
This Activity was **Completed**
 Not Completed

Olga Wrońska
Supervisor

Erasmus+ DIALOG project mobility in Poland

Dates Sep 16, 2018 to Sep 22, 2018

Activity Description Erasmus+ DIALOG is the very first Erasmus+ project of which my school is a part and in which I, therefore, have the possibility to participate. This project's theme is the refugee crisis and broadly defined issue of migration, as well as undertaking measures of raising awareness of the situation of refugees in Europe. My school is one of the European schools participating in the project in which high schools from France, Italy and Turkey participate as well. Planned project activities includes forum theatre workshops, a music competition with youth bands from Tricity and painting a mural with children from local primary school on the theme of European Union. Mobility in Paris which took place in last December and it was my first time working in francophone environment and it was very challenging but also very broadening. During the Polish mobility our French friends from Paris came to stay with us for a week, as we were their hosts and they were living with us. My goals for this part of the project were chiefly connected with personal development as I hoped to practice and improve my communicative skills in the French language. Furthermore, I aimed at improving my planning and risk-management skills, which were necessary to successfully work in an extremely diverse large group of people my age coming from different European countries and struggling together to overcome the language barrier as well as to seamlessly organise the whole week of the mobility as it was our duty as hosts. Creative part of this activity was realised by me for example in helping to organise the concert or painting a mural with children, service was realised by advocacy and raising awareness about situation of refugees in Europe

1. Demonstrate that challenges have been undertaken, developing new skills in the process
2. Demonstrate how to initiate and plan a CAS experience
3. Demonstrate the skills and recognize the benefits of working collaboratively
4. Demonstrate engagement with issues of global significance

Supervisor Name: Olga Wrońska

THURSDAY, 21 NOVEMBER 2019



THURSDAY, 21 NOVEMBER 2019

CHALLENGE & SKILLS COLLABORATIVE SKILLS GLOBAL ENGAGEMENT INITIATIVE & PLANNING

This element of the Erasmus+ project most probably was the most challenging one but also the most rewarding one in the long run. During the whole week that the mobility lasted, we have encountered numerous obstacles during the tasks we performed as a group, but we have also drawn numerous fruitful conclusions. I learned to work cooperatively in a diverse group of peers, as we overcame communicational and cultural barriers with the group from Turkey. I learned to manage stress, as I myself struggled with communication with the girl from France who lived with me. This activity was of great value because of how we got to experience the mixing of diverse cultures. I gained practical skills as well for example I participated in an interview and helped with organising a concert. One of the greatest experiences was a performative action undertaken with kids from local primary school to paint an European Union themed mural on a local boulevard. Working with children proved to be very inspiring and their understanding of complex matters baffled me.

Supervisor Review

Thank you for supporting the CAS programme at IB School No 0704. Please take the time to fill out this evaluation form.

Please comment on the student's progress, effort and commitment:

This Activity was **Completed**
 Not Completed

Olga Wrońska
Supervisor

Erasmus+ HITMOB4R project mobility in Paris

Dates Dec 10, 2018 to Dec 15, 2018

Activity Description Erasmus+ HITMOB4R is the second Erasmus+ project of which my school is a part and in which I, therefore, have the possibility to participate. This project's

theme is the inclusion of people with disabilities in the functioning of the community, as well as undertaking measures of equalizing opportunities and raising awareness of the situation of people with disabilities. My school is one of the European schools participating in the project, together with an integrated primary school from Poland, two high schools from France and schools from Romania and Greece. Planned project activities include clown and forum theatre workshops, cinematography and radio workshops as well as tutoring sessions for children from the integrated primary school. Mobility taking place in Paris was the first instalment of the project. As a part of it, I had the opportunity to participate in clown workshops with primary school children, participate in French language radio workshops in local high school radio, participate in a meeting with French paraolympic champions and experience the reality of French highschool first-hand. My goals for this part of the project were chiefly connected with personal development as I hoped to practice and improve my communicative skills in the French language. Furthermore, I aimed at improving my collaborative and risk-management skills, which were necessary to successfully work in an extremely diverse large group of people my age coming from different European countries and struggling together to overcome the language barrier and any preconceived inhibitions. As a part of both the service and the creativity section of this activity, I aided in developing and carrying out the clown workshops for children from the integrated primary school in Gdynia. The HITMOB4R project will continue on to the next planned mobilities, of which the upcoming one will take place in Poland and I sincerely hope to be an active part of this mobility as well.

