

## NATIONAL TESTING – INTRODUCTION

The core activity of the project was the testing of skills among the public in individual countries.

In each country, 2 events took place, in which the participants could test and evaluate the skills brought by the project partners, and at the same time the partner organizations could receive suggestions and recommendations for usefull modifications of the activities.

The aim of the events was to test the functionality and attractiveness of skills and their combinations within programs of different length and difficulty.

The following events were organized:

### CZECH REPUBLIC

1. On July 22, members of the Sdružení SPLAV organized the 1st workshop for the public in Zdobnice. The oneday-long program was attended by 19 participants and consisted of the following skills:

- Artistic technique of lynorite and natural charcoal
- Preparation of Hungarian goulash
- Preparation of tramp session

2. On October 1, members of the Sdružení SPLAV organized the 2nd workshop for the public in Kostelec nad Orlicí. The half-day program was attended by 23 participants and consisted of the following skills:

- Art technique natural coal
- Freshwater fishing techniques and preparation of Czech carp
- Production of birdhouses
- Archery lessons

### SLOVAKIA

1. In 1- 2 October 2022 members of Legend Foto organized the 1st workshop for the public in Košice. The two-day program was attended by 29 participants and consisted of the following skills:

- Production Bird nests and feeder
- Native American beading
- Preparation of Hungarian goulash
- Forest garcden cultivation
- Folk Music of 4 countries

2. On September 14 to 20 members of Legend Foto organized the 2nd workshop for the public in the Carpathian Woodcraft Center near Košice. The four-day program was attended by 12 participants and consisted of the following skills:

- Production of birdhouses

- Production of Native American bead embroidery
- Preparation of Hungarian goulash
- Teaching tramp songs

## **HUNGARY**

1. On 15-16th September 2022, members of Vision Association (Jövő-Kép Egyesület) organized. 1 st workshop for the public in Nyíregyháza. The two day-long program was attended by 30 participants and consisted of the following skills:

- Building bee house
- Building birdfeeders
- Maintain raised beds
- Composting
- Ecological pedagogy
- Waste recycling
- Environmental board games

2. On 18th December 2022, the members of Vision Association (Jövő-Kép Egyesület) organized the 2nd workshop for the public in Nyíregyháza. The one-day program was attended by 30 participants and consisted of the following skills:

- Building birdhouses and birdfeeders
- Use of herbs planted in garden
- Ecological pedagogy
- Environmental games
- Waste recycling
- Woodcrafting
- NatureArt

## **ROMANIA**

1. On June 29 members of CSA SATU MARE organized the 1st workshop for the public in Satu Mare. The full-day program was attended by 16 participants and consisted of the following skills:

- Samples of experiential Ecological education
- Art technique linocut
- Samples of folklore from European countries

2. On July 26-27, members of CSA SATU MARE organized the 2nd workshop for the public in Satu Mare. The two-day program was attended by 16 participants and consisted of the following skills:

- Examples of experiential Ecological education
- Production of printed T-shirts
- Preparing the national dish pilaf



# KWC 1. testing the program



When: 22.7. 2022,  
from 10:00-16:00

Where: Cabin  
Kovárna Kunčina  
ves 49, 516 01  
Zdobnice

Contact: [j.stibral@seznam.cz](mailto:j.stibral@seznam.cz), tel.: +420 733 763 418

## Program

Preparation of real Hungarian  
goulash on fire

Linocut workshop

And many other interesting activities :)  
food provided



Erasmus+



# Testing the program

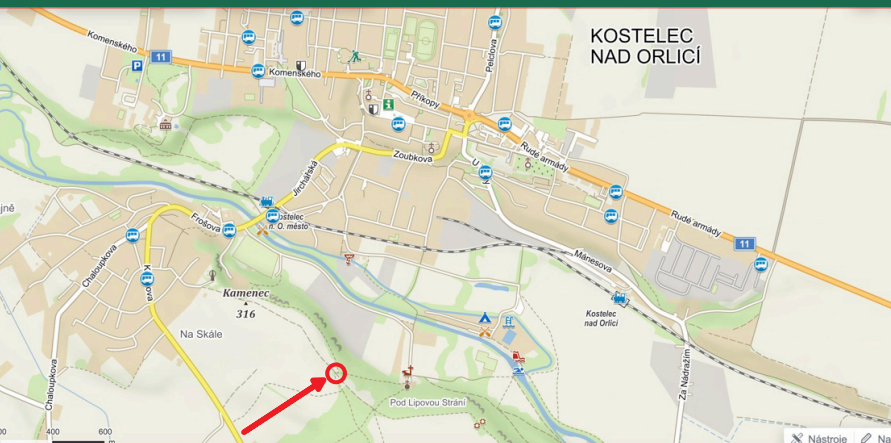
22. 7. 2022

On July 22, 2022, the continuation of the KWC project took place in the area of the Kovárna cottage in Zdobnice. The program started in the late afternoon by the fire, where we started preparing goulash according to a traditional Hungarian recipe from our friends from the previous event of this project.

During the preparation of the goulash, a linocut course took place, where interested participants could carve a motif into the lino and then print it out. Those who didn't want to dig or get dirty with paint could help prepare the goulash or enjoy the company of others by the fire. We did the linocut in front of the hut on a sitting area and dinner was being cooked right under the hill, so it was never a problem to peek in or run away. The event took place in a pleasant atmosphere, a large number of great works were created and we also saw a lot of satisfied faces after tasting Dominik's goulash. Compared to the previous event, I must note that the whole event had a much more relaxed and pleasant atmosphere. The fact that all the activities took place outside was a big part of that. I think I can say that everyone enjoyed it and we look forward to the next activities of this project.



