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Erasmus+ LTTA Report: Bistrița, Romania

19 – 23 May 2025

The Erasmus+ Learning, Teaching, and Training Activity (LTTA) hosted in Bistrița, Romania, brought together participants from eight countries (Belgium, Croatia, Italy, Latvia, Poland, Portugal, Türkiye and Romania) to explore and engage in educational practices promoting sustainability, innovation, and cross-cultural collaboration. The event spanned five days and included a blend of workshops, presentations, field visits, and interactive activities focused on slow fashion, sustainable development, and environmental awareness.

Day 1: Monday, 19 May

Morning Session

The participants arrived at Colegiul Național Liviu Rebreanu, where they were warmly welcomed by the school principal, Monica Halaszi, the project coordinator, Helena Schuster and the team. To break the ice and set a positive tone for the week, they took part in a series of engaging activities designed to foster a collaborative spirit and help everyone get to know one another. Afterwards, the guest students and their teachers were taken on a guided tour of the school, visiting both the primary and secondary school buildings, as well as the surrounding premises.





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After that, in our DIY workspace, we tried our hand at reusing scrap materials to create artwork during the workshop titled “*Sustainable Art Manifest Puzzle.*” The goal was to combine creativity with environmental awareness, encouraging participants to think critically about waste and sustainability through artistic expression.



Afternoon Session

Following lunch, the afternoon began with a presentation on *Romania’s national policies and priorities regarding education for sustainability*, which was then compared with the policies of the partner countries. This comparison highlighted shared goals and areas of collaboration.

We then transitioned into the workshop titled *“The Hidden Cost of Denim,”* where we explored the environmental impact of the fashion industry, with a particular focus on how fast fashion contributes to climate change. To make the lesson more interactive, student groups were given bingo cards related to the topic, and the group that completed their card correctly first was awarded a thread of their choice to use in the next activity.

Once the participants understood the environmental harm caused by impulsive purchasing and excessive consumption of denim, we continued with a hands-on activity. In this session, we transformed old pairs of jeans into creative accessories. Instead of simply discarding them, we learned how to recycle, repurpose, and upcycle, turning waste into something functional and meaningful.



Day 2: Tuesday, 20 May

Morning Session

The second day began with a presentation on hemp as an eco-friendly alternative across various industries. Participants learned about the remarkable versatility of hemp, including its potential use as a sustainable raw material in textiles, construction, and paper production. A hands-on workshop followed, during which they created their own hemp paper; an activity that brought the principles of sustainability to life through practical engagement.



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In addition to papermaking, participants explored traditional methods of processing hemp fiber. They practiced breaking down the fibers, combing them to prepare for spinning into yarn, and then using the yarn to create fabric. This immersive experience offered valuable insight into sustainable production methods and highlighted hemp as a realistic and environmentally friendly alternative to more harmful industrial materials.



Afternoon Session

In the afternoon, the focus shifted to ethical consumption with the workshop “*Behind the Label.*” Participants investigated the social and environmental practices of well-known fashion brands, developing skills in research, critical thinking and analysis. This activity prompted many to reflect more on their own clothing choices.





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Day 3: Wednesday, 21 May

Morning Session

Wednesday offered a blend of fieldwork and outdoor learning. The group visited *Tășuleasa Social*, an organization renowned for its environmental education and community projects. Here, participants learned about initiatives aimed at promoting sustainability, civic engagement, and youth involvement. The visit made a strong impact, with many expressing admiration for the organization's grassroots approach and real-world influence.



Afternoon Session

In the afternoon, participants embarked on a scenic hike along the *Via Transilvanica – The Road that Unites*, a long-distance trail of approximately 1,400 km that crosses Romania. This activity offered an immersive experience into the country's rich natural heritage, while also promoting the values of ecotourism and sustainable travel. As they walked a 10-kilometer stretch of the trail, participants were captivated by the breathtaking landscapes. The hike also provided valuable time for connection, meaningful discussion, and personal reflection, deepening the sense of community and shared purpose among the group.





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Day 4: Thursday, May 22

Morning Session

The morning featured a guided tour of the *Turda Salt Mine*, one of Romania's most iconic landmarks. Beyond its cultural and historical significance, the visit served as an educational experience focused on sustainable tourism and the conservation of underground ecosystems. Participants were fascinated by the mine's unique blend of natural wonder and thoughtful preservation. A highlight for many was the opportunity to take a boat ride on the small underground lake, adding a memorable, interactive element to the visit.



Afternoon Session

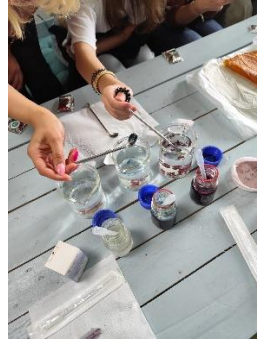
The afternoon shifted to a more academic focus with a visit to the University of Agricultural Sciences and Veterinary Medicine in Cluj-Napoca. Participants attended a workshop hosted by the Faculty of Food Science and Technology, titled "*Sustainability: From Nature to Food Biotechnologies*." The session introduced them to cutting-edge approaches in sustainable food production, highlighting innovative biotechnological solutions aimed at reducing environmental impact while meeting global food demands.



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The workshop provided valuable insight into how science and technology can support sustainability goals in agriculture and the food industry.



Day 5: Friday, May 23

Morning Session

The final day of the LTTA focused on consolidating learning, reflecting on outcomes, and celebrating achievements. In the morning, students participated in an animation workshop where they developed digital storytelling skills to creatively express sustainability topics. Meanwhile the coordinators convened for a meeting to discuss further steps and assess the project's outcomes.

A group of teachers devised a new set of questions for the “*Sustainability Check!*” application, which will be answered in the following weeks and we will find out our sustainability score regarding slow fashion.

The day also could not come to an end without some resolutions, so we had an activity entitled “*My Slow Fashion Pledge,*” which encouraged participants to commit to a more sustainable living, to make more mindful choices and to practice and to reuse, recycle and upcycle their clothes.





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Afternoon Session

In the afternoon, participants offered feedback by completing the *feedback and assessment questionnaire* and received *certificates of participation*. The event concluded with a farewell dinner that provided space to celebrate new friendships, shared memories, and the collective impact of the week.



Conclusion

The Erasmus+ LTTA in Bistrița, Romania offered a truly enriching experience, blending education, sustainability, and cultural exchange. The programme enabled participants to bridge the gap between theory and practice, equipping them with practical strategies to promote environmental responsibility within their schools and communities. Moreover, it served as a valuable platform for strengthening international collaboration and fostering innovation in the educational sector, leaving participants inspired and better prepared to drive positive change.

