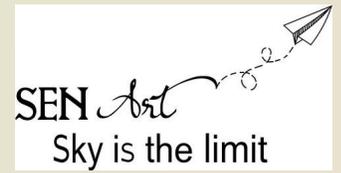




# Project Magazine



Białystok - POLAND

MAY 2022/8

## 5<sup>th</sup> LTT meeting in Zespół Szkół Nr 16 in Białymstok, Poland, 23<sup>rd</sup> – 27<sup>th</sup> May 2022

Erasmus+ and eTwinning project partners “Sky is the limit – SENART” from Turkey, Portugal, Croatia, Romania and Poland meet in **Zespół Szkół Nr 16 in Białystok, Poland**. The aim of this meeting was recycling and upcycling in art therapy, and all kind of activities connected to this area that could be apply in working with with students with disabilities or students in mainstream schools. It was a wonderful time of creative and varied art therapy activities.

The first day of the meeting in Białystok has started with visiting host school. The participants visited the classes, garden and could talk to the management staff, teachers and students of the host school. The day continued with the presentation of the Polish education system, and the organization, and work methodes in the host school.



**DAY ONE**



# Welcome performance

During the school's visiting, guests have got a surprise prepared under the supervision of Mrs. Maria: students and volunteers welcomed the guests with an artistic performance about looking for inspiration.

The actors performed with the use of puppets and props made during the previous mobilities. Gamze, a volunteer, prepared very yummy Turkish pastries.



**Welcome guests!**

**On the stage**



**On the backstage**



**A sweet surprise: Turkish croissants with apples**

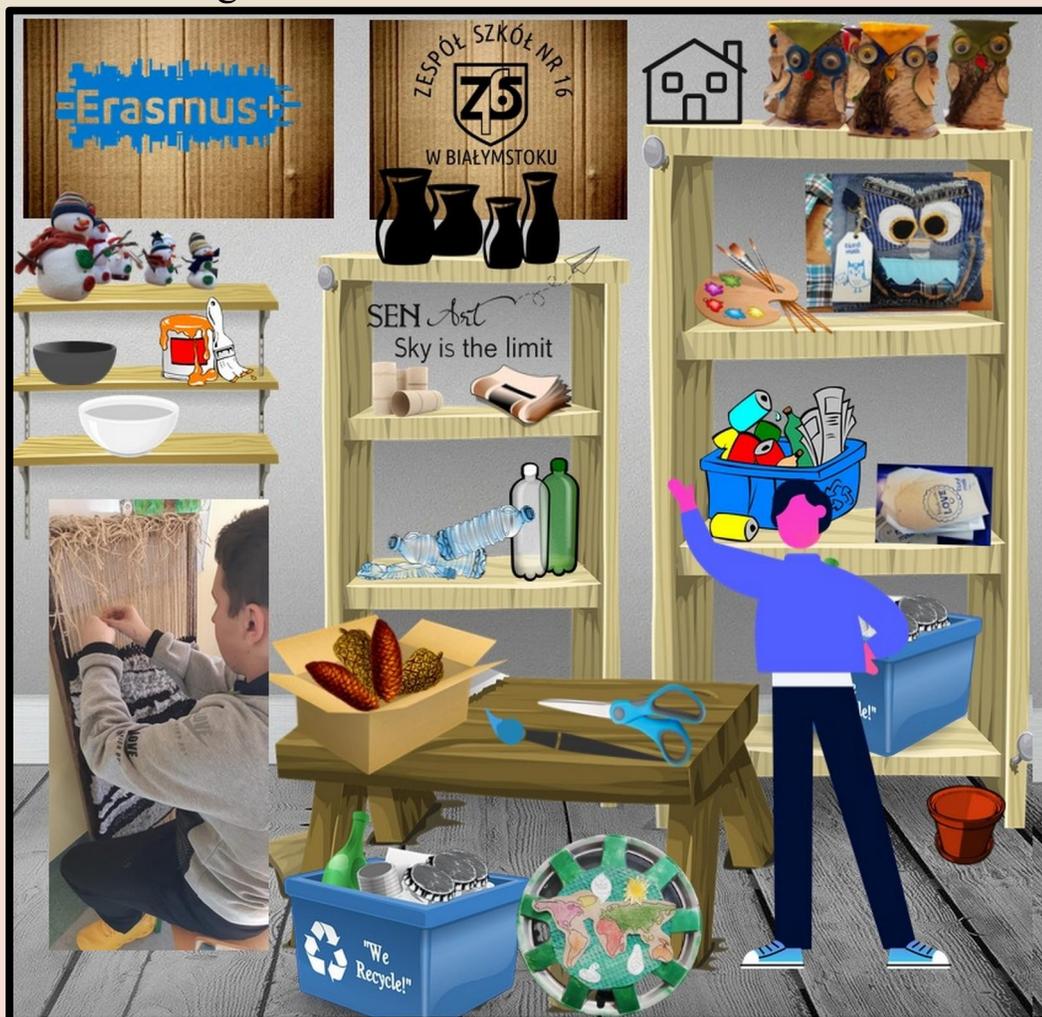


# About the mobility

During the meeting participants met project's, host school management, teachers and students. It was held a presentation about the host school, about the Polish educational system, and about recycling and upcycling in art therapy.

