

THE PROJECT HAS STARTED!

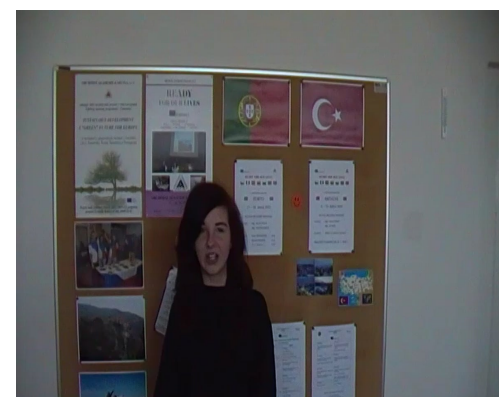
Transnational meeting in Karviná



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Interested ?
Then join our team!

DID YOU KNOW?

Erasmus+ is a programme that has 3 Key Actions and enables pupils, students, teachers and youth workers to cooperate with their partners on European level

THE PROJECT

Few months ago we finished our Comenius project called "Sustainable development - a green future for Europe" and we continue in our project activities again! In September 2015 a new Erasmus+ project called "**Ready for our lives**" started!

The author and coordinator of the project is **Martin Frolík** and **Obchodní akademie Karviná** will lead the project for the next three years. We will cooperate on the project with partner schools from 6 European countries - **Portugal, Turkey, Slovenia, Italy, Latvia and Lithuania.**

The project is focused on entrepreneurship and job market tasks and will include 7 main topics as well as 7 different workshops. There will be 9 meetings until June 2018. The first and the last meetings are just for the leaders while the other 7 meetings also for students. We will meet in Porto, Antalya, Koper, Nicosia, Kedainiai, Riga and Karviná.

The "Ready for our lives" project includes the following 7 main topics we will deal with: unemployment, writing CV and job interviews, starting a firm and creating a business plan, promotion and advertising, employers x employees, presentation of a company, other aspect of entrepreneurship.

We planned to organize 7 workshops during the meetings:

- Time clock
- Colourful world
- I am the boss!
- The world for all
- In a different world
- You and me
- A man or a woman

The workshops are focused on problems of exclusion from the job market because of age, race, nationality, gender or disability as well as on problems of bossing, mobbing and fair attitude in firms and companies.



We also added an extra value to the project. Besides surveys, presentations, seminars, lectures etc. we are going to use also methods of non-formal education such as discussions, debates, role-plays, intercultural activities, evenings of national cuisine, ice-breaking and team building games.

We will also explore the lifestyle of the partner countries and we will learn more about their history and geography. **Let's enjoy the project!**

Why should you participate?



Comenius meeting in Latvia 2013

Our school has been involved in various international projects since 2002. We cooperated with partner schools from Belgium, Finland, France, Greece, Italy, Latvia, Lithuania, Poland, Portugal, Romania, Spain, Sweden and Turkey within five different Socrates and Comenius projects between 2002 and 2015. Almost one hundred students took part in 34 meetings. all around Europe. Why should you be like them?

You will:

- improve your English
- work on interesting tasks
- find new friends throughout Europe
- visit partner countries and learn about their lifestyle, history and geography
- increase your self-confidence
- improve your ICT skills
- get new experience
- have a lot of fun



Interested?

Follow our web and facebook!

DID YOU KNOW?

There have been 6 Socrates and Comenius meetings in Karviná held so far. The last project meeting here was in February 2014.

Welcome to Karviná!

On Sunday, December 12, 2015 we welcomed our guests from Latvia, Lithuania, Portugal, Italy, Slovenia and Turkey to Karviná for the first transnational meeting of the "Ready for our lives project". We picked our new partners at the Karviná railway station and brought them to the Na Fryštátské hotel where we introduced to each other and spent the first minutes of the project together.

The next day the coordinator of the project, **Martin Frolík** together with three students of the 3rd form - Nikola, Monika and Adéla met the teachers at the hotel and brought them to school.

