

VISITA DE ALUNOS E PROFESSORES

Espanha Grécia Hungria Rep Checa

20/24 fev 2017

escob
Escola Secundária/3 Camilo Castelo Branco

Portugal



Erasmus+



Monday, 20th February 2017

In our first day we discovered the school where we saw the rooms where the classes take part. Also, we saw the students in a concert that they had prepared for us and it was an amazing beginning of the week.

Then we visited the Museum of Vila Velha and after we had lunch.

In the afternoon we had a small tour around the city and we had a break at Yogurice before our dinner at the school canteen.

At the dinner we listened to the typical music and tasted the local food. In the end we danced and had the chance to know each other better.



International Project

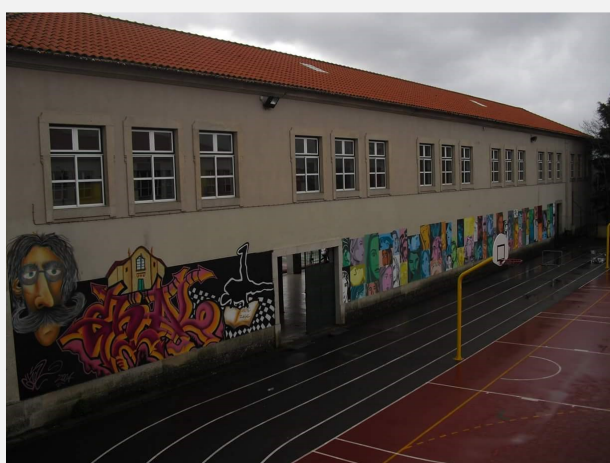
This project is sponsored by EU.

Tuesday

Our day started at 8 AM at school. And we went to the classes to look how you Portuguese study. It was kind of interesting to see your way of study, but we are not so different.

Then we visited palace Mateus.

Its very beautiful and spectacular place. Its very unusual that the palace is still inhabited. So we weren't allowed to visit few rooms. But the most interesting was the heard of the palace, the library. There were so many old books and even the notes of Beethovens symphonies. But it was forbidden to peruse them.



By: Czech Republic

Wednesday- A day in Douro Valley

'The Hungarian team'



A week in Portugal



We arrived to Vila Real on Saturday afternoon. We were very tired.
On Sunday the hungarian children arrived too, and we went to play to the park.

On Monday morning we go to Escola Sec/3 Camilo Castelo Branco, the local art school. After that we visited the Town Hall. We went to the museum and we went sightseeing. We go back to the school and have lunch. That was delicious. Thereafter we go back to the town.

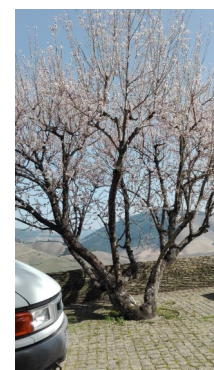
Wednesday

On Wednesday we went to Douro Valley by bus.

When we arrived there, we saw a beautiful view with mountains. We travelled a lot to this place.

The city got its name about the river, called Douro.

The guide spoke to us about the nature, natural treasure, and his wine-growing area, and why important to save our environment. The teachers tasted the famous wines from Porto, and they bought it to their families. We walked in the mountains a lot, and it was very wonderful.



Afterwards we had lunch, with traditional foods.



Then we went to a boat trip on river Douro. It was amazing, when we watched the fields. It was also very cold, because the wind was blowing.

