

COMMON ROOTS MAKE YOU

KA229

2019/2021



IES GABRIEL CISCAR

OLIVA
SPAIN

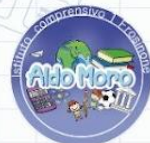


agrupamento de escolas
de Paço de Arcos

PAÇO DE ARCOS
PORTUGAL



CRETE
GREECE



FROSINONE
ITALY

Zespół Szkół
Ogólnokształcących w

JÓZEFOWIE NAD WISŁĄ
POLAND



GENERALITAT
VALENCIANA
Conselleria d'Educació,
Investigació, Cultura i Esport



Cofinanciado por el
programa Erasmus+
de la Unión Europea

Erasmus+



erasmus+

comunitat valenciana



Cofinanciado por
la Unión Europea

sepie



TABLE OF CONTENTS

1- Introduction

2- Travel Guides

- Greece - Crete
- Italy - Frosinone
- Spain
- Portugal
- Poland

3- Mobility Videos

4- Padlet Summary of the Project

5- Travel Diaries

- Greece - Crete
- Italy - Frosinone
- Spain
- Portugal
- Poland

6- Didactic Guides

- Greece - Crete
- Italy - Frosinone
- Spain
- Portugal
- Poland



More Information on our website:

<https://portal.edu.gva.es/iesgabrielciscar/common-roots-make-you-english>

COMMON ROOTS MAKE YOU. KA229. ERASMUS +

From March 10 to 16 we had a group of 32 people from various European countries. We lived with them for a week, in an intense way, as the Valencians live, and we shared ideas, activities, knowledge, illusions, hopes and so many other things.



Common roots, the common roots that unite us, the culture that makes us a people, the training to develop knowledge, the need to share and to inspire and to show what we are and what we want to be. All of this is what makes us people, collective, people, make you. Thus, with that philosophy, this European project was born in 2018 that we launched and which managed to excite students and teachers from various corners of Europe. Our European partners are the 2nd secondary schools

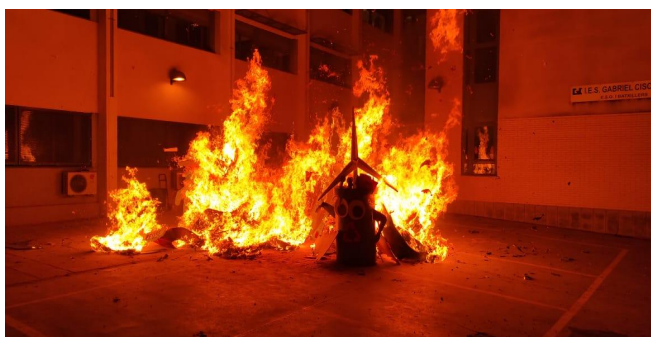
Gymnasium of Heraklion Crete (Greece), Zespół Szkół Ogólnokształcących w Józefowie nad Wisłą (Poland), Istituto Comprensivo 1 Frosinone (Italy) and Agrupamento de Escolas de Paço de Arcos (Portugal).

Everything started in October 2019, after months of preparation, the teaching staff representing the schools associated with the project came to Oliva. At that time we prepared what we thought would be the deployment of the project, for two courses, with mobilities in the towns of our partners.

In December 2019, a trip was made to Crete (Greece), in which nine students and 3 teachers from our center participated. There they did activities related to Christmas traditions. When we came back from vacation and started the year 2020, we started preparing everything to welcome our members in March of that year. But everything collapsed like the ashes of the fault when the gravity of the global situation due to the pandemic was announced. We had everything set up, everything ready to celebrate and make known to our members the culture of the falls, our identity and our territory.

The pandemic situation caught us by surprise and, as the months progressed, we could not find a solution to this new situation: paralysis of society, the economy, everyone locked in their homes...

2021 came and the desire to continue the project once again excited students and teachers, doing online work and activities through the eTwinning platform. After several webex meetings with the teaching staff representing each school, and seeing the improvement in the pandemic situation, we decided to continue with the mobility. And so it has been, with a great success of all the scheduled activities. Some of the foreign students stayed in our homes, and they all went to lunch and dinner with their families, they shared part of their time, they showed them their town, their friends, their life here, as well as the Greeks did it when we went there and how they will do the rest when we go to their towns and cities.



The central theme of the project is our own cultural manifestations, for us the faults. But in addition, we seek that the actions we take help us reflect on our planet Common Actions For Earth (CA4E). That is why the falla was made with recycled materials and we sought collaboration with the Alfadalí school so that they could teach us how to make an ecological mascletà.

One of the fundamental pillars of our work is, also, the knowledge of the closest environment and the Marjal de Pego-Oliva natural park was one of the scenarios to work on a challenge, as was also the knowledge of the historic city of Oliva, also with the collaboration of the City Council to whom we thank for the warm welcome it gave to our members.

All together, with the typical gastronomy, paella, tapas, coques a la calfó, fritters... the kindness and dedication of the families, teachers and students of the schools associated in the project, they went back to their homes with a piece of Oliva and its people in their hearts.

TRAVEL GUIDES



HERAKLION (CRETE, GREECE)

The municipality Heraklion was formed at the 2011 local government reform by the merger of the following 5 former municipalities, that became municipal units: Gorgolainis, Heraklion, Nea Alikarnassos, Paliani and Temenos. The municipality has an area of 244.613 km².

Heraklion is an important shipping port and ferry dock. Travellers can take ferries and boats from Heraklion to destinations including Santorini, Ios Island, Paros, Mykonos, and Rhodes. There are direct ferries to Naxos, Karpathos, Kasos, Sitia, Anafi, Chalki and Diafani. There are also several daily ferries to Piraeus, the port of Athens in mainland Greece. The port of Heraklion was built by Sir Robert McAlpine and completed in 1928.