# KWC - forest meeting



When: 1. 10. 2022,  
from 10:00-16:00

Where: Naučná  
stezka K. J. Erbena,  
Kostelec nad Orlicí

Contact: [j.stibral@seznam.cz](mailto:j.stibral@seznam.cz), tel.: +420 733 763 418

## Program

Production of birdhouses

Introduction to fishing + subsequent  
processing of fish meat

Production of own drawing aids from  
natural materials



Erasmus+





# Program testing 1.10.

On October 1, we held another forest meeting with the aim of testing the newly compiled program. At 10 o'clock in the morning, we met at the Karel Jaromír Erben educational trail in Kostelec nad Orlicí, where our program took place.

The first point of the program was the construction of birdhouses of imported material. We used different types of inputs for different types of birds. While working at the booths, some of the participants also helped with cleaning the fish and cutting the vegetables for the fish and salad prepared for lunch. The fish were fried on a hot fire in a few minutes, so we could enjoy a traditional Czech Christmas dinner in a non-Christmas style even after noon. After potato salad and carp, the brave ones who didn't have such a full stomach could take part in a competition in air target shooting. Those who wanted a more relaxing activity then took part in the production of their own drawing carbons and temperament. Everything was made from materials that were from the surrounding forest or directly from the fireplace. In the spare minutes, when waiting for the coals to burn, they had time to make egg tempera. After production, the participants immediately tested their products and drew the surrounding landscape. This was followed by the announcement of the winner of the shooting tournament and the birdhouses hung for refreshments. In the evening, the sissy participants sat down around the fire and, despite the bad weather, sang a few traditional Czech camp songs. Everyone went home enriched with new skills, experiences and friends.



# WORKSHOP



Tvorivý workshop zameraný na umenie, zručnosti a životné prostredie

## Čo budeme robiť ?



Indiánske rozetky rôznych kmeňov, od jednoduchších po krásne zložité... trpezlivosť, precíznosť a vytrvalosť sú nevyhnutné na vytvorenie takejto rozetky...



Švestkový knedlíčky ty já mám tuze rád... tak si ich uvaríme poriadnu kopu :) klasické slivkové, ale aj s cibulkou a s



## Tvorivý testovací workshop

podporený programom Erasmus + je zameraný na testovanie dobrých praktík pochádzajúcich z Rumunska, Česka a Maďarska. Počas 2-3 dní sa zameriame na zostrojenie viacerých druhov kreatívnych vtáčích búdok z odpadového dreva a materiálov, indiánske korálkovanie (výroba roziet), varenie českých knedlíkov (mäsové aj slivkové) a samozrejme večer nemôže chýbať hudba (spevník 4 krajín - najlepšie ľudovky a české tramské)



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



**Termín : 14. - 17. Júl 2022**

Logistika : Workshop bude trvať 4 dni a uskutoční sa od štvrtka do nedele pri počte minimálne 10 účastníkov. **Prvým 15 registrovaným účastníkom na workshop zaplatíme bezplatný obed a materiály pre výrobu rozetky.**

Ostatní záujemcovia (napríklad o indiánske korálkovanie ) alebo pobyt v centre medzi **14. - 17. júlom** zaplatia za korálky, nite, ihly, filc čiastku **10 EUR** a prinesú si vlastnú stravu. Kapacita centra je v súčasnosti 18 postelí, v dohľadnej dobe bude spojzadnené aj lakotské típí pre 10 osôb

**Registrácia :** Záväzné prihlásenie na vybrané dni na tieto kontakty :

1) [gdlegen@gmail.com](mailto:gdlegen@gmail.com)

2) **+421 905 570 898** (tiež Messenger, Viber, WhatsApp)



# ZÁVEREČNÉ PODUJATIE



Tvorivý workshop zameraný na umenie, zručnosti a životné prostredie

Čo budeme robiť ?



Indiánske rozetky rôznych kmeňov, od jednoduchších po krásne zložité... trpezlivosť, precíznosť a vytrvalosť sú nevyhnutné na vytvorenie takejto rozetky...

Pravý maďarský guláš podľa receptu partnera aj s údeným mäskom... pozývame všetkých gurmánov !



## Testovací workshop programu

podporený programom Erasmus + je zameraný na predstavenie dobrých praktík pochádzajúcich z Rumunska, Česka a Maďarska a Slovenska. Počas 3 dní sa zameriame na zostrojenie viacerých druhov kreatívnych vtáčích búdok z odpadového dreva a materiálov, indiánske korálkovanie (výroba roziet), varenie maďarského guláša a samozrejme večer nemôže chýbať hudba (spevník 4 krajín - najlepšie ľudovky a české tramské) ???



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



**Termín : 18. - 20. November 2022**

Logistika : Podujatie bude trvať 3 dni a uskutoční sa od piatka do nedele pre 20 účastníkov.

**Registrácia :** Záväzné prihlásenie na vybrané dni na tieto kontakty :

1) [gdlegen@gmail.com](mailto:gdlegen@gmail.com)

2) +421 905 570 898 (tiež Messenger, Viber, WhatsApp)





# ÖKONAPOK a MÓRÁBAN!!

Kedves Tanárok és Diákok!

Szeretettel várunk benneteket az Európai Mobilitási Hét keretében megrendezett programunkon, melyet a külföldi látogatásaink alapján állítottunk össze számotokra!