1. Demonstrate that challenges have been undertaken, developing new skills in the process
2. Demonstrate the skills and recognize the benefits of working collaboratively
3. Demonstrate engagement with issues of global significance

Supervisor Name: Olga Wrońska

WEDNESDAY, 23 SEPTEMBER 2020

<http://www.youtube.com/v/XSSWfTxv1hE>

TUESDAY, 10 DECEMBER 2019

CHALLENGE & SKILLS COLLABORATIVE SKILLS GLOBAL ENGAGEMENT

Another valuable aspect of this project, which I really did not expect going to Paris, was the activities and reflections connected with the main theme of the whole project. The theme of the project was the inclusion of people with disabilities and initially, I thought that it will be just theoretical and very far away from our daily experiences. However, the reality turned out to be quite contrary. One event that really changed my perception of this controversial and important subject was the interview that was carried out in the high school from France with which we were

cooperating. The guests of this interview were French paraolympic sportsmen and activists for the cause of people with disabilities. During the interview, they talked about their experiences in France of living an independent life. Thanks to this I understand how important it is for a government to deal with the problematic of including people with disabilities in the society with great care, in order to facilitate their life but at the same time not isolate them from the society. I also discovered many differences between French and Polish handling of the problem and various domains where the Polish government could learn from French. Later that day these guests were participating in our radio transmission and we had a chance to pose all sorts of questions to them. It was very inspiring to me as I understood my privilege of a person who does not have any disabilities but also because the stories of growing up and learning to deal with disabilities of our guests showed that they are enormously strong people, who face daily such difficulties, that I cannot even imagine how hard it must be for them, but still demonstrate impressive levels of enthusiasm and engagement, which really made me reflect on my own attitude.

TUESDAY, 10 DECEMBER 2019

CHALLENGE & SKILLS COLLABORATIVE SKILLS

This Erasmus project was for me an even better experience than the previous time I was in Paris. By the end of this mobility, I really felt that I developed, mostly linguistically. It was a great occasion for me to immerse myself in French language and I did it far more easily than last time, demonstrating significant progress. Furthermore, I had really better contact with other participants of the mobility, especially the ones speaking French, of which I am proud. I did not participate that actively in all the projects, which resulted in me wasting quite a bit of time in Paris, but that wasn't too severe and in conclusion, the mobility was really spent well, as it allowed me to profit from the time I was there by reading books in French and visiting museums. I also met with my friend from the previous instalment of the project, Nayra and had a chance to go for dinner in a South American restaurant which was a new experience for me and proved to be very broadening culturally. One of my greatest achievements was participating in a live radio transmission in French during radio workshops. It was a significant challenge as I have never done such a thing before. But thanks to help from my peers, both from my school and other schools as well as valuable input from the teacher who was organising the workshops, we really managed to host our own radio emission in French, which is impressive.

TUESDAY, 14 MAY 2019



Working in Polish group on preparing material for radio workshops.



Radio workshops.

Supervisor Review

Thank you for supporting the CAS programme at IB School No 0704. Please take the time to fill out this evaluation form.

Please comment on the student's progress, effort and commitment:

As Daria's supervisor, I learned a lot. Her constructive and sometimes audacious remarks, her tireless seek for purposefulness, the endless questions "does it really help? does it really makes sense" were very precious for the project and proved her commitment and engagement. She really cares about people and wants to help.