Interesting places to visit in Heraklion

The Heraklion Archaeological Museum is one of the oldest and most important museums in Greece, and among the most famous museums in Europe. It houses representative artifacts from all periods of Cretan prehistory and history, covering a chronological span of over 5,500 years from the Neolithic period to Roman times. The Heraklion Archaeological Museum prides itself for its unique Minoan collection, which includes the masterpieces of Minoan art. It is rightly considered as the Museum of Minoan Culture par excellence.



www.dreamstime.com

Located in the town center, it was designed by the architect Patroklos Karantinios and was built between 1935 and 1958 on a site previously occupied by the Venetian monastery of Saint-Francis which was destroyed by earthquake in 1856. The ruins of the monastery are visible in the museum's garden.

The Heraklion Archaeological Museum is a Special Regional Service of the Ministry of Culture. Along with the permanent exhibition, the museum organizes temporary exhibitions in Greece and abroad, creates and implements educational programs, collaborates with scientific and scholarly institutions, and houses a variety of cultural events.

Palace of Knossos

Sitting just outside the modern city of Heraklion on the island of Crete, Knossos has been called Europe's oldest city, with humans present since 7000 BC.

Knossos was one of the principal centers of the Minoan civilization, whose rise coincided with the beginnings of the Greek Bronze Age around 3000 BC. But it was only around 1900 BC that the Minoans started to build their palaces, and it's from this earliest point that the first palace complex was built on the site of the current Knossos Palace location.



www.greektrails.com

Interesting places to visit in Crete

Agios Nikolaos

Hagios Nikolaos or Aghios Nikolaos is a coastal town on the Greek island of Crete, lying east of the island's capital Heraklion, north of the town of Ierapetra and west of the town of Sitia.

In the year 2011, the Municipality of Agios Nikolaos, which takes in part of the surrounding villages, claimed 27,074 inhabitants. The town is a municipality of the Crete region and sits partially upon the ruins of the ancient city of Lato pros Kamara.



www.greektrails.com

Koules fortress

It is a Venetian castle known by the name of Koules Fortress. It was built when the Venetians conquered the city in the 13th century. It has two floors and its function was to protect the city's port. "A devastating earthquake completely destroyed the castle in 1303 and it was rebuilt by the Genoese. The fortress was restored again between 1523 and 1540 and in its current definitive form.



Archanes

Archanes is a former municipality in the Heraklion regional unit, Crete, Greece. Since the 2011 local government reform it is part of the municipality Archanes-Asterousia, of which it is a municipal unit. The municipal unit has an area of 31.516 km². Population 5,042 (in 2011). It is also the archaeological site of an ancient Minoan settlement in central Crete. The discovery of ancient roads leading from Archanes to Juktas, Anemospilia, Xeri Kara and Vathypetro indicate that Archanes was an important hub in the region during Minoan times. Archaeological evidence indicates that ancient Archanes spread out over the same area as the modern town of Archanes.



www.dreamstime.com

Rethymno

Rethymno is the third city on the island of Crete. It is the capital of the Rethymno region, and has a population of more than 30,000 inhabitants (near 40,000 for the municipal unit). It is a former Latin Catholic bishopric as Retimo(-Ario) and former Latin titular see.

The most interesting to see are its medieval architecture and its Venetian and Turkish vestiges. Rethymno occupies a wide and shallow bay and also has a beautiful beach right in the middle.



www.allincrete.com

Rethymno was originally built during the Minoan civilization (ancient Rhithymna and Arsinoe). The city was prominent enough to mint its own coins and maintain urban growth. One of these coins is today depicted as the crest of the town: two dolphins in a circle.

Gastronomy in Crete

In Crete there are dishes, such as **lamb oftó, Cretan pilaf, staka, goat in red sauce, wild greens, snails, cheese pies with honey and more**. Plus, the wine is great.

Some of the dishes to be found at the Cretan breakfast table are **rusks, graviera cheese, myzithra cheese, and honey**. As far as proteins, dishes include syglino (salted and smoked pork), sausages, apaki (smoked pork), fried eggs with staka (butter-cream). Cretan pies usually have local cheese and wild greens.



As the countdown to the holidays begins, everyone looks forward to tucking into traditional festive treats, intrinsically linked with the joyous season. With households coming to life thanks to the tantalizing aromatic blends of sugar, cinnamon, cloves and hazelnuts, the chilly winter air fills with the promise of light, love and hope. Trust us, you will be wanting more after the very first bite!

You'll be hard-pressed to find a greek home without a mountain of fresh Melomakarona on the table, ready to be shared with loved ones and regale grandchildren. Cretans naturally honor the tradition and each year the scent of these soft and fragrant honey cookies emanates from every home. Prepared with flour, orange, olive oil and honey, the cookies are baked and then steeped in hot honey syrup. A guaranteed hit for all ages, their flavor a combination of Christmas cheer in small, irresistible bites. Here too, expertise and experience are a must as the perfect balance of crisp and softness must be achieved for a successful batch. The only catch? It is impossible to stop after the first one.

The music in Crete



<https://www.greeksongs-greekmusic.com/>



The music of Crete, also called **kritika**, refers to traditional forms of Greek folk music prevalent on the island of Crete in Greece. Cretan traditional music includes instrumental music (generally also involving singing), a capella songs known as the rizitika, "Erotokritos," Cretan urban songs (tabachaniotika), as well as other miscellaneous songs and folk genres (lullabies, ritual laments, etc.).

Historically, there have been significant variations in the music across the island (more violin than lyra in far Eastern and Western Crete, a preference for the Syrtis in Western Crete and condyles in Eastern Crete). Some of this variation continues today and in the late-twentieth and early-twenty-first centuries has received greater attention by scholars and the mass media. Nonetheless, over the course of the twentieth-century, the sense of a single, island-wide Cretan musical tradition emerged.

Main festivity

Christmas is not the largest religious festival of the Orthodox religion, it is a rank behind Easter. The traditional Christmas season in Crete is initiated by the beginning of Lent on November 15; the festive period then lasts 12 days: Dec. 25 to 05 January, the day before the “Foton” (Epiphany).