Objectives of the meeting were:

- Meet key project professionals from participating countries, members of school, management;
- Have presentation of the host school;
- Discuss project activities, outcomes, and dissemination;
- Work on project organizational documentation;
- Recycling and upcycling in art therapy workshops: the second life of cotton bags, eco-carpets weaving, recycling fashion with "Ball by the King", paper wicker in applied arts with "Pleciaq", "Portraits and cities made of cardboard" with PIK, recycling of corks with the decoupage technique;
- Usage of recycled materials in art therapy;
- Eco-cultural event activities: a theatre performance by the school's group "Kociołek" with the play "The myth of Sisyphus differently" with eco costumes, a guided tour on Białystok, visit in herbarium Ziołowy Zakątek in Koryciny;
- Evaluation of the meeting.



# Visiting school

Zespół Szkół Nr 16 in Białystok is a public school which provides educational services for about 170 youngsters between 16 to 24 years old. The complex consists of two schools: vocational school and school preparing for work. Vocational school called first degree industry school provides education in following professions:

## FIRST DEGREE INDUSTRY SCHOOL

### ZESPOLE SZKÓŁ NR 16 W BIAŁYMSTOKU

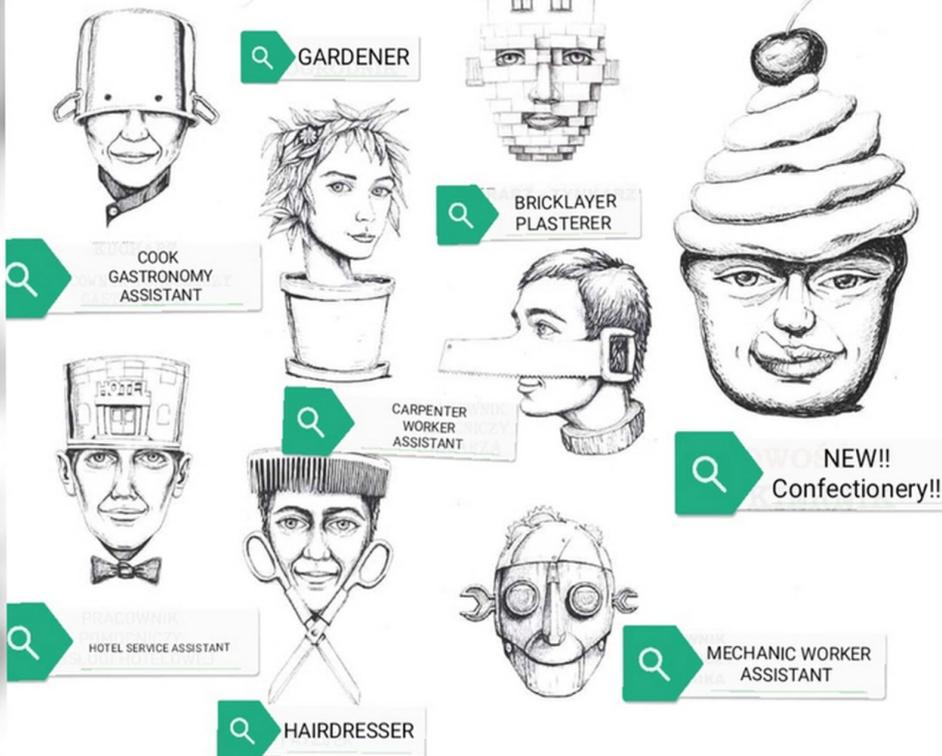
ul. Zwycięstwa 28, 15-703 Białystok

tel. 85 742 25 69

www:zs16.pl

email: szkola@zs16bialystok.pl

www.facebook.com/zsnr16/



PRZYJĀ DO NASH ALE SPRAWIAMY CI ZAMOCOWU

# Visiting school

## School Preparing for Work

### **W ZESPOLE SZKÓŁ NR 16 W BIAŁYMSTOKU**

ul. Zwycięstwa 28, 15-703 Białystok

tel. 85 742 25 69

www:zs16.pl

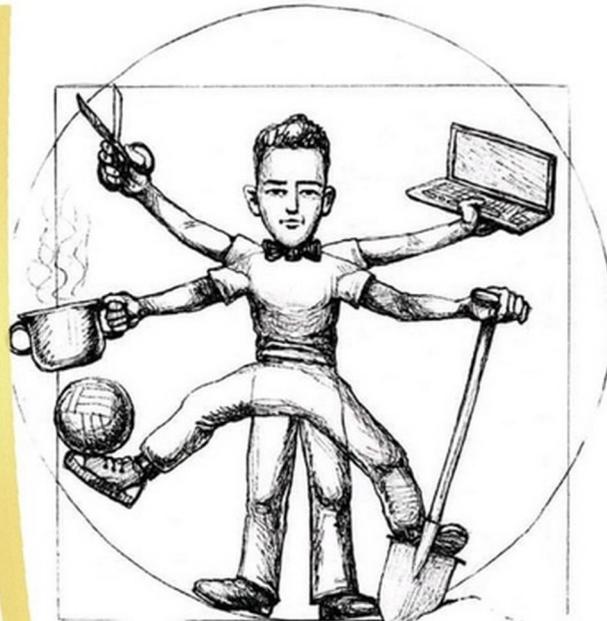
email: szkola@zs16bialystok.pl

www.facebook.com/zsnr16/



The school makes students independent and prepares them to function in the best possible way in everyday life!

