



Erasmus+

**LEARNING OUTSIDE THE CLASSROOM – ENHANCEMENT
BY CULTURAL AND DEMOCRATIC EXPERIENCES**

2019 – 2022



GERMANY – SOEST – EUROPASCHULE ALDEGREVER GYMNASIUM SOEST

GREECE – CHRYSOUPOLI KAVALAS – GENERAL HIGH SCHOOL OF CHRYSOUPOLIS

ITALY – SAN BENEDETTO DEL TRONTO – I. I. S. "GIACOMO LEOPARDI"

LITHUANIA - EITMINISKIU GIMNAZIJA – EITMINIŠKĖS



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REMEMBERING AND COMMEMORATING THE VICTIMS OF NATIONAL SOCIALIST TERROR - WEWELSBURG MEMORIAL 1933 – 1945

I. THE WEWELSBURG CASTLE

WEWELSBURG CASTLE DURING THE NATIONAL SOCIALISM



<https://www.paderborner-land.de/deu/entdecken/standorte/kreismuseum-wewelsburg.php>

1. The Exhibition

In Area 01 are six boards with information about the Wewelsburg. On two of these boards there are information about the Wewelsburg castle during WW2. The information texts are written down in German, but there are a lot of pictures that supported to tell the story.



In Area 05 there are cabinets and showcases in which documents and relics are used to inform the visitors. On the cabinets there are also texts printed and drawers in which you can see things like resumes and books.

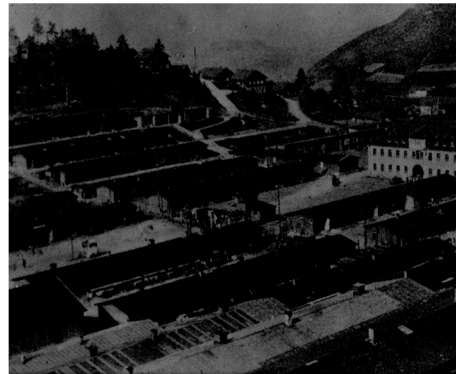
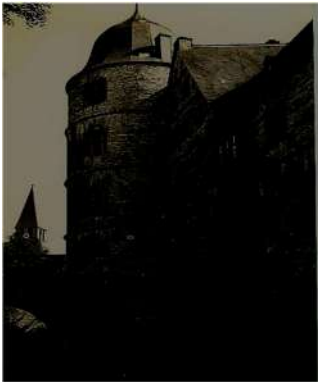


Fotografien aus der Ausstellung. Mit Einverständnis der Museumsleitung.

2. Development of Wewelsburg Castle

The Wewelsburg castle was called the SS school of Wewelsburg. It was headed by Heinrich Himmler, he was the Reichsführer of the Schutzstaffel. Hermann Bartels was his most liked architect and the construction manager of the rebuilding and expand of the castle. Bartel created a plan that envisaged the disappearance of the entire village beneath the SS castle. The inhabitants of the village didn't want to leave so Himmler forced them with legal sanctions. Near the castle a concentration camp was built. Compared to other ones it was a small one but it had a high death rate. The people were brought there to implement the plans of the SS as slaves. In 1943 the SS stopped their plans when the war changed in a badly way for them. At the same time the concentration camp Niederhagen was resolved and the prisoners were brought into other Camps. The area was used by the Hitler youth to prepare for military training and for further SS activities. The SS continued their plans around the Wewelsburg. If Germany would have won the war the project around the Wewelsburg was supposed to go on for 20 years.

The castle was also used as a treasury. The SS brought there valuable and special things like paintings, ancient weapons, precious books and jewelry which they stole from occupied countries. Before the US-american arrived and were able to free the last prisoners, Himmler detonated the castle on april 2nd 1945.



Fotografien aus der Ausstellung. Mit Einverständnis der Museumsleitung.

3. Connection between the castle and the concentration camp

In the documentary about the castle you are already able to see the connection between Heinrich Himmler and Hermann Bartels. You could see that the concentration camp was managed by the castle. As you can see in the picture, there is a suitcase which belonged to a polish family arrived in Wewelsburg in October 1944.



Fotografien aus der Ausstellung. Mit Einverständnis der Museumsleitung.

4. Our benefits

The museum and the castle interested us all. We were all impressed by the real historical objects (clothes, books, letters etc...) and how the story is told by the museum. Our exchange students weren't able to read the german texts, but because of the picture objects and audio guides they understand what happened and found about our particular topic.

II. STAFF AND STRUCTURES OF THE SS

EXHIBITION IN THE WEWELSBURG; BIOGRAPHIES



aus: Endzeitkämpfer.
Ideologie und Terror
der SS. hrsg. Wulff E.
Brebeck
(e.a.).Berlin/München
2011.

SS-troupes at
concentration
camp
Niederhagen

1. The Exhibition

The part of the exhibition in the Wewelsburg that deals with the biographies of SS officers is made up of pillars with four different sides that display information about the perpetrators. The pillars contain drawers that have to be opened to gain specific knowledge about the people.

In contrast to this structure, photos of victims and general information about the second world war are displayed openly, so that viewers can take everything in in one glance.

This structure is intentional. The exhibition's creators meant to symbolize the different facets of the SS-men's lives and the twisted nature of the SS and similar organizations of the national socialists.

2. Organization within the SS

Basically, the SS was a subdivision of the NSDAP and therefore an officially registered association. For most people, the membership was free time activity that they paid for at first. The SS quickly grew out of this limited role, when it was supplied with stately powers in the form of armed formations and the police under the command of Heinrich Himmler. Being perceived as a sovereign function did not only grant the constantly expanding organization financial sources, but also a variety of capabilities to influence the society ideologically.

3. Biographies of SS leaders

Adolf Haas

Adolf Haas was born in 1893 in Northrhine-Westphalia. After completing his training as a baker, he entered the navy at the age of twenty and served in eastern Asia. Following the outbreak of the first world war, he spent six years as Japanese prisoner of war.

Later, he married and had three children. In this time, he worked as a baker.

On the 1st December 1931, he joined the Hitler party, the NSDAP. The year afterwards, Haas joined the SS. By 1935, he had a leading

position in the SS and sold the bakery he owned in favor of being an SS leader as a full time profession.



Fotografien aus der Ausstellung. Mit Einverständnis der Museumsleitung.

Haas was leader of the concentration camp Niederhagen/Wewelsburg for almost three years. Just as many men of the Wewelsburg KZ crew, he first serviced in the concentration camp Sachsenhausen, from where he was transferred to Wewelsburg as Kommandoführer in June 1940. When the concentration camp Niederhagen became independent, Haas was made concentration camp leader and remained in this position until the camp was dissolved in the spring of 1943.

His service assessment contained a lot of critical information. His superiors complimented him for his peremptory, but they excluded the possibility of a higher position for Haas at the cause of lacking efforts in his paperwork.

The prisoners in the concentration camps feared his cruel and unpredictable behavior. Haas used his powerful position to let artworks and painting be created for him, which he would later give to either his family or his superiors as gifts.

In 1944, Haas was investigated for letting himself and other SS-men be drawn by Jewish prisoners. In the same year, he lead the SS-bataillons 18. In march 1945, he left his living place, went to Hamburg and was then regarded missing for five years.

On the 18th August 1950, he was officially declared dead.

Dr. Bernhard Frank



Fotografien aus der Ausstellung. Mit Einverständnis der Museumsleitung.

Bernhard Frank was born on the 15th July 1913 in Frankfurt. He was the third child and the only boy in his family. His mother died in December 1918. His father remarried soon afterward and they had another child.

In spring 1932 he finished school (Helmholtz-Oberrealschule) in Frankfurt. In summer, he began studying at the Johann Wolfgang von Goethe University in the city. He studied the German language and philosophy. After six months he changed his studies to economics.

Bernhard Frank was a product of the SS both ideologically and professionally:

He joined the SS in 1933 at the age of 19. As a former member of the SS disposal troops, the Schutzstaffel formed him into a National Socialist soldier. As a

commissioner for folklore (since 1935) at the "SS-Schule Haus Wewelsburg", the SS also influenced him as a scientist, making his scientific work determined by elitist self-images.

Dr. Frank proved a useful man for many purposes within the SS: He was trained as a future leading SS researcher in the Wewelsburg; he served as a staff officer of mobile SS killing units behind the front during the invasion of the Soviet Union; he commanded a front battalion of the Waffen SS for several months and was appointed commander of the Waffen SS units in 1943 to protect Adolf Hitler's residence on the Obersalzberg.