The typical costume

The Cretans, after conquering the island from the Venetians, continue to wear the Byzantine garment for about two centuries.

A black or red, very long silk sash is tied around the waist and headwear consists of the very characteristic black lacy and fringed kerchief which is either wrapped around the head or draped over the shoulders. In winter the ensemble is finished off with a thick warm cape.

Today the dancers of traditional bands wear the Cretan costume, participating in festivals and parades. Also, some older people in some villages, mostly mountainous, wear it.



www.pinterest.com

FROSINONE (ITALY)

Frosinone is a city of 46,120 inhabitants (2017), in the Lazio region, in Italy. It is located on a hill above the Sacco river, in the south-east of the province of Rome, in the Ciociaria region.

The singularity of Frosinone is its Volscian origins. Traditionally considered a Volscian city, with the name of Frusna and then the Roman of Latium adiectum as Frùsino, over the course of its millenary history it has been subjected to multiple devastations and plunders caused by its geostrategic position and seismic events. The mixture of roots and cultural influences are felt in the eclectic architecture of Frosinone, a city that has been expanding around a hill from which the green plain of the territory can be seen and connects the historic center.



www.wikipedia.org

Interesting places to visit in Frosinone

Museo Archeologico Comunale

The Municipal Archaeological Museum of Frosinone is one of the most important Civic Museums in the homonymous province. It is located in the historic center of Frosinone, in the highest part of the city, between the alleys that frame the Cathedral of Santa Maria Assunta, from where the old bell tower is located, which can be accessed through guided tours, organized by the Museum. There are objects for domestic use and tableware dating back to the Iron Age. The second part relates to the Archaic Age with some remains related to the presence of Volsci, Ernici and Etruscans from all over the province. Finally, we find finds from the Roman Age documenting the history of ancient Frusino flanked by the related archaeological evidence. Each section corresponds to a room. It's a very interesting workshop about how people made clay objects.



Source: les Gabriel Ciscar

Frosinone Cathedral

The Cathedral of Santa Maria Assunta is located in the historic center of Frosinone, in piazza Santa Maria. The facade, with reflections, is preceded by a stone staircase. It is divided into two sections.



www.wikipedia.org

Campanile

The construction certainly dates back to the middle ages considering its relevance to the church of Santa María, documented from the first half of the 12th century. It is more than 40 meters high, the tower has a square base on which there are 3 orders of mullioned windows on all four sides. On a frame with blind arches is the coronation structure with an octagonal base that contains the clock and is topped by a dome. While the last two orders of mullioned windows and the top present a regular curtain in square blocks, the base and the first order of mullioned windows are built entirely with heterogeneous materials.



Source: les Gabriel Ciscar

The Carnival museum

It's situated in the historic center. The exposition belongs to the carnival association. The Carnival in Frosinone is a historic carnival that is celebrated every year on **Mardi Gras** reflecting the practice of the last night of eating rich, fatty foods before the ritual sacrifices and fasting of the Lenten season.

The Carnival ends with the **Festa de la Radecca** which means, in the dialect of Frosinone, the leaves of Agave, the symbol of fertility. It has very old origins which dates back in the pre-Christian period and it is connected to the fertility and fecundity rituals of the pagan period. Later it was maintained also by the Romans in the days dedicated to Luperco, the god protector of fertility who was celebrated during February, the purification month.

The Historical Carnival in Frosinone is inspired by the citizens' revolt against the French troops that occurred in 1798 and 1799. The Carnival ends with the incineration of "King Carnival" represented by a puppet that since 1800 symbolises the French General Jean Antoine Étienne Vachier called Championnet. That night the general took part in the celebrations, drinking red wine and eating "fini-fini" pasta, becoming the symbol of our Carnival.



www.sagritaly.com

Interesting places outside Frosinone

Colleparado caves

It is a karst cave, formed by the dissolution of limestone over thousands of years. The water with the carbon dioxide forms carbonic acid that dissolves the carbonates.

The visit is very interesting because you can see all types of karst formations.



www.roma.com

It is also known as Grotte dei Bambocci (Cave of the Children), because of the characteristic shape of its dripstones. The stalagmites resemble dolls or puppets, which are named Bambocci in the local dialect. It is well known for a very long time, because of its enormous size.

The limestone around Colleparado is heavily karstified. There are other caves over there. A site of significant ecological and archaeological interest, the underground labyrinth is home to a diverse assortment of natural resources and wildlife.

Certosa di Trisulti

The Charterhouse of Trisulti is a monastery located in the municipality of Colleparado, in the province of Frosinone. It is recognized as a national monument since December 2014. The church has very beautiful and valued paintings, but the most impressive is the pharmacy. It's the place where the jars that kept the herbs used to cure diseases are still found today.



www.polomusealelazio.beniculturali.it

We are in the natural paradise of herbalists, who know they can find more than 2,500 species of herbs on these mountains that grow spontaneously here and which were already used by the Carthusian monks who, since the Middle Ages, prepared spirits and precious medicines

From 1947 the Carthusians were replaced by a new Order, that of the Cistercians of the Casamari Abbey who lived here until 2017.

Ciociaria region

The Ciociaria is a territory of cool, wooded hills, good traditional food, freshwater streams and a rich, religious history in the province of Frosinone.

Frosinone is the capital of the region, but it is full of charming villages.

The larger inhabited centers include the city of Frosinone, the spa town of Fiuggi, delightful Sora, Alatri with its 6th century BC walls, Anagni, Veroli, Ferentino, Arpino and Atina in the heart of the Comino Valley.

The typical costume

The Ciociara woman generally had two dresses; a work dress and so for every day and a dress for the holidays. The costume that can be considered the most typical of the Ciociaria region consists of a skirt with a petticoat and apron. It is a fitted dress that has a vest and white shirt on top. In addition, the headdress or veil over the hair is very common in Italian celebrations, we must not forget the importance of Catholicism in this country. Today you can see many costumes similar to these, inspired by medieval times, although in terms of typical costumes there are regions that show very different and special clothing.

