

ERASMUS+

European diary of understanding

CESTA OD KONFLIKTU K MIERU

ST. JOHN BOSCO BILINGUAL - JENSEN GYMNASIUM



**VOL
01**



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From the Editor

Dear Readers,

We are happy to welcome you to this special issue of our magazine, created as part of the Erasmus+ mobility programme. In this edition, we focus on the topic of peace, conflict, and how conflicts can be solved. Together with our editorial team, we worked on this issue at our partner school, Jensen Gymnasium in Helsingborg, Sweden.

By attending some classes, we had the chance to see a different school system and compare it with our own. In this issue, you will find students' opinions, interviews, cultural experiences, personal stories, and also a fun crossword puzzle.

We hope that this issue will interest you and inspire you to think about this very important topic.

Enjoy reading!

Bibs Vaňová





Our partner country – Sweden

Sweden has a population of about 10.7 million people and uses the Swedish krona (SEK) as its currency. It is a unitary parliamentary constitutional monarchy, with Stockholm as both the capital and the largest city. The country has a relatively low population density, with large, sparsely populated areas, especially in the north. While the population is mostly composed of ethnic Swedes, Sweden is also a multicultural society. The official language is Swedish, and a high proportion of the population speaks English fluently.

Swedish culture places a strong emphasis on balance, community, and well-being. One well-known tradition is “fika,” a social coffee break that involves enjoying a drink and a snack while slowing down and connecting with others. Another important celebration is Midsummer, a major summer solstice festival marked by dancing around a maypole, wearing flower crowns, and sharing outdoor meals. The concept of “lagom,” meaning “just the right amount,” is central to Swedish life, encouraging moderation, sustainability, and harmony in everyday living.

Emka

Our partner school – Jensen Gymnasium

We asked students in Jensen gymnasium in Helsingborg, Sweden several questions about school life, such as the daily timetable, subjects, breaks, classrooms, about the teachers, and the use of technology at school. We wanted to learn more about how their school system works and how it differs from our school system. Here are the answers the students gave us:



1. When does your school start and end?

This week, I start school at 8:00 a.m. and finish around 12:00 or 1:00 p.m.
If I have language classes (German, Spanish, or French), I finish a bit later.
Next week, I start around 1:00 p.m. and finish at 5:00 p.m.
My time schedule changes every week.

2. Is every day different?

No, the time schedule only changes every week, not every day.

3. How many subjects do you have each day?

I usually stay at school for 3–4 hours, so I have 3 or 4 classes a day.

4. What subjects do you have?

I mostly have: Mathematics, Swedish language, Religion, History, Biology.

5. What breaks do you have?

I have only 5-minute breaks between lessons. Sometimes I have longer breaks because of PE or the teacher's schedule.
One time, I had a 2-hour break.

6. Can you leave school during breaks?

Yes, during longer breaks I can go wherever I want.





7. Do you stay in one classroom or move around?

I usually stay in one classroom.
Only sometimes I have lessons in another room.

8. Do you have lockers?

No, I don't have lockers.
I keep my things in the classroom.

9. Do you need to wear slippers/change shoes?

No, I can stay in my normal shoes.



10. Are your teachers strict or friendly?

Most of my teachers are friendly and nice.
It depends on the teacher and the situation.
I also have favourite teachers.

11. Do you use laptops or tablets?

Yes, I use my laptop almost all the time.
I can take notes on it during class.
Sometimes I prefer writing by hand.

12. Can you use your phone?

No, I can't during the lessons.
I put my phone in a special box.
I can use it during breaks.



Conflict is a natural part of human life. It can appear on a personal level, such as disagreements between friends or family members, but also on a global scale, where entire nations struggle with political or cultural differences. Personal conflicts often arise from misunderstandings, lack of communication, or strong emotions. On the other hand, world conflicts are usually caused by deeper issues like competition for resources, historical tensions, or differences in beliefs and values. Whether small or large, conflicts can have serious consequences if they are not addressed properly.

Preventing conflict begins with understanding and respect. In everyday life, people can avoid many disagreements by listening carefully, expressing their thoughts clearly, and being open to other people and their opinions. Education also plays an important role in preventing global conflicts, as it helps people understand different cultures and perspectives. History gives us many examples of what to avoid and encourages us to resolve small problems before they become more complicated. Cooperation between countries, diplomacy, and international organisations are key tools in maintaining peace. By promoting tolerance and empathy, societies can reduce the chances of conflict before it even begins.