**IDŐPONT:**

**2022. szeptember 15-16.**

**HELYSZÍN:**

**Fazekas János tér 8.**



## Tervezett foglalkozások:

- Iskolakert újraélesztése
- Komposztáló összeállítása
- Magaságyás építés
- Darázsgarázs készítés
- A Bujtos megtisztítása
- Ökológiai társasjátékok
- Erdészeti foglalkozás
- Bringázás a lerakóra

További információk:

Jövő-Kép Egyesület

Botos István Csaba

[jovokepegyesulet@gmail.com](mailto:jovokepegyesulet@gmail.com)

30/5956768



Carpathian Woodcraft Center  
2021-1-SK01-KA210-ADU-000034935



Az Európai Unió  
támogatásával



Erasmus+





Erasmus+



## Illustrated Report on Test Workshop 'A' – 15<sup>th</sup> -16<sup>th</sup> September, 2022; Nyíregyháza, Hungary

We announced the workshop as a two-day, or more precisely, two-afternoon event. We chose the Móra Ferenc Eco-School in Nyíregyháza as the location, where our initiative received a positive reception. As a result of environmentally conscious education and in the spirit of mutual benefit, we received a lot of support from teachers and students as well as good ideas for the organization.

The primary goal of the event was the application of what was experienced during the study trips with the partners, and we tried to select them in such a way that they were put together in some kind of system and were entertaining and informative for the participants.

As a result, in consultation with the school, we set the goal of the workshop to renew and develop the school's inner courtyard garden. Cleaning the garden took a lot of time, but the raised beds were renovated, we made a bird feeder and a bee garage, put together a composting frame, and painted bed labels.





Erasmus+



In one of the classrooms made available to us, we held a forest knowledge and environmental education session with our forestry teacher friend, and our interactive games and tasks were connected to this.



As a parallel program, we played several ecological board games in another room, and the participants could learn useful knowledge through them. Among these were Ecopoly (Farm responsibly!) similar to Monopoly (Farm wisely!) and a board game developed by a local nature conservation association, made of natural materials, with its own graphics, without fancy packaging, which introduces the values of the Sóstó forest to the players, great fun stretched out.



As part of the workshop, we had an external on-site program to clean the park rest area near the school from discarded garbage. We believe that those who once participate in such a garbage collection will not even think of throwing away their garbage at any time.





Erasmus+



The following day, the ecological expert group visited the city landfill by bicycle, where they could hear a guided presentation about the quantity, fate, sorting and partial recycling of the garbage transported there, and the large-scale composting of organic waste.



These were very intense days, students and their teachers from many classes took part in the event, and based on what we experienced, we reconsidered the selected goals, which can be effectively passed on to other environmental educators and teachers.

# Várunk Titeket!

Társasjáték

Közetek és ásványok

Madárbüfé

Hulladék őrjárat

IDŐPONT:

2022. december 14.

HELYSZÍN:

Fazekas János tér 8.

Móratea

Mézesmadzag

Fafaragás

Madárodú

Gyümölcsszobrok

Zöld háztartás

Tűzrajz

További információk:

Jövő-Kép Egyesület - Botos István Csaba - [jovokepegyesulet@gmail.com](mailto:jovokepegyesulet@gmail.com) - 30/5956768



Carpathian Woodcraft Center  
2021-1-SK01-KA210-ADU-000034935



Az Európai Unió  
támogatásával



Erasmus+



Erasmus+



## Illustrated Report on Test Workshop 'B' – 14<sup>th</sup> December, 2022; Nyíregyháza, Hungary

We announced the workshop at our now familiar location, the Móra Ferenc Eco School in Nyíregyháza. Based on our previous good experiences, we chose this inspiring environment where we could try out our activities within the framework of the Health Week.

The primary goal of the event was to apply and try out what we experienced on study trips with partners and our own good practices. Due to the expected wintry weather conditions, we mainly chose fun activities that can be done indoors.

The school is located in the middle of a huge housing estate, so its garden and yard are considered a significant green space. There is room for a lot of bird-friendly tools in these, so we also produced a couple of dens and feeders, which the more skilled ones decorated with pyrographs. The students also placed them in the schoolyard.







Erasmus+



After placing the bird feeder, the tea made from herbs collected from the school garden “sold well”.



Based on the students' creativity, we held a fruit sculpting session for the purpose of art with natural materials, the products of which were consumed instead of being exhibited. Fortunately, in addition to the imported goods, many domestic fruits were still available, so we also talked about their importance and related health information.



We collected the contents of all school trash cans and divided them into large product groups and measured their quantity in a way that shaped the approach to waste management. We discussed what could have been selectively collected in the first place and composted, or placed in paper or plastic bins.





Erasmus+



During the day, we also held a small eco-presentation, where the students and teachers could learn about minerals and rocks, various honeys, wooden utensils and ornaments, homemade syrups and jams, and environmentally friendly cleaning products. In addition to these, we also prepared interactive situational environmental protection games. At the end of the day, the arriving parents could also take a look at the programs.



All in all, it was a meaningful day, almost every class of the school got involved in one of the activities and could learn something useful from us. As a result of the events, the school proposed a cooperation agreement so that, in addition to the otherwise strict education, their students could see as many environmentally friendly and sustainable models as possible.



## WORKSHOP TEST A ROMANIA

**When:** 29. 06. 2022 , 8:30-17:00

**Where:** Nord-Vest Romania, Satu Mare Region, Satu Mare city, Kossuth garden, Green House center

### Draft program:

Day	Program:	Free time activities:
Wednesday 29. 06. 2022	<p>8:30 Opening speech, and presentation</p> <p>9:00-12:00 Ecological education in the Kossuth garden.</p> <p>We bring different activities, games, and methods to popularize the subject of the wild animals of cities, birds, baths, insects, the effect of pollution in the nature</p> <p>12:00-14:00 Making interesting print motives by using the Linogravation technique. You need linoleum, graving chisel, paint, and patience</p> <p>14:00-15:00 Singing folkloric songs in the outside</p> <p>15:00 Lunch</p> <p>16:00 Evaluation of the course</p>	<p><u>Visit</u></p> <ul style="list-style-type: none"> <li>- fire tower of the city center</li> <li>- philharmonic building of the city in secession style</li> <li>- The roman-catholic cathedral</li> <li>- old and new center of the city</li> </ul>