We spent the whole morning over the presentation of the project, its activities, aims, methods, planned results and outputs. Our discussion was very nice and interesting and we did our best to prepare the whole run of the project well. And after such hard work we enjoyed delicious lunch in the town centre. In

the afternoon we showed our guests the town square and the chateau. After a short break we met again in the evening for a bowling game.

On Tuesday we met again at school and continued on the project programme. This time we had lunch together in the school canteen and in the afternoon we finished our work.



The headmistress of the school, **Mrs. Slavka Krystová Florková** handed the guests some presents, they also received their certificates and the meeting was officially over.



SEE YOU IN PORTO !



Meeting in Porto (Portugal) will take place in the days of February 18th - 23rd so we will meet again soon! Our team is complete and **READY FOR OUR (project) LIVES!**

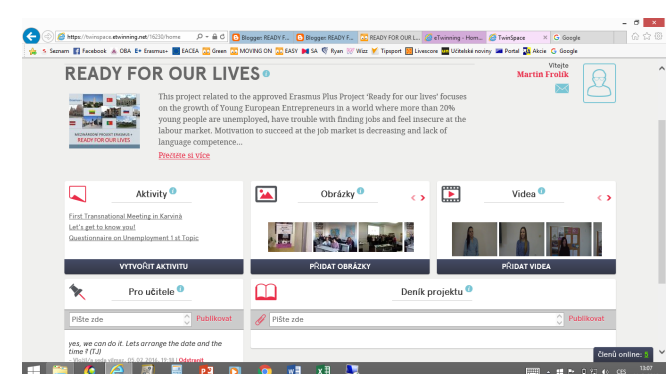
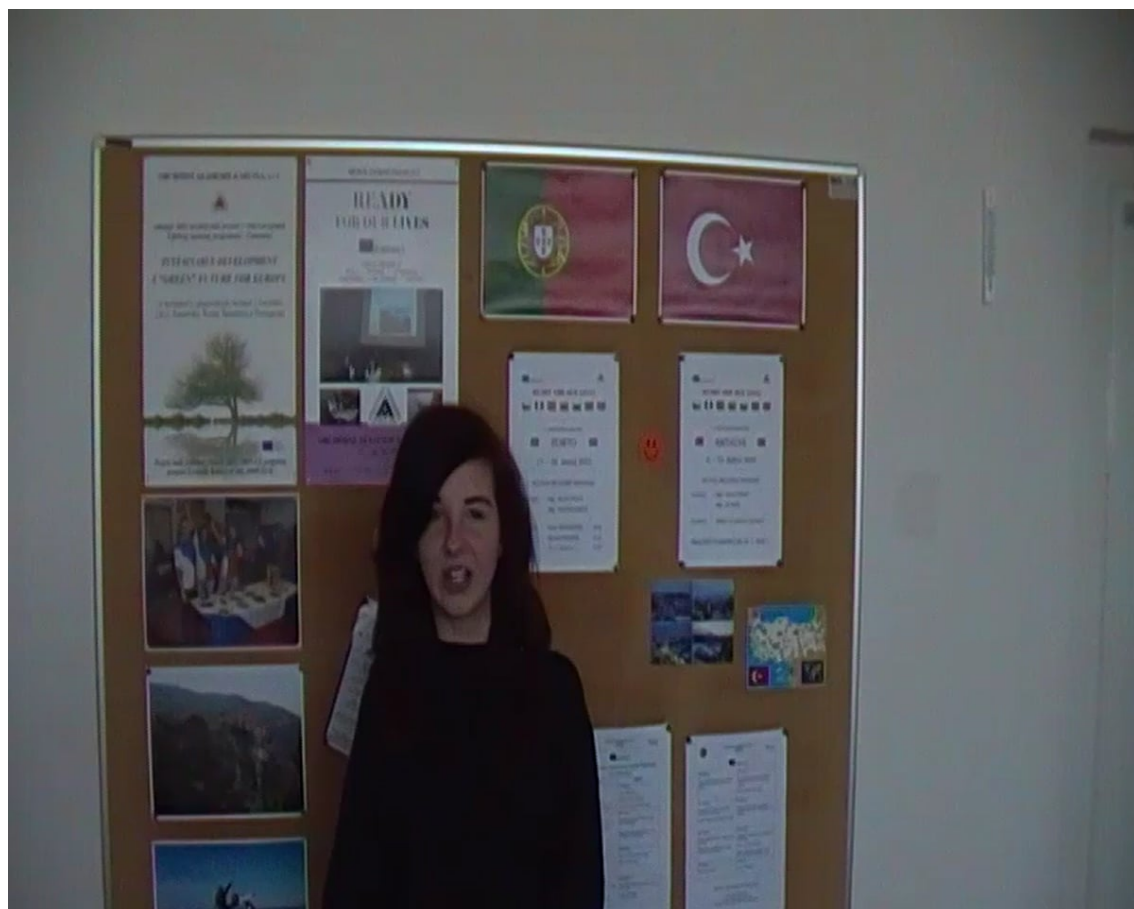
A lot of work - a lot of fun



