



Guidebook

— of the —

Little European Citizens

Explore. Learn. Play. Grow.





GUIDEBOOK OF THE LITTLE EUROPEAN CITIZENS

**Created within the Erasmus+ project
“Pass It On”**

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Welcome, my little traveler!

I'm Sui - your traveling suitcase!
I don't carry clothes and shoes, but stories,
games, and tasty surprises. I love visiting
different countries and discovering how
children live there.

I've prepared a special guidebook for you
that will take you on an exciting journey
through the countries of the European Union -
each with its own language, traditions,
delicious food, and favorite games.

Open your heart and...

Pack your backpack – let's go!





My little traveler,

Each destination in this guide is presented on three special **pages**:

Page One - Get to know the country through its national flag, beautiful photos and our cheerful little suitcase, Sui, proudly holding its colours.

Page Two - Discover fascinating facts about its nature, culture, traditions and famous landmarks.

Page Three - Enjoy games, challenges, experiments, creative activities and delicious recipes inspired by this destination.



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You will learn interesting facts about each country - where it is located, what it is famous for, and how people live there.



You will discover what children in different countries love to eat and even try preparing a tasty recipe.



You will also find traditional children's games that you can try out with your friends.

In this guidebook, we have prepared fun activities for you as well - drawing, crafting, exploring, and creating.



This book will help you understand that even though we speak different languages and have different traditions, we are all part of one big European family.



You will learn what it means to be a young European citizen - to respect others, take care of nature, and stay curious about the world.

Are you ready for the journey? Open the page and let the adventure begin!



Before you put on your comfortable shoes and sling your backpack over your shoulders...

The European Union, or EU for short, is a large family of countries in Europe that have chosen to help one another and work together. It was created to ensure peace and friendship between nations. In 1957, six countries laid the foundation of the Union. Over time, more countries joined them.

Today, the European Union has 27 member states, including Bulgaria.

The main goal of the EU is for countries to live in peace and understanding. They support one another in trade, education, and environmental protection. People in the EU can travel, study, and work freely in different member countries. The EU also protects people's rights and promotes equality. The countries make important decisions together for the benefit of all citizens.

The symbol of the European Union is a flag with a blue background and 12 golden stars, representing unity and friendship. The EU's motto is "United in diversity" - meaning that although we are all different, we can still stand together.





Pack your
backpack – we're
leaving!

Sui in Austria



Hallo, mein Freund!



Today, my little wheels took me
to a magical land full of
tall mountains, green meadows, and
music that seems to dance in the air.
This is Austria!



Austria is located in the heart of
Europe. There, you can find majestic
mountains called the Alps, which in
winter become as white as fluffy ice
cream. Children in Austria love to ski
and play outside in the snow.



The capital is called Vienna - a city of
music and beautiful palaces. The great
composer Wolfgang Amadeus Mozart once
lived in this city. Can you imagine?
Music that was created over 200 years
ago still brings joy to people all around
the world



<https://www.youtube.com/shorts/gUivpRg3JDM>



In Austria, there is also the famous
Vienna Ferris wheel in an amusement
park, which rises high above the city.
And in the meadows, you can often
see cows with small bells around
their necks - ring-ring!



Apple Strudel

Ingredients:

1 pack of pastry sheets
2-3 apples
2 tablespoons of sugar
a little cinnamon
a little butter



How to make it:

1. Grate the apples (with help from an adult).
2. Mix them with sugar and cinnamon.
3. Place the mixture on the pastry sheets and roll them up.
4. Brush with a little butter.
5. Bake with the help of an adult until golden brown.

When the smell of cinnamon fills the air - it means Austria has come home!



"Alpine Relay"



Austrian children love active games.

Here's an idea:

Divide into two teams.

Each player must "carry" a small ball (like a snowball) to a designated spot and return.

The team that finishes first wins.

You can pretend that you are climbing a mountain!



Pack your
backpack –
we're leaving!



Sui in Belgium



Hallo, mijn vriend!

Today my little wheels have taken me to a country where the streets smell like chocolate, and the beautiful towns are full of flowers. This is Belgium!



bonjour

*Guten
Tag!*

Goedendag

Belgium is in Western Europe and has three official languages - French, Dutch, and German. Its capital is Brussels. The European Parliament is there - a big, important house where grown-ups from all the European Union countries work together to make Europe a happy and fair home for all children!



There are over 800 kinds of chocolate in Belgium! Can you imagine children learning about chocolate while tasting it?

Belgium is famous for its comics - this is where our beloved Smurfs were born!





Belgian Waffles

Ingredients:

How to make it:

1 pack of ready-made waffle sheets or small waffles
2 tablespoons of chocolate spread or melted chocolate
Sliced fruits (strawberries, banana, or apple)
A little sugar or honey for sprinkling

1. Spread chocolate on the waffles.
2. Add the sliced fruits.
3. Sprinkle a little sugar or honey.
4. Enjoy the delicious sweet magic!



Create your own "mini-comic":

Watch a Smurfs cartoon episode... Did it make you smile?

<https://youtu.be/H7Pp1WBvjQAsi=6UWootfwVpn6TA3c>



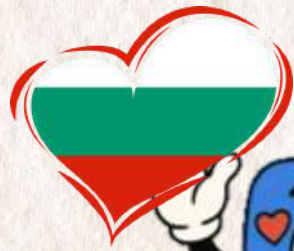
Draw characters in the style of The Smurfs.



Add funny speech bubbles and create a short story about their adventures.



Pack your
backpack –
we're leaving!

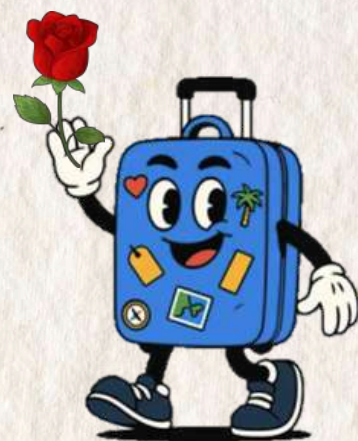


Sui in Bulgaria



Здравей, приятелю!

My tiny wheels brought me to a magical land where the mountains whisper stories and the sun smiles a little longer. This is Bulgaria!



Bulgaria is a beautiful country in Southeastern Europe. It has high mountains, green forests, and golden beaches along the Black Sea. Its capital city is Sofia, and it is one of the oldest cities in Europe!

Did you know?



Bulgaria is more than 1,300 years old!

One of the most valuable rose oil in the world is produced in Bulgaria.



Bulgarian yogurt is famous for its healthy bacteria.

Traditional dances are performed in a circle and are called "horo".



On March 1st, people in Bulgaria give each other martenitsas - small decorations made of red and white thread. They bring health and good luck!





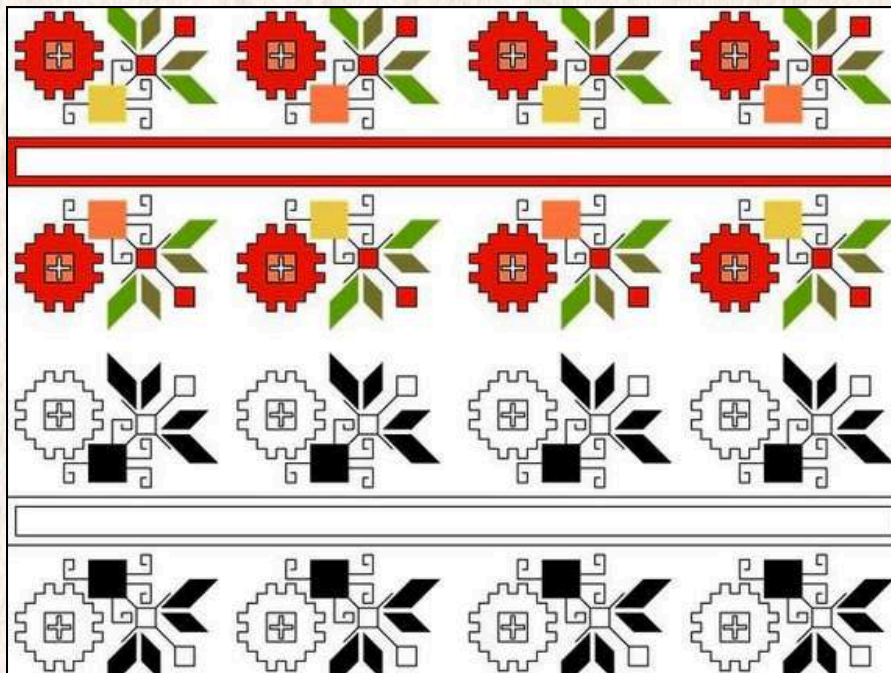
“Rose Garden of Happiness” -
draw a rose or any flower
you like.



