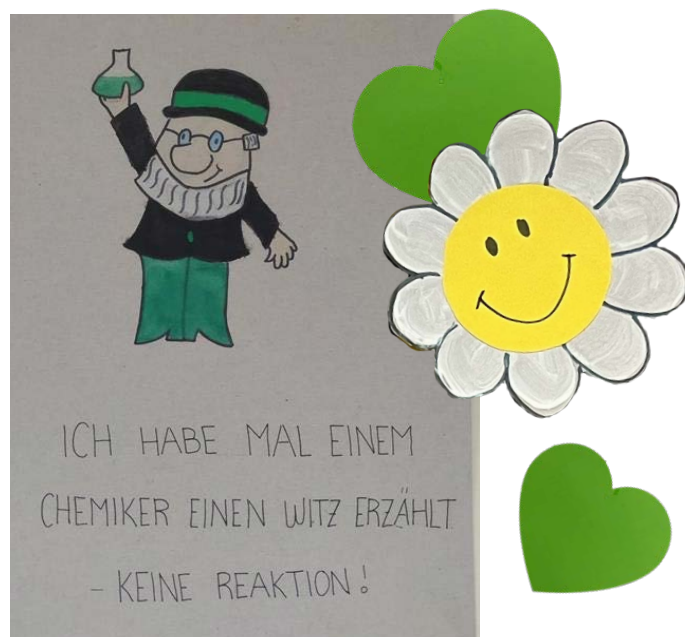
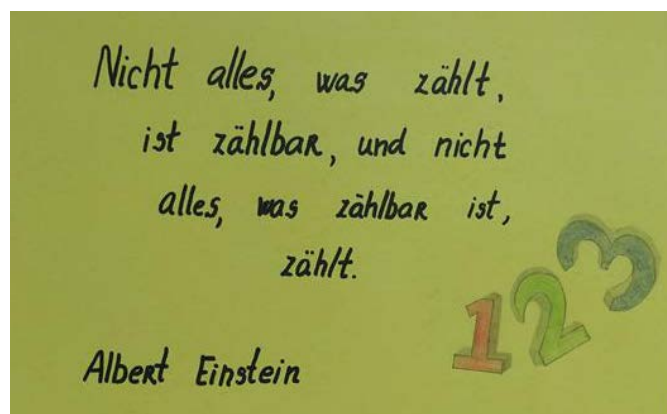
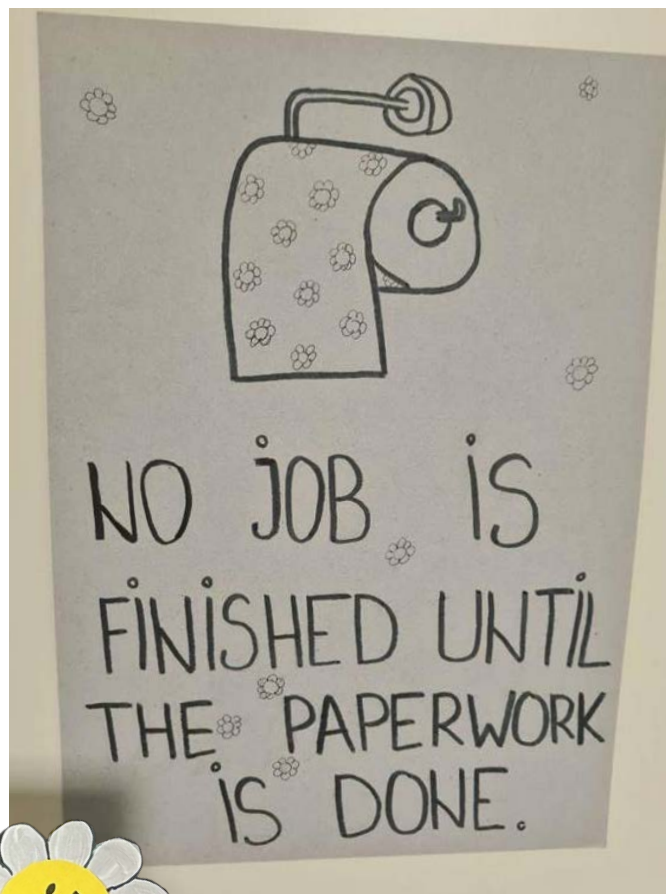
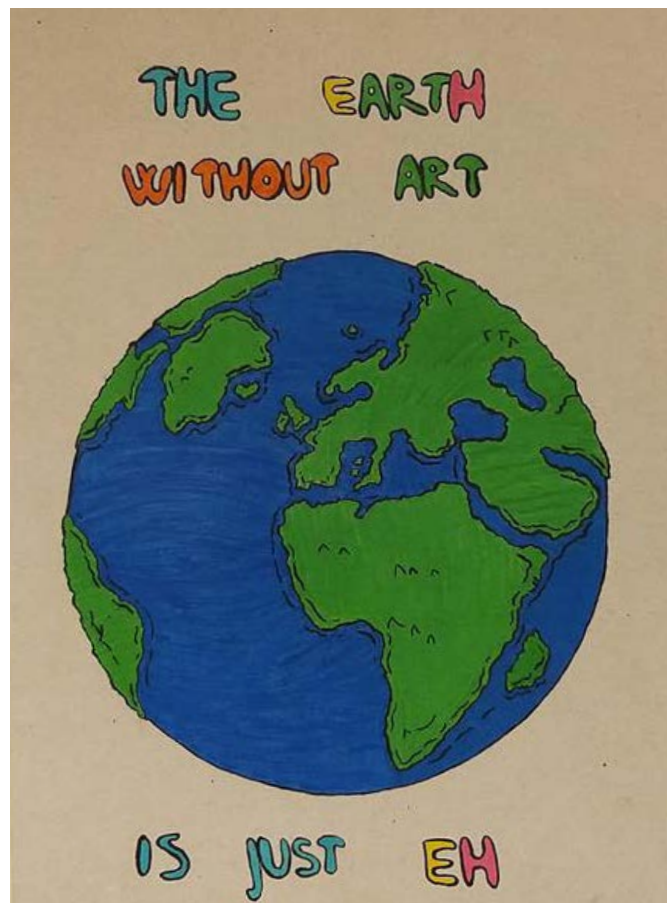


