



Erasmus+



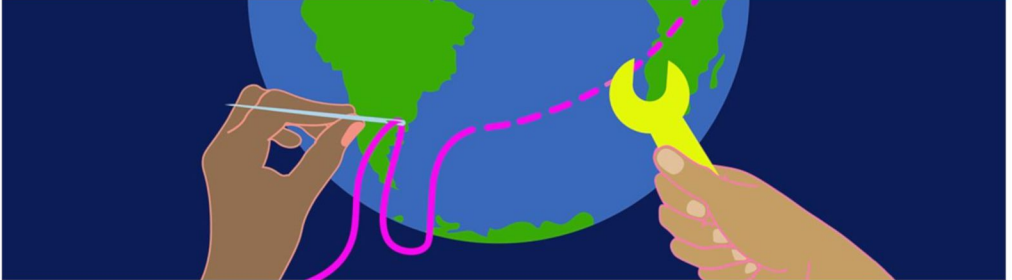
slowing down
a new face of European education

2018-2020



PROJECT

participants:



- 1. 9th gymnasio Kalamarias, Thessaloniki, Greece**
- 2. I.T. Giordani-Striano, Naples, Italy**
- 3. Blidenes pamatskola, Blidene, Latvia**
- 4. Zespol Szkolno-Przedszkolny im. Czeslawa Milosza w Siemianicach, Slupsk, Poland**
- 5. Agrupamento de Escolas Emídio Navarro, Almada, Portugal**
- 6. OPET TARIHE SAYGI ORTAOKULU, Eceabat, Canakkale, Turkey**

MAIN IDEAS

OF THE PROJECT

The project objectives:

- 1. Promoting the 'slowing down' awareness that include identifying, reducing stress factors and skills in private or educational life, both for teachers, students and indirectly also for their parents from 6 European schools**
- 2. Including students with fewer chances, students with lower results, the potential victims of bullying to help them in gaining self-esteem and succeed in becoming stronger, suitably confident.**
- 3. Popularizing stress free education through the adoption of innovative teaching approaches and non-formal education practices, as well as supporting problem-based learning**
- 4. Setting the 2-year-long project research as main source of our good practice, compendium of knowledge and methods that allow to use best, experienced innovative didactic methods, sharing good practice at European level and cooperation among partners. Creating 'Anti-stress guidebook for students and teachers' as result of research.**
- 5. Increasing school quality by development of teachers proficiency and qualifications, finding new motivation for searching the non-formal methods in learn-teach process, reducing burnout effect and constant openness for new challenges.**

THE INTERNATIONAL



MEETINGS

C1 Short-term exchanges of groups of pupils, 17-20 th December 2018, Canakkale, Turkey, 'BE GOOD, BE KIND, BE RESPECTFUL, BE CREATIVE, BE HEALTHY'

C2 Short-term exchanges of groups of pupils, 4-7th March, 2019, Thessaloniki, Greece, 'I am slowing down living in my city and “reading” the past in my everyday city life'

C 8 Short-term exchanges of groups of pupils, 13-16 th May, 2019, Siemianice, Poland, 'Time travellers'

C3 Short-term joint staff training event, 08-11 th July, 2019, Blidene, Latvia, 'Interactive, alternative, chilling, concentration methods in teach-learn process'

C4 Short-term exchanges of groups of pupils, 15-20 th, September, 2019, Almada, Portugal, 'Finding a harmony with nature'

C 5 Short-term exchanges of groups of pupils, 4-7 th, November, 2019, Naples, Italy, 'Slow food and heathy lifestyle'

C6 Short-term joint staff training event, March 2020, Almada, Portugal, Motivation plus, stress minus'

C 7 Short-term exchanges of groups of pupils, May, 2020, Blidene, Latvia, 'Music – listen to the sound of the Earth'

Local



activities

2018

1. Project introductory visits in local institutions to provide activities: establishing project ideas, tasks, involving Local Authorities in project work: dissemination, interview with administrative head of local authorities and person responsible for education (articles) by project teams in every partner school.
2. First visit in Ministry of Education Office in own region: promoting project ideas, establishing project research, problem that local communities found with overloaded curricula, enormous amount of homework, tests, showing importance of reducing stress in education, both for students and teachers by all project teams in every partner school.
3. Evaluation: Online survey about project concepts for participants, students' parents: 34 participants, 40 parents from each school

2019

1. Presenting project results during the European Day of Languages (26.09.2019.) as digital presentations, photo galleries, interviews with the participants.
2. Evaluating the project results in the middle of the project time about: cooperation, timetable, quality of work and our products, results. We will conduct an online survey for all participants, students' parents. We will ask about 34 participants and about 40 parents about their impressions, opinions. In total, we will have about 380 respondents. Presentation of the results of the survey for the local community.

2020

Searching for the institutions/organizations in local area that use non-formal methods in teaching, a visit and an interview with their representatives about successful methods, experience. Presenting the information in the local project teams.

1. Second visit in Ministry of Education Office in own region/town: showing the results of the project, the conducted research and found out solutions. Formal suggestion for Ministry to reduce stress in education.
2. The interview, photos will be disseminated in all source of information: Erasmus + Corner, school website, school FB, project website, eTwinning, Padlet, via local media.



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Slowing down project