Dance Challenge “Horo” - try to learn a
traditional horo dance.

<https://youtu.be/Wpncg8mHNcU?si=ZW-Z4OB1InELhcdP>

“Create a Bulgarian Embroidery” -
color a traditional Bulgarian pattern.



“Yogurt for Health” - decorate your
yogurt with fruits and nuts.





Pack your
backpack –
we're leaving!

Sui in Croatia



Bok, prijatelju!

My little wheels rolled me into Croatia, where I followed winding stone streets, listened to the waves of the Adriatic Sea, and counted islands until I lost track!



Croatia is a country in Southeast Europe. It is known for its beautiful coastline, crystal-clear sea, national parks, and historic towns. The capital is Zagreb - a lively city with parks, museums, and colourful streets.



Did you know?

Croatia has over 1,000 islands, but only some of them are inhabited.



The Adriatic sea is very clean and perfect for swimming and diving.

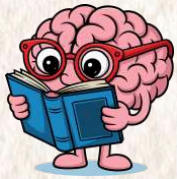
The city of Dubrovnik is famous for its high city walls and looks like a fairy-tale town.



Croatia is home to Plitvice Lakes National Park, where waterfalls connect many beautiful lakes.

Croatia is a popular filming location for movies and TV series.





The necktie was inspired by Croatian soldiers.

Design Your Own Croatian Necktie

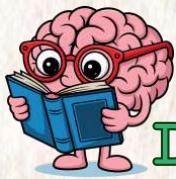
You will need:

- paper
- crayons or coloured pencils
- scissors



**Draw a large necktie on a sheet of paper.
Carefully cut it out.**

Decorate it with colours, stripes, dots or stars.



**The Licitar Heart is one of Croatia's
most famous traditional symbols.**

Decorate a Croatian Licitar Heart

You will need:

- red paper
- crayons
- stickers or glitter (optional)
- scissors



**Cut out a large heart from red paper.
Decorate it with flowers, dots and swirls.
Write a kind message or your name in the
middle.**

Give your heart to someone special!



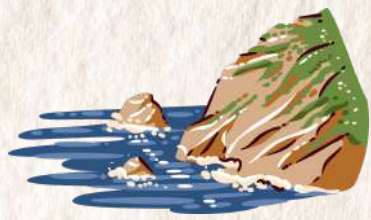
Pack your
backpack –
we're leaving!

Sui in Cyprus



Γεια σου, φίλε μου!

My little wheels rolled me into Cyprus, where the sun shines almost all year round, cats nap in the shade, and the sea is so blue it looks painted!



Cyprus is a small island in the Mediterranean Sea, where people love spending time outdoors. The island has ancient ruins, mountains, and beautiful coastlines. Its capital city is called Nicosia.

Did you know?

It is believed that the goddess Aphrodite was born from the sea foam.



Cyprus has delicious food - souvlaki, halloumi, and sweets like loukoum.

Many historic buildings and churches are from Byzantine times.



Cyprus is an island full of interesting myths, legends, and folk songs .

On some festivals, people make paper boats or small figures to celebrate the legends and the sea.

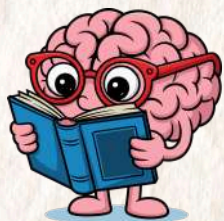


"Treasure from the Sea"



Place different "treasures" (stones, shells, coins) in a bowl of water. Try to find them using a spoon or your hands without spilling the water.

How many treasures can you collect? Can you do it faster than a friend?



Cyprus is often called "the island of cats" because there are so many cats living all around the island!

"Cyprus Cat Adventure"

Draw or create a Cyprus cat using paper, cotton, fabric, or crayons. Give your cat a name, favorite food, and a cozy place to sleep on the sunny island!



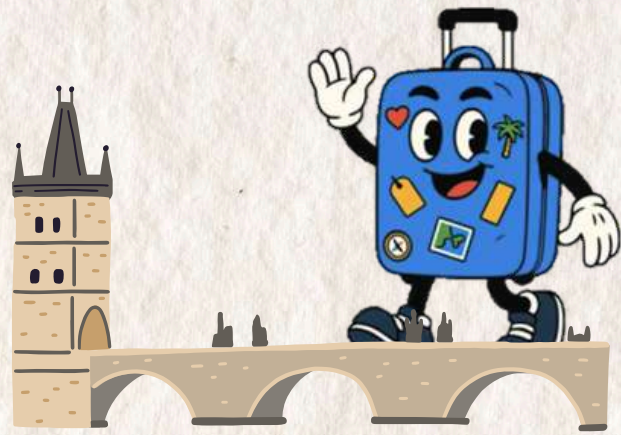


Sui in Czech republic



Ahoj, přáteli!

My little wheels rolled me into Czechia, where I crossed old stone bridges and listened to the bells ringing in beautiful Prague!



Czechia is a country in Central Europe. It is known for its historic towns, impressive castles and rich traditions. The capital city is Prague - a magical place filled with bridges, towers, and colourful buildings.

Did you know?

Prague is called the "Golden City" because of its beautiful golden domes and buildings.



Charles Bridge is one of the most famous bridges in Europe.

Prague's Astronomical Clock has been working for over 600 years.



The country is famous for its traditional puppet and marionette art.

The country has many legends about large clay-like creatures - giant stone-like spirits.





1. MAKE YOUR OWN MARIONETTE!

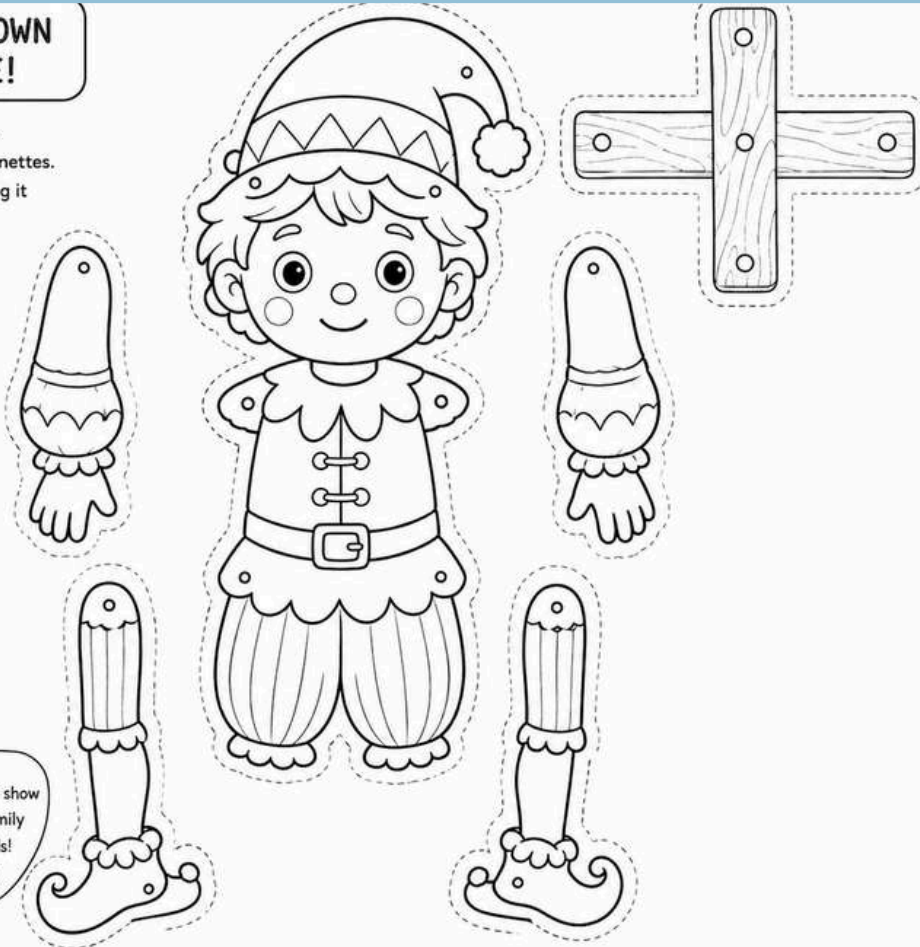
Czechia has a long tradition of puppet theatre and marionettes. Make your own puppet, bring it to life and create your own puppet show!

