

Job shadowing Report Cyprus

May 21st – May 26th, 2023



21st of May, 2023 - Sunday

The Partners from Austria, Poland, Germany and Latvia arrived at Larnaca airport. We were welcomed by the Cypriot colleagues. We checked in at the hotels and set up the meeting and dinner in the late afternoon. All the Teams had a dinner consisting of specialities of the local cuisine. We got to know the Cypriot Team as we have not met before. The agenda for the working day of Monday was discussed and approved. We also presented the ongoing project activities that are performed at our schools.



22nd of May, 2023 - Monday

The day started at 8.30 at Med High school with the warm welcome and introduction of the Headmistress and Teachers of the school. Then, to break the ice we had a Erasmus+ ,Speed dating' session to get to know one another. Then we discussed the National British Curriculum that the school in Larnaca follows. The differences and



similarities to our education systems. We also focused on the challenges that the Teachers of students from different cultural backgrounds have to face. Specially, when the Teachers need to deal with Students whose countries are at war.

The first lesson to observe was English Literature – we observed the revision session for the final exams. Students

applied the prior knowledge for the text analysis. The Teacher displayed an outstanding rapport with her students by creating a friendly and supportive atmosphere throughout the lesson.



Biology was the next lesson that the Teachers were invited to observe was biology. The students focused on fungi, bacteria and other factors that affect the fresh produce and food. The lesson was conducted in an extremely interesting way as the students were asked to ,Best the Teacher' by scoring more points than she in a quiz of 20 questions.





Next, we started the third lesson which was Art, the students used different techniques and textures to create collages.



23rd of May, 2023 - Tuesday:

In the morning we observed a lesson on Economics.



The second lesson was Physical Education. There the students were given input in theory of the muscles and heart functions with a deep comprehension of biological context. In a power point the following input was given:



Engaging in regular sports and physical activity provides numerous benefits for the heart and cardiovascular system. Here are some of the advantages of the heart when doing sports:

1. Improved cardiovascular fitness: Regular exercise strengthens the heart muscle, making it more efficient in pumping blood throughout the body. This increased efficiency allows the heart to deliver oxygen and nutrients to the muscles more effectively, improving overall cardiovascular fitness.
2. Lower resting heart rate: Regular physical activity can lead to a lower resting heart rate, meaning the heart doesn't have to work as hard to maintain a steady blood flow at rest. A lower resting heart rate indicates a more efficient and healthier heart.

We discussed the issues of giving theoretical input in various subjects such as nutrition and cooking, PE and Music.



In the afternoon we visited Protaras / Fig Tree Bay (Blue Flag Beach): getting in touch with the concept and meaning of Blue Flag Beaches → sustainable tourism on the behalf of the sustainability aim of Europe. There we discussed the Water and sanitation which are at the core of sustainable development, and the range of



services they provide underpin poverty reduction, economic growth and

environmental sustainability. However, in recent decades overexploitation, pollution, and climate change have led to severe water stress in locales across the world.



We went to Kavos Greco

Environmental Centre / Kavos Greco National Park trail → cultural heritage and sustainable tourism.



Dinner at a local Fish restaurant (Spartiatas): regional food and sustainability (and outlook) of fishing/fish harvest

24th of May, 2023 - Wednesday:

Preparation of the conference of “Climate and food security”:



We were talking about organizing a conference on sustainable development in food for Europe is a great initiative to raise awareness and promote discussions among students.



The teachers created a a step-by-step guide to help you plan and hold the conference successfully:



1. Define the conference objectives: Clearly outline the purpose of the conference, such as raising awareness about sustainable food practices, discussing challenges and opportunities, inspiring innovation, and fostering collaboration among students.

2. Establish a planning committee: Form a dedicated team of students, faculty members, and experts who are passionate about sustainable development in food. Assign roles and responsibilities to ensure efficient organization and coordination.

3. Set a date and venue: Determine a suitable date for the conference, considering the academic calendar and availability of participants. Choose a venue that can accommodate the expected number of attendees and provides the necessary facilities, such as lecture halls, audiovisual equipment, and breakout rooms.