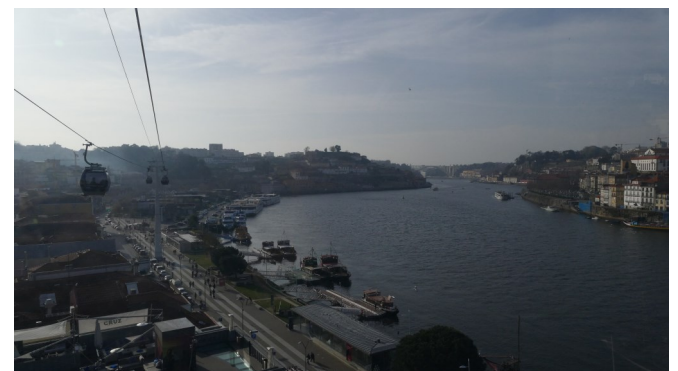
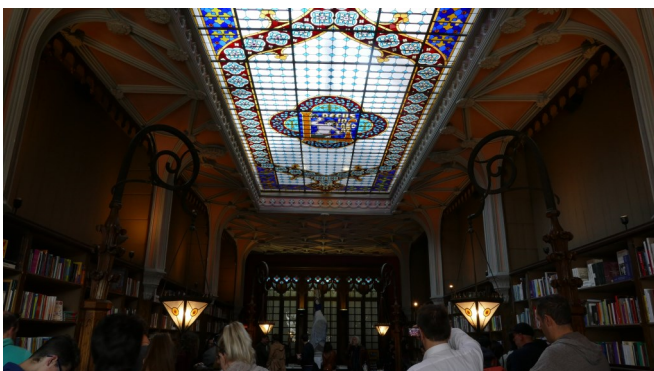
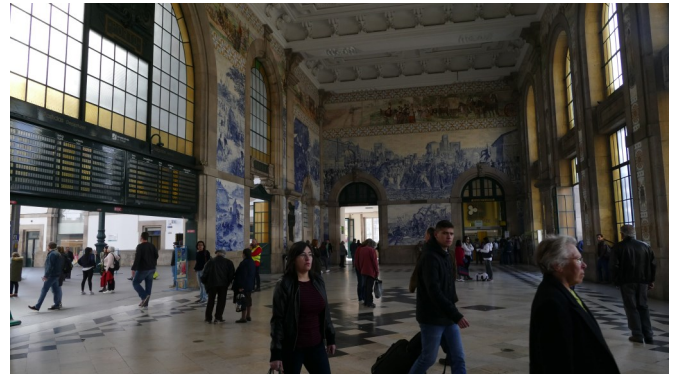
In the evening we arrived to Vila Real, and had dinner with the Erasmus + students in a local restaurant.



«It was very delicious.

Thursday

On Thursday, we went to Porto by bus. In the morning, we went to Torre dos Clérigos and we think it is really beautiful. We also went to Aliados Avenue and to a historic station called São Bento. It has a lot of mosaics about the Portuguese history. Next, we visited Livraria Lello which is the place where JK Rowling started writing Harry Potter. We passed in Rua das Flores and then we went to Hard Club to have lunch. The food was amazing! We had a walk in Ribeira and we crossed the bridge D. Luís. We were late to see the cellars so we had some free time. Some of us went on a ride in a cable car and it was really funny. After a walk next to the river, we finally went to the cellars. A woman talked about Portuguese wine and the teachers had the chance to taste it. After we visited the cellars, we got in the bus. During the trip, the bus started to smoke out and we were all scared. We had to get out of the bus and wait for another one. After a few minutes, the bus arrived and we got back to Vila Real. At the end of the day, we were tired but it was a great experience!





Friday

Our last day at school was on Friday! It was Carnival so everyone was really excited. In the morning, we went to see the parade. Everyone had an amazing look and it was really fun to see the art students dressing their handmade costumes. We had lunch at the school canteen and the food was great. In the afternoon, we had a class together and it was great. We are really sad because we have to go back to our countries. It was an amazing experience and we are not going to forget it!



Being a football player



'It is not an easy task to follow this career path', our football player explains. His name is Nick Margaritopoulos and he is a professional football player in Greece.

What qualifications are required to do this job?

The most significant qualification required for the job is your dedication to it. Only hard work can lead to success.

What level of education do you need for this job?

I believe that education level should be high in every profession, as while growing each person should expand their horizons. Your personality, though, can damage your working profile, so a football player should be discreet and considerate.

What kind of salary do you make (high/average/low)?

The salary depends on the category that the team belongs to, the football player's manager and the player himself. Retirement is not easy at this profession, as we have to practise another job as well in order to gather the necessary stamp.

What's the social status of the profession within your society?

Football is quite popular among young men and women all over the world, as well as in Greece, too. However, climbing the social ladder is a challenging goal. Although most of the athletes struggle for publicity and social recognition, they have to undertake many trials to achieve this target.

What are your working hours? Briefly describe your everyday routine at work.

I exercise five to six hours every day. I wake up at seven o'clock and at 8 o'clock I start working out for two hours. Then I have some rest and at 3 o'clock I continue exercising until 6 o'clock. I admit that my daily routine is actually entertaining to me because i really love my job.

What are the advantages and disadvantages of the job?