HOW TO ASSEMBLE:

- 1 Color all the parts.
- 2 Cut carefully along the dotted lines.
- 3 Punch holes where marked (or ask an adult to help).
- 4 Tie the strings to the arms and legs.
- 5 Tie the other ends of the strings to the wooden control bar.
- 6 Your marionette is ready to dance!



Now put on a show for your family and friends!



ESCAPE ROOM: MYSTERY OF PRAGUE

EASY VERSION (8-10 YEARS)

STORY

You are young explorers in Prague. The magic clock of the city has stopped! Solve the 4 challenges, collect the codes and restart the clock!



STATION 1: BRIDGE CHALLENGE

Look at the pictures. Circle the things you see in Prague.



CODE:

STATION 2: CZECH FLAG

Put the colors in the correct order.



CODE:

STATION 3: TOWERS COUNT

How many towers do you see?



CODE:

STATION 4: MAGIC WORD

Unscramble the letters.

A H O J

What is the Czech word for "hello"?

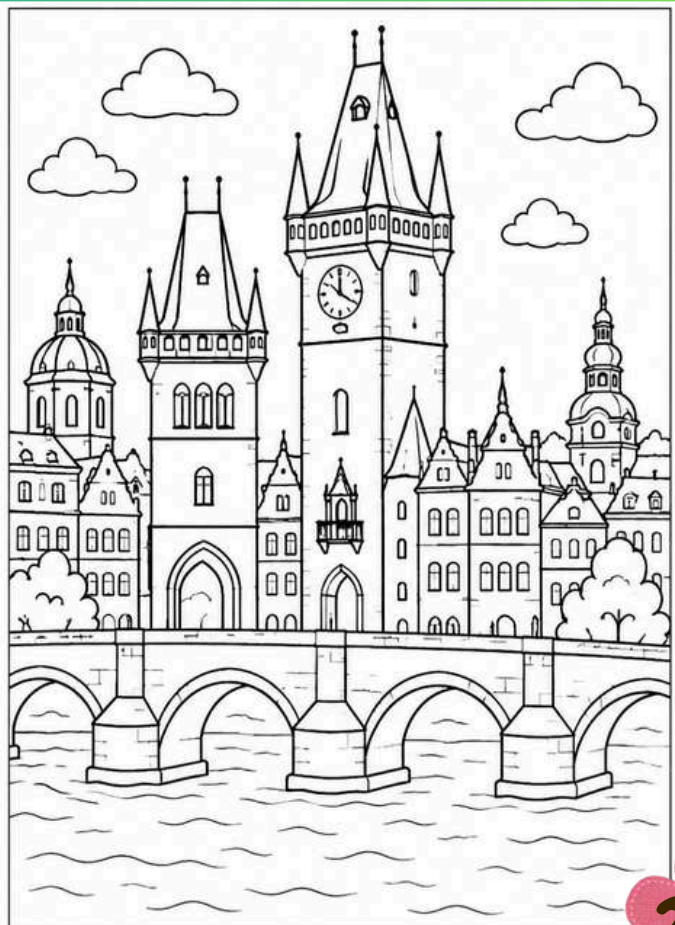
CODE:

FINAL MISSION

Put all codes together in order. Say the magic phrase and restart the clock!

THE CODE IS:

You did it! You saved Prague!



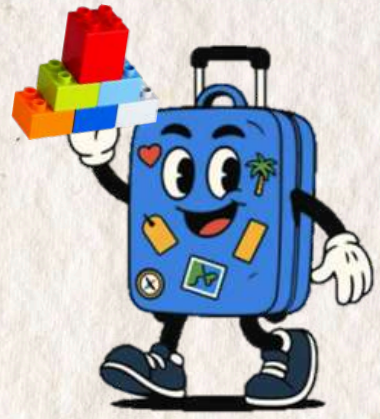


Pack your
backpack –
we're leaving!

Sui in Denmark



Hej, ven!



My little wheels rolled me into Denmark, where bicycles zoom by everywhere, the mermaids have their own statue, even the wind seems calm and happy!



Denmark is a beautiful country in Northern Europe, known for its colorful houses, and happy people. Its capital city is called Copenhagen.

Did you know?

Denmark is the home of the writer Hans Christian Andersen. His famous fairy tale The Little Mermaid was created here.



There is a statue of the Little Mermaid in Copenhagen.

<https://youtube.com/shorts/JbZ7GQiVvkzI?si=CPnEk2LsMIzfgiOa>

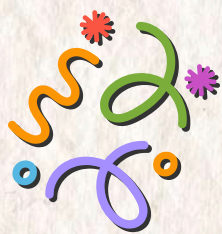
People in Denmark love riding bicycles.



Denmark is one of the happiest countries in the world.

Denmark is the birthplace of LEGO, one of the most famous building toy brands in the world!





Easy Cinnamon Rolls



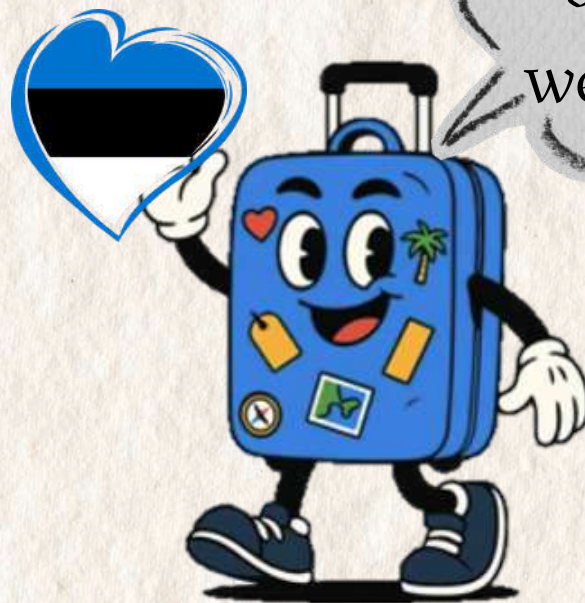
Little chefs, get ready for action! Roll out puff pastry and spread it with butter. Sprinkle sugar and cinnamon, then roll it up! Cut into small “snail” pieces and place them on a baking tray. Bake at 180°C for about 15-20 minutes, until golden and yummy.



