

Erasmus+ Project

I'm happy with myself

2019-1-RO01-KA229-063340



2019-2022

Ramazan Atil Anadolu Lisesi, Adana, Turkey
Prizma Campus College, Izegem, Belgium
Friedrich-Rückert-Gymnasium, Düsseldorf, Germany
Jono Pauliaus II Gimnazija, Kaunas, Lithuania
Liceul Tehnologic "1 Mai", Ploiești, Romania

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ADANA, 4-8 November 2019

IZEGEM, 9-13 March 2020

DÜSSELDORF, 24-28 January 2022

KAUNAS, 14-18 March 2022

PLOIESTI, 9-13 May 2022

FOR MORE INFORMATION



PARTNERSHIP

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PARTNERSHIP THEME AND GOALS



THEME

Equality between women and men / Women's rights:

Mobility 1 in Adana, Turkey:
women in social entrepreneurship

Mobility 2 in Izegem, Belgium:
women in times of war and peace

Mobility 3 in Düsseldorf, Germany:
women and their challenges in a well-developed country like Germany

Mobility 4 in Kaunas, Lithuania:
women in science

Mobility 5 in Ploiești, Romania:
women in male jobs

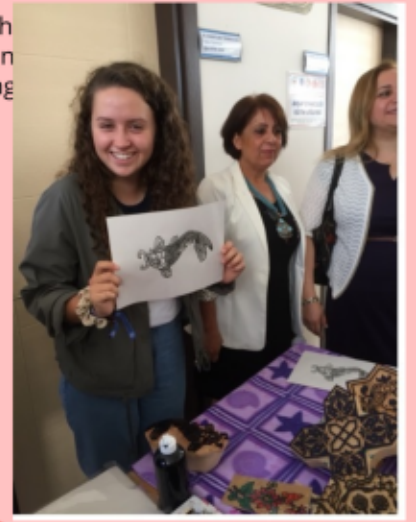


GOALS

The content of our project is one of the EU targets. According to the 2016-2019 Strategic Participation for Gender Equality report, the promotion of gender equality is a fundamental activity for the EU: equality between women and men is a fundamental EU value and a driving force for the EU goal and economic growth. Even in the most developed European countries, prejudices against women continue. This project was created to identify these prejudices, to recognize women who make a difference and to raise awareness and create changes in society.



Working with social entrepreneurship teams: we visited the Ataturk women's village. In there where women are trained in handicrafts, we tried our own hand at the marbling art technique also attended a wood carving and glass processing workshop, in addition to wood carving painting.



Mobility Turkey:

Ramazan Atil Anadolu Liseşi Adana

We took part in the conference of women entrepreneurs at the Provincial Trade Directorate, where seven women's cooperatives were presented. In international groups we started to prepare a social entrepreneurship plan about the women and household production theme.





We visited Kinalı Eller Salmanbeyli Kadın Kalkınma Kooperatifi: one of the most important examples of female hand labour in Turkey, producing regional dishes.

The crucial feature of this cooperative: it supports women in the fields of education, law, teaching, agricultural engineering, biology and accountancy with professional women. We participated in cooking workshops and interviewed the women.



Cultural visits of Adana and Cappadocia



We presented the business plans we had worked on during the week. We improved our awareness of social entrepreneurship and saw firsthand how the hand labour of women is not restricted to their own homes but brought into the street and the market. This gave us a real taste of the vibrant spirit of female entrepreneurship. It was also a week full of international friendship!





On Sunday 8 March 2019 three nationalities of our European exchange project were welcomed in Prizma Campus College in Izegem. Unfortunately the Turkisch group could not be present due to the Covid pandemic. The Belgian youngsters guided their international friends through the school and through the city of Izegem.