This Activity was ✓ Completed
Not Completed

Olga Wrońska
Supervisor

Organising a School Strike for Climate event

Dates Sep 13, 2019 to Sep 20, 2019

Activity Description I joined a team formed by local youth activist group MSK (Youth Climate Strike) to organise a school-striking event in my home city of Gdynia. The aim of the event was to show that the youth cares about climate change and that we do not consent to the indifference of global and local institutions and politicians faced with the global climate change. As a part of this team, I dealt with more formal aspects of organising a formal assembly (for example organising the audio system), but also with event promotion (hanging posters in schools and drawing chalk messages in front of schools). I also was asked for and delivered a short address for the gathered crowd in English on the subject of ecology. My aim for this action was to get more knowledge on the subject of ecology as it was my first important involvement in this field. I also wanted to develop communicative and collaborative skills through getting to know young climate activists from local areas and finding a common language with them as a person coming from the outside

1. Demonstrate that challenges have been undertaken, developing new skills in the process
 2. Demonstrate the skills and recognize the benefits of working collaboratively
 3. Demonstrate engagement with issues of global significance
-

Supervisor Name: Olga Wrońska

WEDNESDAY, 23 SEPTEMBER 2020 CHALLENGE & SKILLS COLLABORATIVE SKILLS GLOBAL ENGAGEMENT



Me during an action of promoting the event by writing information about it with chalk in front of schools in Tricity

Involvement in School Strike for Climate was for me a truly great experience. I learned a valuable lesson in cooperation, especially via social media. I also had a chance to get to know and meet very engaged young climate activists from my local area all of whom are phenomenally inspiring and colourful people. I contributed to organising an important event from on the global scale, which was very broadening since I consider climate change as a very serious issue of our times. I also did something never done by me before and that is having a speech at a demonstration in English and that was both a challenge and a very rewarding moment for me.

<https://www.facebook.com/msktrojmiasto/videos/502439310301922/>

Supervisor Review

Thank you for supporting the CAS programme at IB School No 0704. Please take the time to fill out this evaluation form.

Please comment on the student's progress, effort and commitment:

Daria's engagement for climate came progressively. The more she learned about it at school, the more she felt the urge to join. We talked quite a lot about Friday's for Future during french lessons and I've seen she is moving from scepticism to frank interest. As the school headmaster objected to kid's leaving school, they decided to organise a happening at school during breaks. It was really creative!

This Activity was ✓ Completed
Not Completed

Olga Wrońska
Supervisor

Organising an Amnesty International 'Write for rights' marathon

Dates Nov 24, 2019 to Dec 14, 2019

Activity Description Write for Rights letter-writing marathon is an event organised annually in cooperation with the world-famous human rights organisation Amnesty International. During the event, participants write letters advocating for the protection of human rights of people who are victimized by their countries' governments all around the world. Each year Amnesty International chooses a group of people the participants of the marathon will be advocating - this year the focus was on young people like us (for example a South Sudanese boy sentenced to death at the age of 15 or young woman from Iran sentenced to 16 years of prison for taking off her hijab) which is why the cause was especially important as our marathon was a school-based event targeting principally students of my high school. Our event had a form of a sleepover:

we invited students from all classes to join us and stay a night at school while writing as many letters and sleeping as little as possible. We tried to create a cosy atmosphere for our participants, with music, homemade food and mattresses with blankets. My goal was firstly to attract people to my event, as it was a voluntary, afterschool affair happening on a Friday night. After consultation with the teacher who supervised such events in my school in the past, I hoped for at least 30 participants and 500 letters. I hoped that my event will increase the awareness of human rights violations around the world, because I have noticed recently that many of my colleagues are really ignorant and do not realise how governments around the world infringe the freedoms of their citizens.