Managing conflict is just as important as preventing it. When a conflict arises, it is important to stay calm, communicate honestly, and try to find a compromise. Instead of focusing on winning, people should aim for solutions that benefit everyone involved. On a global level, peaceful negotiations, mediation, and dialogue are crucial in resolving disputes. The road from conflict to peace is not always easy, but with patience, understanding, and cooperation, it is possible to turn even the most difficult situations into opportunities for growth and unity.



Here's a simple guide on how to handle personal conflicts:

1. **Pause and stay calm** Take a breath before reacting. Keep your tone steady and don't let emotions take over.
2. **Listen carefully** Let the other person speak and try to understand their point of view.
3. **Speak respectfully** Explain your thoughts clearly without blaming or attacking.
4. **Focus on the problem** Stick to the issue, not the person. Try to understand the real cause of the conflict.
5. **Find a solution together** Work toward a compromise or agreement that both sides can accept.

Kika

Conflicts

Internal conflicts

Personal conflicts are often less visible than arguments with others, but they can be just as intense. At their core, they're tensions between different parts of yourself—your values, desires, fears, habits, or expectations.

Here's a guide on how to make that happen:

- 1) make it explicit - put the conflict into words, even writing it down, that alone often brings clarity
- 2) trace the origin - ask where each side comes from (fear?, social expectations?, a past experience?)
- 3) sort your values - decide which value matters more in this moment, knowing you're not permanently rejecting the others
- 4) take small step ahead - you don't need a perfect resolution—just a step that leans toward change (action tends to stop the internal tension more effectively than overthinking)
- 5) accept some tension as normal - fully conflict-free inner life isn't realistic, the goal in life isn't to be completely perfect—it's learning how to control tensions without getting stuck

Kika

For example, you might want success but also fear failure, need stability but feel pulled to change, or respect honesty but avoid difficult conversations. That internal “push and pull” is what creates personal conflict. It's not a flaw—it's a sign that different needs or beliefs inside you are competing for attention.

Describing these conflicts usually involves naming three things:

What you want (your goals or values)

What's holding you back (fear, doubt, external pressure, habits)

What's at stake (why it matters to you)

Instead of trying to “push down” the conflict, it's more useful to work with it.



Interview

Today, we are speaking with Oscar from Jensen gymnasium, school where we spent most of our time during Erasmus+ mobility. We asked him about conflicts and how they can be understood and resolved. In this short interview, the student shares his thoughts on why conflicts happen, how to deal with problems, and whether conflicts can sometimes have a positive side

1. Why do conflicts arise?

They usually happen because people have different opinions and experiences. They also have different values. People see things in ways and they can have a hard time finding something they can both agree on.

2. What do you do when you have a problem with someone?

I talk to the person. I'm honest about what I think. I think you should say what you think in a way and you should listen to what the other person has to say. This helps people understand each other and find a way to resolve the problem.

3. Why is it difficult to resolve conflicts?

It is hard to resolve conflicts because people come from many places and they think about things in different ways. People grow up and are raised differently. This can cause people to misunderstand each other. Some conflicts involve strong feelings. These kinds of conflicts take time to resolve.

4. Can conflicts be good?

Conflicts can help people learn and grow. They can also help people understand each other better. Sometimes conflicts can even make relationships stronger.

5. How can you stay calm during a conflict?

You should try to control how you feel during a conflict. You should listen to the person and you should speak in a calm way. This shows that you are mature and it makes it easier to find a solution. Conflicts are a part of life and staying calm helps to resolve them.

Thank you, Oscar for sharing your thoughts and experiences with us. We appreciate your time and insights.

Tomáš



Cultural differences

We asked students from Sweden, who were in Slovakia for Erasmus+ mobility earlier this year, about the cultural shocks they experienced while visiting our country.

CULTURAL SHOCKS FOR SWEDES WHEN THEY WERE IN SLOVAKIA:

Nightlife

In Slovakia there are a lot of night clubs, which they do not have in Sweden. Also they do not roam the streets at night. The reason is maybe because of the higher crime rates.