Financial and social status are some of the advantages this job can offer. Publicity comes along with the appropriate social image and if a football player is able to match the model, he can achieve world recognition. Nevertheless, training hours can be exhausting and stress can affect our psychological health. Our commitment to our work can influence us either positively or negatively.

If you could change one thing in your work, what would it be?

'I would not change a thing if I were able to go back in time', Nick concludes.

Due to his personal ambitions and his parents' persistence he decided to become a football player. If there is something he could point as a remark to the football committee, that is the attitude of the employers to the athlete as they should take into more consideration the athlete's demanding schedule.



What does it take to be a professional footballer in Portugal? Mário Palmeira, central defender in Belenenses, a team from the main Portuguese league, helps us to know.

Your decision to pursue a football career was influenced by a family member, a friend, or sports personality?

Yes, falling in love with this sport, and having this dream, is due to my father. My father was not a famous player. He played only at district and national level, but since I was a child I watched all his games, and in the interval of the games I used to go inside the field and play with the ball. I always saw him as

my idol to follow.

Whose are the required qualifications to be a professional footballer?

Most people think the key point is technical quality but in my opinion it's not so linear because there are players who make huge careers worldwide and do not have great technical quality. I think that a player who aspires to be a professional footballer has to have, above all, a great spirit of sacrifice, humility and willingness to work, because with a lot of work every day, a lot of spirit of sacrifice and humility, everyday wanting to learn more, are fundamental qualities to become a professional player because in today's football the tactical aspects are increasingly important.

Tell us an advantage and a disadvantage of being a footballer.

Above all you are privileged to do what you love, what you love most in life and this is priceless, so in my understanding this is the biggest advantage we have. As for the disadvantage, in my opinion, it boils down to the fact that you always walk from one place to another. You have no fixed house, you do not create foundations anywhere, you are far from those you love and love best. I think that's the biggest disadvantage we have.

What is the average salary of a footballer?

I cannot tell you what a footballer's average salary is because it depends on the division you are. In our country and most of all it depends on the club you are playing in. There are a lot of factors that influence a player's salary.

Being a fast-wearing profession, what should be done to guard against the future?

Above all a player must build bases, to be cautious when that day arrives. When I speak on bases, I speak essentially in studies, studies that will give you a degree of equivalence enough to have a good and sustainable job for the rest of your life. Its not true that all players earn well enough to do nothing else in life as the career ends, and for this there are several living examples of ex-players living in misery because they did not beware for this same end.

How would you rate the social status enjoyed by a professional footballer?

It is not easy, especially in the most important divisions of each country, because you have to be very careful with everything you say, what you do and what you write, because any misinterpreted word, any misinterpreted act, easily comes on the newspapers and this can bring you very serious problems.

If you could change anything in your profession, what would you change?

More seriousness from people who run the clubs and who run football. Football is losing its naturalness, its essence, its true passion and is turning into a game of interests only, that always tends to those who profit more.

Captain of Czech Football Club “Slávie” Jiří Bílek



Who or what influenced you in your choice of profession?

My family, of course, and the fact that most of my family is committed to football. By time, I realized I keep getting better at football and that I could play professionally. And it worked out, which is great.

What kind of “qualification” does a football player need to play for the national team?

That varies. But it is necessary to show good results and stable performance and shape. Plus you should have the feeling of national belonging. But there is not an ultimate rule or standard for this.

What is/was your average salary?

When I started my career as a football player, my salary was only a few thousand crowns a month. If players are good, they start getting paid at the age of 18. The salary grows with time, of course. Football players tend to have a higher salary than is the average one of a country. That is also because you can make a living by playing football only until you are 40.

At what age does a football player usually end their career?

As I said already, football players usually retire at the age of 35, but some of them still play long after that. It depends on the individual health condition.

How valued, in your opinion, is the social status of a football player in the Czech Republic?

Definitely not as much as it is abroad, where football players are respected and even admired. But it is getting better. It also depends what club you are.

Is it easy for a football player to climb the ladder of success? Were there any troubles you needed to deal with?

If a player proves to be in a good and consistent shape, it is much easier to climb it. The most difficult obstacle every player has to overcome is injuries.

Football is mainly popular among men, but what do you think about women’s football?

If I have some time, I watch the games, the results. Or this one time, when the women’s football team of “Slávie” played in the *Champion’s League* and did great, I rooted for them. I think it’s good that women also play football.

