

Erasmus+ Mobility to Poland

20th - 24th February 2017

Teachers Amy Coombes and Maxine Hill were tasked with visiting Poland as Erasmus+ participants for the 'Sounds Around Us' project.

We met up with teachers and students from Lithuania and Latvia along with our hosts and students of Zespol Szkol Integracyjnych, in the city of Katowice.



Over the week we took part in Sound Experiments and Workshops during lessons at school and at the Silesian University.



We shared the experiments and activities our schools had been involved in during a morning of presentations. Many of these ideas will be used with our children.



We visited the famous Symphony Hall in the centre of Katowice and had a tour of the city, observing historical landmarks and monuments.



We explored the culture and history of the region, in particular, coal mining, when we visited the Silesian Museum.

A visit to a special school gave us the opportunity to observe their approaches and try out some of their resources, including the physical therapy room and bio-feedback technology!



We took part in a Knies Method workshop involving moving to music individually and in unison, body awareness and rhythm. The method aims to build children's confidence and self-

esteem and encourage working together. This is something we can introduce at Rowan Gate.

Over the week we enjoyed sampling traditional Polish food and social customs. We tried hard to learn some basic Polish but it was very tricky!

Rowan Gate children are now starting the next part of the project - exploring sounds and feelings.