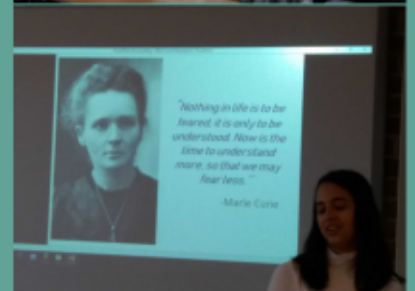


Mobility Belgium:

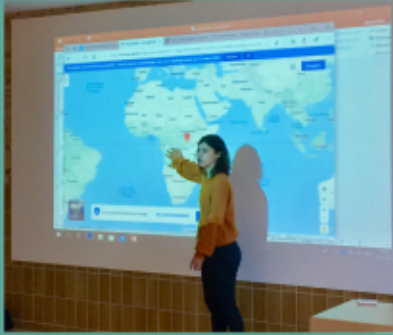
Prizma Campus College, Izegem



Everybody presented an example of a strong woman who inspires young people today. In this way we learnt about many strong European women who deserve to be known better. These women were actively engaged in society in different ways, in science, in politics, in social themes and many other disciplines.



On Monday the international group visited the Eperon d'Or Museum in Izegem, where women played a very important role during the heyday of the footwear and brush industry.



The second day Elien Spillebeen, nominated by the Belgian Senate as a Peace Woman on March 8th 2017 for her work in Congo (and a former student of Prizma Campus College), gave a workshop on the importance of women in peace-negotiations.



In the afternoon we visited the city of Ghent with its historical centre. A guide told us all there is to know about the city and we also made a boat tour on the river. In the evening we had a lovely dinner in the culture temple of the city called De Vooruit.



In international groups we chose heroine to nominate her for the honor of having a street named after her. One woman of each nationality was chosen through a competition. Europe has taken over this project - inspired by Sofie Lemaire - to have more women's street names in European cities and municipalities in order to recognize the importance of women all over Europe.



On Thursday the students visited the Flanders Fields museum in Ypres and worked on various themes about the underestimated role of women during World War I. We also visited the European cultural heritage site of Passchendaele and visited several World War I cemeteries. At 8 p.m. we attended The Last Post ceremony, the traditional final salute to the fallen played daily by buglers under the Menin Gate in Ypres to honour all the victims of World War I.



The last evening we closed the project week in the city hall of Izegem with an official moment. The students stayed with their guest families and the teachers had a last dinner before Corona made its big entrance in Belgium.



Düsseldorf, here we come!

23 January 2022.

What daredevils we were! And what were we thinking to take students on an exchange project to Düsseldorf at a time when corona was still thriving?

With our luggage loaded with FFP2 face masks and ready to be tested at the corner of every other street, we took the plunge and dived into an international story with protagonists from Romania, Turkey and Lithuania in the German setting of the beautiful city of Düsseldorf. Our group of 5 girls and two female teachers secretly already felt like the strong and powerful women we were about to meet and interview in the projects.



MOBILITY GERMANY:

Friedrich-Rückert-Gymnasium, Düsseldorf





What we had hoped to avoid became our share the next morning, one of our girls tested positive for the nasty virus, and because of high-risk contacts, we were forced to also send other girls back home. Only Manon stayed behind but as she had landed in a warm guest family by then, she didn't mind, she would gladly go for 'Erasmus full option'. ..



'Flexibility' had already become our middle name and the excellent program worked out by Tim and co had to be changed and adapted to the situation a couple of times but eventually, everything worked out fine and safe...



We got to know each other, we wandered through the temporary school buildings and we were guided around the new campus in full admiration. We explored the city of Düsseldorf in all its ancient and modern glory. We fell silent in the war museum and we rekindled our conversations above a nice dinner in a local restaurant. ...



The weather was typical for that time of year: cold, rainy and windy but the graduation ceremony could take place outside the museum Kunstsammlung Nordrhein-Westfalen under a charming wintersun. It was heart-warming to see all those happy faces and that was not only because Tim treated everyone to delicious donuts after handing out the certificates. ...



Thank you!



There still was time for a final dinner with our Erasmus friends before packing and thinking about heading home. We had braved the storm as we knew that life is not about waiting for the storm to pass, it is about learning to dance in the rain. And we were ever so happy with our new dance partners!

Women in Science

In Lithuania we investigated the stereotype that boys are better at science than girls. Needless to say, this stereotype does not correspond to reality.

Student Presentations about female scientists

On the first day all the groups from the participating countries presented a female scientist. For example, Germany presented Maria Margaretha Kirch, the first woman to discover a comet in 1702, although this was not officially recognised at the time. These presentations revealed a common thread: in spite of many hardships and societal prejudices women still managed to rise to the top of their field.