Young people learn, among others: preparing meals, sewing, cleaning, washing, gardening, using a computer, art and utility techniques.



ZAPRASZAMY!

# The second life of cotton bags



The second life of bags was the first workshop during the meeting in Białystok. The old out of date inscription on the cotton bags was covered with paint and the project logo on special washable paper was glued on it. Then the participants applied the Łowicz patterns with tracing paper and painted them with paints or felt-tip pens for fabrics. After drying and ironing the patterns, the bag is ready for use. It can also be washed.



**Patterns are applied to the fabric with tracing paper**



**Fabric paints and felt-tip pens ensure the painted patterns are not only beautiful but durable as well.**

# The second life of cotton bags

Patterns from Łowicz are traditional patterns originating from the folk culture. The patterns were cut out of paper. Currently, they are very popular in design and recognized as one of the Polish symbols. They are distinguished by beautiful shapes and characteristic vivid colors. Most often they reflect the elements of nature in the form of flowers and animals.

Painting patterns from Łowicz requires precision and patience – on the one hand, but it allows for relaxation, calm down and creative expression – on the other hand. The effect will satisfy even the most demanding ones.



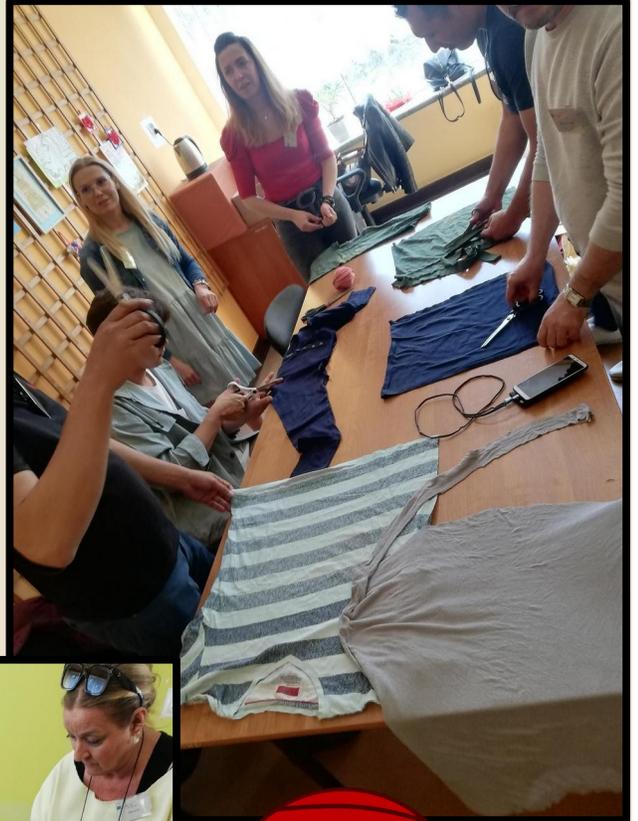
**Presenting hand painted bags**

**[Click to see more of the workshop](#)**

# Weaving eco rugs

Eco rugs are made of recycled fabrics. T-shirts, wool, cotton and fleece sweatshirts, jackets, sweaters, jersey bed sheets, etc. are perfect to be used for preparing stripes ready to weave. A special method of cutting recycled clothing allows to get long, non cut stripes. The longer the stripes are the better.