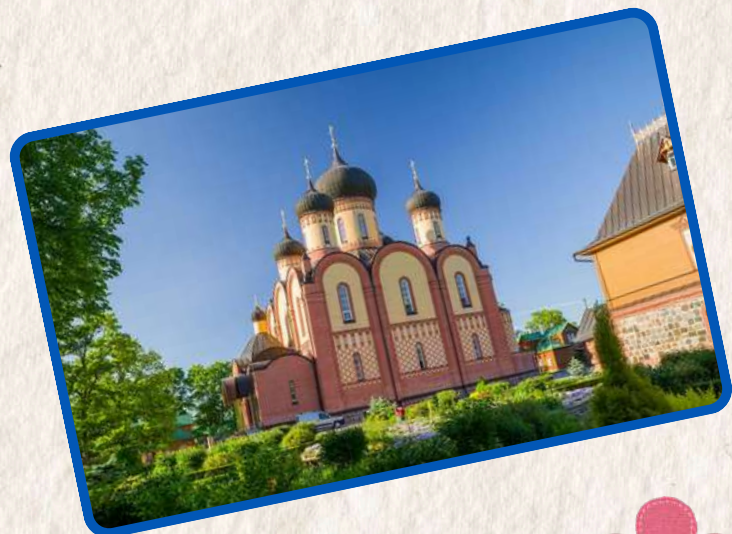
Bicycle Challenge”

If you have a bike - go outside and ride it.





Sui in Estonia



Tere, sõber!

My little wheels rolled me into Estonia, where forests seem endless, the winters are snowy and castles hide old stories.



Estonia is a small country in Northern Europe. It has many forests, lakes, and a beautiful coastline. The capital city is Tallinn - a town with a magical old center, narrow streets, and tall towers.



Did you know?

Tallinn's old town looks like it came out of a fairy tale.

<https://youtube.com/shorts/190R0rekTJ4?si=F2N4tFVX1CDBoHD5>



Children learn technology and programming from a young age.

Estonia hosts one of the biggest song festivals in the world, where thousands of people sing together.



In Estonian forests, moose, owls, and many wild animals live freely.



"A Fairytale Estonian Forest"

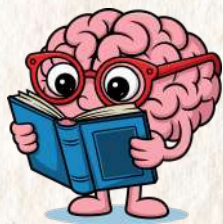
Draw or make a collage of an Estonian forest with moose, owls, and tall trees.



"Little Programmer"

Make a simple "program" using symbols (arrows or signs).

Ask someone to follow it (e.g., step forward, turn left, turn right).



In the Estonian forests, there is an interesting magical creature called Kratt. It is made from old objects. In fairy tales, people create it to help them, but it must work constantly!

"Make Your Own Kratt"

Use boxes, paper, bottle caps, or other materials.

What can your Kratt do?

<https://youtu.be/yOrLum7squg?si=hDow7ISLWA2C5UG>





Pack your
backpack –
we're leaving!

Sui in Finland



Hei, ystävä!



My little wheels rolled me into Finland, where the forests seem endless, the Northern Lights paint the night sky in bright colors, and I kept peeking behind every snowy tree, hoping to find Santa Claus and his busy elves preparing gifts for children around the world!

Finland is a beautiful country in Northern Europe. The capital city is Helsinki - a modern city with beautiful seaside views. Finland is also known as the home of Santa Claus.

Did you know?

Finland has about 188,000 lakes - more than almost any other country in the world!



The Northern Lights can be seen in Finland on many winter nights.
<https://youtu.be/Lc3FxxNXjBs0?si=IROSmu1AvmJ5cmHn>

Finland is known as the home of Santa Claus, who is said to live in Lapland.



Finns love saunas so much that there are more than 3 million saunas in Finland - more than cars!



Did you know?
Finland is known as
the home of Santa
Claus.

Instructions:

1. Color Santa Claus.
2. Tear the cotton into small pieces.
3. Put glue on Santa's beard and moustache.
4. Stick the cotton onto the beard and moustache.
5. Add cotton to the rim and pom-pom of the hat.
6. Let it dry and display your Santa Claus.





Sui in France



Bonjour, mon ami!



My little wheels rolled me into France, where artists painted masterpieces, delicious smells come from every bakery and the Eiffel Tower watches over the city!



France is a large country in Western Europe. It is known for its beautiful cities, rivers, vineyards, and art. The capital is Paris - the city of love, museums, and charming streets.



Did you know?

The Eiffel Tower is one of the most famous landmarks in the world.



France is famous for its delicious desserts such as croissants, macarons, and éclairs.

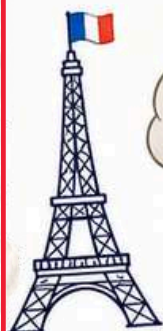
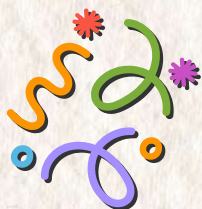
The Tour de France is one of the world's most famous bicycle races.



French people love art, fashion and music.

There are many castles and palaces in the country, including the beautiful castles along the Loire River.





Little French Chefs!

Today you are
little chefs!

Make tasty croissants
and set a French picnic plate.



1. Make Croissants

You will need:



puff pastry



1 egg yolk
(optional)



baking tray
and baking paper

- 1 Roll out the pastry and cut it into triangles.



- 2 Roll each triangle from the wide end to the tip to make a croissant.



- 3 Place the croissants on the baking tray.



- 4 Ask an adult to brush them with egg yolk and bake them.



- 5 Let them cool and enjoy!



2. Set a French Picnic Plate

You will need:



cheese



grapes



baguette
slices



- ★ Arrange the cheese, grapes and baguette nicely on a plate.
- ★ You can make fun shapes, such as a smiley face, flowers or a heart.
- ★ Invite your family and enjoy your French picnic together!



Well done,
little chefs!



Little Chef Tips



Wash your hands
before cooking.



Keep your workspace
clean and tidy.



Be brave and
try new flavours!





Pack your
backpack –
we're leaving!

Sui in Germany



Hallo, mein Freund!

My little wheels brought me to Germany where everything is so well organized that even the socks probably have a schedule!



Germany is a large country in Central Europe. The Bavarian Alps and the Black Forest are popular places for walks. The capital city is Berlin - a modern and interesting city.

Traditional food includes sausages, pretzels, and chocolate treats.



Did you know?



Germany has thousands of castles - more than 20,000!

Some German castles inspired the Brothers Grimm fairy tales.

Germany is famous for its scientists and inventors.

The first car was invented here.



Oktoberfest is a big festival with music, dancing and lots of fun!

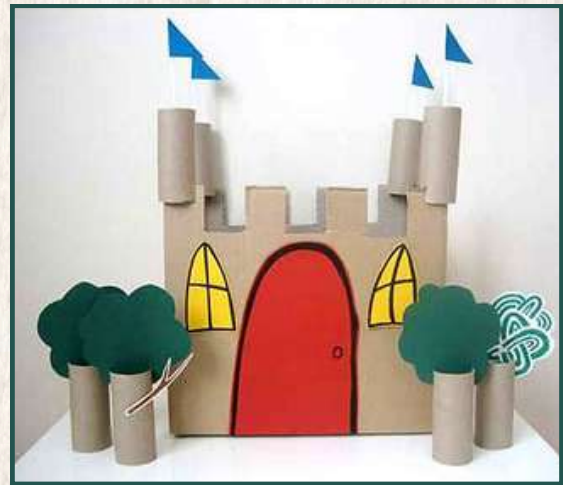
People wear traditional clothes and celebrate together.



"My Fairy-Tale Castle"

Draw or make your own castle from paper.

Think: Who lives inside it?



Make your own cookies and take a tasty bite from the magical sugar house in the fairy tale 'Hansel and Gretel'!



Ingredients:

1 egg, 100 g sugar, 100 g butter, 250 g flour, vanilla

Method:

Mix, knead into dough, shape cookies, and bake (180°C, ~10 min).