1. Demonstrate that challenges have been undertaken, developing new skills in the process
2. Demonstrate how to initiate and plan a CAS experience
3. Show commitment to and perseverance in CAS experiences
4. Demonstrate the skills and recognize the benefits of working collaboratively
5. Demonstrate engagement with issues of global significance
6. Recognize and consider the ethics of choices and actions

Supervisor Name: Olga Wrońska

THURSDAY, 19 DECEMBER 2019

CHALLENGE & SKILLS COLLABORATIVE SKILLS COMMITMENT & PERSEVERANCE
ETHICS OF CHOICES & ACTIONS GLOBAL ENGAGEMENT INITIATIVE & PLANNING
<https://www.facebook.com/events/2385382881776212/>

THURSDAY, 19 DECEMBER 2019

CHALLENGE & SKILLS COLLABORATIVE SKILLS COMMITMENT & PERSEVERANCE
ETHICS OF CHOICES & ACTIONS GLOBAL ENGAGEMENT INITIATIVE & PLANNING

This has probably been the most satisfying and successful activity that I undertook during the 2 years of conducting my CAS Worksheet. Firstly, I wanted to carry out a marathon like that for some time, but I never managed earlier as I either got swamped with formalities or denied consent by the school administration. Therefore, the fact that I succeeded this time was even more of an achievement for me. Furthermore, I draw a very particular kind of satisfaction from the fact that I was the author of this idea and originator of this idea and therefore for the part of student engagement I was its leader. This is a position that I find very stressful but all the while the most rewarding provided that the project works out. During the preparation of this project as a leader, I experienced some issues that I did not encounter earlier all that much. Communication, for example, especially with one of the teacher supervisors, was a bit problematic since they had several different ideas about the conduct of the project. On the other hand, this was the project during which my cooperation with the rest of organizers was probably the best. It went smoothly and the others were engaged, helping me greatly especially with the paperwork. Thanks to this cooperation we were able to solve problems faced along the line. For example, our application for funding by the school was initially denied, so we decided to gather at least a part of the money needed for paper, envelopes and post stamps by organising a bake sale. A lot of people contributed completely voluntarily by baking and taking care of our stand and I was amazed by the level of cooperation. However, the greatest achievement of all was, of course, the marathon itself. I was full of anxiety, even though many

people (about 70) declared will to participate in the event, but I really didn't believe that they will turn up. Thus I was positively amazed by the attendance. An estimate of 80 people in total attended my event. Everybody showed such an amazing level of commitment I was completely floored, everybody brought something to eat and share with others and they even remembered about their own plates and cups that we asked everybody to bring for ecological purpose. Out of these people, about a half decided to stay the night which is also admirable, as they sacrificed their personal comfort voluntarily. Together we wrote more than 650 letters, which is apparently a lot more than we all expected and a record amount of letters for my school. Looking at this product of engagement of so many people I really felt that I am a part of something global and am contributing my effort to a movement that can potentially result in real change. I know that "Write for rights' marathons may be at times difficult for participants in terms of understanding the purpose of this type of events, as most of the letters probably doesn't ever get opened and fighting with oppressive governments often feels like trying to break down a wall by banging one's head on it. However, one thing that I tried to get across to people who attended the event is that our strength lies in two things: first of all the numbers, as we are a part of a powerful movement and it is possible to exert pressure if only enough people unite for one cause and secondly in our knowledge, as many of my friends were honestly surprised that such breaches of human rights are possible and now that they are aware of them, they may be more willing to undertake other types of action. All in all, the event left me drained to the bone, but happy as well. It is also amazing that I got to know many people from my school who are fantastically engaged and form relations with them, as spending a whole night writing letters is quite an extreme experience and it truly brings people together.

I could say without exaggeration that organising this event restored my faith in humanity and was worth every bit of emotional and physical exertion that was part of the process of organizing it.

THURSDAY, 19 DECEMBER 2019



Me with some of the participants in the morning after whole night of writing letters

Supervisor Review

Thank you for supporting the CAS programme at IB School No 0704. Please take the time to fill out this evaluation form.

Please comment on the student's progress, effort and commitment:

Daria had some trouble coping with stress so we talked a lot about it and tested some technics. There were also some misunderstandings with her team so we focused on interpersonal skills. When she decided to organize Amnesty International letter, she was really worried nobody would care to come. I advised her promote this initiative at school and explain why she finds it useful. And she did. More than 100 persons came with home baked cakes and enthusiasm.