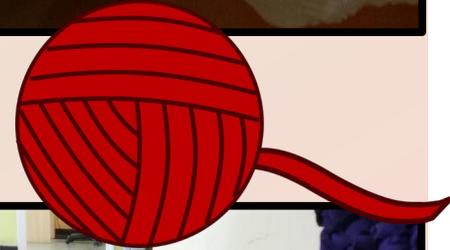
Rugs can be made using various weaving techniques. It's best to start with the easiest ones: over the warp, under the warp, and then weave patterns and shapes. Rugs weaving requires a lot of preparation and time. In addition to recycled fabrics, you need a frame on which to stretch the string that makes the warp of the eco rug.



**Cutting textiles**



**Prepared bunches of stripes**



# Weaving eco rugs



**Step 1: start**



**Step 2: weaving**



**Step 3: making a shape**



**Team work! This is the way to do it!**



**Step 4: almost done!**

# The Myth about Sisyphus differently

The second day of the meeting starts in the VII LO (high school) with the theater play with eco costumes and props „The Myth about Sisyphus differently”. This play was prepared for the 2nd Regional Review of Non-professional Theaters PIKtoGramy. The school's theater group "Kociołek" has won the 1st place in the secondary schools category.



The performance was inspired by the myths of the Greeks and Romans, namely the myth of Sisyphus. The subject of the competition was the world of insects – a microcosm. So the myth of Sisyphus stayed moved to the world of insects. An ant became Zeus, Ares a lota, Hera a bee, Thanatos a caterpillar, and Sisyphus a beetle. The action takes place on the insect Olympus. Sisyphus stays invited to the ball and gossips with Zeus about Daedalus and Icarus. After the ball, he reveals an overheard rumor about Zeus' romance with a tree nymph. Zeus is furious and calls on the god of death, Thanatos. Punishment for the gossip is supposed to be Sisyphus' throwing in Hades. However, someone warns Sisyphus about the intentions of Zeus. Sisyphus binds Thanatos and holds him locked. After a while, Zeus realizes that insects stopped dying and that there is no god of death. He learns about the bad behavior of Sisyphus. For this bad behavior Zeus punishes Sisyphus to keep rolling the dunghill forever. Beetle Sisyphus turns into a beetle manure.



**Punished  
Sisyphus**

# Ball at the King

From Olimp we moved to the royal ball. To prepare for it, the participants were invited to design and make a ball outfit. Recycled materials were to be used for this. Participants designed their recycling costumes from newspapers, cardboards, bags, egg boxes, and various cardboard pipes. When all were ready for the party, the costumes were presented in a mini show. And if it is a ball, it is also a dance. The guests were invited to dance Polonaise – the national Polish dance.



**Don't be late! Let's synchronize the clocks!**



**Recycled materials ready to use**



Costume and prop designers have found out that, in addition to being free, recycled materials stimulate creativity, inspires interesting solutions and ideas and engage in action. There is no option to "spoil" something. Sometimes it doesn't take much time and work to get great results and you can have fun creating it. It is quite easy to build a nice stories with the eco costumes and props. Doing eco costumes and props also encourages teamwork and helping each other.



**Sky is the limit!**

# Ball at the King

Presentation of the costumes and props made. All of them tell a...