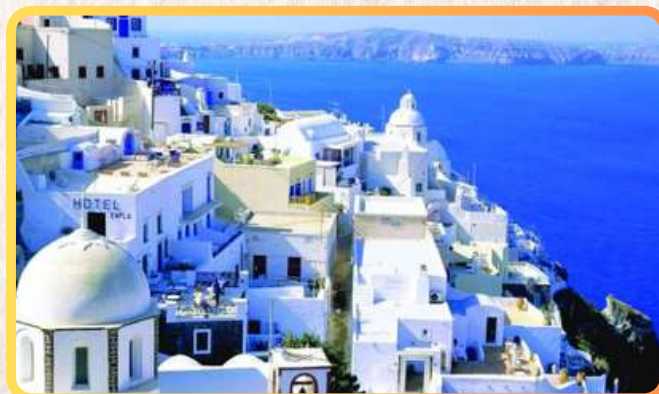
Decorate them with colorful sugar sprinkles!





Pack your
backpack –
we're leaving!

Sui in Greece



Γεια σου, φίλε μου!

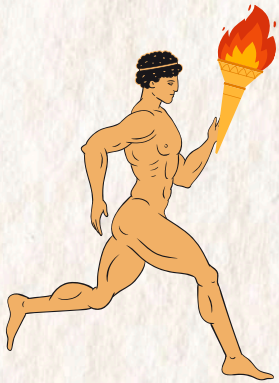
My little wheels rolled me into Greece, where the sea sparkles, the olives are everywhere and the ancient ruins stand proudly!



Greece is a beautiful country in Southern Europe. It has many islands, a blue sea, and sunny weather. The capital city is Athens - one of the oldest cities in the world!

Did you know?

In Ancient Greece, people believed in gods like Zeus and Athena.



The Olympic Games started here more than 2,700 years ago. They were only for men and included running, wrestling, and discus throwing.

Greece has over 6 000 islands!



The olive tree is a symbol of peace and wisdom.



Greek temples were built thousands of years ago.



In Ancient Greece, people held festivals and competitions with games, music, and sports.

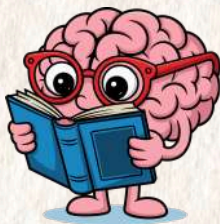


Mini Olympic Games

Organize a small competition with friends:

- jumping
- running in place
- throwing a ball

Who is the winner?



Experiment:

“Float or Sink?”

Greece is surrounded by the sea.

Take a bowl of water.

Put different objects in it (a stone, plastic, a leaf).

- Which ones float?
- Which ones sink?
- Why do you think this happens?

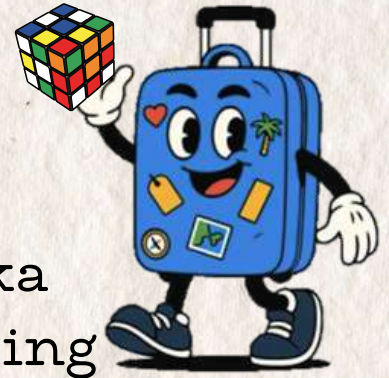




Sui in Hungary



Szia, barátom!



My little wheels rolled me into Hungary, where the Danube flows through grand cities, colorful paprika spices up every meal, and I kept looking around for a magic Rubik's Cube that could unlock a secret adventure!

 Hungary is a beautiful country in Central Europe. It is famous for its warm thermal springs and impressive buildings. The capital city is Budapest - a city with beautiful bridges and magnificent architecture.

Did you know?

Hungary is the birthplace of the thick soup goulash - a dish made from meat, onions, paprika, and potatoes.

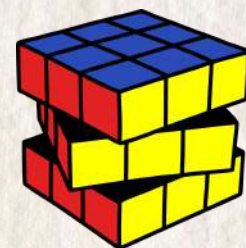


The Danube River flows through the country, dividing Budapest into Buda and Pest.

The country has many thermal springs and baths that have been used since Roman times.



Lake Balaton is the largest lake in Central Europe and a favourite place for summer holidays.



Rubik's Cube Challenge

The Rubik's Cube was invented in Hungary by Ernő Rubik.

Can you solve one side of the cube?

1. Choose one colour.
2. Find the centre square of that colour.
3. Match the surrounding squares until the whole side is the same colour.
4. Keep trying until all nine squares match!

Bonus: Ask a friend or family member to race against you. Who can solve one side first?

Build a Bridge!

Budapest is famous for its beautiful bridges over the Danube River. Let's build your own!

- 1 Use paper, straws, LEGO or sticks.



- 2 Build your own bridge between two "banks" (two books or boxes).



- 3 Test how many small objects your bridge can hold.



Bonus: Name your bridge!

Here's an idea:

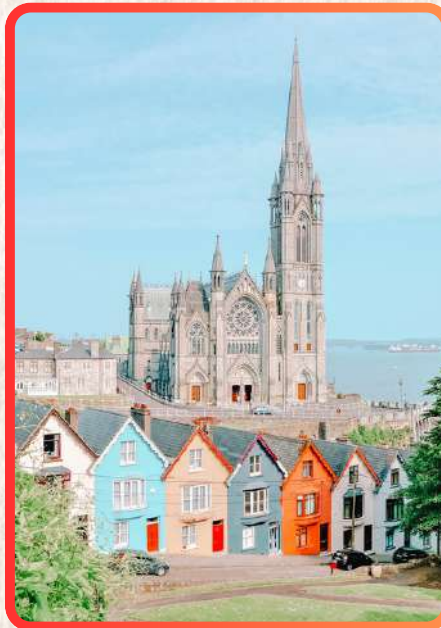


Budapest has many beautiful bridges. Which one is your favourite?



Pack your
backpack –
we're leaving!

Suí in Ireland



Dia duit, a chara!

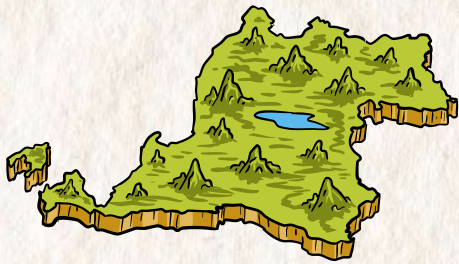
My little wheels rolled me into Ireland, where green hills stretch forever, rain falls softly and rainbows seem close enough to touch!



Ireland is a beautiful country in Northern Europe. It is famous for its green fields, rivers, and rocky coastline. The capital city is Dublin - a city full of interesting history and cheerful people!



Did you know?



Ireland is called the "Emerald Isle" because of its green landscapes.

Leprechauns live here - small magical creatures who guard gold and love jokes.



<https://www.youtube.com/shorts/F0euDLmitaY>



Music and dance are very important in Irish culture.

Irish people love telling stories and legends about elves, fairies, and heroes.





Draw or make a leprechaun from paper or clay.

**What will your leprechaun guard?
<https://youtube.com/shorts/AadsTxQ4qjY?si=pyzl6ZI6A2oVL4Wt>**



"Irish Dance"



Try to learn a few steps of Irish dance. You can dance with a friend or follow a video.

https://youtube.com/shorts/jy2WoVpAoVA?si=mS6UJi_AaAWb382R

"Find the Leprechaun's Gold"



Leprechauns guard their gold at the end of the rainbow. Today you will become a treasure hunter!

- 1. Hide some "gold" - it could be chocolate coins, real coins, or paper circles colored gold.**
- 2. Draw a map with streets, rooms, or "islands" and add clues for the path.**
- 3. The player searches for the treasure, following the map and solving the clues.**





Pack your
backpack –
we're leaving!

Sui in Italy



Ciao, amico!



My little wheels rolled me into Italy, where the pizza smells amazing, the buildings look like art museums, and I'm pretty sure even the pigeons know how to pose for photos!



Italy is a country full of history. There, you can see ancient buildings, narrow streets and beautiful squares. Its capital city is Rome.

Did you know?

Italy is the birthplace of pizza and pasta.

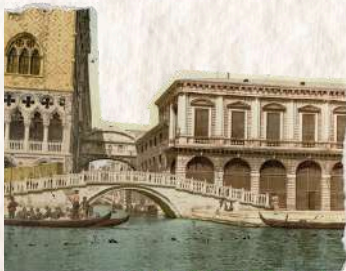


Gelato

Gelato - the tasty Italian ice cream - was invented in Italy.