MOBILITY LITHUANIA:

Jono Pauliaus II Gimnazija, Kaunas

Exchanges

One of the interesting aspects of this mobility was the frequent opportunities to exchange ideas and points of view with students from other countries. This happened through different activities.



One of these activities involved writing a group essay about a topic connected to women in science. Although it's not easy to write an essay with a group, we found the interactions very stimulating. Afterwards the essays were presented to the whole group. Later these essays were hung on the walls of the auditorium in which we gathered every day so everybody could have a look at them.

Visits

As befits the theme of women in science, we visited two universities during our time in Lithuania. First we visited KTU, Kaunas University of Technology, and Santaka Valley (one of the largest and most modern science and innovation centers in the Baltic region). We were really impressed by some of the inventions that were shown to us. The next day we visited the University of Vilnius together with a guide who also showed us some other highlights of Lithuania's capital.



Guest Speakers

We had the opportunity to meet some interesting speakers. Already on the first day we listened to two successful young women: Miglė Mackevičiūtė, an engineer and junior research associate in the Center for Physical and Technological Sciences and Mantė Šidlauskaitė, the co-founder and chief executive officer of „Cogastro“ (a company that develops insect farming managing software). Although the idea of eating insects might initially provoke a queasy feeling, this may well be a necessary part of our future if we are at all concerned about reducing our excessive meat consumption.

One the last day, we met professor Rimantė Hopenienė, a BASNET forum representative. (BASNET Forumas is the Baltic States association of women scientists working in STEM). Earlier we had prepared many questions about women in the higher echelons of academia. In less than an hour she managed to answer all of them and gave us some good advice to boot: "Don't be snowflakes; be strong. You must not be lazy. Read books."

Free Time

In the margins of this productive week, we also managed to visit this wonderful European country, quaint and modern at the same time. We sampled the local cuisine (we dare to recommend a "Zeppelin" potato), explored the historic cities of Kaunas and Vilnius, learned more about the long and troubled history of this country and visited some wonderful places, like Trakai Castle near Vilnius.





During the first day of this mobility, we celebrated Europe Day at the 1 Mai Technological Highschool. We tested our knowledge about Europe through a quiz in the Amphitheatre.

All the groups prepared some presentations as a project homework. One of the presentations was about the Psychological profile of women in the 20th century

MOBILITY ROMANIA:

Liceul Tehnologic "1 Mai", Ploiești



We visited the local Petroleum - Gas university of Ploiesti. Students and teachers from the school explained what they did and in what way women had a role in this "men's industry".

On the third day we visited two castles and a Romanian city named Brasov.

We also took the bus to a base with airplanes. At this site there is a theoretical flying school and a field they use for the practical part of the training. Here three women told us what they do in this field and what their passion is.



During our stay in Romania we also visited the Palace of the Parliament. After our visit at the fabulous building, we went to the city centre where we entered a gigantic bookstore.



Another very interesting museum to visit, was the village museum. There we visited several old houses native to different parts of Romania. We were also able to see and buy different types of ancient Romanian arts and crafts

We were also able to see and buy different types of ancient Romanian arts and crafts, like painted pottery, 7 painted eggs, masks etc.

On our last day, we were able to finish our presentation about the psychological profile of women in the 21st century. The one we started with this week. For this presentation we had to be original and creative and one way to do so is creating mixed groups. All the groups made very meaningful presentations. There was a group who made a poster, a song, a play... There was also a closing ceremony in which each person received a certificate award. To finish the Erasmus project, we had a special ceremony done by little kids from kindergarten, who danced and sang for us. Our farewell dinner was really good, there were a bunch of things to eat like wraps, chicken fingers, cheese, meatballs, Pommies Duchesses... We even did a Romanian dance with all the students and teachers and afterwards each country showed a typical dance from their own country to each other. At the end of this beautiful journey there were some tears because we had to say goodbye.



- eTwinning:

Here you can find daily journals of the mobilities, pictures, videos, posters, presentations ...

Due to the covid-pandemic we have two Twinspaces.