This Activity was ✓ Completed

Olga Wrońska
Supervisor

Organising Tricity Model United Nations 2019 Conference

Dates Sep 20, 2018 to Mar 23, 2019

Activity Description Tricity Model United Nations is a conference based on a simulation of the proceedings of the real UN agendas for high school students, that is traditionally organised by 2 grade IB students from my school since 2011. I decided to get involved in it even before I started my second grade since I have been passionate about MUN conferences since my 1st grade of middle school. I have been nominated as Deputy Secretary-General, which is the second most important position in the organising team for the conference. We planned the conference for 21-23 of March and have started working on it as early as in September. Throughout the following months, we have faced numerous challenges, learning that organising an event of this magnitude, especially when you are a group of inexperienced minors, is tremendously difficult. Model United Nations conferences, or for short MUNs are a particularly engaging way for high school students to entertain their interest in public speaking, diplomacy, but also in human rights activism, as well as most pressing global challenges and crises. For a few days, each participant of a MUN takes on the role of representing a chosen country as if they were a delegate of this country during a session of real UN agenda such as the Security Council, Human Rights Council or World Health Organisation. Each of such committees is tasked with dealing with an especially assigned topic, based on most pressing global issues corresponding to the field of competences of the committee (e.g. Israeli-Palestinian crisis in the Security Council, Sexually transmitted diseases in the WHO). Delegates in the committee work on resolving the problem in accordance to their countries policy, working collaboratively, persuading and arguing during the hours of heated debate in order to finally create a resolution (based on official UN resolutions formatting) that would state the actions that UN will undertake. Through these actions, participants have the invaluable occasion to develop useful skills in many fields that are crucial, but often readily overlooked during regular schoolwork. These skills include cooperation and ability to work in a group efficiently, public speaking and problem-solving skills and awareness of diplomatic measures and proceedings. What is even more important, delegates develop their awareness of modern world problems in depth, gaining precious knowledge about dire situations all around the world, finding facts that our Western world often doesn't pay attention to. For the 9th edition of

TriMUN we have planned several goals. 1. Possible merge with another Tricity based conference (GDNMUN) organised by competing IB school, as a way of attracting more delegates and showing unity of students. 2. Expanding our conference: hosting 300 delegates instead of habitual 200 and also including university students in the delegate application. 3. Making some real change: it may seem oblique but we wanted to include some direct service in our MUN conference as well. We didn't have it specified, we had some concepts about making MUN workshops for local children. 4. Achieve better ratings than last year's conference as an indicator of improvement of conference quality. 5. Include venues both in Gdynia and in Gdańsk as a way to capture the whole of Tricity better and to present it to the delegates, thus representing our local area and promoting it well to the delegates.

1. Demonstrate how to initiate and plan a CAS experience
2. Show commitment to and perseverance in CAS experiences
3. Demonstrate the skills and recognize the benefits of working collaboratively
4. Demonstrate engagement with issues of global significance
5. Recognize and consider the ethics of choices and actions