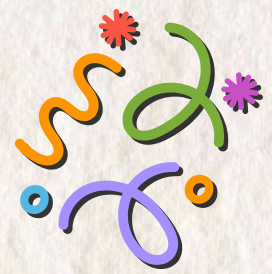
Many famous artists and architects, like Leonardo da Vinci and Michelangelo, are Italian.



Venice is a city with canals and gondolas, where people travel by water.

Italy celebrates many carnivals with masks and colorful costumes.





Easy Gelato



Ingredients:

- 500 ml cream
- 200 ml milk
- 100 g sugar
- Vanilla
- Fruit or chocolate



Instructions:

1. Mix milk, sugar, and vanilla.
2. Add the cream and stir gently.
3. Add fruit or chocolate.
4. Pour into a container and freeze for 2-3 hours.
5. Stir every 30-40 minutes to keep it creamy.

Enjoy!

"Carnival Masks"



Create your own carnival mask using paper, colored pencils, and shiny decorations.

<https://www.youtube.com/watch?v=Pvw9KXyVNZO>





Pack your
backpack –
we're leaving!

Sui in Latvia



Sveiks, draugs!

My little wheels rolled me into Latvia, where the pine trees whisper in the wind, old wooden houses tell stories and the forest animals are secretly watching travelers go by!



Latvia is a country in Northern Europe. It is dotted with crystal-clear lakes, wide forests, and long sandy beaches. The capital is Riga - a city with impressive architecture and historic streets.

Did you know?

Latvia has over 12,000 rivers and lakes, where swans and fish swim.



Riga's Old Town is full of stone houses, narrow streets, and charming squares.

In the forests, you might meet magical creatures from Latvian legends.



Many people love collecting mushrooms and berries in the forests.

In winter, the whole country looks like a fairy tale with snow and lights.





“Latvian Legend in Pictures”



Listen to a Latvian fairy tale:
Draw each scene as a mini
comic or a series of pictures.

[https://youtu.be/aMkJH9a-FCs?
si=pVMsTdIPVXS9OY34](https://youtu.be/aMkJH9a-FCs?si=pVMsTdIPVXS9OY34)



LISTEN.
LISTEN...

“Latvian Forest Race”

Split into two teams and explore the Latvian forest! Collect as many pinecones, mushrooms, and berries (made from paper or clay) as you can. Carry them in your “baskets” (spoons) without dropping them. Run around obstacles, weave between “trees,” and jump over “puddles.” The team with the most forest treasures wins!





Pack your
backpack –
we're leaving!

Sui in Lithuania



Labas, drauge!



My little wheels rolled me into Lithuania, where tiny forest paths lead to hidden lakes, old towers watch over the towns and the storks seem to be the real rulers of the

countryside! Lithuania is a country in Northeastern Europe, located by the Baltic Sea. The capital is Vilnius - a city with a beautiful Old Town, Baroque and Gothic buildings, narrow streets, and historic churches.



Did you know?

Lithuania is famous for its many storks. They are even the national bird of the country!



Amber can often be found along the shores of the Baltic Sea.

Traditional Lithuanian bread is dark and very famous.



Basketball is one of the most popular sports in Lithuania.

Lithuania has one of the oldest oak trees in Europe.





"Stork Balance Race"

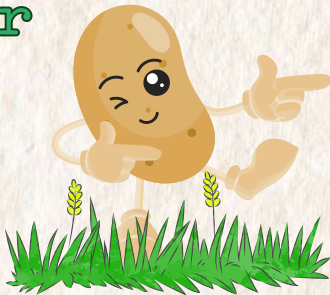
Pretend you are storks! Walk carefully through the path while balancing a beanbag or a small object on your head. Don't let it fall! The fastest team to finish wins!



Easy Lithuanian Potato Pancakes

Ingredients:

- 2 potatoes
- 1 egg
- A little flour
- Salt



Instructions:

Grate the potatoes and mix them with the egg, flour, and a little salt. Shape small pancakes and fry them until golden brown. Enjoy!

"Amber Hunters"



Split into teams and become real amber hunters! Search for hidden "amber stones" made from painted pebbles, clay, foil balls, buttons, pom-poms, or yellow and orange plastic gems. Collect them in small bags or cups. The team that finds the most amber wins!





Pack your
backpack –
we're leaving!

Sui in Luxembourg



Moien, Frënd!



My little wheels rolled me into Luxembourg, where castles sit on hills, tiny streets twist like mazes, and I think even the pigeons speak more than one language!



LUXEMBOURG

Luxembourg is one of the smallest countries in Europe. It is located between Germany, France, and Belgium. The capital is also called Luxembourg - a city with bridges, fortresses and beautiful views.

Did you know?

Luxembourg is the only Grand Duchy in the world! That means the country is ruled by a Grand Duke instead of a king or queen.



Luxembourg is one of the richest countries in the world.



There are many castles and fortresses built hundreds of years ago.

People speak several languages - Luxembourgish, French, and German.

Parts of the city look like a real fairy tale with towers and secret passages.





“Language Challenge”

In Luxembourg, people speak several languages.

Learn 2-3 words in different languages (for example “hello”, “thank you”) - how to pronounce and spell them. Make your own little dictionary of foreign words. Teach them to your family.

Who can remember them the fastest?



“Create Your Grand Duke Crown”

Now you know that Luxembourg is the only Grand Duchy in the world. That means it has a Grand Duke!

Now it's your turn to feel royal! Create your own crown using paper, stickers, shiny gems, foil, or crayons. Decorate it with your favorite colors and wear it like a true ruler of Luxembourg.

https://youtu.be/hATgu4lRq7w?si=wPT79Wg4pB_gQ9Nq





Pack your
backpack –
we're leaving!

Sui in Malta



Bongu, habib!



My little wheels rolled me into Malta, where the sea sparkles in every direction, tiny boats bob in the harbors, and I think even the sunshine forgot to take a day off!



Malta is a small island country in the Mediterranean Sea. It is known for its warm days, blue sea, and golden cliffs. The capital is Valletta - a city with narrow streets, fortresses, and beautiful sea views.

Did you know?

Malta has some of the oldest temples in the world - even older than the pyramids



The sea around the island is very clear and blue.

People speak Maltese and English.



Traditional colorful boats called luzzus can be seen in Maltese harbors.

Many famous movies were filmed in Malta because of its beautiful sea and old buildings.





"Sea Boat"

Make a small boat from paper or cardboard. Float it in a bowl of water and see if it floats.

Try to move it with a gentle blow or a small fan. Try to color your boat like a traditional Maltese luzzu – bright, colorful, and full of patterns!

<https://youtu.be/khuVGbCEOPY?si=LrumOBogrnSTQs8V>



"Sunny Dessert"

(inspired by Malta's warm climate)

Arrange fruits on a plate like a sun or even like an island.

Add some honey.

Can you make the most beautiful "sunny dessert"?





Pack your
backpack –
we're leaving!

Sui in the Netherlands



Hoi, vriend!



My little wheels rolled me into Netherlands, where colorful tulips bloom everywhere, windmills spin in the breeze, and every bike looks ready for an adventure!



Netherlands is a country in Western Europe, famous for its flat landscapes and colorful flower fields. Its capital city is Amsterdam, a place known for its many canals, bridges, and narrow houses.

Did you know?

There are more bicycles than people in the Netherlands!



The Netherlands is famous for its colorful tulip fields

Many windmills were built to help control water levels.



Some cities have so many canals that people travel by boat.

Dutch cheese is enjoyed all around the world



The country is known for its cows and dairy farms.



"Plant a Tulip"

**Tulips are a symbol of the Netherlands.
Plant a tulip bulb in a pot or in the
garden.**

**Water it and watch how it grows.
How does it change every day? Draw or
describe its growth.**



Experiment: "Wind Energy"

**Netherlands uses a lot of wind turbines.
Make a small paper windmill.
Blow on it or use a fan.**

Observe:

- **How does it move?**
- **What makes it spin?**



<https://youtube.com/shorts/FqXMk9FUwQM?si=hS-DoRpJsltBPIcK>





Pack your
backpack –
we're leaving!

