

Our Well-being Guide

Stay Zen!

We Are All Unique and Different

Created together by students from
Czechia, Italy and France

Growing day by day with our ideas and experiences



ONE WEEK • THREE COUNTRIES
MANY IDEAS • ONE TEAM

Meet Our Teams



The Italian Team

9 students and 3 teachers

7 students stay with host families.



The French Team

14 students and 3 teachers

7 students stay with host families.



The Czech Team

16 students and 3 teachers

We welcome our guests.

Three countries, one team!





Day 1: Sunday with Host Families

Our first day together

On Sunday, the French students spent time with their Czech host families.

They went on trips and enjoyed different activities together.

It was a chance to get to know each other and practise English.



Trips and time outdoors



Activities with our hosts

Getting to know each other

Monday: Teambuilding Activity



In the morning, we met at school.
We had a welcome ceremony and
a cultural programme. Our teachers
introduced the programme for the week.

In the afternoon, we worked in
international teams. We took part
in teambuilding activities.

We practised working together
and communicating in English.



Monday: Yoga Workshop



In the afternoon, we joined
a yoga workshop.

We practised yoga poses together.
We followed the teacher and
focused on our movements.

The workshop gave us time
to slow down and take a break.



Monday: Music Workshop



We played music with colourful musical tubes.

We followed the teacher and played together as a group.

We listened carefully to each other and practised keeping the rhythm.

Music was another way to work together.



Tuesday: A Visit to the Town Hall



On Tuesday, we visited the town hall.
The mayor welcomed us to Kutná Hora.

We explored the Italian Court
(Vlašský dvůr) and the mint,
a place where people made coins.

We also enjoyed the beautiful weather
and spent time together.

A warm welcome to our international team



Tuesday: Afternoon Workshops



Music

We listened to music and sang together.



Art

We painted pictures and used our creativity.



Literary Workshop

We made cards with quotes, poems and kind messages.



Stay Zen! Creative activities to calm our minds.

Wednesday: A Day in Prague



On Wednesday, we spent the whole day in Prague.

We visited Prague Castle and St Vitus Cathedral.

We walked through the Lesser Town and across Charles Bridge.

Then we explored Old Town Square and Wenceslas Square.



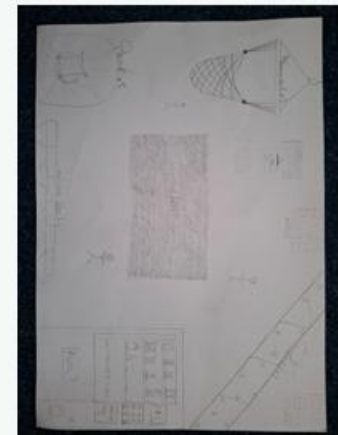
Thursday: Our School Zen Corner



On Thursday morning, we spent time in the park next to St Barbara's Church.

In international teams, we designed a Zen corner for our schools.

The team in charge brought together ideas from all the teams and created the final design.



Our ideas for a calm place at school

Thursday: Human Library



On Thursday, three guests visited our school for a Human Library.

They shared their personal stories about mental health and difficult times in their lives.

They explained what helped them and how they deal with challenges today.

We listened to their experiences.



Thursday: National Stereotypes



After the Human Library, each national team gave a presentation.

The Czech, French and Italian teams shared stereotypes about their own nationalities.

The presentations were funny, and we laughed together.

A stereotype is a general idea about a group of people. It does not describe every person.



Thursday: Making a Snack Together



On Thursday, we prepared a snack together.

Each national team made its own egg spread.

We put the spread on bread and shared our snacks.

Then we tasted the other teams' egg spreads.





Thursday: Our Tolerance Charters

On Thursday, we worked in international teams to create our tolerance charters.

Each team made a poster with ideas about tolerance and respect for others.

We prepared our charters for Friday's presentations.



Our International Art Team



Throughout the week, students from Czechia, France and Italy worked together on a painting.

Its title is:

“We Are All Unique and Different”.

Our international art team brought their ideas together in one artwork.

The painting shares the message of our project: everyone is unique.





Friday: Presenting Our Charters

On Friday morning, we presented our tolerance charters.

We had created them on Thursday in international teams.

Each team showed its poster and shared its ideas about tolerance and respect.

We listened to the other teams' presentations.



Friday: Final Presentations and Goodbye



Our project results

We finished and presented our Stay Zen Guide.

We completed our painting and presented our vlog and podcast.

The closing ceremony

In the afternoon, we celebrated the end of our Erasmus+ week and received our certificates.

Our goodbye party

In the evening, we had a goodbye party together.



Saturday: Time with Host Families



A day with our Czech friends

On Saturday, the Italian students spent time with their Czech friends and their host families.

They enjoyed activities together, including go-karting and playing pool.



Our Erasmus+ Week: What We Learned

We enjoyed our time together!

We improved our English and felt more confident when speaking.

We learned to work in international teams and respect different ideas.

We got to know other cultures and broke down cultural barriers.

We made new friends and learned how to care for our well-being.



Thank you, Erasmus+!

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