Supervisor Name: Małgorzata Kubik

SUNDAY, 08 DECEMBER 2019

COLLABORATIVE SKILLS COMMITMENT & PERSEVERANCE ETHICS OF CHOICES & ACTIONS
GLOBAL ENGAGEMENT INITIATIVE & PLANNING

7.04.2019

After the conference, I have so many thoughts, that for the first weeks I was not even able to reflect on it, because I was simply still not detached enough and too emotional. I think that overall we can say that our event was a success, but I am only partially satisfied. First of all, the last 2 weeks before the conference were truly hellish for me. It turned out that the graphics team failed to do their duties on time and we had to correct so many printed materials that for many nights I found myself staying before my computer whole nights doing the graphical work in which I was inexperienced. Because of the delay up until the last hours before the conference, we still didn't know whether all the printed materials will arrive on time. However, they did arrive on time and finally, everything worked out, but the stress I endured was immense. Additionally, I had to manage all the formalities associated with the venue of our conference myself, since our venue team failed completely. However, it was very satisfying and taught me a lot of things for dealing with institutions and planning the use of space, which I think will be enormously useful in the future. Finally, even though the space was very tight because we hosted an enormous amount of delegates, everything was organised very well and the space of our venue was enough, thanks to mostly my personal efforts, of which I am proud. I also learned a lot when it comes to choosing and assessing people to cooperate with. For example, the four of us running the project (me, Jan, Sonia and Natalia) proved to be excellent and committed people and we bonded greatly during the conference, trying to be helpful and reliable to each other. But in different situations, our initial impressions about people we were working with were very wrong. I now know that I can never judge people by their supposed politeness and never to choose them for functions just because they are my friends because this is an approach that cost us a lot of stress and time. There were numerous things that we did not manage to realise as fully as I would have liked to, for example, the catering. I really wanted not to use plastic water bottles, as it is very un-eco-friendly and generates massive amounts of waste, but as we were finding our way among all the pre-conference preparations we did not realise on time that we need to

provide water jugs and finally we had to buy plastic bottles. However, during the conference I became convinced that our event was in fact a successful one. First of all, the conference we organised was really big, as we hosted almost 300 delegates and managed to carry everything out without any major slips or inconveniences. We provided our delegates with quality time, interesting and challenging debate topics and as a result, the overwhelming majority had positive opinions. We hosted a lecture on the topic of sexual abuse, educating our delegates on this fundamental issue. We hosted workshops for the children as a part of the Erasmus+ cooperation. After all, I think that all of us organizers learned a lot during the process and it was a valuable experience, which ended as a success, despite major setbacks.

SUNDAY, 08 DECEMBER 2019

COLLABORATIVE SKILLS COMMITMENT & PERSEVERANCE GLOBAL ENGAGEMENT

30.02.2010

The conference is drawing near and so much different things did happen in the meantime. It turns out that it is not possible to organise an event without conflicts and we had 3 major ones, one of which almost made me think that we will hate each other by the time the conference arrives. So the first conflict was with the design team, since the cooperation with them has been growing increasingly hard. The deadlines were not being kept and we really didn't like the graphics concepts of our design team leader. I was in a really difficult situation, because design team was my responsibility and I felt bad when they were continuously being criticised. In the end I became a mediator between Secretary-General and the design team, which was a difficult task, but I did show commitment, understanding and leadership and finally managed to settle the conflict down. I had to demonstrate similar skills during a misunderstanding between me, the President of the General Assembly and our Chairs. He was mistreating them during our mock debates. Majority of the Chairs were my friends and I knew that they are going to feel very offended. I tried advocating for them but was ignored. Natalia (the Secretary General) had to intervene briefly, but it was clearly the most difficult interpersonal situation and we managed to overcome it. As the time progresses, the worrying trend when the four of us has to take all the responsibility, as people who we are collaborating with are incompetent and show low engagement. That's unfortunate, maybe we do not have sufficient leadership skills. On the other hand, we developed a way to connect our conference with the service cause - now we know with which school we are going to work and how the workshops will look. We decided to start working with the children well before the conference to make sure they know what MUN is and can spend three days of the conference productively. The workshops with children were really great and I think that this part of our conference is really going to work out well. It was very good idea to cooperate with Erasmus+ on the subject of disabilities, because we can use the platform that MUN framework gives us to provide children younger than us with actual skills (like debating and problem solving skills) but also to make them aware of the problem of inclusion of children with disabilities in schools, which connects perfectly to the theme of our conference Building a Civil Society through Education.