4. Develop a conference program: Design a program that includes keynote speeches, panel discussions, workshops, and interactive sessions. Invite renowned experts, researchers, and industry professionals to

deliver speeches and participate in discussions. Ensure a diverse range of perspectives and expertise.

5. Call for papers and presentations: Encourage students to submit abstracts or papers related to sustainable food development. Select the most relevant and innovative submissions for oral presentations or poster sessions during the conference.

6. Promote the conference: Develop a marketing strategy to raise awareness about the event. Utilize various channels, such as social media, university websites, posters, and email newsletters. Highlight the conference's theme, speakers, and submission deadlines to generate interest among students.



1. Preparation of the conference simulation (cross curricular project combining the sciences, humanities and English): supporting students in preparing a conference simulation, for example: After the students had researched information such as position on the topic, gestures and manner of speaking/dresscode with the help of a grid as well as YouTube videos, they were trained in a drama lesson on how to slip into their role.
Organize the event: On the day of the conference, ensure that all logistical arrangements are in place. Welcome participants and provide them with necessary materials and information. Introduce speakers, moderate sessions, and facilitate discussions. Keep the event running smoothly as per the schedule.
2. Encourage engagement: Create opportunities for networking, collaboration, and knowledge exchange among participants. Arrange interactive sessions, group activities, or workshops that allow students to actively participate and contribute to the discussions.
3. Evaluate and follow up: After the conference, collect feedback from participants through surveys or interviews to assess their experience and gather suggestions for improvement. Share the conference proceedings, presentations, and papers with attendees. Follow up with attendees and speakers to maintain connections and nurture further collaboration.

Excursion to Ayia Napa:

Nissi Beach (Blue Flag Beach dealing with upcoming mass tourism in comparison with Fig Tree Bay)

Open air Sculpture Museum: Cultural heritage; thereby, comparison of the different representations of Europe 🤔



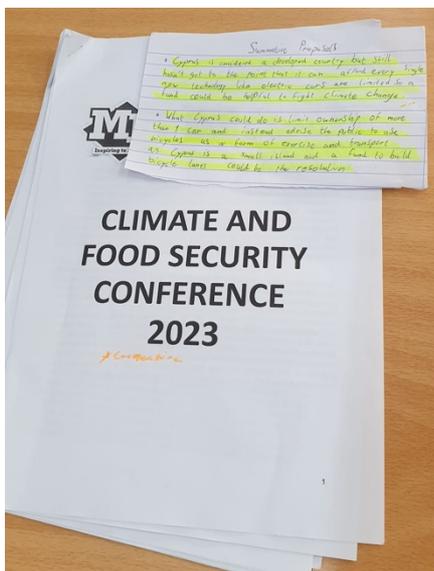
25th of May, 2023 - Thursday

In the morning after we arrived at school, the conference of “Climate and food security “by the students began.

Observation and evaluation of conference simulation „Climate change and Food Security“.

Each student slept into the role of a UNO member and presented in a speech their

point for views. After 16 students who represented the members of the United Nation they held their speeches there was a short break. The following discussion about the climate change and food security the members again came up with their own proposals. The aim was to find at least 4 common goals. After 2 hours of discussion, they finally could vote for 3 aims of the proposal.





After lunch we visited Lefkara (UNESCO intangible heritage site) which is a preserved village in terms of landscape agrotourism and sustainable tourism heritage. The main objectives in this village is the focus on collecting recyclable waste such as frying oils etc., conserving natural resources by cleaning and protecting the waterways.





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26th of May, 2023 - Friday

It was the last day of our Erasmus+ Week in Larnaca. We met at school in the morning and in international groups we discussed the outcomes and the possible follow up activities after finishing this project. All project partners found it extremely valuable to enhance each school to move on with the ideas we figured out during this one year of working.

We finished our meeting report and received our Certificates of the participation for this Job Shadowing in Cyprus.



Lunch (Vavatsinia) and free time at Lefkara (UNESCO intangible heritage site)
Departure of Latvian Group at 20:55 and David at 15:00 (Portugal)