For men, the dress was white for the party and checked for every day. In both cases the sleeves were very large. The white shirt was usually made of cotton, the checked shirt instead of soft fabrics and at the same time heavy as the fustian.

Common to men and women was the *ciocia*; the famous shoes of ancient origin to which our beloved Ciociaria owes its name. The *ciocie* consisted of a suitably treated leather sole that adapted, self-modelling, to the shape of the foot. From the sole of the corrugations (“strenghe”) that wrapped the leg up under the knee to finish, tied by a piece of string, under the knee.



Source: wikipedia.com

Italian music

In Italy, music has traditionally been one of the cultural markers of Italian national and ethnic identity and holds an important position in society and in politics. Italian music innovation – in musical scale, harmony, notation, and theater – enabled the development of opera, in the late 16th century, and much of modern European classical music – such as the symphony and concerto – ranges across a broad spectrum of opera and instrumental classical music and popular music drawn from both native and imported sources.



www.extratv.it

Italian folk music is an important part of the country's musical heritage, and spans a diverse array of regional styles, instruments and dances. Instrumental and vocal classical music is an iconic part of Italian identity, spanning experimental art music and international fusions to symphonic music and opera. Opera is integral to Italian musical culture.

The folk music of the Ciociaria region is an experience for all the senses, with Mediterranean, Gypsy, Celtic and Arabic influences reflecting the myriad waves of migration the region has experienced since Megalithic times. There's currently a blossoming revival of the centuries-old ethnic music of the region, with many of the younger generation picking up traditional instruments such as the pizzica accordion; the shawm, a medieval woodwind instrument; and most groups will also include Zampognari (pipers) of the Roman bagpipes, and tambourines and drums. There's also still a very strong link to keeping the traditional folk songs of the region alive, which can be quite rowdy and bawdy at times.

Visiting Rome (Presentation)

<https://view.genial.ly/627d2f963117fa0012ba3acd/presentation-presentacion-historica>

Gastronomy of Rome

https://drive.google.com/file/d/1bW3_drbQbX6Dg9LhKOTif0uZufjolltx/view?usp=sharing

PAÇO DE ARCOS (PORTUGAL)

Location

Paço de Arcos is one of the localities of Oeiras, municipality in the western part of Lisbon metropolitan area. In 2013, the parish of Paço de Arcos merged into the new parish Oeiras e São Julião da Barra, Paço de Arcos e Caxias, with population of 25,974 people in an area of 3.39 km². There are 68 cities with bigger population in this country. It was elevated to town by a decree on December 7, 1926.

Its name comes from the Palácio dos Arcos located at the entrance to the village, where king D. Manuel I of Portugal watched Vasco da Gama's caravels leave for India. Nowadays, the Portuguese maritime academy – Escola Náutica Infante D. Henrique – is based there. It 's also the base of the private business jet company NetJets Europe.

The town is featured in Robert Wilson's 1999 novel *A Small Death in Lisbon*, as both the residence of the main character, Inspector José "Zé" Coelho, and where a body is found.

Items of interest in the locality include Lime kilns (Portuguese: *Fornos de Cal*) dating back to the Middle Ages.



source : googlemaps

Interesting places

Parque dos Poetas

Parque dos Poetas is the result of the desire to pay homage to national and international poetry, a literary heritage of international recognition.

Of its 22.5 hectares, the Parque dos Poetas has 60 poets represented, 50 Portuguese and 10 from Portuguese-speaking countries or territories.

Parque dos Poetas arose from the dream of seeing the birth of a large urban park in Oeiras and of associating poetry and sculptural art in the same space, in a tribute to Portuguese culture.



source: oeiras.pt

From dream to reality, Parque dos Poetas took shape and became unique.

In its three phases, spread over 22.5 hectares between the urban centers of Paço de Arcos and Oeiras, it has statutory pieces by more than 40 sculptors, representing 60 poets from different literary periods.

On June 7, 2003, the first phase of the project was inaugurated, with the first ten hectares. Sculptures alluding to the 20 poets of the 20th century are represented on this stage.

In 2013 another seven hectares with poets from the troubadours to the Renaissance were added.

The connection between the different phases was concluded in June 2015, with the addition of 17 more poets from the Baroque period (18th century) to the Romantic poets (19th century) and 10 poets representing the countries or territories of Portuguese Expression or Culture. .

The Parque dos Poetas is a multifaceted space, since it concentrates cultural, sports and environmental activities in the same space.

With an impressive view over the river and the Atlantic, an immensity of blue on green looms before the visitor, offering a panorama of great beauty.

The Temple of Poetry, the Labyrinth, the Ilha dos Amores or the Cybernetic Fountains are part of the innumerable possibilities for visiting and delighting that the Parque dos Poetas offers.

Passeio Marítimo

Currently with a total length of 5,500 meters, the Passeio Marítimo is a benchmark in the municipality of Oeiras, where you can run, walk, ride a bike, skate or simply enjoy the sea view.

It should be noted that the objective of the Municipality will be to provide the entire seashore of the municipality with a promenade, given that the coastal requalification must be understood as a whole. This objective has been developed in phases, through urban intervention projects framed in principles of sustainability, respecting the environment and the specificities of the place where they are located.

The first and second phases of this project made it possible to connect Oeiras with Paço de Arcos, and part of the third phase has already been completed with the connection between Forte de São Bruno, in Caxias, and Cruz-Quebrada beach. This last section combines an area intended for pedestrian circulation, five meters wide, with a lane reserved for the circulation of bicycles, 2.5 meters wide.



source: oeiras.pt

GASTRONOMY

European Capital of Gastronomic Culture: Oeiras gastronomy

Oeiras was named European Capital of Gastronomic Culture for 2020-2021. This nomination, which is also linked to the candidacy of Oeiras for the European Capital of Culture 2027.