How much time do you sacrifice for football (trainings, matches, intensive training course, etc.)?

How often did you use to train as a child and in later years?

If you start playing football, say, at the age of 5, you have two trainings a week. When you reach the age of 16, you have a training session every day. Plus, if you play professionally, you also have two trainings a day twice a week.

Could you describe your ordinary day?

I get up at 7 o’clock. I take my older daughter to the kindergarten and drive to the stadium, where we meet at 9 o’clock. We start training at 10 and finish at 12. Relaxation and massages follow and finally a collective lunch. In the afternoon, I either have another collective or individual training, or I have some time off to take care of my personal things.

How many days off do you get in one year? How do you mostly spend these days?

Aside from the two fourteen-day long vacations I get in summers and winters, it is 20 days a year. I always spend my free time with my family.

What are the advantages/disadvantages of your profession?

One of the advantages is that you do what you have been doing all your life and you like doing it. It is also your hobby. On the other hand, if this hobby turns into a profession, you can only do it on the top level until you reach a certain age.

If you could change one thing about your job, what would it be?

I would definitely change the fact that it is not a lifelong hobby to do. I wish I could play football much longer. And I would like to raise the popularity of this sport in the Czech Republic.

Interview with a famous Hungarian football-player, called Tibor Dombi



Thanks for the invitation, I had a great time in your school.

I hope my answers will be good for you.

I think nowadays it's very liked. Among the women it has become more popular recently.

How much time do you sacrifice for your job (including you free time)?

All my life is football.

What are your working hours?

On a normal day I practice once or twice 80-90 minutes on the field, but it is not enough. If you want to do it well, you have to play all day.

Briefly describe your everyday routine at work.

In the mornings I train, at noon I have lunch, in the afternoons I train again, and after I have dinner and go to sleep. It's a typical weekday for me. :-)

How many days of holiday do you get?

I get a day every week. In summers I have 7-10 days and in winters I have two weeks to relax.

Who influenced you to choose this profession?

Me myself. I have always wanted to be a football player.

What are the advantages of the job?

There are a lot of advantages of this job like a high salary, success, fame, luxurious life, parties and travelling.

What are the disadvantages of the job?

The disadvantage of this job is your career is finite. It means you „grow old” too soon.

If you could change one thing in your work, what would it be?

Nothing. I love it this way, except that you have to stop it once.

What level of education do you need for this job?

-You don't need any school education. Good genetics, steadiness, being humble, luck, talent and many things are necessary for you.

What other requirements do you need to do this job?

-You have to be able to walk. :-))

What qualifications are required?

-My trade is a butcher, but I have never worked in it. You don't need it for football.

What kind of salary do you make (high/average/low)?

-It depends on the level of the football you play. In Hungary you can earn multiple of the average salary.

At what age do you retire from the job?

- Normally football players retire at age of 34-36.

What's the social status of the profession within your society?

-In the 1950-60s the Hungarian people loved football, but in the 1980-90s this sport wasn't very popular. Nowadays it's becoming more appreciated.

Is it easy to climb the ladder of success in your line of work?

-You need a lot of things for success.

How popular is this profession with men/women?

Successful Karate Trainer



On the 11th January, we made an interview with Mr. Pavel Znamenáček, who is a karate trainer, a trainer of personal development and a therapist of energetic development at the same time. He started doing karate accidentally. He was influenced by 2 motivators: first was his friend, who was overweight and started doing karate. The second was more negative: when he studied high school, he lived in a dormitory along with the son of the headmaster. He had been doing karate for some time and was quite arrogant. So he often liked to show off in front of others.

Mr. Znamenáček has been

doing karate for 33 years now. And as he stated, he is not just training karate, he lives by it. He started to train in Duchcov, and from there, he moved to Ústí nad Labem. As time passed, he founded his own club in Česká Lípa, which currently has over 200 children. The interesting thing is that not only boys do karate, according to him there isn't a lot less girls than there are boys. In Mr. Znamenáček's club, even the youngest children can begin to learn karate. Children around the age of 2 or 3 years practise with parents at first, older ones can attend movement training and from 7 years on, they can begin with karate. Every ordinary day, Mr. Znamenáček has up to 3 trainings with children/adults and 1 personal training. He usually wakes up at 6 o'clock, warms himself up, then has breakfast with family, and then his day of work begins.