SUNDAY, 08 DECEMBER 2019



A picture of me with a conference roll-up just after it has arrived



Pictures of me during the conference



Pictures of me during the conference

TUESDAY, 14 MAY 2019

COLLABORATIVE SKILLS GLOBAL ENGAGEMENT INITIATIVE & PLANNING

20.10.2018

We've had our first meetings within the organising team, that is me, Secretary General Natalia, the other Deputy Secretary-General Sonia and the President of the General Assembly Jan. We have already made several important

decisions and have managed to settle the most important organisational bases for working on our project. First of all, we have seen that the people chosen by online recruitment form by us earlier this year will not be enough, so we asked around a bit and found 10 more people to work on particular issues with us. We have also settled on the division of competences, I will be tasked with overseeing the work of both Media and Design teams. We have also succeeded at directing tasks which means that now every one of our collaborators (and we have like 30 of them) is assigned to a particular group, each of the groups lead by a Director or an Undersecretary. I think coordinating the media and design teams will prove quite easy and fun since people in charge of these groups have shown high levels of initiative and enthusiasm, so I think cooperation will go well. We had to manage one little crisis though, as our Head of Design proposed her new logo idea, but everyone we asked found the logo unappealing and we had to persuade her to go for the old logo, which was challenging, but we succeeded. We have made other important strategic decisions as well. Because we did not get any concrete offers or even answers to our initiatives from the organisers of GDNMUN conference we decided to abandon the idea of merging our events. It would also be extremely logistically challenging, to coordinate the whole organizing process from 2 cities at once. Together with a slightly uncaring attitude of Gdansk based organizers, we decided that it is not worth the effort. Furthermore, we reached quick agreement on the main theme of our conference, which will be 'Building a civil society through education.' As we are all highschool students we understand the power of education well and we will want to include debating over it in our event. But what is even more important, we see education as a perfect tool for modelling young people into becoming conscious and active citizens. Cooperation of the UN with civil society agents is wide-ranging and extremely important in resolving local issues around the world. We would like our delegates to understand this link well and focus on it during debates. We also came up with 2 ways of implementing 'real change' into the debates in a manner that would be in accordance with our theme. first of all, we will introduce speeches of speakers representing non-gov organisations and civil society agents in between the debates to increase the learning experience for our delegates. But what is even more important, we have an idea for a committee that will be absolutely breakthrough on a national scale. We will do a special committee in which we will include elements of workshops, active learning and simplified MUN style debating and will invite children from local primary schools to join it for the duration of the conference but also for several sessions in the time before the conference. We do not really know how to go about it yet, on what basis should the children participate in the project, which school will we contact and who will lead this committee.

TUESDAY, 14 MAY 2019

<http://trimun.pl/>

TUESDAY, 14 MAY 2019

<http://www.youtube.com/v/A video of me together with the rest of organising team reviewing the conference:>
<https://www.facebook.com/189371081075071/posts/2403193573026133/>

Supervisor Review

Thank you for supporting the CAS programme at IB School No 0704. Please take the time to fill out this evaluation form.

Please comment on the student's progress, effort and commitment:

This Activity was **Completed**
Not Completed

Małgorzata Kubik
Supervisor

Tennis practice

Dates Sep 10, 2018 to Dec 16, 2019

Activity Description Together with my friend from class we attend tennis practice once a week at our local tennis club in Gdynia. We used to train together back in primary school and then we let go of the activity. Two years ago we decided to take up tennis again since we realized that it is a way to acquire numerous useful skills as well as seriously improve our health conditions. I had some basic skills from the beginning since I already played in the past, however, our goal for the year was to improve our ability to play enough to be able to play a match in a form corresponding to the tennis matches played by professional tennis players. I personally also wanted to improve my stamina, since in previous years I had no time to focus that much on physical activity, which caused my overall level of fitness to drop dramatically.

1. Identify own strengths and develop areas for growth
 2. Show commitment to and perseverance in CAS experiences
-

Supervisor Name: Tomasz

SUNDAY, 08 DECEMBER 2019

This year we continue our tennis practice with my friend. We managed to find an even more convenient time for us despite the final year and the differences of our timetables at school. We figured that we have one window of time between our lessons on Wednesdays exactly at the same time, allowing us just enough time to go to the tennis court, have a one hour practice and go back to school. I think it is great that we did not abandon this activity in our final year. Furthermore, earlier this month I have found myself having serious back pain trouble. I thought that I will have to resign, but quite unexpectedly I found that playing tennis actually helps me. I am therefore considering maybe having one more practice a week, but I think the time will not allow it. We are making progress with my friend and now we are regularly playing games against each other, the way that professional players do, with services and according to all the rules.