On the 29th June 2011, he died in Schmitten (Hochtaunus).

Manfred von Knobelsdorff



Fotografien aus der Ausstellung. Mit Einverständnis der Museumsleitung.

Manfred von Knobelsdorff was born on the 15th June 1892 in Heide/Holstein as the fourth son of a noble Prussian officer family. 1902-1910 he went through training in the pre-military Prussian cadet institutions Plön and Lichterfeld/Berlin.

Von Knobelsdorff's personality had been shaped by a combination of Prussian militarism and aristocratic tradition since childhood. He learned to wear uniforms at the age of ten. Like his father and his brothers, he became an officer.

He experienced the First World War at the front in France and he also fought in the November Revolution of 1918 both militarily as a member of monarchist elite troops and politically as a member of National Socialist officer associations.

In 1934, Manfred von Knobelsdorff became the first leader of the SS-school in the Wewelsburg and military captain of the Wewelsburg. At this time he was a 42 year old commercial agent and a former officer of the emperor.

He was a committed supporter of his brother in law, Richard Walther Darre, who had lead the ideological orientation of the SS with his idea of a racial nobility among peasants for a long time.

With the support of his wife Ilse, von Knobelsdorff was mostly without limitations in the selection of the staff for the Wewelsburg. The personal interest he took in family research influenced the practical work of the SS-school in Wewelsburg significantly.

In 1938, he left his position in the SS, disappointed by the ideological development of the Schutzstaffel as well as because of personal conflicts with the tasks his position as captain of the Wewelsburg required.

He died in Bremen on the 20th July 1965.

4. Striking aspects

A striking element of these perpetrators' lives is that they were often ordinary men with ordinary professions. They were fascinated with Hitler's idea of an aryan masterrace and so they advanced through the SS-hierarchy to high ranking positions.

5. Our benefits: The exhibition and the importance of dealing with the historical period of national socialism

The exhibition portrays the topic in an interesting way. The pillars provide basic information about the individuals on the outside and more detailed data about their lives on the inside. This makes the discovery of the information more interesting and therefore provides a lot of knowledge about the people and time in question.

Such exhibitions are very beneficial for today's population to learn about national socialism in Germany. Dealing with these past events instead of forgetting about them is vital, considering the past does always influence the present. The victims of the NS terror all over the world should be remembered and any repeated occurrence of such events needs to be prevented. This can be achieved through dealing with the topic and through remembrance of the terrible consequences of all deeds that were committed by the NS-regime. The aspect of prevention is especially important since elements such as racism and hatred can still be found in our daily life.



Fotografien aus der Ausstellung. Mit Einverständnis der Museumsleitung.

III. CONCENTRATION CAMP NIEDERHAGEN

1. The exhibition: structure and organisation

The light in the exhibition room is quite cold but with the help of the purple walls the room got warmer which resulted that the atmosphere got relaxed. Right in front of the entrance is a big air picture of Wewelsburg (1945). On the right side there is a cupboard about the „development of the concentration camp (1939-1945)“. On the left side is a cupboard which deals with „the material and medical supplies“. In the centre of the room is a big model of the „concentration camp Niederhagen“ and an air picture of it. Next to the model are three showcases about “reasons of prisons”, “the categories of prisoners” and “function prisoners”. On the left side of the room are two tiny cupboards with post letters from prisoners and letters about administration.



Fotografien aus der Ausstellung. Mit Einverständnis der Museumsleitung.

The exhibition

2. Development of the concentration camp

The first inmates were moved to wewelsburg from Sachsenhausen concentration camp in May 1939 on Heinrich Himmlers orders. Their task was to continue building work on Wewelsburg castle. From 1940 onwards inmates built a large concentration camp on the outskirts of Wewelsburg village. On the first september 1941, the camp, with its 480 inmates, became an independent main camp, called Niederhagen/Wewelsburg Concentration Camp. When, in the summer of 1942, the SS increased the number of inmates, reduced food rations and intensified the severity of punishments, the death rate among inmates rose sharply. From the 3.900 inmates who were sent to Wewelsburg between 1939 and 1945, 1.285 are known to have been killed by the SS or to have died of sickness or starvation. When wartime conditions forced a halt to construction work on Wewelsburg castle in the spring of 1941, Niederhagen concentration camp was also dissolved. After may 1943, only 42 prisoners remained in Wewelsburg.

Photo of the concentration camp Niederhagen (US-Airforce on March, 23th 1945)



aus: Endzeitkämpfer. Ideologie und Terror der SS. hrsg. Wulff E. Brebeck (e.a.).Berlin/München 2011.

Prisoner categories

aus: Endzeitkämpfer. Ideologie und Terror der SS. hrsg. Wulff E. Brebeck (e.a.).Berlin/München 2011.

3. Prisoners during the construction of villa Bartelsberg

After the law to stop building houses was established prisoners continued building the north tower, Straff building and the house of the leader. The Bartels lived in the villa. Next to the villa seven new SS houses were built by prisoners. During the building prisoners were punished.

4. Material and medical care

Even the doctor said that the food portions are too small to get all the vitamins you need. The SS used the portions as a physical method to weaken the prisoners. In summer 1942 the Nettelcomando picked

nettels and later also beetroot leaves for their soups.

5. Inmates in the concentration camp

The German inmates came from different social backgrounds. From 1942, Soviet inmates, both prisoners of war and forced labourers formed the largest group of inmates. One small but prominent group were the Jehovah's Witnesses, in the early days of the camp, they were the only group of inmates in Wewelsburg. The SS developed a strict hierarchy of social discrimination.

6. Letters of inmates

The prisoners could only send and get one letter or postcard per month. It was only allowed to write 4 pages with 15 lines and those letters were also controlled. The letters should also be easy to read otherwise they were destroyed.

Max Anton Schlott

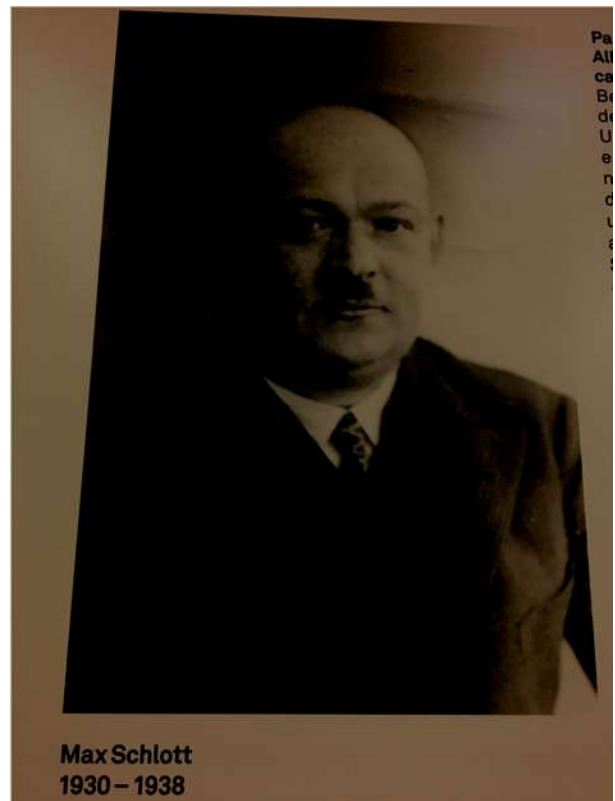
Max Anton Schlott was born in 1893 in Sachsen and was sent to the custody because of forgery of documents in Rostock. There the father of three children was brought by the Gestapo to the concentration camp in Saxon on the first January 1941, he was brought to KZ Niederhagen. He had the green triangle "professional criminals". The official reason of his death was "Herzwassersucht".

Günter Ransenberg

Günter Ransenberg was a Jewish boy. He was 15 years old and already arrested in a concentration camp. One day he participated at a snowball fight and his snowball hit a girl which was passing by.

On the same day he was arrested by the Gestapo. The reason was

"Rassenschande". Finally he was murdered. His parents were informed quite late.