**...STORY about**



**style**



**character**



**beauty**



**creativity**



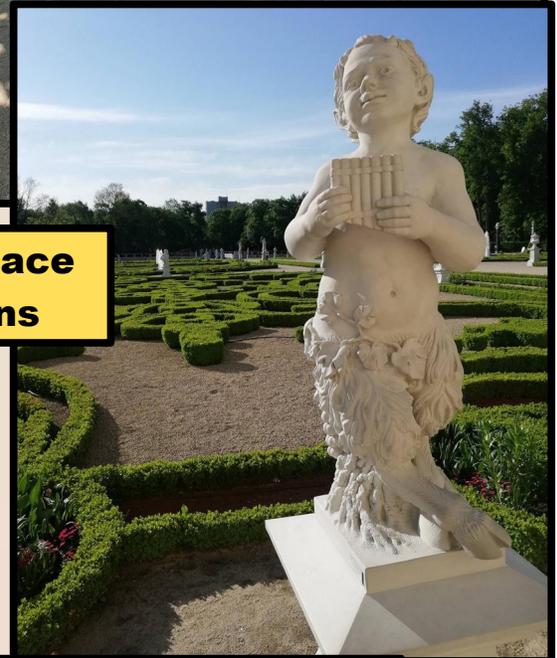
**elegance**



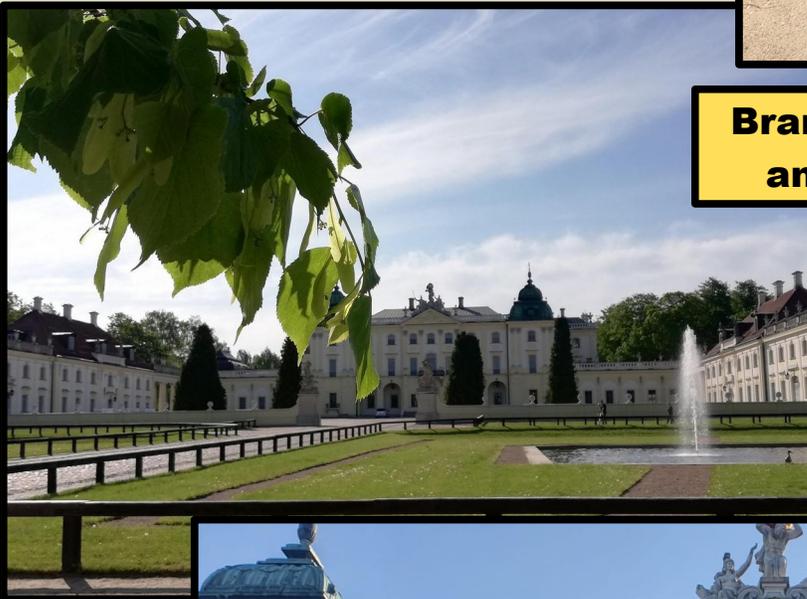
**A lot of fun!**

# Białystok

During the guided tour of Białystok there was sightseeing, a handful of interesting stories about Bojary, Branicki, Zamenhof, the Cathedral of St. Nicolas the Wonderworker, religious and multicultural traditions of the region, Kawelin's dog statue. It was time for souvenirs shopping, looking for Białystok bears and a lot opportunities for taking nice shoots. The weather was sunny and warm. Just nice to walk around.



**Branicki Palace  
and gardens**



# Białystok



**The Cathedral of St. Nicolas**



**St. Roch Church**



**Białystok Synagogue Memorial**

**Kawelin's dog**



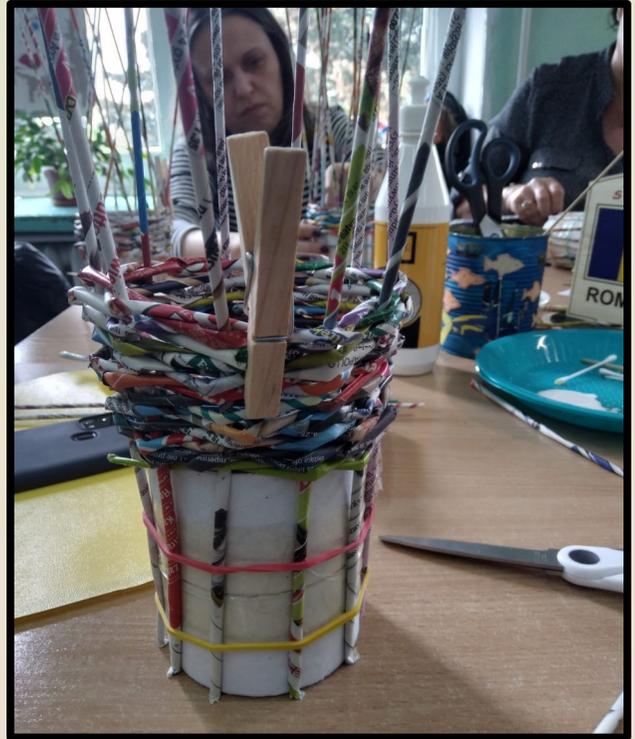
**Young Zamenhof statue**



**Białystok bears**

# Paper wicker

Another day of mobility and another workshop has started with activities in which participants learned about using paper wickers to make different objects like bracelets and stars for Christmas tree, for example. The workshop was guided by instructor Kasia alias Pleciaq. Pleciak showed us the world of newspaper tubes and the basic ways of weaving them. Paper wicker needs time, precision and skill to roll newspapers into thin paper tubes with the use of skewers. This skill you can achieve by practising, practising and practising once again. When you can do the tubes you need to learn braiding technique, which allows you to create different objects. More experienced creators make lampshades, baskets, figures, decorations, jewelry, paintings.