# European Day of Languages



By Darja RAVNIHAR

We decided to celebrate the European Day of Languages by collecting a number of fun quotes, memes and jokes in different languages. We wrote them on cardboard, added some illustrations and put them up on the walls and doors of classrooms, staff rooms and toilets. They are meant to attract, amuse, inspire or provoke people to take up a new language or further explore the one(s) we've been learning. School children in Slovenia usually learn two or three foreign languages in addition to their mother tongue and thus increase their opportunities for work at home and abroad. However, statistics unfortunately show that most Europeans speak no other language than their own. Being multilingual is a benefit!



# A prayer in 37 scripts – and not a single one I can read!

By Simona Duška ZABUKOVEC

Visiting the famous Temppeliaukio Rock Church in Helsinki, Finland, many years ago was not only a pleasure to the eyes when marvelling at the beauties of a church built directly into solid rock, but also an unexpected treasure find. On a stand, I found a display of a prayer in numerous languages of the world. Check below a selection of them and see which appeals to your aesthetic sense the most.

Недей да  
мислиш  
за твоя път,  
тебе води  
Божията  
любов.  
Най добрият  
път за тебе  
Бог е избрал –  
иначе Бог би  
намерил  
друг път  
за тебе.

Ukiwa  
katika mateso,  
sema:  
**NDIVO  
BABA!**  
Na hapo  
utakuwa pamoja  
na Mungu,  
na faraja  
na nguvu  
zitaminiika  
moyoni mwako.

**JEESUS**  
rakastaa sinua  
aivan  
henkilökohtaisesti.  
Niinpä Häinkin  
odottaa sinun  
henkilökohtaista  
rakkauttasi  
itseään kohtaan;  
se antaa  
elämällesi  
lopullisen  
täyttymyksen.

တရား  
အမှန်ရလျှင်  
ဘိုးမားသော  
တော်ကို  
ခံစားရပေမည်။



## Wordsearch puzzles

### Countries & languages

By Anja BOŽIČ & Saša PAGON MLAKAR

Italy, Denmark, French, Egyptian, Slovene, Japanese, Iceland, Swedish, Norway, Spain, Russia, Greek, Poland, China

I	R	D	C	H	I	N	A	F	M
T	U	E	S	P	A	I	N	R	I
A	S	N	O	R	W	A	Y	E	E
L	S	M	K	J	F	S	N	N	G
Y	I	A	G	R	E	E	K	C	Y
Z	A	R	I	K	V	O	L	H	P
K	F	K	P	O	L	A	N	D	T
I	C	E	L	A	N	D	I	C	I
S	N	S	W	E	D	I	S	H	A
J	A	P	A	N	E	S	E	O	N

دوستدار نام امید عایت به پاس مبدل بشود و قیامه  
از همه کس و همه چیز بایستد شوی، بیاد بیاد،  
یک کسی هست که همیشه پشت در طلب تو ایستاده و  
در نرسد و تو را دوست دارد و هرگز نا امیدت نمی کند  
آن شخص کسی نیست جز عیسی مسیح



**BIOTEHNIŠKI  
CENTER NAKLO**  
SREDNJA ŠOLA