### Information and logistics:

1) Number of participants: 16

2) Length of the study tour: 1 day

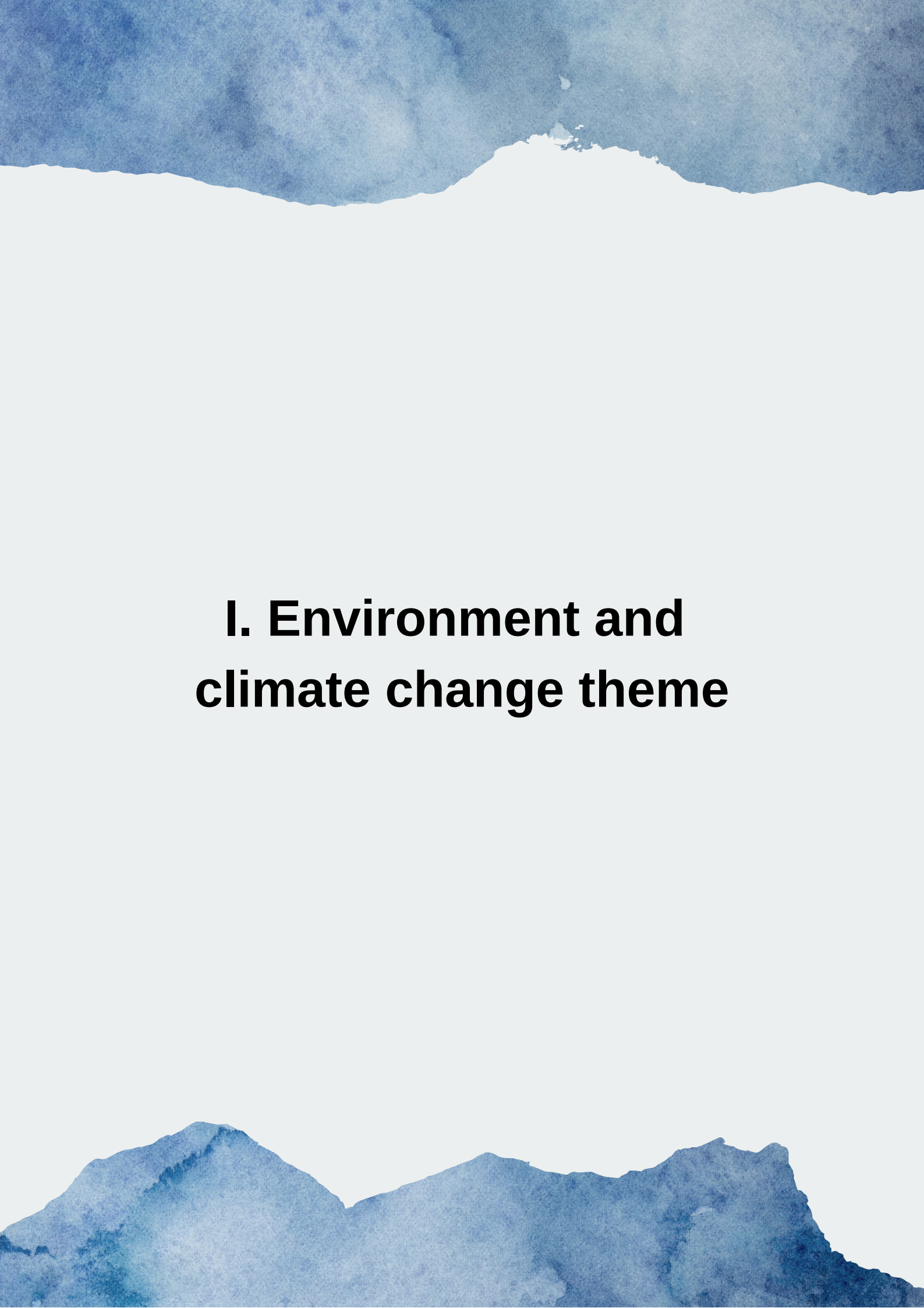
3) Name of the unit, where the students came:” Facultatea de Psihologie și Științe ale Educației ale extensiei din Satu Mare din cadrul UBB Cluj Napoca”

Contact: Lózer Magdolna-Beáta: +40751383556 (WhatsApp), [bea.lozer@gmail.com](mailto:bea.lozer@gmail.com)

The background of the slide is a light blue watercolor wash. At the top and bottom, there are darker blue, textured shapes that resemble torn paper or watercolor splatters, creating a frame around the central text.

# **Testing Workshop A**

## **Romania**

The background of the slide is a light blue watercolor wash. At the top and bottom, there are darker blue, textured shapes that resemble torn paper or watercolor splatters, creating a frame around the central text.

# **I. Environment and climate change theme**





Topic: Urban wildlife for man

Location: Turulung ecological education centrum

Group: 7-12 years


Duration: 2-3 hours

Objective: Children will acquire environmental knowledge and develop and deploy tools in the city park which help the survival of other beings (such as songbirds, bats, insects).

1. Facilitate the nesting of songbirds in your garden, park, yard, window, terrace etc.

An interactive conversation about the use of songbirds in our living environment: when and why do we feed them? What threatens them?

Stand 1: Assembling an artificial bird nest with the supervision of the instructor



Artificial bird nest:






## Stand 2: Memory game with birds

[https://gutenbergkonyvesbolt.ro/madaras-memoriakartya-teljes-ar-38-lej\\_288549](https://gutenbergkonyvesbolt.ro/madaras-memoriakartya-teljes-ar-38-lej_288549)








2. The presence of bats in the parks, gardens, and attics, their usefulness, and how we can assist them. An interactive conversation about the benefits of bats, the factors that endanger them, and their protection.

Stand 3: Skill game with the Spallanzani box. To illustrate how bats navigate and measure the location of their prey with their sensitive echolocation capability and how they fit in the small spaces.