**DAY THREE**



**This is how the weaving of a bracelet begins.**



# Portraits and cities of cardboard

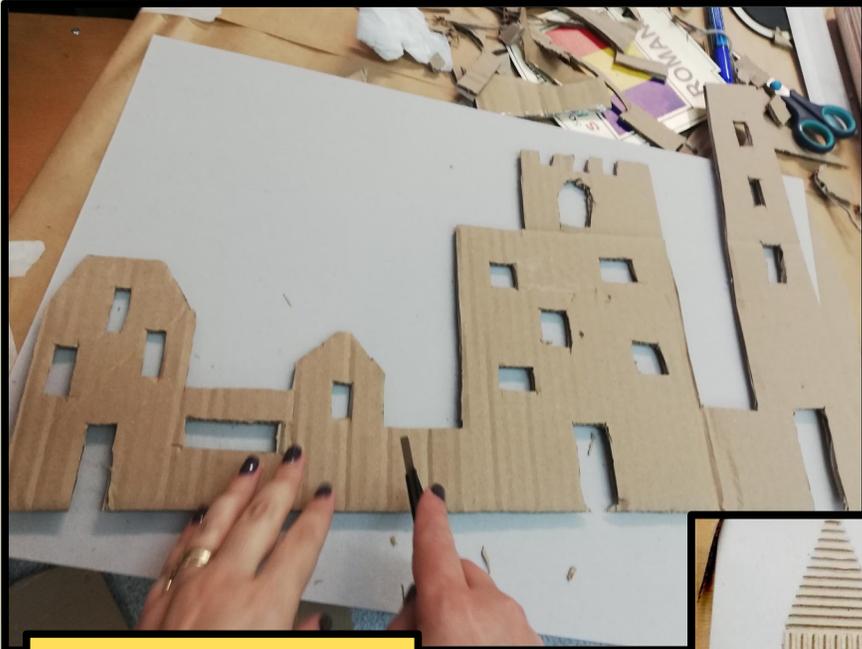
After lunch with specific products and flavors that was served at school, another workshop followed. In this workshop we used cardboard to make portraits and cities. This workshop was guided by instructors of PIK – Podlaski Institut Kultury. Each participant had to make a self-portrait or a portrait of a colleague, presenting some suggestive features. In order to create a city, each participant had to present suggestive elements of a city using cardboard. It was funny to try to find whose is each portrait or self k-portrait and also it was interesting to recognize each city represented in the works. It was a day with a rich and interesting activity!



# Portraits and cities of cardboard

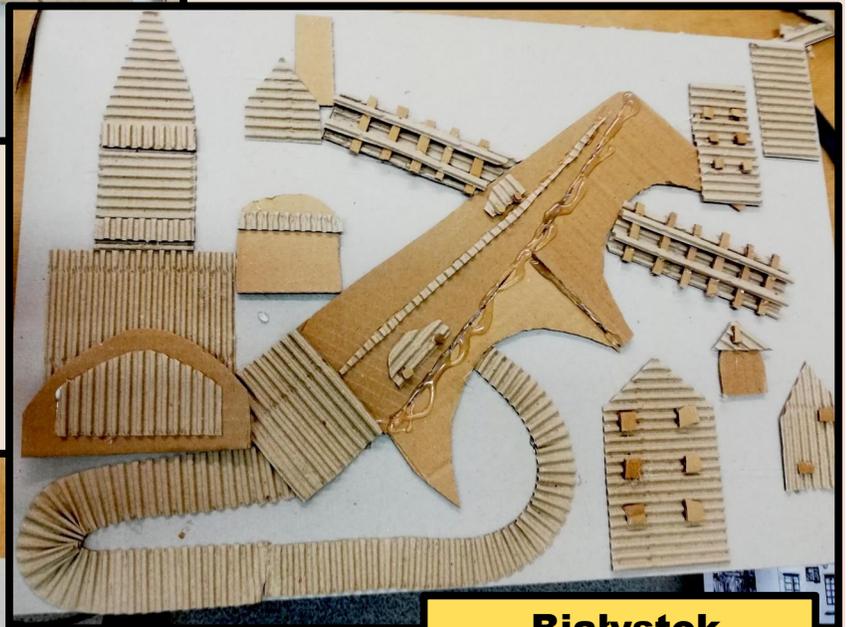
Cardboard is an universal, full of potential material that allows you to make many interesting textures and structures. It is easy to recycle and upcycle.

Recycling or upcycling? Upcycling is known as a form of recycling where instead of turning waste into new materials, you can take a product that you would otherwise throw away and give it a second life and new quality. Upcycling contains an element of creativity and recycling is the process of turning waste into materials that can be used to create new products.