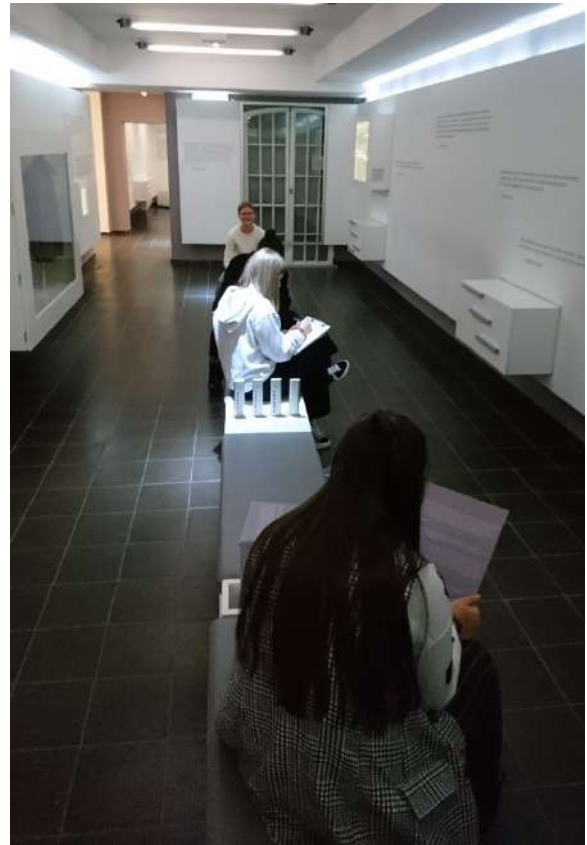


Fotografien aus der Ausstellung. Mit Einverständnis der Museumsleitung.

Whipping bench

Corporal punishment was meted out on a whipping bench. The prisoner was placed over the wooden whipping bench and restrained at the legs and upper body. The lashes were administered by SS personnel or a prisoner functionary using a bull whip; 25 blows was customary.

The prisoner was forced to count out the blows. Prisoners only rarely received medical care following a beating, so injuries to the back and kidneys were slow to heal.



6. Our benefits

It was quite interesting that we had the chance to learn by ourselves with the help of the many informations and pictures. Moreover it was quite interesting to see the Wewelsburg in real and to visit it. The many things from the past were very fascinating and kept the inerest during the work.

IV. THE INMATES EXPERIENCES

1. The exhibition

The room of the exhibition has white walls, black tiles, grey seats in the middle of it and the lighting in the room is cold and darkened. All over the walls there are quotes from former inmates in grey font. Also, there are two showcases with uniforms and one with a glue in it. On the right side of the entrance there are three cupboards, which each have three drawers, with letters from inmates inside. Lastly, there are two doors, one next to the entrance and one at the end of the room.

The following paragraphs will examine the exhibition and inform about the experiences and memories of the victims who were in the concentration camp “Niederhagen”.

2. The arrival

First of all, the people arrived in buses and they were only carrying one blanket, one cookware and one soup spoon with them. Then they had to give their normal clothes to the SS-men and got striped clothes that they were forced to wear. As soon as they entered the camp, they could smell burnt human hair, so we can imagine their first impressions.

3. Labour

A lot of people died because of the bad working conditions and hard labour. The inmates were forced to work in a stone quarry. Others had to build things like furniture or houses for entitled SS-men. Otto Preuss made glass for the door you can see at the end of the room. He survived the winter by standing at the oven to make glass.

4. Food and starvation

In the concentration camp “Niederhagen” was not enough food for everybody, so the occupants started to chew on clumps of glue or inhaled the gases of it to displace their hunger. One inmate saw another man, who had frozen, festered and bitten fingers because he ate the meat of them. Zbigniew Jaworski said he knew instinctively he had to have food to survive. That was his main thought and he couldn't think of something else. In 1942 there was a caterpillar plague. Because of that there was nearly no food.

5. Violence

SS-paramedics beat men in the hospital, for example the man who ate his own fingers. Moreover, foremen punched inmates with nightsticks. In the wash room some occupants stuffed wipes in others' mouths, so nobody could hear them scream. After that they splashed cold water on them till they died.

6. Letters

The inmates were allowed to write letters to their families. However, they had to be written in German, which was very difficult for Polish and Russian occupants. Additionally, they were only allowed to write a specific number of sentences and every letter was going through a censorship, where the SS blacked out words and sentences they didn't like. Hints and demands had to be hidden in the letter to not be discovered by the censorship. The former inmate Herbert Baron said in an interview that he was allowed to write just three to four sentences every letter. Consequently, his wife thought he wanted a divorce because he had shown a lack of interest in the letters he sent her.

7. Clothing and uniforms

The inmates had different uniforms for summer and winter. Nevertheless, it wasn't enough to keep them warm in the cold winter. For example it could get down to -22° Celsius and they were freezing, so everybody was standing in a circle and wanted to get in the middle to be warmed up. In the rain and cold it was unbearable to wear the clothes and in the following morning it was still wet; they had to wear it anyways. Some of the inmates wore cement paper bags on their chests under the clothes. The SS-men controlled and punished them, if they got caught.



Fotografien aus der Ausstellung. Mit Einverständnis der Museumsleitung.

“Sometimes someone – an SS man – would say quite openly before the commando set off: ‘I don't want to see him again this evening.’ That person was then ‘done in’ as they called it.” - Otto Preuss

V. LIFE AFTER SURVIVAL

1. The exhibition

Our groups topic was: „Dealing with memories/Life after survival the former inmates personal documents“.

At our station there were many stationseats with different videos of interviews from people who are dead now. You had to take something like a phone and you could listen to the interviews while watching it at a little TV in front of you. There are eight interviews to watch and listen to.



Fotografien aus der Ausstellung. Mit Einverständnis der Museumsleitung.

2. A survival: Otto Preuss

Otto Preuss was born on 29th March 1914, he was motherless so he lived his youth in an orphanage. Then he became a member of the Socialist Youth Movement, they knew that fascism meant war, so they had to tell people but then in 1933 he got arrested by Gestapo. After two months he escaped to Belgium and joined the Socialist Anti-War League “The Red Rebels”, but in 1940 he got arrested again and in March 1941 he was brought to the Sachsenhausen concentration camp, then in October he arrived in Wewelsburg. He said that in that place there was a lot of solidarity between the prisoners: when he arrived a man gave him a little piece of bread. They had to stay strong because the living conditions were terrible, with so much violence and pain they were forced to do dangerous things, for example doing sports in the middle of the night in the snow. In April 1943 he was sent to the Ravensbrück concentration camp and later to the Sachsenhausen concentration camp again. He escaped from his dead march. In 1970 he came back to Wewelsburg for the first time and he noticed that people didn't want to remember what happened and they were trying to hide it, as the gatekeeper did. It wasn't easy for him to talk about it but he understood that it was important to talk about it with young people.

3. A summary of our work

We worked on the memories of the survivals of national socialism, people like Otto Preuss, Mark Weidmann, Leopold Engleitner, Walentin Perowand Iwan Banglikow. This men talked about their lives and their experiences in and outside the concentration camp. We focused on Otto Preuss.

4. Our benefits

Benefits about the work and our topic:

We benefit from the interviews because we had to understand how he felt while he was telling his story/experience and not only his words.

We also benefit from working together with other languages and other cultures.

VI. BETWEEN CHAOS AND A NEW BEGINNING SOCIETIES TREATMENT OF THE VICTIMS AND THE PERPETRATORS

1. The exhibition

The room was lighter than the other rooms. In that room there were photos and descriptions about victims who survived in the Second World War in the concentration camps. Even tho it does not show happiness, it should remind of the victims and the survivors of World War 2.

there was a flag which wants to show that even tho that Wewelsburg was a bad place could change and is now against racism.

2. End of war

In the spring of 1945 the events and the collapsing of German Reich came thick and fast. In the early March the Gestapo of Paderborn ordered that the SS should shoot 15 Soviet and Polish forced labors to death at the shooting range in Oberhagen. The members of the castle SS and families fled the village in late March, while the young inmates of the military fight against the allies. On 31 March the first leader of the Waffen-SS, Heinz Marcher, blew up the castle (it was an order of Himmler). Now the ruins were looted. On 2 April 1945 American troops occupied the village and liberated the concentration camp inmates. In the early May the Americans applied “re-education-policy”, and they forced the Nazis in the village to exhume the corpses the shooting range and to rebury them in the local cemetery.

3. Social interaction with persecuted persons of the Nazi regime in their home countries

For example a previous Hungarian forced workers Alexander Schtscherbinin was brought back to the Soviet Union after the war had ended. He was interrogated from Schmersch “Death to the Spies”. They said he would be a spy or a traitor; because they did not believe him, he was sent to south Russia into a coal mine and he had to work to build a railway track near Irkutsk.

After that he was sent to a punishment camp in Siberia. In 1953, after Stalin’s death he could go back to his family.