Sui in Poland



Cześć, przyjacielu!



My little wheels rolled me into Poland, where colorful old towns look like storybooks, forests stretch for miles, and I think the dragons might still be hiding somewhere!



Poland is a country in Central Europe, known for its historic cities, forests, and castles. It has beautiful mountains, lakes, and many old traditions. Its capital city is Warsaw.

Did you know?

There is a legend about a dragon that lived under the castle in Krakow.



Poles love music - the famous composer Frédéric Chopin was born here.

The country has many beautiful castles and palaces.



Pierogi, small stuffed dumplings, are one of Poland's most famous foods.

Poland has a rich tradition of folk music and dancing.





"Musical Imagination"



Listen to Chopin's Spring Waltz:
Draw what you imagine while
listening.

What colors and shapes did you choose?

<https://youtu.be/fVMs0yeIzJM?si=OenhIHNOnc4wy1A>



**Draw and decorate your own friendly
Polish dragon.**

<https://youtube.com/shorts/fgPKrY2jsX8?si=gRqpaMJmbkQF9dWe>





Sui in Portugal



Olá, amigo!



My little wheels rolled me into Portugal, where colorful trams climb the hills, the ocean waves never seem to stop dancing and the seagulls are competing to be the loudest tour guides.



Portugal is a country in southwestern Europe, located next to the Atlantic Ocean. It is known for its colorful cities and rich history of explorers and sailors. Its capital city is Lisbon.

Portugal

Did you know?

Portugal is famous for great explorers like Vasco da Gama.



It has some of the most beautiful beaches for surfing.

Dolphins can often be seen in Portuguese waters.



The country makes delicious sweets like pastéis de nata - creamy egg tarts.

Many buildings are decorated with colorful ceramic tiles called azulejos.





"Music and Movement"



Listen to Fado, Portugal's traditional national music. Try to dance or move like the waves of the sea. How do you feel when you move like the ocean?

<https://youtube.com/shorts/6mYFcTl-Hy4?si=SPvtHXn13LvcgtLv>

'Message in a Bottle to a New Friend'



Imagine you are a Portuguese explorer sailing to a distant land. Write or draw a short message to a new friend. Place it in a bottle and send it on its journey.

If you are near the sea or a lake, an adult can help, and another friend can "discover" the bottle later.

If you are not near water, place your bottle in a special "Explorers' Mailbox" in the classroom. At the end of the day, each child picks a bottle and reads the message inside.





Sui în România



Bună, prietene!



My little wheels rolled me into Romania, where winding mountain roads lead to mysterious castles, bears roam the forests, and I kept looking around in case I met a friendly vampire!



ROMANIA

Romania is a country in Southeastern Europe. It has tall mountains and wide rivers. The capital city is Bucharest, full of old buildings and museums.

Did you know?

Romania has over 14,000 caves and nature reserves.



Bran Castle is known as "Dracula's Castle."



The Carpathian Mountains are home to bears, wolves, and lynxes.



The Danube Delta is full of animals and plants - a real treasure of nature!

Romania has scenic mountain train routes.





"My Magical Forest"

Draw a forest with animals, lakes, and a magical creature - a big dragon. You can add secret paths and hidden treasures.



"Origami Bat"

Did you know that Romania is famous for legends about bats and mysterious castles? Fold your own origami bat by following the instructions. Then decorate it with crayons, markers, or googly eyes and give your bat a funny name!

https://youtu.be/kBJGchWe6uU?si=7w_hnR_A_RaOTFzA





Pack your
backpack –
we're leaving!

Sui in Slovakia



Ahoj, priateľ!



My little wheels rolled me into Slovakia, where mountains touch the clouds, castles sit proudly on the hills, and the goats are better climbers than I am!



Slovakia is a country in Central Europe, known for its caves and forests. Much of the country is covered by the beautiful Carpathian Mountains. Its capital city is Bratislava.

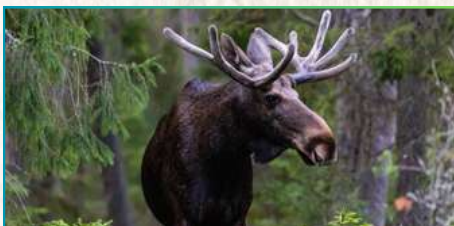
Did you know?

Slovakia has one of the highest numbers of castles per person in the world.



The High Tatras are the highest mountains in Slovakia.

Folk costumes and festivals are colorful and full of music.



Much of Slovakia is covered with forests. They are home to bears, deer, and foxes.

The country is famous for its caves.





How to make mini halušky?

(Slovak dumplings)

Ingredients (for a small portion)



1 cup flour



1 egg



1/3 cup water

(add gradually if needed)



A pinch of salt

Instructions:



- Mix the flour and salt in a bowl.
- Add the egg and a little water.
- Knead a soft dough. If it's too sticky, add a little more flour.
- Cut the dough into small pieces or make little balls (these are your halušky).
- Boil water in a pot.
- Drop the dumplings into the boiling water.
- When they float to the surface, they are ready (about 3-5 minutes).
- You can add a little butter, sauce, or cheese and decorate with herbs.





Sui in Slovenia



Živjo, prijatelj!



My little wheels rolled me into Slovenia, where lakes sparkle like mirrors, dragons guard the bridges, and I started checking every cave just in case a hidden treasure was waiting for me!



Slovenia is a small, green country in Central Europe. It has beautiful rivers, lakes, and famous caves. The capital city is Ljubljana - a city with beautiful bridges, and colorful houses.

Did you know?

Slovenia has more than 10,000 caves! The most famous is Postojna Cave.



Lake Bled has a small island with a church - many tourists visit it.

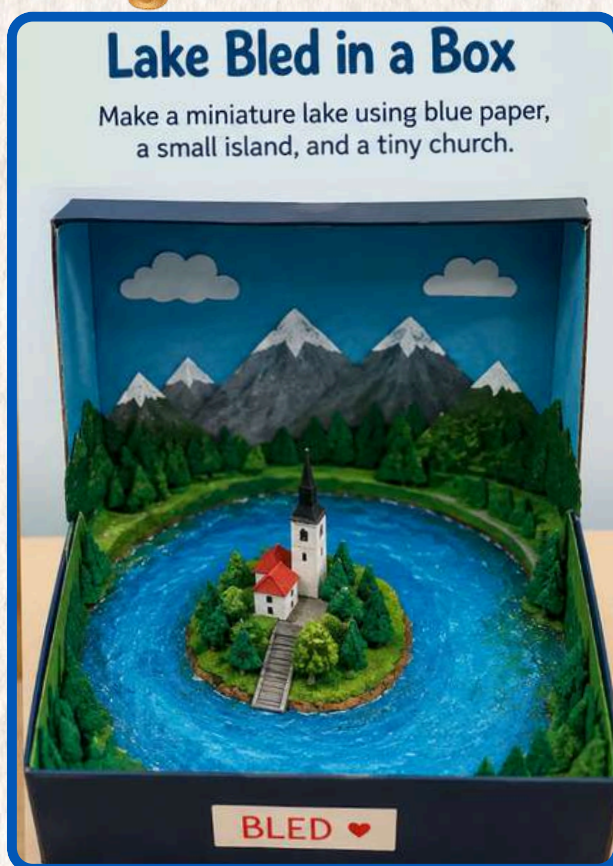
In Slovenia, people raise cows and sheep, and make cheese and butter from their milk.



Folk tales tell stories of dwarves, forest spirits, and magical creatures.

Slovenians love the mountains - skiing in winter and hiking in summer.





Let's jump and have fun!