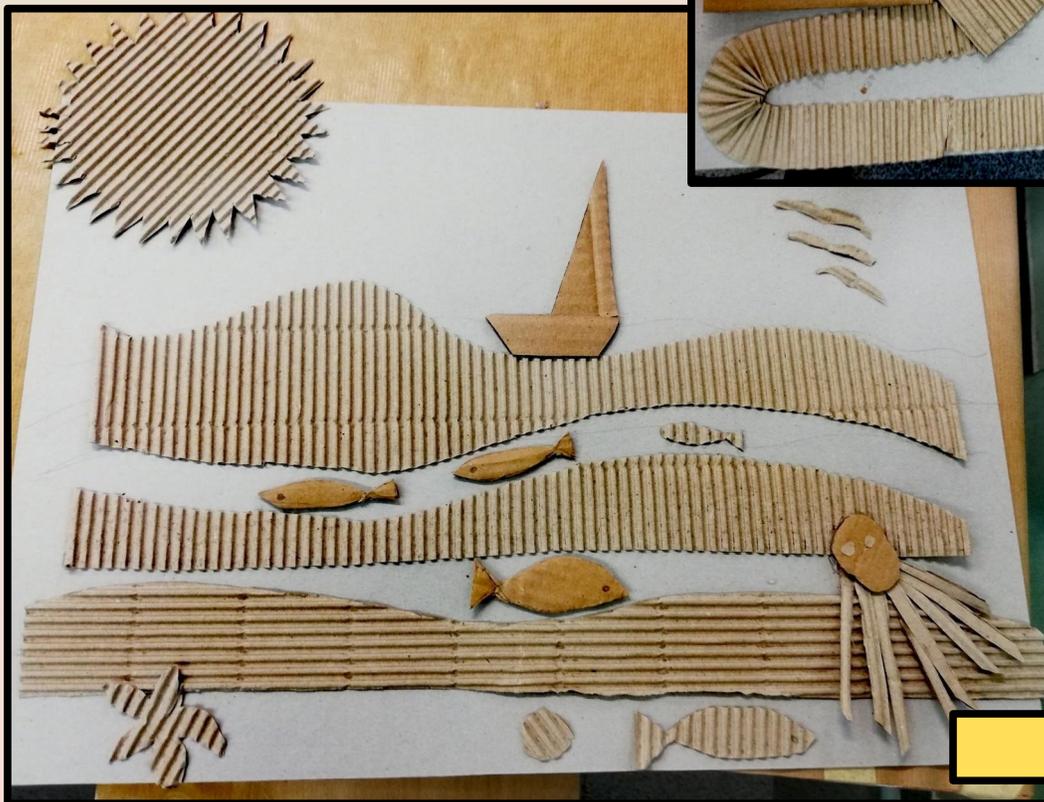


**Alexandria**

[Click here if you'd like see more cardboard creations](#)



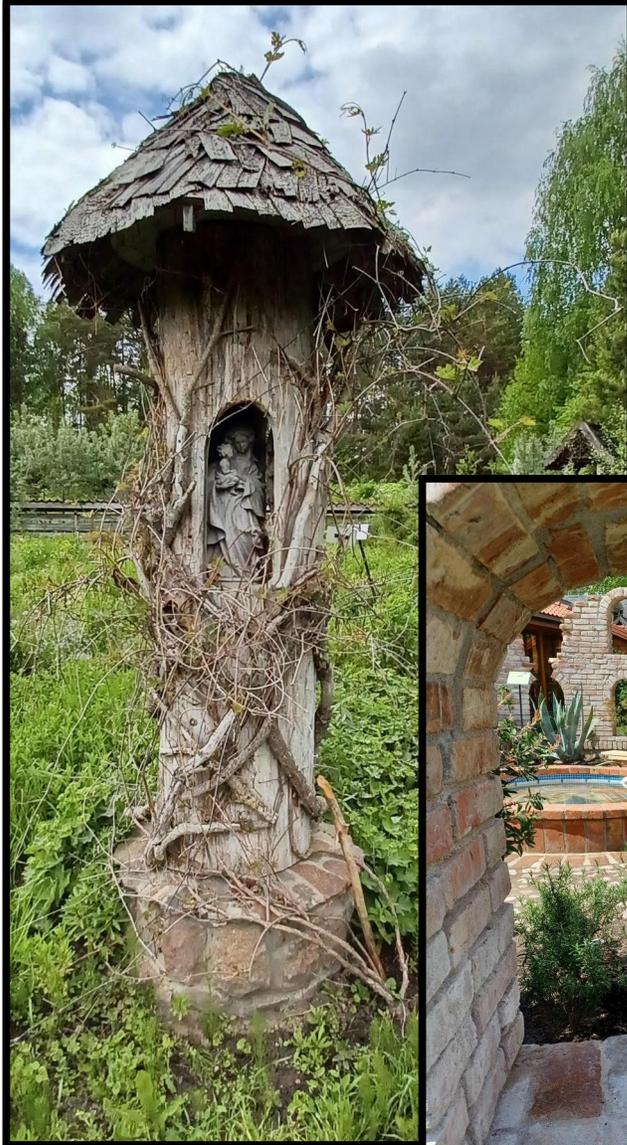
**Białystok**



**Quarteira**

# Herbarium Ziółowy Zakątek

On Thursday, the fourth day of mobility, Erasmus+ project guests and students of School Preparing for Work visited Ziółowy Zakątek, an agritourism facility located in picturesque fields and forests of untouched Podlasie (a province in northeastern Poland), away from urban pollution and the hustle and bustle of civilization. We walked through its fragrant gardens, orchard and woods. Herbal traditions are still maintained in this beautiful place and we had the opportunity to get acquainted with the history of herbal medicine and traditional ways of picking plants in nature. We had the opportunity to consult with an expert in the field of plants and plants during an educational walk in the "Podlaski Ogród Botaniczny" (Botanical Garden of Podlasie) and make our own tea blends. In this plant corner there is also an animal farm where various types of domestic animals are bred.