Mark Weidman went to university in Poland. Because he was Jewish he said he would be a Polish catholic, he did not want to be found by the secret state police. After war has ended he still said he would be catholic, but he tried to get his real name back. But he left Poland because he was scared of an antisemitic overgriff. He studied in Vienne, in Paris, before he went to the USA with his father and his sister.

4. Repression, Denial, Misrepresentation

The SS was formally banned by the Allied Control Council on 10 October 1945. The Gestapo and the Security Service declared it a criminal organization during the Nuremberg trials. Over the next year the former SS members were put on the trail. The majority of the SS members were never charged. They adapted to their new social environment. The personal bonds remained intact. SS men restored links to the past in a range of areas. They devoted themselves to producing art and literature; others joined extreme right-wing parties, which continued to propagate their basic convictions in post-war society.

5. Our benefits

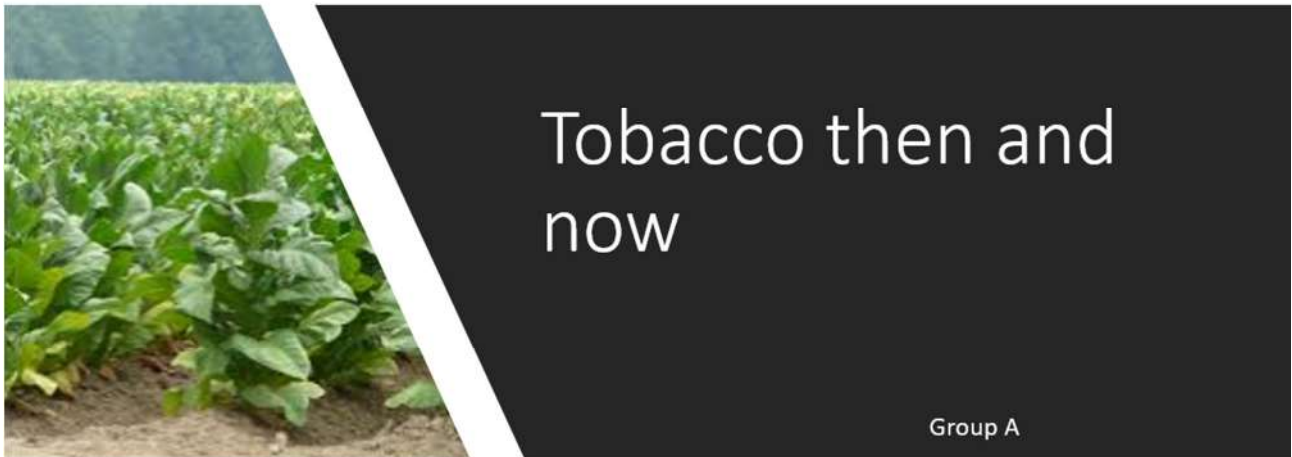
By discussing this topic we learned more about what happened after the second World War and now we know how difficult it was to live as Jewish in a racist world. It taught us how to work together and we got to know each other better, in fact we met other cultures and and we built a friendship. We also discovered that we can talk in English with other people and understand each other well. This experience taught us a lot about human relationships, history and teamwork and we had a lot of fun with our group.



Fotografien aus der Ausstellung. Mit Einverständnis der Museumsleitung.

THE REGIONAL TOBACCO INDUSTRY IN THRACE – A CULTURAL, HISTORICAL, POLITICAL AND ECONOMIC APPROACH

I. TOBACCO – THEN AND NOW





How was it done in the past

- Everything was done by hand in the past. From preparing the soil to making something out of the tabacco plant.
- Most farms were family farms. The whole family worked in the fields and in the factorys.
- Some of the tabacco was sold but also some was kept for personal use.
- It was more done as a tradition.



How it is done today

- Most tabacco farms use machinery for their work.
- Theres less human work involved, most jobs are done by machines.
- Most of the time the product is sold for profit not for self use.
- These types of industries are growing because of high demand on tabacco.



3 Reasons why is grown and sold.

1. The main reason is it being grown is because of the profit. It helps that there's a high demand on tobacco products.
2. It's a less known fact that some people still grow it because it is a tradition of their families.
3. Also another reason why it is grown is because tobacco has more than one use, such as medicine, perfume, etc.



II. TOBACCO MUSEUM OF KAVALA



Despoina Dimitriadou, Sevina Tsiompani, Mariasole Gregorio, Sam Davis, Kamila Sinkevic , Alexandro Vagnarelli, Merle Blattmann, Luisa Elbers, Lena Lietz





40° 56' N / 24° 24' E



Kavala is located in northern Greece and belongs to East Macedonia and Thrace. It has around 70,501 inhabitants (2011) and is the second largest community (after Drama) in the region. Among others a sister city is Nuremberg since 1999.

The collection of the Kavala Tobacco Museum is exceptionally rich. It includes objects used to grow tobacco, machines used to process it commercially, photographs, rare documents (documents of the Ottoman tobacco monopoly the Régie, statutes of associations, bank documents, etc.). It also contains books on tobacco, publications of the Greek Tobacco Organization, the archive of the Tobacco Merchants Association, private documents, tobacco maps and blueprints, the furniture of tobacco merchants.



The processing and the trading of tobacco was one of the most important chapters in the contemporary modern history of Kavala. It was an industry of huge economic significance for the city as well as for the whole area until the 1950s when it fell into recession because of the mass production in other countries.

The Tobacco Museum was founded in 2004 in order to shed light into a sector that affected the city and its inhabitants for many decades as well as in order to pay respect to all those

<https://www.youtube.com/watch?v=Xu7ftvRf2M>





Apart from boosting the economy, the tobacco industry helped in the liberation of women, as they were seen in commercials and were perceived as independent.



Also women had at last the opportunity to work, even in these harsh conditions. They didn't just stay at home, taking care of their family, but they contributed in the family's income

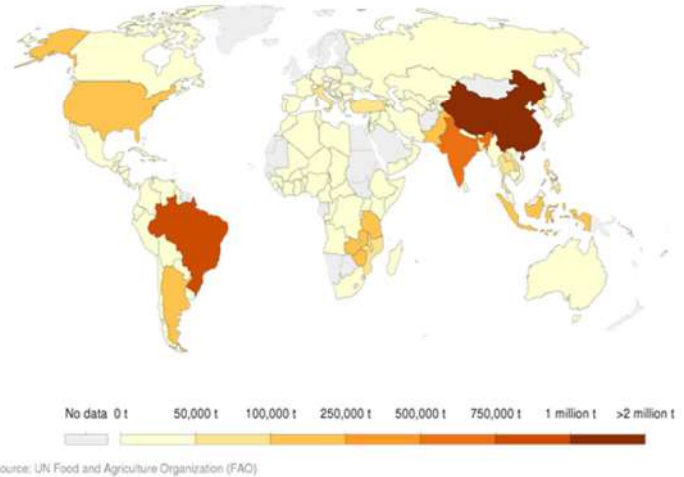
“It is a painful work, you have to wake up really early in the morning, it takes much time and speed to do all the work because if you don't do it fast enough the leaves are going to dry and be useless and they won't be ready to be put on the needle. It's a dirty and unpleasant work and the pay is not worthy of the job. You work from early in the night until afternoon and it's mostly summer job. It's hard as I said the packages are extremely heavy to carry.

Words from Despoina's mother, who worked in the tobacco industry

THE STRUGGLE TO KEEP ALIVE THE FACTORY

Because Greece is a relatively expensive labor force in comparison with other developing countries, there is a real struggle to keep alive the factory. This means that staying afloat as a company means improving the efficiency of the plantation, increasing the quality of it and, if possible, trying to innovate the technologies used.

Tobacco production, 2018



III. ECONOMICS OF TOBACCO




Tobacco economics

erasmus 2019-2022






Tobacco and employment

As of May 2021, there are 3.3k people employed in the Tobacco Manufacturing industry. This represents a -5.71% decrease in employment when compared to May 2020.

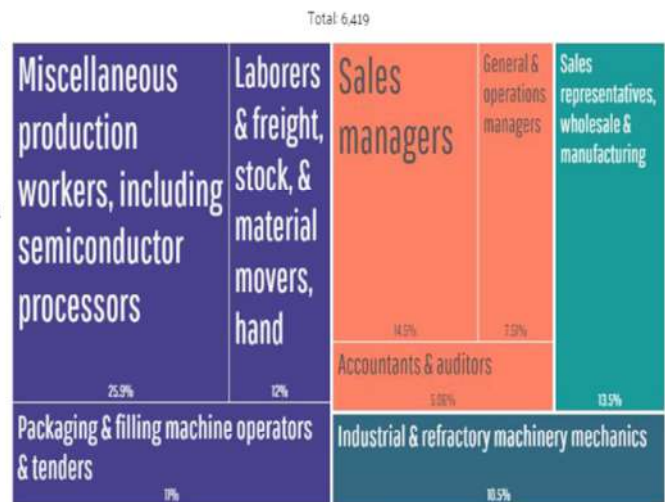
This chart shows monthly employment numbers for Tobacco Manufacturing over time (non-seasonally adjusted).