Oeiras European Capital of Gastronomic Culture aims to consolidate the county as a permanent gastronomic center at an international level and, in addition to other actions, will include the management of various events, within the Sustainable Development strategy of the 2030 Agenda and the European Agenda "From Farm to Fork".

Gastronomy and wine

'Gastronomy and Wine' are one of the excellent tourist products offered by this part of Portugal, giving rise to unforgettable wine tourism experiences.

The 'Lourinius' pastry shop,

in Lourinhã, created the 'Pastéis de Portugal' concept, with the intention of putting the different flavors representative of various parts of the country in a cake format. This is how the Carcavelos Wine Cake was born, a chestnut cake, made with Carcavelos Wine.

Queijadas de Oeiras

Queijada de Oeiras was created in 2002. The main ingredients are chestnuts, eggs, fresh cow cheese, among other products that are kept secret. Accompany this sweet with a glass of Carcavelos Villa Oeiras Wine - the pairing is excellent.

Palitos do Marquês

Known as 'Palitos do Marquês', they use eggs, flour, sugar, lemon zest and cinnamon in their preparation. Palitos do Marquês maintain the technique of being sliced after being cooked and returned to the oven to dry. A wonder of past centuries, today at our disposal.



source: oeiras.pt



Source: les Gabriel Ciscar

Typical food for popular saints festivity

When it comes to the saints festivity, the streets of the cities are filled with processions of parties and open-air events. Some people even call these events "sardine festival" because you can find grilled sardines everywhere on the streets.



source: allaboutportugal.pt

The main Festivity

On various dates throughout June, Portugal celebrates the Festas dos Santos Populares (festivals of the popular saints). The cities are transformed into a carnival of colors, and decorations that adorn many of the streets. The event, which is actually several events with parades and live music, takes place on June 12 and 13 for Santo Antonio (St. Anthony), June 23 and 24 for São João (St. John), and June 28 and June 29 for São Pedro (Saint Peter).

Lamps, lights, streamers and decorations decorate each and every one of the houses and streets during the Festas dos Santos Populares. There are parades in every neighborhood and everywhere there is music and dancing.



source: lusaschol.com

The event that opens the Festas dos Santos Populares, and which is also the most popular, is the festival of Santo Antonio on June 12. This is the time when prayers for a perfect marriage blessed by Saint Anthony and the smell of grilled sardines and basil are combined with parades through the streets with a merry crowd of colored ribbons and festive music.

The same day, but during the night, one of the highest points of the celebrations occurs. It is the Desfile das Marchas Populares, a colorful parade on Avenida da Liberdade. Each old neighborhood has a group that represents it in a competition for the best performance. They arrive dressed in themed costumes and sing a song. The winner receives fame and glory. On the following day, there is a procession from the Church of Santo António to the Sé Cathedral.

It is a tradition in the Festas dos Santos Populares to offer a small pot with some basil to the person you love during this period. Each one with a paper tied with a poem. The Festas dos Santos Populares symbolize brotherhood, love and happiness.



source: descubralisboa.com



source: oeiras.pt

MUSIC

All over the country, local communities prepare what is, according to them, the best party. More traditional or adapted to the tastes of the locals, the key is to have fun in their village of São João, Santo António or São Pedro.

Most Popular songs

The fado-song *Cheira a Lisboa* is probably the first song that comes to mind when thinking about the *arraiais*. It was Anita Guerreiro who popularized the song by Carlos Dias and César Oliveira. Its debut was in 1969, in the magazine *Quero a Palavra*, at Teatro Variedades.

Canção de Lisboa is another of the most played themes at this time of year. The film, starring Vasco Santana and Beatriz Costa for more than eight decades, is itself a representation of what popular parties were at that time. The song is now one of the anthems of the city's university students.



source: scmamarante.pt

One of the voices associated with the Popular Marches is that of Amália Rodrigues. She also played *Smells a Lisbon*.

Northern songs

On June 24th, Saint John is celebrated. The little hammers are *Invicta's ex-libris* on this night that doesn't go unnoticed by anyone in town. The most popular of the songs will be *São João Bonito*, the song that warns of the end of the festivities. But there is still a lot of fun ahead. Moreover, Bandalusa sings *São João é Bailarico*, while praising the beauty of the popular saint.

Typical dances

In Portugal were born two varieties of waltz, two types of *fandango*, *corridinho* and *bailarico*, as well as dozens of other types of dances. Moreover, each of these dances has its own rich history and unique technique.

Historically, dancing in Portugal was accompanied by the guitar, tambourine and other percussion instruments. More recently, a new type of dance has emerged in Portugal. Electronic music has been synthesized with older traditional musical instruments as an accompaniment.

Here are some of dance styles in Portugal:

- **Folia**

Folia is a Folk dance – an old dance and song with Portuguese or Spanish origin. The translation of “Folia” is “insanity”. Its performers are men and women dressed up in typical clothes. They behave (=dance) themselves wild and noisy, that seemed to be madness or craziness. Accordingly, it caused the name of dance.



source : scamarante.pt

- **Vira**

Vira is an old Portuguese folk dance. It is very lively and has many varieties. The translation of the name is “twist, turn”. Men and women dance crosswise, in pairs, in a circle. Thus, this dance is well suit for couples in love, because evokes fun and love feelings.

- **Shula**

Shula is ancient Portuguese dance. The dancers move around, forming a circle, spinning around their own axis with their arms raised up. However, there is no physical contact between them. The movements are very simple, skirts flutter on the turns. In addition, dancers are constantly changing partners.

- **Dancing in the countryside**

Many Portuguese villages have dance rituals and styles. For example, in some villages annual “stick dancing” is performed. A week before the performance, performers roam the streets, collecting voluntary’s help for the celebration. Then dancer perform some acrobatics with long decorated sticks.

- **Clothes for Dancing**

It varies, depending on the type of dance. Sometimes, dancers wear uniform and traditional clothes. In some cases, the dress code is informal, which indicates a difference in class and social status.