To illustrate the space perception of bats, children need to catch a medal from a box with twine, so that they don't touch the twine.

(It is possible to play this game competitively: The children's are organized into 2 teams. The team that completes the task faster wins, after each member of the team collects the coin without touching the ropes.)





Spallanzani box:





Stand 4: Step-by-step is a motoric game. It has a ground jumping-school with mosquito and flower illustrations on each cube of the ground. They are bat figures attached to the hand, and bee figures attached to the legs of the participant. Only the mosquito should be touched by the bats (secured to the hand), and only the flowers should be touched by the bees (attached to the feet). The kids memorize what the bat eats and what the bee eats.

Step-by-step bat and bee feeding:





### 3. The role of insects in pollination

A conversation about the indispensable role and protection of insects, and risk factors. What practices can we use to engage them in our environment? We talk about insect hotels.

Stand 5. Pollination: Use spring colorful flowers and insect mock-ups to explain how pollination works and its importance in nature.

Flower seed presentation. Introducing plant species that are not only beautiful elements of the flower garden, but are also welcomed by pollinating insects, we call them “insect-friendly”.

Stand 6: Memory game with insects:

[https://gutenbergkonyve.sbolt.ro/memoriakartya-bogarak-teljes-ar-40-lej\\_85566](https://gutenbergkonyve.sbolt.ro/memoriakartya-bogarak-teljes-ar-40-lej_85566)





4. Inhabitants of waters, threats, and their protection  
Stand 7: Experiments illustrate that when we pour oil into the water, frogs get drowned because of their skin breathing. Detergent dissolves the fat from the waxy feathers of the birds.

Filter-oil experiment: Water is passed through a filter. We can observe that the water flows through it unhindered. Contaminate a filter with oil. Then compare, how the water flows through the clean filter and oil-contaminated filter at the same time. It can be observed that it is more difficult for water to pass through the dirty filter. Like the air on a frog's skin, when it becomes oily.

Filter-oil experiment:





Bird feather-detergent experiment: Pour a bird feather with clean water. Observe how well the feather is repelled by water. If the fat layer is removed from the feather with a detergent, the feather loses its water-repellent effect and soaks.

Conclusion: we have to be aware of selective collection and disposal of used oil, economical use of detergent, and maintaining water purity.  
Bird feather experiment:





## II. Linogravation





Linocut is a relatively new printing technique of relief printing. Relief printing is the oldest printing technique, with the help of spades we make elevated places which are printing and we print on paper with the help of pressure. These techniques also include, for example, woodcutting, which replaces linocut over time.

**Number of people:** max. 15

**Suitable enviroment:**

everywhere where is table

**Activity type:** artistic

**Time required:** 2-3,5 h

**Material:** linoleum, T-shirts or tote bag, paper, printing color, textile paint, iron, lino cutting tools, roller, pencils, ruler, incisor, bookbinding bone



Linocut first began to be used in the industry for printing wallpaper patterns. It was first used by members of the Die Brücke group in 1905–1913 to create free graphics. The lino at that time was not PVC, which we know today, but a mixture of cork and linen. This technique is used for the production of posters, art prints or prints on textiles. Very popular is the multicolor linocut, where we can use one or more block. When using only one block, we achieve color registration using the reduction technique, ie that we gradually peel and print each color separately.





To prepare this technique, you need old linoleum (PVC), pencils to redraw the motif, special lino cutting tools. The material suitable for printing is paper or even a piece of fabric, old clothes, which needs to be revived. This course lasts approximately three hours, in which it should be possible to engrave the block with the motif, as well as to print and iron the print into the fabric.





First you need to think about designing a motif, which you then redraw on linoleum and then engrave. We use lino cutting tools of different shapes( U, V,..) when you are engraving you must be careful handling them, because they are sharp, so you never engrave against your hands! Then the textile paint is transferred to the engraved block by roller. The lino block is applied to the material to be printed on and pushed into the fabric or paper by your own weight, or we can use a bookbinding bone to help hold the color. After the paint has dried, we iron the motif from the reverse side and thus fix the print.





This technique is not manual or time consuming, so it is suitable for every creative enthusiast. In the end, you will take a product from this course, which will continue to serve you, and at the same time you will be able to boast your own original print.

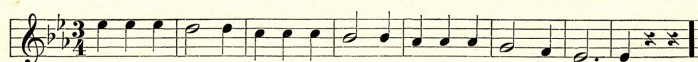




# III. Singing folkloric songs of the four country

74

## SEPTEMBER FAMILY SONG

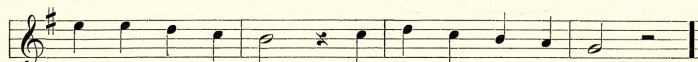


1. This is our moth-er; This is our fa-ther; This is our broth-er tall: .
2. This is our sis-ter; This is our ba-by; Oh, how we love them all! .

## PRAYER

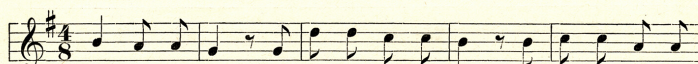


Thank thee, Heav'n-ly Fa-ther, For all we have to-day;

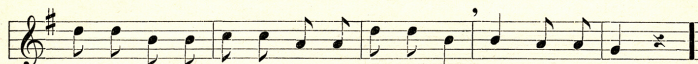


Help us in our work And help us in our play.

## CRADLE SONG

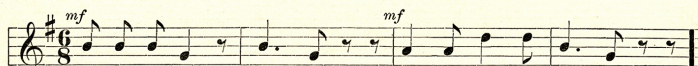


Sleep, ba-by, sleep! While fa-ther tends the sheep; And moth-er, from the



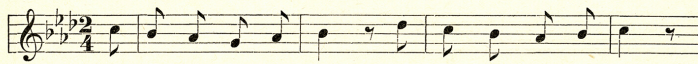
slum-ber tree, Shakes down a lit-tle dream for thee. Sleep, ba-by, sleep!