Religion

Catholic religion is more widely spread in Slovakia than in Sweden. Sweden is more religiously multicultural.

Formal country/greeting to one another

In Sweden they do not greet one another. They are not very outgoing, they mind their own business.

Respect for teachers

It was shocking for the Swedes how much respect we show to our teachers because they don't tend to do that. They can move freely and talk back to teachers, and nobody restricts them.

Zuzka

CULTURAL SHOCKS FOR US, THE SLOVAKS, WHEN WE WERE IN SWEDEN:

A lot of bicycles

We were surprised to see so many bicycles everywhere, but actually the reason is so practical and the most interesting part is they're available on almost every corner of the city.

Gender neutrality - shared restrooms

This was the strangest thing about Sweden for us, the Slovaks. There were shared restrooms in school.

They look older than they actually are

We were at school with students our age who looked like they were nineteen or twenty.

Everybody dresses similarly

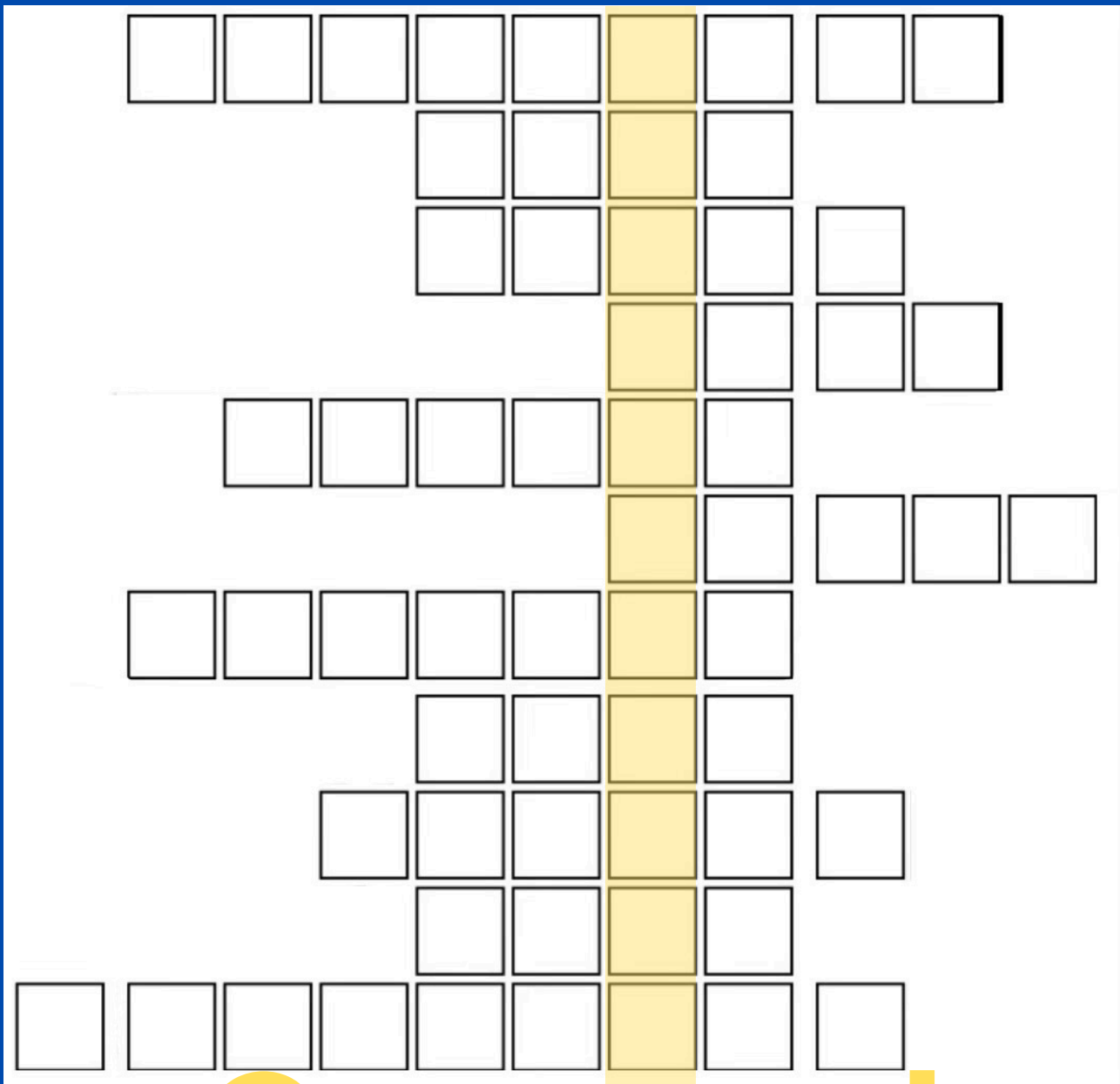
People don't want to stand out because they will be considered weird. They want to be same as everyone else.