**DAY FOUR**



# Herbarium Ziołowy Zakątek



**An oasis of peace,  
beauty and simplicity**



# Key rings of cork – decoupage technique

During Friday morning was held the last one workshop prepared by partners from Białystok. This aimed once again at upcycling, creating new products based on the reuse of materials considered useless. Based on cork stoppers were created different objects from which resulted original, simple and creative key chains. The development of this workshop provided us with the acquisition of new tools and working methodologies for further application in our school and with our students enhancing the development of concentration and creativity.

## DAY FIVE



Key rings made of cork decorated with decoupage



[Link](#)



Click on the key ring to see how to make it step by step

# What does recycling/upcycling in art therapy give us?

**develops imagination and creativity**

**supports group integration**

**improves communication skills**

**teaches to make choices**

**helps to search for own solutions**

**stimulates story telling**

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**motivate to action**

**helps to de-stress**

**it costs nothing**

**learn culture and traditions**

**lets you create something out of nothing**

**help express yourself**

**stimulates ecological thinking and behavior**

**gives a second life to unused items**

**it helps to deal with emotions**

**provides a positive experience**

**learning to listen to the instructor**

**teaches you to be smart and save resources**

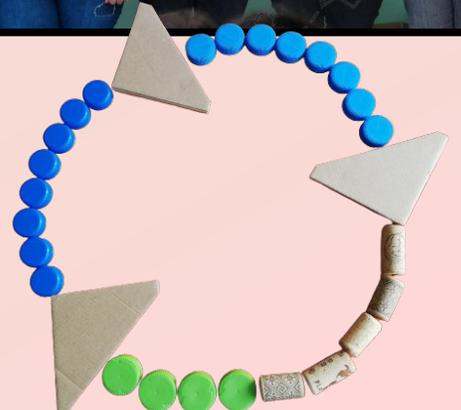
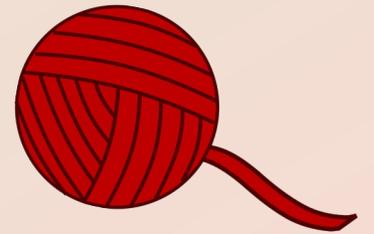
**improve manual skills**

# Certificates

After the cork workshop, the exchange between the various schools was closed with the delivery of their certificates and with the final balance sheet by all project partners. Thank you to Białystok for the reception and for all the follow-up during the week.



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# Thanks and Goodbyes



Good Bye!

Thank you!



# Summary

Recycling & upcycling is a field for activities with great potential. It can be perfectly used in various areas of art therapy, as the project partners found out during the joint mobility within the Erasmus+ project "Sky is the limit – SENART". It is worth to use resources that are free, relatively easy to get and stimulate creativity at the same time.

During the 5th LTT meeting, the participants could confirm the above statement. By implementing six art therapy workshops based on recycled materials, they learned about methods and techniques that can be adapted to mainstream schools, inclusive schools and special schools. Activities with recycled materials undoubtedly have art therapy values: they allow for creative expression, tranquility, relaxation, stimulation of manual skills. They help participants achieve success and satisfaction. This, in turn, triggers positive energy and motivation to learn, and reduces unwanted behavior.

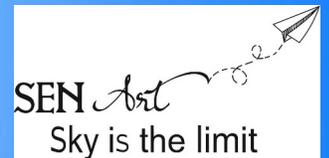
Joint activities around recycling & upcycling in art therapy under the supervision of Polish teachers and instructors enriched the participants' workshop with new techniques and ideas. The proposed activities were very enriching and attractive to be used with special need students, constituting an added value in the work developed in the project. We would like to thank the Polish hosts for a wonderfully organized time, lots of experiences, great cuisine and showing us a part of their beautiful, green region.



Dziękujemy



Co-funded by the  
Erasmus+ Programme  
of the European Union



## PROGRAM ERASMUS+

SCHOOL EXCHANGE  
PARTNERSHIPS (KA229)



# SENART



ToonyTool.com

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2020-1-TR01-KA2229-092504\_2

2020-1-TR01-KA2229-092504\_4

2020-1-TR01-KA2229-092504\_5

**Editors and photos:**  
**The project team**  
**“Sky is the limit – SENART”**  
**Pixabay: vector graphics**

**More information:**

**Facebook group**

**Project's website**

**TwinSpace- eTwinning project**

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