## KNOCK AT THE DOOR



Knock at the door; peep in; Pull the latch, and walk in.

## MY DOLL



1. My doll has gold-en hair— I love to make it curl!
2. My dol-ly's eyes are blue; They o-pen and they close;




I take her ev-'ry-where, Be-cause she's such a dar-ling girl.  
Her hat is ver-y new, And moth-er trimmed it with a rose.




Folk music is a music genre that includes traditional folk music and the contemporary genre that evolved from the former during the 20th-century folk revival. Some types of folk music may be called world music. Traditional folk music has been defined in several ways: as music transmitted orally, music with unknown composers, music that is played on traditional instruments, music about cultural or national identity, music that changes between generations (folk process), music associated with a people's folklore, or music performed by custom over a long period of time. It has been contrasted with commercial and classical styles. The term originated in the 19th century, but folk music extends beyond that.







Starting in the mid-20th century, a new form of popular folk music evolved from traditional folk music. This process and period is called the (second) folk revival and reached a zenith in the 1960s. This form of music is sometimes called contemporary folk music or folk revival music to distinguish it from earlier folk forms. Smaller, similar revivals have occurred elsewhere in the world at other times, but the term folk music has typically not been applied to the new music created during those revivals. This type of folk music also includes fusion genres such as folk rock, folk metal, and others. While contemporary folk music is a genre generally distinct from traditional folk music, in U.S. English it shares the same name, and it often shares the same performers and venues as traditional folk music.



We collectively create a folk singing song collection.

Each country contributes with, at least 10 famous songs. That's how it came to be, this songbook, with 63 songs. From this book, we use the most known ones.

Link:

[https://docs.google.com/document/d/155DnsmNkbLC\\_bq0ZBRrs3VYkK6y7fRb46xtlERScrN8/edit?usp=sharing](https://docs.google.com/document/d/155DnsmNkbLC_bq0ZBRrs3VYkK6y7fRb46xtlERScrN8/edit?usp=sharing)

The use of collective singing is to connect people and to create more social bonds between them.





Description of the conduct of activities –  
Testing workshop A

For the first selection we choose to try on the following activities:

- Environment and climate change theme – Educational session
- Linogravation
- Singing folkloric songs of the four country

The first Testing workshop take place in 2022.06.29, it was take place in the "Casa Verde" - Green House in the "Grădina Romei" – Roman garden, in Satu Mare. We are inviting students from the Pedagogical university -" Facultatea de Psihologie și Științe ale Educației ale extensiei din Satu Mare din cadrul UBB Cluj Napoca". The 16 students, and their professor get to know three methods learned, used in the ATON Project.

First, we start with our favorite program, with the Environment and climate change theme – educational session. Because this session processes many smaller thematic, with the help of different experiments and games, it was an interactive session for the willing to be teachers. They learned about birds, bats, insects, and about the pollution.

The second activity was the Linogravation. It is a unique artistic method, where you can live out your fantasy's. All of the participants have a feeling of success in the end of activity, because everybody realized beautiful prints. Unfortunately, we have a lot of troubles too find, the right linogravation tools. There are several in the market, but not all of them work well. The hardest part was finding the right lino, it has to be a stiff material, with suitable thickness, because otherwise you can't scratch it with the needles. Unfortunately, therefore this was a hard task, we got a lot of injury's but at the very end everybody finished it successfully.

After that we went outside, in the parc. We talk about the usefulness of the trees in the cities. We take sit around a big round table, like when we sit beside a campfire, and we talked about the traditional folkloric songs, which are known by everybody. We singed 4-5 songs, but we have to stop there. Obviously, nobody knows the songs of other countries, but also, everybody knows just few folkloric songs, and they are not the same. Of curs it is easier to convince the people, to sing beside a campfire, but due to the cultural differences (in our case, the girls are from same county, but this difference were still a problem!) it is

hard to sing traditional songs. Unfortunately, the modern songs are better known among the young people, they are internationals.

After this activity we took a lunch break. For final activity we ask the will to be teachers to evaluate the whole day, and each program separately. We were curious how useful, entertaining or applicable the activities are.

In our opinion, that was a successful day. Everybody seemed to be satisfied and happy. We are convinced that, the best way too widely distribute new knowledge is, to teach the teachers. They work and will be working with a lot of children's, therefor these activities can reach to a lot of peoples.

Based to the short survey completed by the teachers, they seemed to be opened, to learn, and teach about animals, and nature. They considered the first activity useful and applicable. They really enjoy the linogravation, but it is not an applicable technique, it requires several special tools, and it is a little bit dangerous for the children. The folkloric song singing was a heartwarming moment, but it was a fail. They are aware to the importance of singing (especial with children), but they prefer, the short children's songs, and rhymes.

Attached documents: evaluation of the session, list of participants, pictures about the event.