The Bureau of Labor Statistics estimates that there were 11.3k people employed in the Tobacco manufacturing Industry Group in 2019.

According to ACS estimates, the number of people employed in the Tobacco manufacturing Industry Group has been declining at a rate of -3.8%, from 15.1k people in 2018 to 14.6k people in 2019.

The following graphic shows the share of employment in Tobacco manufacturing by various occupations according to ACS estimates. Miscellaneous production workers, including semiconductor processors represent the largest share of positions held in Tobacco manufacturing at 11.4%, followed by Sales managers with 6.4% and Sales representatives, wholesale & manufacturing with 5.95%.



2014 2015 2016 2017 2018 2019

Who produces the most tobacco ?

The statistics show the worldwide tobacco production in 2020 by country. In that year, China was the biggest tobacco producer worldwide with an amount of 2.13 million metric tons tobacco.

Tobacco production, 2018
Tobacco crop production is measured in tonnes.



Source: UN Food and Agriculture Organization (FAO)

Our World in Data: ourworldindata.org/agricultural-production • CC BY

The global cigarette industry is one of the most profitable and deadly industries in the world.

- Cigarette retail values in 2020 were worth US\$717.405 billion.
- In 2020, nearly 5.2 trillion cigarettes were sold to more than one billion smokers worldwide.
- Between 2006 and 2020, global cigarette volume sales decreased by 3.5% while real retail values increased by 24.3%.
- Industry analysts predict that by 2025 the global cigarette volume will decline by 1.1% and real value will increase by 2.1%





Globally, cigarette consumption is growing in low- and middle-income countries, where about 80% of the world's smokers live, and decreasing in high-income countries.

- Developed markets, like those in Western Europe, continue to experience declines in smoking prevalence due to stronger government regulation of tobacco. Consequently, emerging markets, like those in Asia and Africa, are critical for the tobacco industry, which takes full advantage of lax regulatory environments, growing populations and increasing incomes.

- Between 2006 and 2020, the market share for cigarettes sold in the Asia Pacific and Middle East & Africa regions increased while all other regions experienced declines (Figure 2).

- Between 2006 and 2020, cigarette sales in the Asia Pacific region increased 7.5% to 235 billion sticks. For the Middle East and Africa region, sales increased 15.3% to 65.5 billion sticks for the same period

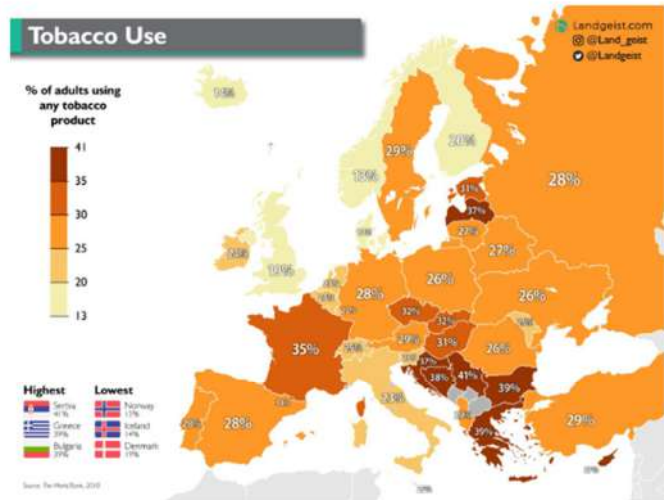
What would happen to the economy if tobacco was banned ?

Obviously cigarettes are huge industry in the U.S., so a **total collapse of domestic demand** would have serious effect on our economy. The end of cigarettes would lead to a small increase in social security as well (about 1.58%, the book estimates) as workers would be living longer, but retiring later.

If tobacco vanished tomorrow, there would be many positive impacts on the environment. There would be a **5% reduction in global deforestation**, because almost 500,000 acres a year are destroyed due to tobacco farming. There would be fewer pesticides and chemicals causing soil and water pollution, and fewer forest fires.



Tobacco use in Europe

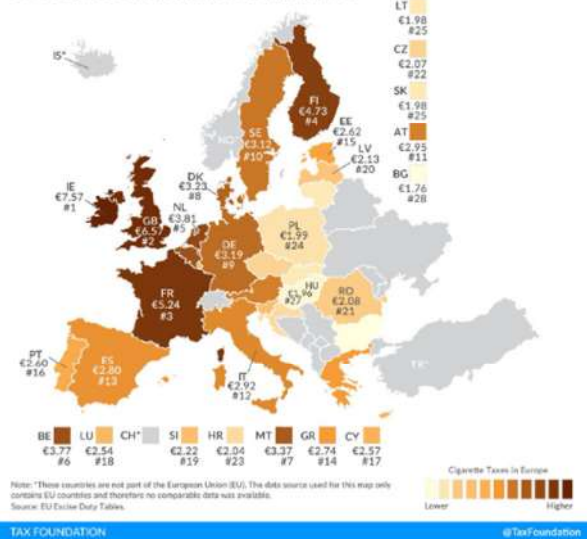


Cigarette Taxes in Europe

The cigarette taxes present differences between each country, leading to big differences in the price of a cigarette packet. For example, in Greece a pack of cigarettes costs about 4€, while in Lithuania it costs 3€. On the other hand, in Italy a cigarette pack costs about 6€ and in Germany it fluctuates between 7 - 10€ !

Cigarette Taxes in Europe

Excise Duty per 20-Pack of Cigarettes in Euros as of March 2019



IV. HARMFUL EFFECTS OF TOBACCO



Harmful effects of tobacco

Hanna, Caterina, Francesca, David, Elvis, Gaia, Francesco, Franziska, Aphrodite, Antonia

Why do people start smoking?

Reasons why smoking is so popular:

- Smoking can be relaxing
- Smoking is often considered to be cool among teenagers
- Easy to socialize
- Feeling of community
- Aesthetic
- Instant gratification of your need
- Smoking cigarettes is legal in most countries
- Smoking is a passion for many people
- Alternative to other substance
- Smoking can help you to lose weight
- Some people just love the taste
- You will still be able to drive a car



Statistics about smoking percentages

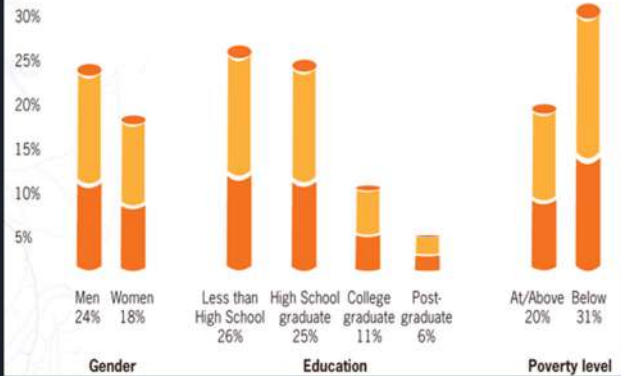
In 2014, Greece had the highest rate of smoking in the European Union. According to a survey published by the European Commission Day for World No Tobacco Day in 2017, 37% of Greeks are smokers and only 44% of Greeks have never smoked a cigarette, the smallest percentage in the EU.

It shows that the majority of smokers in Lithuania belong to the 25-39 age group, accounting for 39 percent of the total, compared to the EU average of 30 percent. A quarter of smokers in the country are in the 15-24 age group.

According to a 2013 micro-census survey, 24.5% of the German population aged fifteen years and over are smokers (29% of men, 20% of women). [2] Among the 18–25 age group, 35.2% are smokers.

The smoking rate in Italy between 2000 and 2020 is about 23.7%, slightly higher than the United States' 21.8%.

