





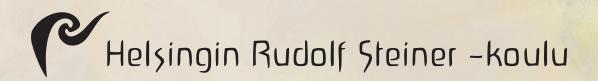
Ostrava (CZ)—Helsinki (FIN) 2023



WALDORFSKÁ ZÁKLADNÍ ŠKOLA A STŘEDNÍ ŠKOLA OSTRAVA-PORUBA,

příspěvková organ<mark>izace</mark> Ludovíta Štúra 1085/8 708 00 Ostrava-Poruba Czech Republic

www.soswaldorfostrava.cz



HELSINGIN RUDOLF STEINER - KOULU

Lehtikuusentie 4 00270 Helsinki Finland

www.rudolfsteinerkoulu.fi

CONTENT

1.	PARTICIPANTS	3
2.	FOREWORD	4
3.	PLANS	5
	AIMS OF THE PROJECT	5
	DESCRIPTION OF THE ACTIVIT <mark>IES</mark>	5
4.	OSTRAVA	6
	PROJECT ACTIVITIES	6
	GETTING TO KNOW PLACES AND PEOPLE IN CZECH	9
5.	HELSINKI	10
	PROJECT ACTIVITIES	10
	GETING TO KNOW PLACES AND PEOPLE IN HELSINKI	13
6.	IMPRESSIONS	16



FOREWORD

Europe is not an empty space. Many people live and lived here and changed the natural and social environment of this continent. To build a deep relationship to the space, where we live, means to be conscious of its' past, the needs of it and to have the will to improve it. In both cities (Ostrava, Helsinki) there are places, which were at some time important or interesting, but nowadays they disappeared from the memory and sometimes they are devastated. The aim of our project is to bring these places to life again in an artistic way. The phenomenon of forgotten city places is similar in Europe and by international cooperation we can make students aware, that we can respond to the challenges of reality together and this way develop not only the relationship to our own place but to Europe as our common life space.

By working on this project participants will develop their sense of responsibility towards their life space local and European and sensitivity for the local differences. Out of that can come the initiative and engagement in public sphere.



PLANS

Aims of the project

- 1. Developing the listed key competencies and documenting them so that participants recognize and record their potential:
 - cultural awareness and expression: visual art and performing arts
 - communication in foreign languages: English communication language, Finnish/Czech
 basics
 - social and civic competences: reviving forgotten places in both cities in cooperation
 - digital competences: communication and presentation (photography, film, web, social networks).
- 2. Promoting an active approach to the living space through multidisciplinary artistic expression.
- 3. Developing responsibility through co-decision making throughout the project.

Description of the activities

All participants worked in linked international groups, where each group had specific tasks. The project started with an introduction to a place that no longer serves its original purpose and now only holds the memory of a previous meaning. Based on this familiarisation, the places were adapted and enriched by the visual art group and the performing art group brought them to life with their jointly prepared performance.

The media group prepared films of these performances.

The participants were accommodated by host families and were thus able to improve their linguistic and cultural competences.

OSTRAVA

Project activities

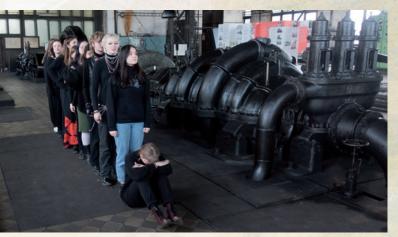
The Michal mine was brought to life by participants in Ostrava

The aim of the first phase of the project in Ostrava was to breathe life into the almost forgotten Michal Mine. With the Performing Art group, we focused on working directly in its premises, where we mostly filmed footage for the subsequent video.

The rhythm was created in small groups, first by clapping, snapping or stamping the feet. When we had created the rhythms in this way, we had to work with recording them on tablets. It wasn't easy to just record, as the conditions weren't right and some of us were doing it for the first time. Nevertheless, the rhythms that came out of it were unexpectedly good and were named. We then choreographed to these rhythms, which were to be inspired by the machines that are in the Michal mine. This part was very fun, each of us had an idea of what we could create and these ideas came together to create nice choreographies that resembled the machines.

The movement took place either in smaller groups - we created various "etudes", or we were all together, when we engaged in movement-drama games. We also danced a lot - either a rave newly appreciated by Czechs at the end of the day to relax, or the polka, a completely new dance for the Finns.

My favorite part of the day was when we danced to techno and then when we danced Czech polka outside.











The place was enriched by the enamel pictures prepared by the visual art group in Artistic enamel workshop in Frýdek – Místek.

I worked with Czech and Finnish students in an visual art group, where we used a very old technique to create enamels in a workshop in Frýdek Místek.















The project was presented to schools and the public in Ostrava at the House of Culture Poklad.

On Thursday morning we had a concert to end everything. The concert was very successful and it energized me very nicely.