## WORKSHOP TEST B ROMANIA

**When:** 26-27. 07. 2022

**Where:** Nord-Vest Romania, Satu Mare Region, Turulung village, in the “Wood house” educational center

**Draft program:**

Day	Program:	Free time activities:
Tuesday 26. 07. 2022	9:00-10:00 Opening speech, and presentation 10:00-14:00 Ecological education in the Kossuth garden. We bring different activities, games, and methods to popularize the subject of the wild animals of cities, birds, baths, insects, the effect of pollution in the nature 14:00-16:00 Lunch break 16:00-18:00 Open game session whit ecological games (Playing memory card, “Who is he”, “Spallanzani box”) 18:00-20:00 Cooking and serving pilaf with the kids 20:00 Movie night	<u>Visit</u> - the “Tur River ”Natura 2000 Protected Area
Wednesday 27. 07. 2022	9:00-10:00 Breakfast 10:00-13:00 Printing animal prints too T-shirt using the alternated (with help of stencils) linogravation technique 13:00-15:00 Lunch break 15:00-16:00 Singing folkloric songs in the outside 16:00 Evaluation of the course 17:00 Departure of the participants	Visiting the local Romano-catholic church


**Information and logistics:**

- 1) Number of participants: 16
  - 2) Length of the study tour: 2 day
  - 3) Name of the unit, where the students came: from science classes of schools in Satu Mare
- Contact: Lózer Magdolna-Beáta: +40751383556 (WhatsApp), [bea.lozer@gmail.com](mailto:bea.lozer@gmail.com)

The background features a light peach color with various watercolor textures. On the left, there are green foliage and a branch with orange-brown buds. On the right, there are green foliage and a pattern of dark green teardrop shapes. At the bottom, there are blue and purple watercolor washes.

# **Testing Workshop B Romania**



The background features a light peach color with various watercolor textures. On the left, there are green foliage and a branch with orange-brown buds. On the right, there are green foliage and a pattern of dark green teardrop shapes. At the bottom, there are blue and purple watercolor washes.

# **I. Environment and climate change theme**



Topic: Urban wildlife for man

Location: Turulung ecological education centrum

Group: 7-12 years


Duration: 2-3 hours

Objective: Children will acquire environmental knowledge and develop and deploy tools in the city park which help the survival of other beings (such as songbirds, bats, insects).

1. Facilitate the nesting of songbirds in your garden, park, yard, window, terrace etc.

An interactive conversation about the use of songbirds in our living environment: when and why do we feed them?  
What threatens them?

Stand 1: Assembling an artificial bird nest with the supervision of the instructor





Artificial bird nest:




## Stand 2: Memory game with birds

[https://gutenbergkonyvesbolt.ro/madaras-memoriakartya-teljes-ar-38-lej\\_288549](https://gutenbergkonyvesbolt.ro/madaras-memoriakartya-teljes-ar-38-lej_288549)








2. The presence of bats in the parks, gardens, and attics, their usefulness, and how we can assist them. An interactive conversation about the benefits of bats, the factors that endanger them, and their protection.

Stand 3: Skill game with the Spallanzani box. To illustrate how bats navigate and measure the location of their prey with their sensitive echolocation capability and how they fit in the small spaces.

To illustrate the space perception of bats, children need to catch a medal from a box with twine, so that they don't touch the twine.

(It is possible to play this game competitively: The children's are organized into 2 teams. The team that completes the task faster wins, after each member of the team collects the coin without touching the ropes.)



Spallanzani box:





Stand 4: Step-by-step is a motoric game. It has a ground jumping-school with mosquito and flower illustrations on each cube of the ground. They are bat figures attached to the hand, and bee figures attached to the legs of the participant. Only the mosquito should be touched by the bats (secured to the hand), and only the flowers should be touched by the bees (attached to the feet). The kids memorize what the bat eats and what the bee eats.

Step-by-step bat and bee feeding:



### 3. The role of insects in pollination

A conversation about the indispensable role and protection of insects, and risk factors. What practices can we use to engage them in our environment? We talk about insect hotels.

Stand 5. Pollination: Use spring colorful flowers and insect mock-ups to explain how pollination works and its importance in nature.

Flower seed presentation. Introducing plant species that are not only beautiful elements of the flower garden, but are also welcomed by pollinating insects, we call them “insect-friendly”.

Stand 6: Memory game with insects:

[https://gutenbergkonyvesbolt.ro/memoriakartya-bogarak-teljes-ar-40-lej\\_85566](https://gutenbergkonyvesbolt.ro/memoriakartya-bogarak-teljes-ar-40-lej_85566)





4. Inhabitants of waters, threats, and their protection  
Stand 7: Experiments illustrate that when we pour oil into the water, frogs get drowned because of their skin breathing. Detergent dissolves the fat from the waxy feathers of the birds.

Filter-oil experiment: Water is passed through a filter. We can observe that the water flows through it unhindered. Contaminate a filter with oil. Then compare, how the water flows true the clean filter and oil-contaminated filter at the same time. It can be observed that it is more difficult for water to pass through the dirty filter. Like the air on a frog's skin, when it becomes oily.

Filter-oil experiment:



Bird feather-detergent experiment: Pour a bird feather with clean water. Observe how well the feather is repelled by water. If the fat layer is removed from the feather with a detergent, the feather loses its water-repellent effect and soaks.

Conclusion: we have to be aware of selective collection and disposal of used oil, economical use of detergent, and maintaining water purity.

Bird feather experiment:







## **II. T-shirt painting with kids - Adaptation of linogravation for kids**

## Painting to T-shirt:







Topic: Painting with different methods

Location: Turulung ecological education centrum

Group: 7-12 years

Duration: 1 hours

In the first program testing we tried the linogravation with college teachers. They did some really beautiful paintings with that technique, but also, they suffer a lot, and hurt themselves. Therefore, we replace this with a safer method, we use templates to print animal shapes to T-Shirts. This technique requires no special skills, it much safer, and the quality of the printing is higher this way










For this technique we have to have :

- plain T-shirt
- painting sponge
- textile dye (different color)
- templates (different figures)
- cardboard

First, we have to insert the cardboard between the two layers of the T-shirt to prevent the dye to transfer. We have to put the template on the closed area of the shirt and with the help of the sponge, we have to aplicate the dye to the margin of the template. After we finished the process we let the T-shirt air-dry, with the cardboard between the two sides of the shirt.





### **III. Pilaf cooking with kids**







## **1. What is pilaf?**

Pilaf (US spelling) or pilau (UK spelling) is a rice dish, or in some regions, a wheat dish, whose recipe usually involves cooking in stock or broth, adding spices, and other ingredients such as vegetables or meat, and employing some technique for achieving cooked grains that do not adhere to each other.