Current smoking percentages by group



Nicotine Addiction:

Nicotine, a chemical that causes addiction in the brain. Reaching the brain in 8 seconds, it increases the amount of dopamine in the brain and causes a feeling of pleasure and euphoria. Repeated exposure to nicotine changes parts of the brain that deal with stress, learning and self-control. These changes make a person more susceptible to addiction. The pleasurable sensations from nicotine don't last very long. This causes a person to want to keep inhaling or ingesting nicotine to get the next rush. Whenever a person inhales cigarette smoke, nicotine quickly absorbs the smoke and begins to act on the brain for 10 seconds. This causes the release of adrenaline, a hormone of "combat or flight."



Effects on your body and your mind

- higher risk of cancer (mouth, tongue, throat, lungs, lips) -> low survival chance
 - damaged skin -> seems older
 - stinky hair
 - yellow fingertips/teeth
 - loss of taste
 - bad breath
 - gum infection -> loss of teeth
 - breathing problems -> non-efficient lungs
 - higher risk of heart attacks (muscles die) and strokes (brain attacks)
 - low fertility
 - premature aging skin
 - addicted to nicotine
- > addiction



Of course, alcohol, coffee, tea, menthol cigarettes, smoking in the cold and smoking fast can increase the damage.

What can smoking do to pregnant women and babies?



If you smoke or you are a secondhand smoker when you're pregnant, your baby is exposed to harmful chemicals too. This may lead to many serious health problems, including:

1. Miscarriage
2. Premature birth (born not fully developed)
3. Lower birth weight than expected (possibly meaning a less healthy baby)
4. Sudden infant death syndrome (SIDS)
5. Learning problems and attention-deficit/hyperactivity disorder (ADHD)

Benefits of quitting

- Rediscover smell and taste. Within just a few days of quitting smoking, your senses of smell and taste will improve. .
- Reduce risk of heart disease.
- Healthier lungs.
- Live longer.
- Healthier families.



HARMEFUL EFFECTS OF TOBACCO

- BRAIN DAMAGE.
- EYE/HEART/TEETH/HEARING DISEASES.
- WEAK BONES
- LUNG CANCER/OTHER CANCERS
- MENSTRUAL DISORDER.
- LOW FERTILITY,
- PREMATURELY AGING SKIN.



**STOP
SMOKING**
BEFORE IT'S TOO LATE



OUR ORIGINS – HISTORY, ART AND NATURE ON THE ADRIATIC SEA – THE ART GALLERY OF THE SEA IN SAN BENEDETTO DEL TRONTO

I. REGIONAL FISHING AND SEAFARING CULTURE MUSEUM

REGIONAL FISHING
AND SEAFARING
CULTURE MUSEUM


museo
del mare

GROUP A

MARIASOLE GREGORIO, SOFIA PACI, ALEXANDRO VAGNARELLI, STELIOS KARAGIANNIDIS, ASPASIA KOUMTZI

THE “MUSEO DEL MARE” OF SAN BENEDETTO DEL TRONTO CELEBRATES THE CULTURE AND HISTORY OF THE ADRIATIC SEA. MOST OF THE EXHIBITS ARE LOCATED INSIDE THE HISTORICAL FISH MARKET BUILDING, PART OF WHICH IS STILL USED FOR ACTIVITIES RELATED TO THE FISHING INDUSTRY. THE OTHER 5 MUSEUM SECTIONS CAN BE FOUND IN CHARMING AND BEAUTIFUL LOCATIONS.





THE MUSEUM WAS CREATED WITH THE FINANCIAL SUPPORT OF THE MARCHE REGION AND, OVER THE YEARS, IT HAS BEEN PROGRESSIVELY ENRICHED WITH GENEROUS DONATIONS BY PRIVATE CITIZENS, WHO HAD BEEN KEEPING, IN THEIR HOUSES, SEVERAL OBJECTS RELATED TO THE CITY'S FISHING TRADITION, HANDED DOWN FROM GENERATION TO GENERATION. THE MUSEUM IS DIVIDED INTO "NARRATIVE UNITS"; THESE WERE ESTABLISHED AFTER A DEEP HISTORICAL INVESTIGATION WHICH WAS CARRIED OUT ON SEVERAL SOURCES: ARCHIVAL MATERIAL, NEWSPAPER ARTICLES, CITATIONS IN LITERARY TEXTS, ANALYSIS OF PHYSICAL OBJECTS AND THE COLLECTION OF PRICELESS TESTIMONIES FROM "ORAL SOURCES".



EACH NARRATIVE UNIT OF THE MUSEUM EXPLORES A PECULIAR ASPECT OF LIFE ON THE SEA: THE LANDING AND THE UNLOADING OF FISH, THE FISH INDUSTRY AND MARKETING, SHIPWRECKS AND ACCIDENTS RELATED TO OTHER DRAMATIC EPISODES, THE LITERATURE OF THE SEA. THE REGIONAL FISHING AND SEAFARING CULTURE MUSEUM AIMS TO PROVIDE A COMPREHENSIVE SOCIOECONOMIC CROSS-SECTION OF A WATERFRONT CITY LIKE SAN BENEDETTO.





ART GALLERY OF THE SEA

THE ART GALLERY OF THE SEA (PINACOTECA DEL MARE) IS A PART OF THE "MUSEO DEL MARE" MUSEUM CENTRE AND IT IS LOCATED IN THE HEART OF THE OLD TOWN OF SAN BENEDETTO DEL TRONTO, INSIDE THE EARLY NINETEENTH CENTURY PIACENTINI PALACE.



ANTIQUARIUM TRUENTINUM

THERE ARE MANY VALUABLE FINDS IN THIS MUSEUM, STILL LITTLE KNOWN, WHICH EXHIBITS ARTIFACTS AND REMAINS OF THE NEOLITHIC PERIOD, THE BRONZE AGE, THE IRON AGE AND THE ROMAN ERA. IN ADDITION TO WORKED STONES, SOME BRONZE AXES FOUND IN ACQUAVIVA PICENA, FRAGMENTS OF POTTERY FROM TOSCO DEI GALI AND THE FUNERAL EQUIPMENT OF A TOMB OF THE CIVILIZATION OF PICENTI FOUND IN THE AREA OF MONTEPRANDONE



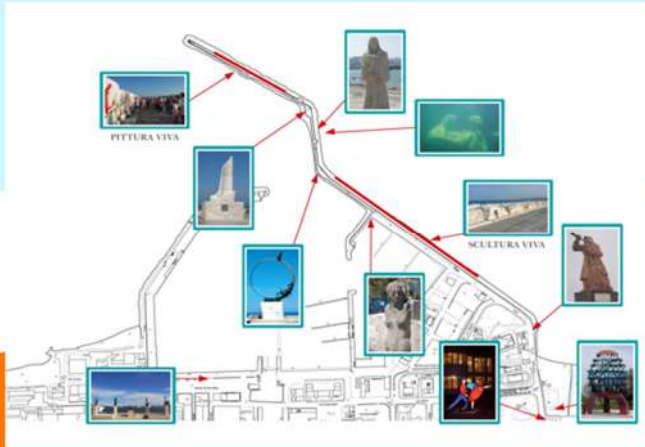
MUSEO DELLE ANFORE

THIS MUSEUM COLLECTS DIFFERENT TYPES OF AMPHORAE FROM ALL OVER THE MEDITERRANEAN TO WITNESS THE ANCIENT CIVILIZATIONS THAT HAVE POPULATED ITS COASTS OVER THE CENTURIES: CARTHAGINIANS, CANAANITES, PHOENICIANS, GREEKS AND ROMANS.



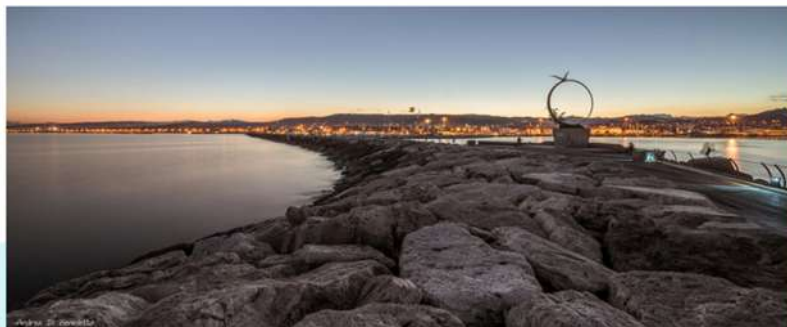
MAM MUSEUM OF ART

BY THE SEA THE MOST ORIGINAL OF THESE MUSEUMS IS UNDOUBTEDLY THE MAM, A CONTEMPORARY ART MUSEUM CREATED ALONG A WALK ON THE PIER WITH WORKS PAINTED AND CARVED DIRECTLY ON THE ROCKS.