2019-2021: Productive Women: <https://live.etwinning.net/projects/project/200578>

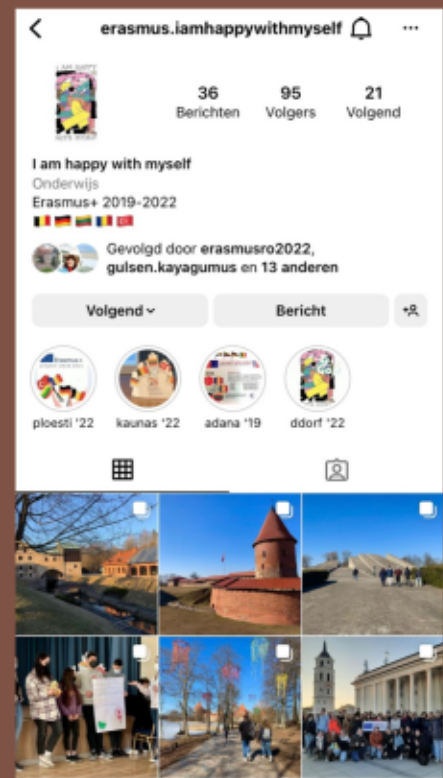
2021-2022: I Am Happy With Myself: <https://live.etwinning.net/projects/project/347321>



LINKS FOR MORE INFORMATION



- Social Media: Instagram



- Social Media: Facebook (accounts schools and teachers)



- Website:

<https://www.rueckert-gymnasium.de/das-gymnasium/profil/erasmus.html>

ERASMUS+ PROJECT
"I AM HAPPY WITH MYSELF"
 2019-1-BK01-5CA229-063340

Erasmus+ Twinning

General presentation

- The most important aim of our project was to fight against sex stereotypes and sexism. Gender stereotypes limit the development of males and females' natural abilities and capacities, as well as their educational and professional experiences and opportunities in their lives in general. Based on the realities in the countries of our 5 schools, we have planned activities to prevent these prejudices. While the students got to know women's portraits from Europe, they also benefited from numerous cultural and linguistic opportunities offered by the Erasmus+ project's mobilities.

Participating countries/schools

FRIEDRICH RÜCKERT GYMNASIUM
 Gymnasium
 FRIEDRICH RÜCKERT GYMNASIUM
 Düsseldorf

LICEUL TEHNOLOGIC "1 MAI"
 Ploiești

1st mobility visit
TURKEY, ADANA RAMAZAN ATIL ANADOLU LISESI

Visit of the Turkish high school

Mobility task: students working on their business plan

The second mobility
PRIZMA CAMPUS COLLEGE
IZEGEM, BELGIUM

Visit of the school

The 3th mobility
FRIEDRICH RÜCKERT GYMNASIUM
Düsseldorf, Germany

Visit of the temporary school and of the new school

The 4th mobility
JONO PAULIAUS II GIMNAZIJA
Kaunas, Lithuania

Visit of the school and ice breaking or... let's get to know each other!

5th mobility visit
ROMANIA, LICEUL TEHNOLOGIC "1 MAI" PLOIESTI

Getting to know our school

Zoom Meeting

Participants: Pado, Paul van Hamme, Mary Clara, Daniela Viktor, etc.

Chat messages:
 - Hello!
 - Good evening!
 - Hello dear colleagues!
 - Hello everybody!
 - Good evening from Turkey!

Zoom Meeting

Participants: Pado, Paul van Hamme, Mary Clara, Daniela Viktor, etc.

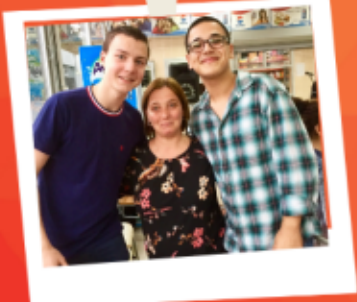
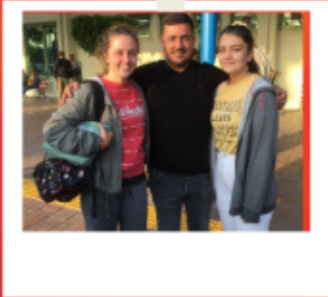


Selfie-time!



Selfie-time!

“Host family: a ‘normal’ family which opens its doors to experience a new culture and gives students a second home.”



**“Don’t be afraid of trying something new.
It helps you to know more about yourself.”**



**“The main hope of a nation lies in the proper
education of its youth.” - Desiderius Erasmus**



**“Alone we
can do so
little;
together
we can do
so much.”
- Helen
Keller**