In Slovenia, I discovered a super fun game that children love - it's called "Elastic Jump"! Two children hold an elastic band around their legs, and a third one jumps in and out, as if dancing on an invisible path. I tried it too... and almost got my wheels tangled! But the real challenge begins when the elastic goes higher - then the jumping gets trickier and even more exciting!

Are you ready to jump like a true Slovenian champion?

Up and down we go!





Sui in Spain



¡Hola, amigo!

My little wheels rolled me into Spain, where the sun shines brightly, dancers clap to lively music and every corner feels full of color and excitement.



Spain is a sunny and colorful country in Southern Europe. It is famous for its beautiful beaches, delicious food, lively music, and flamenco dancing. Its capital city is Madrid.

Did you know?

Spain is famous for flamenco dancing and colorful music festivals.



People eat delicious food like tapas, paella, and churros.



Spain has many castles and historic buildings.



Many famous artists like Pablo Picasso and Salvador Dalí are Spanish.

Spain has the festival La Tomatina, where people throw tomatoes at each other!





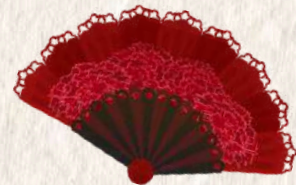
"My Tapas"

Make your own favorite Spanish tapas. See some ideas here:

https://youtu.be/UlFnaDLKsHU?si=_IP3SiZO2yd8da2W



Spanish Fan Craft



Fold a sheet of paper back and forth like an accordion. Decorate it with bright colors, flowers, dots, or flamenco patterns. Glue colorful shiny gems onto your fan to make it sparkle! Fold it in half and glue the bottom together to create a beautiful Spanish fan.





Pack your
backpack –
we're leaving!

Sui in Sweden



Hej, vän!



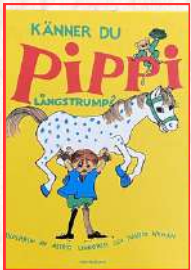
My little wheels rolled me into Sweden, the land of forests, lakes, and brave Vikings. As I travelled around, I kept looking for Pippi Longstocking or a friendly reindeer!



Sweden is a country in Northern Europe, known for its vast forests, thousands of lakes, and beautiful archipelagos of islands. The capital is Stockholm - a modern city built on many islands connected by bridges.

Did you know?

Sweden has more than 200,000 islands.



Pippi Longstocking was created by Swedish author Astrid Lindgren.

The Dala horse is one of Sweden's national symbols.



Sweden has huge forests and many wild animals such as deer and moose.

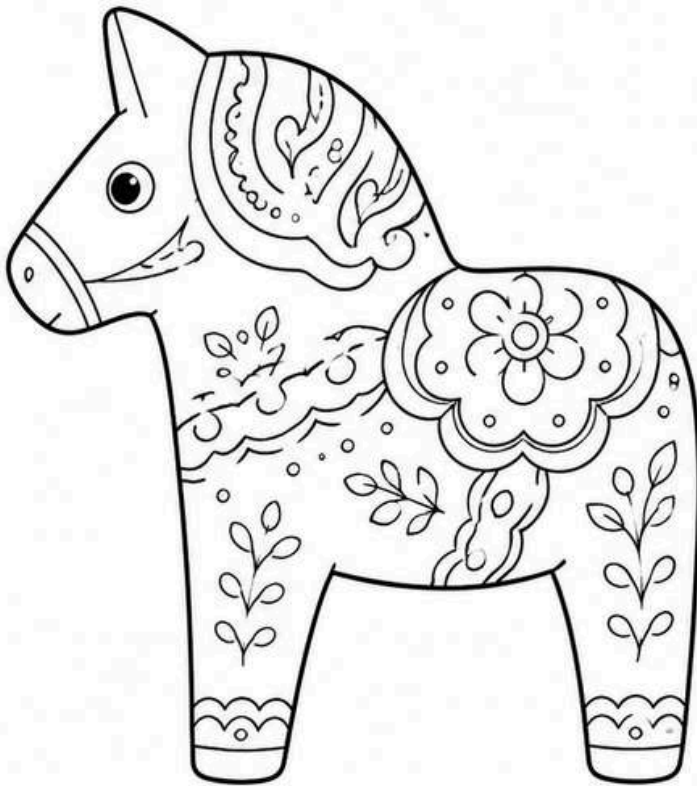
The country celebrates "Lucia" - a festival of lights and songs in winter.





Paint a Dala Horse

1. Colour your Dala horse.
2. Cut it out carefully.
3. Add beautiful patterns and designs.
4. Display your horse or give it as a gift!

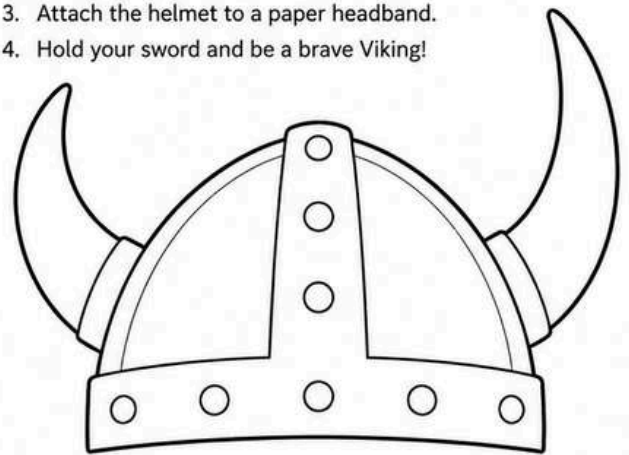


 Cut along the outer line.

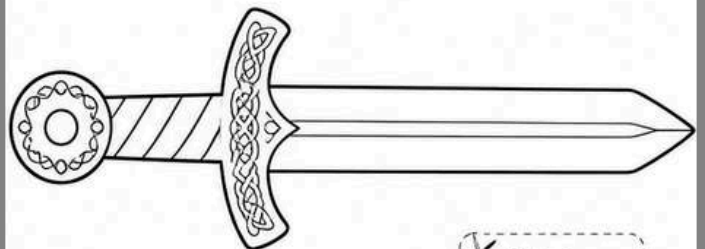


Make a Viking helmet and sword

1. Colour and decorate the helmet and sword.
2. Cut them out carefully.
3. Attach the helmet to a paper headband.
4. Hold your sword and be a brave Viking!



HEADBAND
(attach the ends to fit your head)



 Cut along the outer line.





**Little traveler,
thank you for traveling across Europe with
me!**

You have met legends, learned interesting facts, and completed small experiments that turned every country into an adventure. Now you know that the world is full of wonders - sometimes they are in faraway capitals like Paris or Rome, and sometimes they are just in a glass of water, in a drawing, or in a good idea.

**Always remember that the most wonderful
world is the one you haven't discovered yet.**



WHO CREATED THE GUIDE?

A Guide for Young
European Citizens

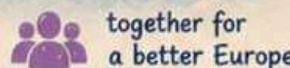
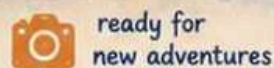
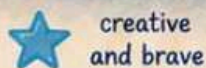
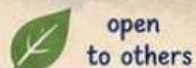
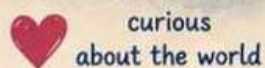
Daniela
Roshmanova

Senior
Primary Teacher

Biserka
Vasileva

Chief
Primary Teacher

We continue our journeys
in dreams and in reality,
by air and by water...



Together we discover Europe!

Thank you to all little European citizens
for your curiosity, creativity and kindness!

VIKI

DARKO

SISI

Emily

PRESLAVA

Lyubov

VANYA

IVO

RERI

PETAR

KIKI

RENA

AURORA

NIKI

SOFIA

BOYAN

PRESLAVA

VIKTOR

SAMI
KRISI

MINA

We are different, but together
we are stronger.

Let's keep learning, dreaming
and building a better Europe –
peaceful, kind and sustainable!

See you on our next adventure!



Co-funded by
the European Union



Pass It On
Erasmus+ KA1



Little steps today –
a better Europe tomorrow!

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