THE JONATHAN SEAGULL MONUMENT

THE MONUMENT DEDICATED TO SEAGULL JONATHAN LIVINGSTON, UNFORGETTABLE PROTAGONIST OF THE BOOK WRITTEN BY RICHARD BACH, IS LOCATED ALONG THE SOUTHERN PIER PROMENADE, NAMED "JONATHAN'S WAY". THE WORK, PROJECTING FOR 10 M. INTO THE BLUE SKY AND SEA, ENCLOSES IN A BLUE CIRCLE THE LIFE OF BOTH SEAGULLS AND WATERS. IT IS THE SYMBOL OF THE GENEROUS AND OPERATIVE LABORIOUSNESS BY THE PEOPLE FROM SAN BENEDETTO DEL TRONTO, CONSTANTLY TRYING TO DO THEIR BEST FOR THEIR CITY. IT'S THE SYMBOL OF THEIR WILL AND OBSTINACY, SO TYPICAL OF SA ILORS WELL USED TO SILENTLY FACE AND OVERCOME OBSTACLES AND DIFFICULTIES WHILE ACHIEVING NEW GOALS.





"IL SOGNO DI ANDREA"



"KARMA FISH"





II. A TASTE OF LOCAL HISTORY

OLD TOWN



Paese Alto is a district of San Benedetto del Tronto, located on a modest elevation, and it is a landmark



of the city and heart of the ancient historic center.

THE OLD TOWN OVER THE YEARS

- During the first years there have been repeated barbarian and Saracen invasions that had devastated everything they encountered.
- 1145 → first settlement by the Kingdom of Naples:
- 1491 → Pope Innocent VIII was asked the permission to destroy the castle of San Benedetto,
- November 27, 1943 → suffered a heavy aerial bombardment by the allied forces and a large part of the High Country was destroyed,
- From 2020 it is also an archaeological area





TORRE DEI GUALTIERI

The Gualtieri Tower (Torre dei Gualtieri) is an old observatory dating back to the 12th-13th century located on the highest and oldest part of the city known as San Benedetto Alta. The tower is 20 meters tall and provides a complete view of the city.



PALAZZO BICE PIACENTINI

Palaces and historic buildings

Palazzo Piacentini was for a long time the home of Beatrice Piacentini-Rinaldi, a dialect poetess who had the merit of giving the Sambenedettese dialect the dignity of a literary language, today Palazzo Piacentini is a place dedicated to Culture: it houses the Municipal Historical Archive, the Pinacoteca del Mare, Bice's studio and the Poetry Room.

SEA ART GALLERY

The Pinacoteca del Mare - inaugurated in April 2009 - even if located in the heart of the old embankment, is an integral part of the thematic museum center dedicated to the sea that the Municipal Administration has set up at the Fish Market.

The Pinacoteca del Mare is the ideal place to make the rich artistic production part of the civic collection known in unified way, displaying works up to now preserved in municipal deposits or in public offices.

The largest and most valuable exhibition section is certainly that relating to the production of paintings, photographs and drawings by the Swiss artist Alfred Joseph Chatelain (1863-1942), followed in importance by that of Adolfo De Carolis (1874-1928), author of national prestige, sensitive to grasping aspects of daily life and Picensi seascapes and, among modern authors from the works of Armando Marchegiani from San Benedetto (1902-1987) present in the collection with oil paintings and drawings on paper.



CASA DEL VENTO

Casa del Vento, a seventeenth-century building owned by the sculptor Marcello Sgattoni, has a double view: one in via del Consolato and the other in Piazza Bice Piacentini. It is a small art studio and houses the works of the sculptor himself.



III. ECO-SUSTAINABILITY – HOW CAN WE HELP THE SEA?

Eco-sustainability

How can we help the sea ?

what is marine pollution?

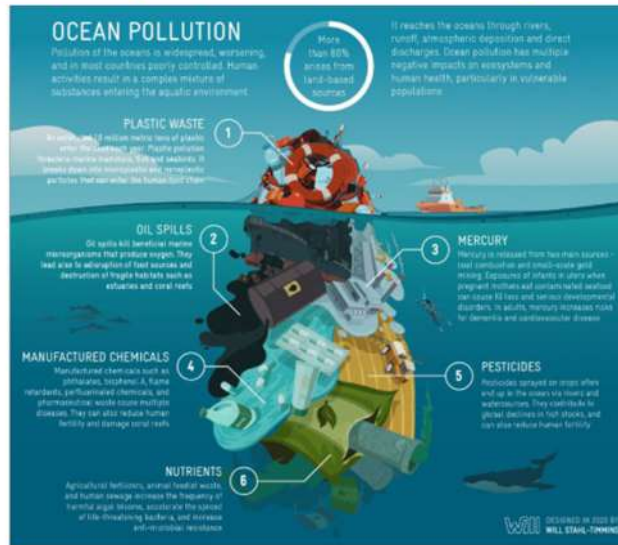
Marine pollution occurs when substances used or spread by humans, such as industrial, agricultural and residential waste, particles, noise, excess carbon dioxide or invasive organisms enter the ocean and cause harmful effects there. The majority of this waste (80%) comes from land-based activity, although marine transportation significantly contributes as well. Since most inputs come from land, either via the rivers, sewage or the atmosphere, it means that continental shelves are more vulnerable to pollution.

The types of marine pollution can be grouped as pollution from marine debris, plastic pollution, including microplastics, ocean acidification, nutrient pollution, toxins and underwater noise. Plastic pollution in the ocean is a type of marine pollution by plastics, ranging in size from large original material such as bottles and bags, down to microplastics formed from the fragmentation of plastic material. Marine debris is mainly discarded human rubbish which floats on, or is suspended in the ocean. Plastic pollution is harmful to marine life.



Here are some of the major causes of marine pollution:

- Littering.
- Sewage.
- Ocean mining.
- Oil spills.
- Agricultural runoff.
- Toxic chemicals.
- Air pollutants.
- Maritime transportation.



Marine pollution in Germany

- fertilizers get into rivers which flow into the sea -> loss of biodiversity
- a lot of plastic trash
- fish eat plastic from ocean -> human eat fish
- heavy industrialization along the shores -> wildlife suffers from it
- overfishing/overhunting -> no ecological balance



Improvement measures in Germany

- installation of garbage cans
- marine reserves (45% of German sea surface is protected area)
- prohibition of disposable tableware
- beach clean days



Improvement measures for private households

- avoid plastic, consume less - > less garbage
- use garbage cans
- join beach clean days
- separate waste
- support organizations that focus on marine preservation
- buy products that are made of ocean plastic



Marine pollution in Greece

Throughout Greece, illegal or inappropriate landfills are dispersed, while several municipalities continue to carry out illegal incineration in their open-air landfill sites. In addition to the heavy impact on the environment and public health, these landfills come with a great cost to Greek taxpayers. Between 2015 and 2018, a staggering 100 million euros worth of fines have been imposed on Greece by the EU, and the fines have continued ever since!

At a time when the Greek and EU authorities constantly refer to aims and strategies for environmental protection (Green Deal, Blue Growth, Green Growth, Integrated Maritime Policy, etc.), Greece – which should be a competitive and idyllic tourist destination – continues to provide the embarrassing picture of open landfills in so many areas, both during the tourist season and the rest of the year. Scattered waste is found everywhere, at sideways of urban and rural roads, in tourist and coastal areas and highly biodiverse ecosystems, but also next to archaeological sites, while most of this culminates in the sea.



Marine pollution in Greece

One of them is the loggerhead turtle (*Caretta caretta*), which we are lucky enough to have nest in the Greek seas. This species is a symbol of the Mediterranean and the Greek seas. Greece hosts approximately 60% of the nests in the Mediterranean and two of the species most important breeding sites: the National Marine Park of Zakynthos, with its six nesting beaches in Laganas Bay in Zakynthos, and the southern part of the Kyparissia gulf in western Peloponnese. Although it has survived successfully for millions of years, the loggerhead turtle faces extinction if we do not act immediately.

The *Caretta-Caretta* sea turtles are severely threatened by development, both legal and illegal, of nesting beaches. Due to the lack of infrastructure, the pressures of the tourist industry lead to considerable amounts of solid waste, litter, noise, traffic, pollution and coastal degradation.





Marine pollution in Lithuania

The most polluted river in Lithuania the Baltic sea because Baltic waters are heavily contaminated with chemicals due to farming activities in the surrounding countries, as well as with oil products from spills.



Marine pollution in Lithuania

How can we save the Baltic sea?