The main features of the women’s folk costume: a checkered or striped wide skirt, a bright apron, a white blouse with long arms. The festive costume contains an embroidered corsage, or bolero, a cape on the shoulders of shoes with wooden soles on the heels, but without backs. However, an integral part of a women’s folk costume is a scarf, which is tied in a variety of ways.

Men’s folk costume includes short pants, leggings, a shirt, a vest and a wide belt. As well as, they wear a round felt hat with wide brim. Sometimes men wear a brown wool coat with a hood trimmed with felt ornament.



source : scamarante.pt

JÓZEFÓW NAD WISŁĄ (POLAND)

It is a small city located in eastern Poland and on the banks of the Wisła (Vistula) river.

The river is often associated with Polish culture, history and national identity. It is the country's most important waterway and natural symbol, and the term "Vistula Land" (Polish: kraj nad Wisłą) can be synonymous with Poland.

It is located in a plain cultivated with cereals and, above all, fruit: apples, cherries, raspberries. It's a colorful garden. Lublin is the most important city of the region.

Józefów was founded in 1687 by the castellan of Kraków, Andrzej Potocki, on the land of the village of Kolczyn as a town under the Magdeburg Law. The name comes from the name of one of the castellan's sons. The city received privileges approved by King Jan III Sobieski: organizing fairs on Sundays and Thursdays (Thursday fairs are a tradition up to this day) and large fairs five times a year. The citizens of Józefów were also granted the right to produce vodka and beer.

In 1691, the founder of the city founded a small wooden church of Corpus Christi, the monastery of the Bernardine Order and a hospital for the poor.



Source: IES Gabriel Ciscar



Source: IES Gabriel Ciscar

Lublin

It is the most important city in the eastern region of Poland. Its strategic importance in the commercial route between Vilnius and Krakow, industry and agriculture and livestock, are responsible for its growth. It is a very beautiful and well-kept commercial and cultural city. The medieval castle and part of the wall that protected the city have been preserved. The historic center is well preserved and attractive to visitors, with unique historic buildings and well-kept shops.

Krzyztopor Castle

It is an impressive fortress, located in the city of Ujazd, in the Baroque style. It was built in the 17th century by Krzysztof Ossoliński.

The castle was destroyed by the Swedish and Russian invasions.

The Krzyżtopór castle, erected in the palazzo in fortezza type, a residence that combines the comfort of residents with a defensive function, shows close ties to one of the most splendid Italian residences

It has an interesting route that gives an idea of its dimensions and of life within the walls.

Nowadays, it is a public property. It's possible to visit it and to learn about its history.



Source: IES Gabriel Ciscar

Zamoyski palace

It is a palace of baroque and classicist style. It is situated in Kozłówka and is declared a National Heritage Site. It was the residence of the Zamoyski family.

Its history dates back to the mid-eighteenth century. Its architecture is inspired by European art and traditional Polish construction techniques. The stables house the Art Gallery of Socialist Realism, the only one of its kind in Poland and Europe. The collection has more than one thousand six hundred works of art from the fifties of the last century (sculptures, paintings, posters) that add a different artistic nuance to the place.

In the front and back of the palace there are beautiful gardens with peacocks included.



Sandomierz

It is a city on the banks of the Vistula river. It was an important port and, above all, a storage place for products to be shipped to other destinations. Its role was so important for trade that many houses built underground warehouses.

The historic city is surrounded by walls. The Market Square is the nerve center of the city. It is surrounded by beautiful houses and in the center there is the Renaissance-style town hall. The cathedral is worth a visit. It is Gothic in style and among its wonders we must highlight the ribbed vaults, the organ, and the paintings that cover its walls.



Source: IES Gabriel Ciscar

Gastronomy

The most impressive of all is the fruit, apples, cherries, raspberries... but also the vegetables that ferment to enhance their flavor and culinary value. The dishes are very colorful. Meat or fish, in its various presentations, are always accompanied by fermented vegetables, giving colored dishes. They also are accompanied by rice or baked or boiled potatoes.

Pierogi is pasta stuffed with meat, vegetables, mushrooms or even fruit similar to ravioli. It's a popular delicious dish in the region.



Source: IES Gabriel Ciscar

Typical costumes

Women's dresses are very beautiful. Colored skirts in red and green and shirts in white. Men's outfits are basically formed by black trousers and jacket with green trimmings and a white shirt.



Source: IES Gabriel Ciscar

OLIVA (SPAIN)

1. LOCATION

Oliva is a municipality in the Valencian Community, Spain. It is located in the southeast of the province of Valencia, in the Safor region, bordering the province of Alicante. It had 25,101 inhabitants in 2019.

To its east lie 10 kilometres of coastline and beaches fronting the Mediterranean Sea.

The climate is subtropical-Mediterranean, with more than 230 days with maximums above 20°C. Winters are mild and summers are hot.

Oliva has traditionally been an eminently agricultural population. The Arabs introduced the cultivation of sugar cane, this being, along with silk, the economic base of Oliva throughout the Middle Ages and part of the Modern Age.



Source: wikipedia.com

2. VISITED PLACES OF INTEREST

During the visit of the European partners to Oliva, we made a guided visit to some of the most emblematic places, such as:

Santa Anna Castle: At the top of the hill in the old town is Santa Anna Castle, built in the 16th century.

Santa Maria la Major Church: it is a temple of great proportions and with three naves in the neoclassical style, built throughout the 18th century. It has a rectangular floor plan and the chapels stand out, each with its dome. The interior is very sober. Outside, the bell tower and domes stand out.

San Roc Church: dates from the 19th century and is built on a previous temple, an old mosque converted into a church.

Torre de la muralla: This tower made of brick and stone is the only one that remains from the wall that surrounded Oliva in the 16th century. The tower defended the access to the Villa through the Portal del Pi.

Palau de les Centelles: Only one tower and remains of the walls of this palace remain, a Gothic-Renaissance-style building that, built in the 15th and 16th centuries, dominated the town and served as a surveillance point.