WEDNESDAY, 15 MAY 2019

COMMITMENT & PERSEVERANCE STRENGTH & GROWTH

After almost a year of training tennis I developed several conclusions. First of all, this kind of sports activity suits me very well, as I really enjoy playing tennis and have a great partner, whose skill resemble mine making the practice balanced and demanding. Our coach is also great and supportive and the routine we developed with him for our training is very enjoyable. We did manage, together with my partner to play the whole tennis match in the professional style of competitions, but we do not include all that much competitive playing in our training sessions because it is quite ineffective due to the fact that we are both not very proficient in techniques of service (the move at the beginning of the game) and we waste a lot of time due to basic mistakes. I feel like I improved my basic tennis skills quite a bit, but my overall stamina did not change much. One reason for that could be the fact that I play tennis only once a week and rarely engage in further sports activity. Furthermore, one difficulty that I have stumbled upon is the schedule of our training session. We play on Mondays from 8 AM, which is very difficult for me since I hate waking up early. My partner does not seem to mind and as it is the only hour that fits both our schedules so we have no choice. I am satisfied with the fact that despite the unfortunate timing I managed to stay motivated and never skipped a training because I didn't feel like waking up early.

Due to the fact that I enjoy tennis, my further goal will be to keep up the practice during the holidays so that i do not fall out of form completely. I dont yet know to what extent will it be possible to keep up playing tennis because both me and my partner have quite a bit of travelling planned. My overall activity goal is to increase my stamina, but tennis has not proven to ba a good way of working on that. I think that during the vactaion and later on, in the 3rd grade, I will try rollerblading.

TUESDAY, 14 MAY 2019



Supervisor Review

Thank you for supporting the CAS programme at IB School No 0704. Please take the time to fill out this evaluation form.

Please comment on the student's progress, effort and commitment:

This Activity was **Completed**
Not Completed

Tomasz
Supervisor

Volleyball practice at school

Dates Jan 28, 2019 to Feb 12, 2019

Activity Description

1. Identify own strengths and develop areas for growth
2. Show commitment to and perseverance in CAS experiences

Supervisor Name: Małgorzata Pancewicz
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Me with a volleyball, seemingly enjoying myself.

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COMMITMENT & PERSEVERANCE STRENGTH & GROWTH

I had an ambitious plan to attend a weekly volleyball practice that was taking place at our school. however, in reality I attended only 2 trainings after I was forced to quit. After my second practice I developed a flu and was unable to go and play volleyball. Then our winter holidays rolled in and after 2 week break I must honestly admit that I lost my motivation to continue on with playing sports. The voleyball practice was taking place on Tuesdays, from 3 PM to 6 PM and I often found myself to exhausted to even think about engaging myself in sports activity. It was quite difficult for me to decide that I will not pursue this activity, because during the trainings that I attended I enjoyed myself immensely and found that volleyball is still very much entertaining for me. I used to play volleyball a lot when I was in primary school, our school team even won city championship when I was in the last grade. I dropped it in the middle school when I switched to track and field and joined a club. I found out that even though it has been a long time since I last trained regularly, I retained much of my volleyball skills. Nevertheless my overall fitness and skill levels wee slightly below the group's level. Generally i regret the fact that I let my schoolwork, stress and lack of motivation interfere with my plan and that I did not fulfill the goal that I set myself. I found out that it is very easy to break a routine and that cementing a habit is much harder than falling out of it. I will apply this knowledge in the third grade, when I will be even more stressed and will have even less time coupled with more school-related stress. Finding time for physical activity will surely prove even more challenging, but i will focus on developing a habit and try to choose an activity that will not be taking place after school, since it makes finding energy in myself quite difficult.

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Małgorzata Pancewicz
Supervisor