Getting to know places and people in Czech

It was very nice to show the Finns the places we normally pass by and to see their perspective on what we often see and don't perceive as interesting at all.

That whole week was spent amazing, I made a great friendship with the girls and we spent every day and after school. We cooked together, we painted, we were out and about a lot, we walked around the city, we visited Stramberk, the Leaning Church, the Lower Vítkovice area, the centre of Ostrava and we went to a concert.

Zlín – guided tour of historical parts of the town, life in Ostrava and surrounding

We had bad weather for the guided tour in Zlín. Nevertheless, we had the opportunity to learn a lot of new information about the history and present of the city, especially about the life and work of Tomáš Bat'a. The best part of the trip was the ride in the paternoster and the visit to the Bata skyscraper. The Bata houses were very interesting in terms of history and design.











HELSINKI

I'll never forget the first trip to school, piles of snow everywhere and we were walking to the school through the magical forest where the school is located.

Project activities

In Helsinki, we brought the original Steiner school building back to life, namely Mikaelsali as the heart of the school.

In Helsinki, we brightened up an already dead place. It was an old school building. The memories of this amazing space are still fresh in the minds of Finnish students, the building is destined for demolition and we used it for our mission.

When I look back on those moments I think how incredible it is to create something like that in a few days, especially with strangers and people who speak different languages.











The visual arts group painted the walls.

I took part in a visual art group where we painted and sprayed graffiti. I especially enjoyed the graffiti. In visual art we tried graffiti and painted different characters on the walls as a symbol of the life that existed in the school when it was still running.

With graffiti I was glad that we didn't have any specific assignments and could fully try and create anything, I found my own private wall and made something like an interaction between trees and an animal.

As another part of the decoration of that building, was painting with paint on the wall, where we basically portrayed ourselves, which was very interesting. First we tried it on papers where we lay down in any position, someone traced us and then we painted ourselves the way we felt. Later we did the same thing on the corridor wall, where we stood in any position and then painted the drawn figure.

We also worked with iPads. First we learned to work with the art program, then we took photos of the performing art group during their scenes and finally we transformed the photos we took with the program into cartoon form. These redrawn photos were then used in the final video.











The performing arts group prepared the sketches from the school life.

It was not always possible to have a smile on my lips, but I still remember the project with great joy and gratitude. It has developed me not only musically and dramatically, but also in the way I collaborate and communicate with people in another language. It confirmed me that art has meaning and is an essential part of me.













Geting to know places and people in Helsinki

Fazerila – the chocolate factory

As part of the project we also visited a chocolate factory Fazer, which we were all impressed by. After all, everyone likes to have a piece of chocolate every now and then and it was very interesting to see how the chocolate is made, what ingredients are used and how the final Finnish product tastes. In the afternoon we went to almost Charlie's chocolate factory, except it was Fazer's factory.













Musiikkitalo (Music hall) in Helsinki

The second excursion was to the concert hall, which I, as a musician, found very interesting. I love attending these types of concerts in my spare time, so it was great to see the behind the scenes of all the action.











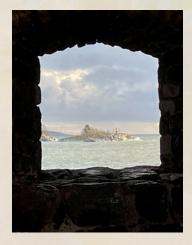


Suomelinna – the old fortress

The best walks for me were at the Suomenlinna coast, where I went alone after our trip together. Whether I was walking through the bustling streets of Kamppi, sitting in the central library of Oodi or just listening to the wind on Suomelinna, everything made sense and radiated a kind of togetherness. I was intrigued by the Finnish library, where I have been several times. It is large, quiet and very comfortable. I also really liked the island of Suomenlinna, which was also quiet and beautiful.













IMPRESSIONS

At first I was quite unsure of my English, I took my time with my speeches and apologized for my mistakes. But this phase ended after a few days and I had no problem expressing myself. The atmosphere was relaxed, no one addressed or gently corrected mistakes. During the project my pronunciation improved a lot, I gained confidence in my speaking.

Mainly because of the all-day, intensive contact with people, which was often exhausting. I have found that my social battery is not infinite and being able to ask for a moment of silence or time to myself is not selfish, but necessary and healthy for the soul.

In Finland I stayed with one of the girls. The family was great and every day we shared. We had dinner together, and we went to the gallery and we went on a tour of the city. Especially with the parents of our hostess, we a wonderful relationship. I felt like part of the family, for which I am so grateful.

My goal was not to be afraid and to go all out, to get to know a new culture, which I did, and I got to know both Finnish culture and Indonesian culture, thanks to my host's dad, who's from Indonesia. Through conversations with my roommate, I discovered a lot of the cultural and lifestyle differences between our countries, but also through living abroad myself, I was able to experience a lot of their everyday life firsthand and would definitely like to go back one day.

Since my host family's dad was Balinese, I also learned various interesting things about Bali, even tasted Indonesian food.

I would never have thought that I would enjoy train travel, but during the Helsinki part of the project the opposite became true.