Town hall square and monument to Gabriel Ciscar: In the center of the square, we can find a commemorative statue to Gabriel Ciscar. He was a mathematician, politician and sailor who was born in Oliva in 1759. He was civil and military governor of Cartagena. On the return of Fernando VII in 1814 and despite his defense of the king's cause, he was imprisoned for his liberal ideas and exiled to his native Oliva. The absolutist restoration of Fernando VII caused him to flee and go into exile in Gibraltar, where he died six years later.



Source: IES Gabriel Ciscar

La Font Salada: It is a charming place where a pool of thermal waters at a warm constant temperature, allows bathing, and they also say they are beneficial against dermatological diseases.

La Marjal Pego-Oliva: The Marjal de Pego-Oliva Natural Park is a protected natural area located between the municipalities of Pego and Oliva, covering 1,255 hectares. It is formed by swampy spaces and rice fields. Within the natural park, the Bullent river and the Racons (or Molinell) river are born. To the north of the spot is the Serpis. The excellent water conditions make this area a very rich space with a wide variety of species in terms of flora and fauna.



Source: IES Gabriel Ciscar



Source: IES Gabriel Ciscar

3. GASTRONOMY

The Valencian Community is known for its healthy and varied Mediterranean diet. Its most typical dishes have rice as its main ingredient, cooked in countless different ways, and among them the Valencian paella stands out.

The typical dishes that we gave our members to try were:

Paella: Paella is the undisputed queen of Valencian dishes. There is a great variety of paellas in Valencia, such as: paella from the garden, mountain, seafood, vegetables, mixed, onion, cauliflower, and a different one depending on the area we go to.

Coques a la calfó: There are a large number of different varieties depending on the area of origin. Among the most prominent are "coca farcida", "coca de sal", "coca de dacsá", etc.

Its dough is made with 1/2 Kg of flour, 1/2 glass of water and 25 g of olive oil and a little salt.

It can be filled with various ingredients depending on the variety or preferences such as fried tomato, onion, aubergine, hard-boiled egg, tuna, etc.

Pebreres farcides: It consists of a pepper stuffed with rice, vegetables and salty tuna. It is eaten as if it were a sandwich. Very typical dish from the Oliva area.



Source: IES Gabriel Ciscar

Figatells: In the region of La Safor and, especially in the municipality of Oliva, there is a very traditional product that in all its versions delights the most carnivorous diners. It is called 'el figatell'.

They consist of a type of fresh sausage that is made in an artisanal way from the mixture of pork liver, lean meat from the same animal and spices.

Bunyols amb xocolate: On the day of the "plantà" of the falla it is typical to eat a kind of donuts with chocolate. Fritters are made with flour, pumpkin, yeast, water and sugar.



Source: IES Gabriel Ciscar

4. MAIN FESTIVITY

Although in Valencia there are many festivities, the most important by far are «**Las Fallas**».

The «Fallas» are celebrated in March and for a week the towns of Valencian Community are full of monuments made of wood, cardboard and other materials, to celebrate the spring arrival. Music, gunpowder and traditional clothing are all essential ingredients to make the Fallas a unique festival.

In the 18th century, the Fallas were pyres of combustible materials that were burned at nightfall on Saint Joseph's Eve. Little by little, those Fallas evolved over the time and became loaded of critical and ironical sense, nowadays, they reproduced social reprehensible circumstances.



A “**Falla**” is an artistic monument, usually large composed of figures called “**ninots**”, placed around a bigger one. The techniques and the materials used (wood sticks, carton and glue, expanded polystyrene and sustainable alternatives as rice straw) have changed over the years.

The IES Gabriel Ciscar’s “Falla” is related with sustainability issues, so it is made with recycle materials, such as wood sticks, carton boxes, newspapers, etc



Source: wikipedia.com



Source: wikipedia.com

MAIN FALLES EVENTS.

Most of the events happen from 15th to 19th of March, although some of them are spread all over the year.

- The Presentation: Ceremony in which the Fallas Queen and her Court are presented to the society.
- The “Cridà”: This is the Fallas inauguration ceremony including light, sound, music and pyrotechnics. The Fallas’ major Queen, from the town Hall, invites people to enjoy the festival.
- The “Plantà”: the finished monuments are exhibited in the streets to be visited.
- The “Mascletà”: a pyrotechnic show that last between 5 and 7 minutes where the gunpowder explosions gradually increase with an amazing finale. It takes place at 2:00 pm., during the 19 days prior to the “Cremà”.
- The ecological “Mascletà”: the students from all Oliva schools simulate a “mascletà” using plastic bottles and whistles.
- The Flowers Offering: All of the “fallers”, on a street parade, go to offer their bouquets to the Virgin of each town.
- “Cavalcada del ninot”: it consists of a street parade where the different *commissions falleres* criticize political situations, the climate change, etc.
- Fireworks Displays: during this week there are several exhibitions of fireworks at midnight.
- The “Cremà”: It is the most popular event, it is well known throughout the world. The final of the festival is announced by the flames.



Source: wikipedia.com



Source: wikipedia.com

5- MUSIC BANDS

In Valencia, music bands usually play in parades of popular festivals in the Community: Falla, Moros I Cristians, and religious festivities.

Music is very important in the Fallas. Music bands are heard practically all day in the streets of Valencia, playing both typical Fallas pieces and versions of popular songs. The fallas organized by awakening usually have musicians who accompany the falleros in such an early-morning activity; in the parades that take place in the morning as well; and in other acts, such as the collection of prizes or the Offering of Flowers.



Source: IES Gabriel Ciscar

6- FALLERES AND FALLERS CUSTOMES

The **Valencian women** have two different costumes, one that they used to wear in a normal day (“llauradora” costume) and the other for the holiday days (“fallera” costume). Their main parts are: an undergarment so that the skirt has more volume, a skirt and a top made of silk, cotton or rayon, printed with flowers, and an apron, which is embroidered in gold or silver thread, forming striking drawings.