First pay, then scan the products

You must pre-pay in shops at the self-service checkout counters and then you can scan your products.

Red light

They can cross the pedestrian crossing even when the red light is on. Sometimes cars will stop for you even when they have the green light on. And they have the same traffic light for cars as well as for bicycles.



Crossword

1. Capital city of Sweden
2. Famous swedish furniture company
3. Swedish car brand
4. Indigenous people of northern Sweden
5. Large sea east of Sweden
6. Swedish prize given for achievement
7. Swedish historical seafarers
8. Pop group known for „dancing queen“
9. Natural light phenomenon seen in the north
10. Mountain in Sweden language
11. Danish city you can travel to from Helsingborg

The result of the crossword is:

SUDOKU

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

1

2

3

	2		6		8			
5	8				9	7		
				4				
3	7					5		
6								4
		8					1	3
				2				
		9	8				3	6
			3		6		9	

1			4	8	9			6
7	3						4	
					1	2	9	5
		7	1	2		6		
5			7		3			8
		6		9	5	7		
9	1	4	6					
	2						3	7
8			5	1	2			4

Top 3 moments of our trip

One of the best moments this week for us was mainly how we became closer as a group during the whole Erasmus, especially at our evening meetings. There was always so much laughter, jokes, and sometimes really random questions and answers, where we just looked at each other to check if we actually understood what was going on. Sometimes it felt like we were just trying to figure out what was supposed to happen the next day, but it was always fun anyway.



Our best moment of the day was an hourlong bike ride, during which we kept wondering how the Swedes can pedal for so long when we were already completely tired after twenty minutes. We were also surprised by how complicated the bike traffic is there, with traffic lights, and that some bike lanes are even wider than roads for cars. What surprised us the most was that they don't need any cycling school, while we would probably really need one.

Another moment that will definitely stay in our memories was our Tuesday visit to Kronborg Castle. After wandering around for quite a while, we ended up in a room where our teachers decided to dress up as kings from the past, and honestly, it was really funny to watch how seriously they got into their roles. At that point, it felt less like a normal tour and more like we had just walked into something unexpected and hilarious.



Solutions

Sudoku

5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9

1

1	5	2	4	8	9	3	7	6
7	3	9	2	5	6	8	4	1
4	6	8	3	7	1	2	9	5
3	8	7	1	2	4	6	5	9
5	9	1	7	6	3	4	2	8
2	4	6	8	9	5	7	1	3
9	1	4	6	3	7	5	8	2
6	2	5	9	4	8	1	3	7
8	7	3	5	1	2	9	6	4

2

1	2	3	6	7	8	9	4	5
5	8	4	2	3	9	7	6	1
9	6	7	1	4	5	3	2	8
3	7	2	4	6	1	5	8	9
6	9	1	5	8	3	2	7	4
4	5	8	7	9	2	6	1	3
8	3	6	9	2	4	1	5	7
2	1	9	8	5	7	4	3	6
7	4	5	3	1	6	8	9	2

3

Crossword

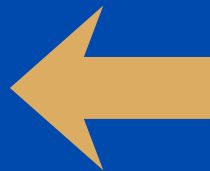
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8. Pop group known for „dancing queen“
9. Natural light phenomenon seen in the north
10. Mountain in Sweden language
11. Danish city you can travel to from Helsingborg

Answers

STOCKHOLM
IKEA
VOLVO
SAMI
BALTIC
NOBEL
VIKINGS
ABBA
AURORA
BERG
Helsingborg

The answer is: Helsingborg

THE END.



**The Kings of
Mobility**