

Breaks



COMPARED ANALYSIS OF OUR COUNTRIES

Keywords	Germany	Poland	Italy	Lithuania
<i>Kind of breaks (when/where to go/how long)</i>	20 minute break after each double period and 5 minute breaks in between	after every single lesson, hallways, 5/10/20 minutes	in the morning, hallways or courtyard, 15 minutes	10 minute breaks after every lesson, except after 3rd and 4th lesson we have 20 minute breaks.
<i>activities during the break</i>	talking to friends, eating and studying for tests	talking, eating, using phones, studying	talking, eating, using phones, studying	eating or communicating with classmates
<i>likes and dislikes of your breaks</i>	short breaks are refreshing but lunch break seems long and we could go home earlier		time to relax, little time, ban to stay in classrooms	can truly get ready for the next lesson, breaks could be shortened to 5 minutes
<i>your model break</i>	more activities especially indoors	opportunity to go out, smoothie and fruits in cafeteria	more time for breaks	seating outside, coffee machine, more activity outside
<i>using smartphones during the breaks/rules</i>	no phones during second breaking short breaks	no rules, we can do whatever we want with our phones	no taking photos or listening to music	no rules for this
<i>using smartphones during the breaks /alternatives</i>	library, play sports and spend time with friends	talking to friends, go out	read books, watch films, go out	communicate with friends, read books, have real games like chess.
<i>your wishes for the future</i>	activities to do inside the school and different kinds of foods at the cafeteria	activities outside school, vending machines, smoothies in cafeteria	healthy food available in vending machines or cafe such as yogurt, smoothies; special areas to have free time	to be modernised from inside and outside and coffee machines

Kind of breaks

	<u>How long</u>	<u>When</u>
<u>Germany</u>	20 min 5 min	each double period between every hour
<u>Poland</u>	5/10/20 min	between every hour
<u>Italy</u>	15 min	from 10.50 to 11.05am
<u>Lithuania</u>	10 min 20 min	between every lesson between 3rd and 4th lesson

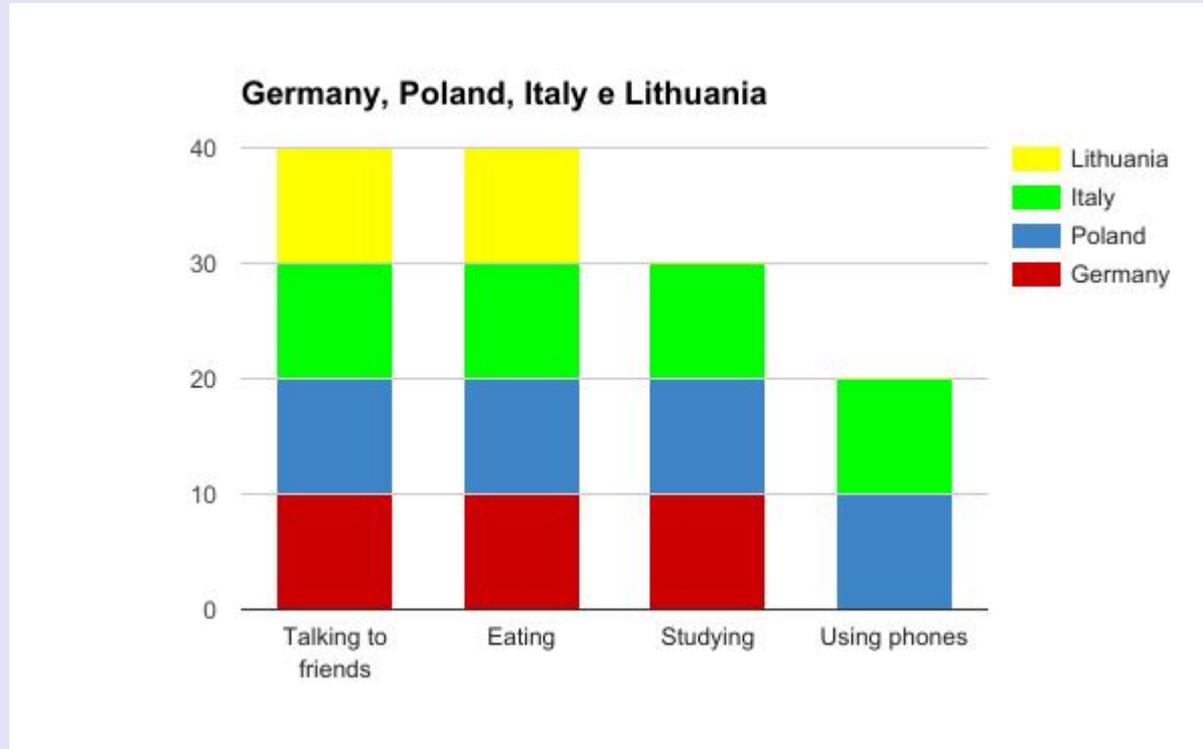
Positive and negative aspects of our breaks

Everyone enjoys breaks, so they can relax, get ready for the lessons or take a walk outside, though breaks could be shortened, so we would be able to go home earlier.

We mostly enjoy reading books, eating and talking to friends.

We don't like that some of us can't use our smartphones during the breaks. Also it would be really cool to have more activities and most importantly wider variety of food and drinks in the cafeteria.

Activities during breaks



Our ideal break

SOLUTIONS IN COMMON

- ❖ activities inside and outside



- ❖ areas to have free time and to relax

- ❖ selling of healthy food in the cafeteria



- ❖ longered breaks

Smartphones during breaks

Now we can use our phones to surf the internet, call our parents or someone else, find some information to do work or something like that. Honestly we can do whatever we want, except in Italy students can't take photos.

If we did not have mobile phones during breaks, we could talk to other people more, play football or volleyball, dance or study more.

Wishes for the future

We would like to have different kinds of food and smoothies in the cafeteria, vending machines, coffee machines, activities inside and outside school and special areas to hang out during school breaks.