1. Focus on high-impact initiatives
2. Empower regional bodies and increase accountability
3. Take an integrated, coordinated approach
4. Drive innovation with commercial incentives
5. Transform the region into a hub for blue and green technologies



Marine pollution in Italy

Mediterranean Sea is the sixth largest area for plastic pollution in the world. In fact plastic represents 95% of the waste in the Mediterranean. The major problems were mainly found on the Tyrrhenian coast, close to the mouths of rivers, canals and canals which, flowing into the sea, carry with them sometimes very high bacterial loads. With a worrying situation confirmed both in various southern regions such as Campania, Calabria and Sicily, where widespread critical issues persist related to the absence of purification plants and connection to the sewerage network, and in Central Italy, especially in Lazio.



Plastic pollution can cause long-term damage to terrestrial and marine ecosystems and biodiversity. Marine animals can become entangled or swallow virtually indestructible litter, nets, bags, suffocating or starving to death. Plastic waste releases chemicals such as additives into the environment, often endocrine disruptors that can be harmful to human health. According to scientists, the increased bioaccumulation potential of these chemicals has toxicological effects on the marine environment and human health through the food chain. Microplastics have been found in various foods, fish, shellfish, in fact there is not a single **sea turtle** in the Mediterranean that does not swim without plastic in its stomach. But also in sugar, salt and beer.

Italian fishermen help recycle plastic waste

SAN BENEDETTO DEL TRONTO, Italy- 40 fishing boats based near the Adriatic Sea resort of San Benedetto del Tronto that are taking part in the initiative: collecting, analyzing and, where possible, recycling in a month long experiment, the trash fished, to try to provide a blueprint for cleaning up the sea. The fishermen have collected around a ton of waste a week for a month, of which 60 percent is plastic. Each day, volunteers catalog and sort the smelly catch on the quay side. Some is recycled, some is disposed along with household or industrial waste, but none goes back in the sea.



recycled plastic sculpture exhibited in the Macologic Museum of Cupra Marittima



The words of Pope Francis on the fishermen's initiative of San Benedetto

“I told you in some other audience about those fishermen from San Benedetto del Tronto, who came this year, who told me: this year we removed 24 tons of waste from the sea, half of which was plastic. They have the mystique of catching fish, but also waste and taking them out to clean up the sea.”



IV. STREET FOOD BY THE SEA: FISH AND EFFECTS OF A GOOD DIET

STREET FOOD BY THE SEA: FISH AND EFFECTS OF A GOOD DIET



A healthy diet should include at least 2 portions of fish a week

FISH'S BENEFITS



Fish contains a low-fat high quality protein. It is rich in omega-3 fatty acids and vitamins such as D and B2.

Fish is rich in calcium and phosphorus and a great source of minerals that are good for our bones.

Fish is also packed with nutrients that can lower blood pressure and help reduce the risk of a heart attack or stroke.



TYPES OF FISH: Different types of fish and shellfish provide different nutrients.

OILY FISH

-contains omega-3 fatty acids

-useful to prevent heart diseases

-a good source of **vitamin D**



WHITE FISH

-low in fat

-one of the healthier

-a source of omega-3



SHELLFISH

-a source of selenium, zinc, iodine and copper

-low in fats



HOW MUCH OILY FISH SHOULD I EAT?

We should eat at least one **portion** (around 140g when cooked) of oily fish a week.



The following people should eat no more than 2 portions of oily fish a week:

girls and women who are planning a pregnancy or may have a child one day, pregnant and breastfeeding women

HOW MUCH WHITE FISH SHOULD I EAT?

You can safely eat as many portions of white fish per week as you like

But there is separate advice about how much of them you should eat:

■ children, pregnant women should not eat shark or marlin, because they contain more mercury than other fish

■ other adults should have no more than 1 portion of shark, swordfish or marlin a week

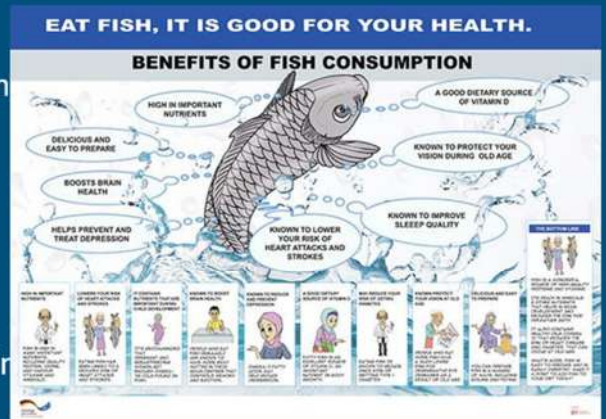
HOW MUCH SHELLFISH SHOULD I EAT?

Although it is recommended that regular fish-eaters should avoid eating brown crab meat too often, there is no need to limit the amount of white crab meat that you eat.

There are no maximum recommended amounts for other types of shellfish.

BENEFITS OF FISH CONSUMPTION

- Sources of vitamins, minerals, iodine and proteins, especially Omega-3 fats (preventing heart diseases and the vision in old age)
- During pregnancy: good for the baby's development, especially their brain and nervous system
- Reduces risk of stroke, depression, Alzheimer's disease and other chronic conditions
- Improvement of sleep quality due to vitamin D (according to a study)
- Delicious taste (great variety of dishes)



EATING FISH WHILE TRYING TO GET PREGNANT, AND DURING PREGNANCY AND BREASTFEEDING



Eating fish is good for your health and the development of your baby. However, pregnant and breastfeeding women should avoid some types of fish because of the levels of mercury that some fish can contain.

When pregnant, you can reduce your risk of food poisoning by avoiding raw shellfish and making sure that any shellfish you eat is cooked thoroughly.



SHOULD CHILDREN AND BABIES OVER 6 MONTHS EAT FISH?



Children under the age of 16 should avoid eating any shark, swordfish or marlin. This is because the levels of mercury in these fish can affect a child's nervous system.

Avoid giving raw shellfish to babies and children to reduce their risk of getting food poisoning.

You can give boys up to 4 portions of oily fish a week, but it is best to give girls no more than 2 portions a week. This is because the levels of pollutants that oily fish contain can build up in the body and may harm an unborn baby during a future pregnancy.

Fish: friend or foe?

Eating fish or shellfish that is not fresh or that has not been stored and prepared hygienically can cause food poisoning.

Shellfish such as mussels, clams and oysters that are raw or not thoroughly cooked can contain harmful viruses and bacteria that can cause food poisoning. Thorough cooking usually kills any bacteria or viruses.

Most of the shellfish we eat is cooked first, but oysters are often served raw.

Raw shellfish, particularly oysters, can contain low levels of certain viruses, such as norovirus. If you are serving oysters raw, be especially careful when buying and storing them. Unfortunately, shellfish can contain toxins that do not break down during cooking, causing:

- Nausea
- Vomiting
- Diarrhoea
- Headaches
- Numbness
- Breathing difficulties
- Memory loss
- Disorientation
- Abdominal pain



Traits of the Mediterranean Diet

The Mediterranean Diet is a healthy option, given the variety and consumption of products of vegetable origin, their vitamin content, and the provision of cereals and olive oil.

The following are the most characteristic aspects of the diet.

Preference for consumption	Low consumption	Moderate consumption
<ul style="list-style-type: none"> • Fruit. • Vegetables. • Cereals, especially Bread, Gofio. • Legumes. • Olive Oil as the main source of fat. • Fish. 	<ul style="list-style-type: none"> • Meat and meat products. 	<ul style="list-style-type: none"> • Dairy products. Preferably low fat or reduced fat, fermented milk.

Common seafood dishes in the Mediterranean Diet

- **ITALIAN SEAFOOD SALAD (INSALATA DI MARE)**
- **GREEK BAKED FISH**
- **BLACK SEA BASS RECIPE**
- **PANKO HERB-CRUSTED DIJON SALMON**



THE LONG WAY TO AN INDEPENDENT NATION – THE HISTORY OF LITHUANIA FROM REGIONAL HISTORY TO THE HISTORY OF A NATIONAL STATE

I. CREATIVE WORK IN THE DESIGN OF HERALDIC SYMBOLS

The main goal in the Lithuanian project was to learn about Lithuanian history. A particularly important aspect in the development of the Lithuanian nation state is the national and heraldic symbols of the numerous noble families. The stately symbols were created from different materials: coloured paper, cardboard, plasticine, beads, foam or other craft materials. Here is an excerpt of the creative work process of the students participating in the project.