## **2. Where is come from?**

The earliest documented recipe for pilaf comes from the tenth-century Persian scholar Avicenna (Ibn Sīnā), who in his books on medical sciences dedicated a whole section to preparing various dishes, including several types of pilaf. In doing so, he described the advantages and disadvantages of every item used for preparing the dish. Accordingly, Persians consider Ibn Sina to be the "father" of modern pilaf. Thirteenth-century Arab texts describe the consistency of pilaf that the grains should be plump and somewhat firm to resemble peppercorns with no mushiness, and each grain should be separate with no clumping.







Another primary source for pilaf dishes comes from the 17th-century Iranian philosopher Molla Sadra.

Pilau became standard fare in the Middle East and Transcaucasia over the years with variations and innovations by the Persians, Arabs, Turks, and Armenians.

During the period of the Soviet Union, the Central Asian versions of the dish spread throughout all Soviet republics, becoming a part of the common Soviet cuisine.



### 3. Where it is made?

Pilaf and similar dishes are common in Balkan, Caribbean, South Caucasian, Central Asian, East African, Eastern European, Latin American, Middle Eastern, and South Asian cuisines. It is a staple food and a popular dish in Afghanistan, Albania, Armenia, Azerbaijan, Bangladesh, Bulgaria, China (notably in Xinjiang), Cyprus, Georgia, Greece (notably in Crete), India, Iraq (notably in Kurdistan), Iran, Israel,[8] Kazakhstan, Kenya, Kyrgyzstan, Mongolia, Nepal, (Pakistani cuisine) Pakistan, Romania, Russia, Serbia, Sri Lanka, Tanzania (notably in Zanzibar), Tajikistan,[9] Turkey,[10] Turkmenistan, Uganda, and Uzbekistan.

### 4. Etymology







## 5. Recipe

One of our most popular traditional Romanian recipes that contain rice is called pilaf. I would say that it is a bit similar to risotto, but we don't add any butter or wine to it. Another difference would be the fact that we like to cook the rice until it's soft – with risotto, you would normally stop cooking it when it's still al dente.

I always use chicken stock to cook the rice, some recipes say that you can just use water. It is definitely better to use chicken stock, the savor of the chicken will be absorbed by the rice, and the flavors will combine nicely.









## Ingredients

- 1 chicken breast
- 2 chicken thighs
- 2 onions
- 1 carrot
- 10 champignon mushrooms
- 350 g rice (1.8 cup)
- 60 g (4 tablespoons) oil
- 1 bunch parsley
- Salt and pepper to taste



## Directions

In a medium pot, bring to a boil the chicken breast, chicken thighs, one carrot and one onion. Simmer until the chicken is cooked through.

Take the chicken parts out of the pot and dry them with a paper towel. Cut the carrot into slices and discard the onion. Keep the chicken stock – we'll add it later.

Heat 30 g (2 tablespoons) oil in a pan, and add one chopped onion. Cook it until it's translucent.

Add the chicken and cook it for 3-4 minutes, stirring occasionally.

Add the rice and cook it for 2-3 minutes, until it gets a bit translucent.

Start adding the chicken stock to the rice. Add about 2 ladles at a time, so that the rice is always covered completely in stock.

Repeat step 6 until the rice is cooked through. If you're not sure, just take one rice grain and see if it's soft enough.

Add the salt and pepper.

In a separate pan, cook the mushrooms in 30 g (2 tablespoons) oil, until they are browned.

Add mushrooms and the chopped carrot to the chicken rice.

Garnish the chicken rice with mushrooms with chopped parsley and **enjoy!**



Description of the conduct of activities –  
Testing workshop B

For the second selection we choose to try on the following activities:

- Environment and climate change theme – Educational session
- Printing to T-shirts
- Cooking pilaf with the kids

The second Testing workshop (Testing workshop B) took place in 2022.07.26-27, it was organized in the "Faház" - Wood House in the in Turulung village, Satu Mare county. We are inviting Childs from class 5-8 too test whit kids the utility, usability of the programs. The 16 school child, and their professor get to know three methods learned, used in the ATON Project.

First, we start with our favorite program, with the Environment and climate change theme – educational session. Because this session processes many smaller thematics, with the help of different experiments and games, it was an interactive session for children. They learned about birds, bats, insects, and about the pollution. Because this section works up a big theme, and it was too long for kids, we played the different subsections in different time, 2 in the morning, and 2 in the afternoon workshop.

The second activity originally was the linogravation, but from our experience this technique is too dangerous for kids, we substitute it with a more safer imprinting method. We made imprinted T-shirts for kid using animal templates and a painting sponge. That method was safer, quicker and easier for kids. They personalized their paintings with their drawn elements (text, leaf's, flowers etc.). Everybody loved this activity, and we will use it again in the future!

For a finishing moment of the workshop we cooked together with the kids, we prepared together the ingredients of our Pilaf meal. One part of the kids (with supervisor) cooked, others made prepared the dining table for the dinner, others cleans of after the dinner. Everybody take their place from the work, and it was a fun, but challenging activity for them. They hade too work together, mange small task, and appreciate the work of each other. It was a good group activity, and also it was a nice evening for everybody. It was delicious! Thank you, guys!

Based to the short survey completed by the children's they seemed to be opened, to learn about animals, and nature. Based on he survey, every activity was interesting, and enjoyable for them. From the ecological education they learned a lot about nature, in the T-shirt painting they to live out their creativity, and the pilaf cooking was a successful teen building program.

In our opinion, that was a successful workshop. Everybody seemed to be satisfied and happy. We are convinced that, one of the best ways too widely distribute new knowledge is, to teach the new generation.

Attached documents: evaluation of the session, list of participants, pictures about the event.