We were interested in the requirements of becoming a karate trainer. To get the 2nd trainer class, one must be at least 18 years old and his technical skill must be at least on the level of the 3rd Kyu (brown belt). Mr. Znamenáček has acquired possession of the black belt, according to him, quite early. However, it meant 6 years of tough and intensive training. Every trainee has a specific color of belt (KYU or DAN), which represents his technical skills. He admitted that his club is more of those which don't push trainees to quickly get the highest belt. He added with a sigh: "These days, everything is focused on the sport and the deep tradition is slowly disappearing. I think there is often less concern for ethics and more for competitions." According to Mr. Znamenáček, a trainer must set an example and follow the same rules as trainees do.

the Czech Republic

Karate for anybody



On Wednesday 11th January 2017 we had the chance to conduct an interview with Mr. Josef Polák, a coach of karate in Česká Lípa. Mr. Polák started with karate in 1982, when he was told about it from his friend. Today he has his own gym and he trains with anybody, who is interested in doing karate. Although, he says, there aren't many people who would be committed to karate for longer periods of time. "After coming from my one-year military service" says Mr. Polák "me and my friends attended a karate club and there were approximately 50 of us. After one month there remained only 10 of us." From interesting interview we learned about the word *karate*. It's formed from the words "Kara" (which means empty) and "Te" (which means hand). There exists concept "Karate Do" which means "The way of the empty hand".

We were also interested to know how long it takes to become a coach of karate and which qualifications are needed for it. "It's an individual matter, but to become

a coach you have to complete various tests. And it's very important to work on your qualification and learn new things." said Mr. Polák.

Some of us are curious if they can use Karate moves at school or on the streets. He told us that we can't use Karate moves on the street because if the assaulted person decided to sue us, we would lose. Karate fighter must know his strength, and must be extra careful with everybody. Traditional Karate moves are not used only for fighting but are also kind of art. But today Karate is reduced only to a sport, and in this sport you can compare skills between various fighters. In competition, you have 2 ways. First way is kata (a fight with an imaginary opponent) and kumite (a fight with a real opponent, but you have special equipment). In *kata* fight you haven't got time limit but in *kumite* children have 1 minute and 30 seconds, juniors and women 2 minutes and men 3 minutes.

the Czech Republic

Krav Maga

On January 12th 2017 we made an interview with Mr. Slovák, who trains self-defence system called *Krav Maga*. Mr. Slovák started *Krav Maga* after hearing about it from his friend. He started commuting to Liberec about 8 years ago and there he learnt from experienced trainers. Then he accepted an offer from a trainer of a certain club in Prague. He accepted this offer mainly because he had to pass a year-long course that ends with a set of tests. And after passing the course he was granted a certificate that allows him to train others. At first, he only taught adults in Prague. Later, he also wanted to teach kids. So he went to Poland to study. Today he is training both adults and kids. In his club, there are regularly 70-80 adults and 150 kids.

Pupils are divided into age categories and then they are divided by efficiency. Trainees receive badges which they tack on your trousers. Usually they train twice a week. For the first 3 months, trainees come in trousers and T-shirts. As they progress, they need to buy special equipment: a suspensor,



KRAV MAGA

pads for shins and arms, a mouth guard and a helmet.

During training sessions they learn how to recognize dangerous situations and how to react in such a situation. But students have responsibility to know the result of their behav-

ior. Krav Maga is by many people often called a very aggressive and dangerous kind of martial arts, but it's not. What Krav Maga hopes to achieve is for students to learn self-defense. Students are also supposed to learn to control their behavior and not provoke or seek conflicts.

There are no rules of fighting in Krav Maga. Here students learn the self defense techniques and natural reactions of the enemy. Self defense is built on three main points. First one - aggression: you must be more aggressive than your enemy. Second one - speed: it's necessary to surprise the enemy. And at last the third one - escape: as soon as it's possible, it's in your best interest to run to safety and call for help. Krav Maga is not a sport but a form of preparation for close combat to death.

the Czech Republic

The fitness center owner



On 9th January 2017 we made an interview with Mr. Procházka and found out that he devoted himself to training box, kick box and exercising in the fitness centre, which he also owns. How does it even work in such sports? We asked Mr. Procházka and he was willing to answer all of our questions.