Our transnational meeting was short, the coordinators came to Karviná just for three days. We had a lot of work, but the project meetings always bring something more than just work.

Our guest managed to see at least a part of the town, we took them to the town centre where they could enjoy Christmas atmosphere, taste some traditional sweets and listen to Christmas carols.

And we went also for a bowling game! Some of the guests have never played bowling and I am sure they enjoyed it! We spent a very nice evening together and we had good fun. It is not important who won the game and who lost, we realised that we created a good project group and we will be looking forward to the next meetings to meet again and work together. And this is great!

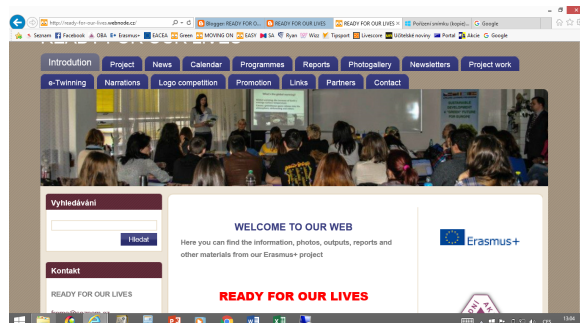


e-TWINNING

Our Erasmus+ project will be also accompanied by an **e-Twinning** project. We have already opened our project and first materials appeared on the twinspace! We worked on video-presentations of the students who are involved in the project and uploaded the videos on the wall. Now we can also see short video presentations of students from other partner countries! This is a very nice start of our e-Twinning cooperation! Soon we will try to communicate through e-Twinning chat and we are also going to organize a Skype meeting with foreign teachers and students. New results of our project work will appear on the twinspace in a few days!

WEB, BLOG, SURVEY, LOGO COMPETITION

After the transnational meeting in Karviná we completed first tasks of our project. A new website of the project was created, we also share information and photos from our work on a special blog dedicated to the project. Here we are also going to put our daily narrations from the project meetings and tell our friends what we are just doing



www.ready-for-our-lives.webnode.cz

Between project meetings we will deal with various surveys. The first one is about unemployment and the students were supposed to answer about twenty questions on this topic and prepare a presentation for the meeting in Portugal.

In this survey 22 students and graduates were involved. First we adapted and printed the forms we received from our Latvian partners and then we asked the students of the Class 3 and Class 4 to answer them. To have a more colourful group of people we also involved six graduates who were kind enough to help us with the questionnaire. Then we collected the answers and made the presentation

www.facebook.com/readyforourlives

The logo competition was launched in December and since then students from all partner schools have been working on their proposals of the official log of the project. In our school four students took part in the competition and we are looking forward to the results which will be announced during the first mobility in Porto soon!



www.readyforourlives.blogspot.com