HAIRSTYLE

The hairstyle of the Valencian women changes according to the dress they are wearing. When the falleras dress up with “llauradora” costume they comb with a hair bun. But when they use the “fallera” costume they comb their hair with three burns. The bun is sometimes braided and some jewelry is used to make it even prettier.



Sources wikipedia.com

The “**fallers**” also have two costumes:

- Torrentí suit: this costume was worn on holidays. It consists of long striped pants, a silk or linen shirt, a vest and a sash, with black shoes.
- Saragüell suit: This suit was worn by men on a normal day. The key pieces of the costume are: white shirt, vest, saraguells and blanket.



Source: wikipedia.com

MOBILITY VIDEOS



In **October 2019**, we carried out a mobility programme in Oliva, only for teachers, in order to get to know each other and to structure the lines of work, the mobility, the work in eTwinning that we had been carried out during the years of the project.

[Spanish Mobility Video](#)



In **December 2019**, a mobility event took place in Greece with the participation of students and teachers, where they worked on some aspects of the Christmas traditions of Crete.

[Greek Mobility Video](#)



In **March 2022**, our partners came to Oliva, where we worked on our main party, the fallas, music, gastronomy, our monument, the mascletà... students and teachers from all schools participated. Most of the activities we did were shared by the primary school (Alafadali) next to us.

Second Spanish Mobility Video



In **April 2022** we went to Italy to celebrate the Frosinone carnivals. We travelled to Italy with students and teachers.

[Italian Mobility Video](#)



In **June 2022** we were in Paço de Arcos, in Portugal, where we shared the traditions of popular saints. We travelled with students and teachers.

[Portuguese Mobility Video](#)



In **July 2022** we will carry out a mobility in Poland, postponed due to the war in Ukraine. We went with 3 students and 3 teachers and shared the traditions of Easter in Józefów nad Wisłą.

[Polish Mobility Video 1](#), [Polish Mobility Video 2](#)



PADLET SUMMARY OF THE PROJECT



Link to the PADLET, Summary of the project:
<https://padlet.com/anamartins31/3vgvgqaq2at2difh>

ERASMUS+ "COMMON ROOTS MAKE YOU!"- Common Actions for Earth!
 Project's final Presentation- 2019-2022

SAFE INTERNET PAGE

+

www.etwinning.net/en/public/support/esafety-and-etwinning.htm

etwinning.net

eSafety and eTwining

La sentimos, no hemos podido obtener una vista previa de este archivo adjunto.

Añadir comentario

PARTICIPANT SCHOOLS

+

IES Gabriel Ciscar d'Oliva, em Espanha

portal.edu.gva.es

IES GABRIEL CISCAR - IES Gabriel Ciscar, Oliva

Añadir comentario

Starting the Project! Time to Meet!

+

CONTACTS

NAME	EMAIL	PHONE	ADDRESS
...
...
...
...

google docs

COMMON ROOTS MAKE US

Añadir comentario

LOGO COMPETITION

+

PORTUGUESE LOGO (WINNER)

Añadir comentario

COMMUNICATION BETWEEN PARTNERS: (students and teachers)

+

First meeting in Oliva, Spain, preparing mobilities and learning about etwinning and PBP.

Teachers' meeting in Oliva- PBL learning

Talking about final report.

Añadir comentario

STUDENTS' PRODUCTIONS ABOUT EACH COUNTRIES CELEBRATIONS

+

Portuguese traditional Music Instrument

guese ment

PPTX

Portuguese musical Instruments- Erasmus

Añadir comentario

Where are we?

+

WHERE ARE WE?

Añadir comentario

Polish Logo

+

POLISH LOGO

Añadir comentario

When you upload photos/videos of the students, please do not forget to blur/cover their faces IF THEY DON'T HAVE PARENTS' PERMISSION TO PUBLISH PHOTOS. Please do not share the students' detailed information. Please do not violate the copyrights. Please check

+

When you upload photos/videos of the students, please do not forget to blur/cover their faces IF THEY DON'T HAVE PARENTS' PERMISSION TO PUBLISH PHOTOS. Please do not share the students' detailed information. Please do not violate the copyrights. Please check

Añadir comentario

Istituto Comprensivo 1 de Frosinone, em Italia

+

Istituto Comprensivo 1 de Frosinone, em Italia

didacto

comprensivo1edu.it

Home

Añadir comentario

FINAL COORDINATORS' MEETING in POLAND.

+

FINAL COORDINATORS' MEETING in POLAND.

Añadir comentario

First Contacts...

+

FIRST CONTACTS...

answer garden.ch

AnswerGarden - The first word in my mind when you think about

Añadir comentario

Zespół Szkół Ogólnokształcących w Józefowie nad Wisłą, na Polónia

+

Zespół Szkół Ogólnokształcących w Józefowie nad Wisłą, na Polónia

Kimbury przedmiotowe

zso-jozefow.pl

Zespół Szkół w Józefowie n. Wisłą | Józefów n/Wisłą

Añadir comentario

This is the beginning! Time to meet everybody!

+

This is the beginning! Time to meet everybody!

Padlet - anamartins31

ROOTING TOGETHER AGAINST COVID- ALL TEAM PRESENTATION

Añadir comentario

Greek Logo

+

GREEK LOGO

Añadir comentario

Teachers' meeting in Oliva- etwinning learning

+

Teachers' meeting in Oliva- etwinning learning

Añadir comentario

Portuguese traditional Food

+

Portuguese traditional Food

Traditiona Portuguesa e Food

PPTX

Traditional Portuguese Food

Añadir comentario

Greek Experience in Oliva

+

Greek Experience in Oliva

YouTube

Añadir comentario

Portuguese traditional costumes (clothes)

+

Portuguese traditional costumes (clothes)

Portuguese traditional costumes

Añadir comentario

TRAVEL DIARIES