Mr. Procházka has been committed to these sports since he was 14 years old (now he is 40). They are not only his source of income, but most importantly, his hobby. To become a trainer, he had to get a proper license, which must be renewed once in three years. He would change nothing in his job, except for more free time. His day of work begins at 6 o'clock with the first training and lasts approximately until 12 o'clock. Then, he has a little less than three hours to rest, because at 3 o'clock in the afternoon, other trainings begin, which usually don't finish until 9 o'clock in the evening. On Saturdays, he trains just for 2 hours, and on Sundays for 4 hours. Trainings are both individual and in groups. He also works as a personal trainer in the fitness centre. He trains about 20 adults and 15 children (over 15 years of age). Even girls can train. Some of them become fantastic trainers and even wrestlers.

We learnt how the average training of box or kick box looks like. As in every sport, at first there is a warm-up of the organism, then comes stretching. From then on, the training is different, because the improvement of kick, punch and fight skill go one after another. The physical training for matches is also necessary and at the very end trainees make pairs, in which they train to fight. Trainings do not differentiate with gender. Everybody trains together.

We were also interested in matches and tournaments. The adult match lasts 3 times 3 minutes and cadets' match 3 times 1 minute. Tournaments use elimination method, where every contestant has to fight through 9 matches to get to the final. Injuries are allegedly common in box and kick box, but we were surprised, because more serious injuries happen only seldom. A higher chance for injury is, according to Mr. Procházka, for example in floorball.

Mr. Procházka is not just a martial arts trainer. He is also the owner of a fitness centre, which he founded 4 years ago. We were interested in the approximate price of 1 fitness machine and whether he rents them or buys them. He explained that the ownership of those machines isn't a cheap thing, because

1 machine may cost from 40 to 250 thousands Czech Crowns, and so he rather rents a lot of machines. One personal lesson costs around 300 Czech Crowns. So he earns enough to provide for his family and to travel. But, as he says, his family would like him to spend more time at home.

Our attention was drawn by information about amateur and professional box. Because Mr. Procházka said that it is best to think a lot about it before you start fighting in professional box. If a man isn't successful there, it's impossible to come back and fight in amateur box again.

At last, we asked Mr. Procházka about what suits him in his job and on the other hand, what he would change. "I like when my students give themselves to the sport they do and I really appreciate it. But there are also people I really don't like, the lazy people. They arrive only once in half year and want me to train them to be 'world champions' in no time, so I really don't like these impatient people."

the Czech Republic

A devoted coach of wrestling

On 14th March, 2017. we made an interview with Mr János Radócz, who trains wrestling in the neighbouring village of Téglás, called Bököny. Mr Radócz got close to this sport when he started as a wrestler at the age of 10. As a sportsman he was taught by experienced trainers. Owing to his hard work and the well qualified coaches he became a national champion by the age of 15.

The atmosphere of the wrestling gym so influenced him that at the age of 20 he decided to become a coach of this sport. He enrolled to a course at the University of Physical Education and studied this profession. Soon he formed his club in Bököny and got one success after the other. His wrestlers won local, national and international competitions. People in different countries learnt soon the name of this small village.

Sport is his life. He graduated at the College of Nyíregyháza as a P.E. teacher in 2005. During his lessons he teaches different kinds of sports from swimming

to handball, but he says wrestling is the basis of everything.

In his club there are about 15-20 wrestlers, they are the students of the local Primary School, between the ages of 6-15. They often travel to local competitions and do their best to qualify for national tournaments. They often take part in international cups in Italy, Germany and Romania.

Nowadays it is getting harder and harder to keep wrestling alive, as there are other easier and more fashionable sports among the young people. In spite of this Mr Radócz is optimistic, he says there are always some talented boys for whom it worths carrying on. He has been doing it for 27 years.

Hungary

VIDEOCONFERENCE WITH HUNGARY

On January 25th, 2017, our school participated in a videoconference with a school in a foreign country, as part of the Erasmus+ project, funded by the European Union. We had the opportunity to conduct an interview with a school from the city Téglás in Hungary with students from secondary school. The topic of this videoconference was “sport”. We asked each other different questions, such as: Who is your favourite sportsman? Do you do any sport? Do you like watching TV broadcasts of sport events? What do you enjoy most in P. E.? Do you prefer collective/team sports or individual sports? And many other questions ... We learned that they have 4 - 5 P.E. lessons a week and that there are many sport clubs, such as tennis or volleyball, available to attend in their school. Everyone enjoyed themselves, and we can't wait for another interview.

Students from the Czech school