

MENS
SANA IN
CORPORE
SANO EURÊKORPUS



Transnational Meeting 7th -12th October 2018 ALBA IULIA ROMANIA



Erasmus+



2018-1-FR01-KA229-047666

ALBA IULIA, Romania.

Colegiul Economic Dionisie Pop Martian

Str. Octavian Goga, nr 11

Mail : eco.alba@mail.albanet.ro, cedpmab@gmail.com

www.colegiuleconomicdpm.ro





MAIN OBJECTIVES OF THE MEETING

Presentation of partners and project

Implementation of Activities
for 2018/ 2019

Implementation of Activities
for 2019/ 2020

Sharing responsibilities

Information about the financial contract

Adjustment of the project blog,
eTwinning and Mobility Tool

Discussion and propositions

Evaluation of Actions and Exchanges

Organization of next meetings
and seminars



MENS
SANA IN
CORPORE
SANO EURÊKORPUS



Transnational Meeting - Alba Iulia Romania
7th-12th October 2018

COLLEGE BORIS VIAN
170 rue Victor Hugo
59210 COUDEKERQUE BRANCHE
Ministère de l'Éducation Nationale- Académie de Lille



PARTICIPANTS

FRANCE, COORDINATING COUNTRY :

Collège Boris Vian, Coudekerque Branche

Fabrice TONDEUR : General Coordinator

Brigitte JOUGLET : English teacher



ENGLAND : Archbishop Sentamu Academy, Hull

Joanne PAILING : Coordinator for the school

Anna-Marie MOORHOUSE

FINLAND : Ristijarven keskuskoulu

Tuula VAISANEN : Coordinator for the school

Tiinalliisa PORTANO : Headteacher

FRANCE : Lycée Jean Bart, Dunkerque

Caroline MILOT : Coordinator for the school

Fanny ROUSSEL : English teacher

ROMANIA : Colegiul Economic Dionisie Pop Martian

Simona CACOVEAN : Coordinator for the school

Mihaela BASARABA : Deputy Manager

Eva PINTEA : teacher

Amalia FURSUI : teacher

Felicia BECA : teacher

SPAIN : Institut Marti Dot, Barcelona

Esther GIL SAN MILLAN : Coordinator for the school

Joan SUBIRACHS : teacher

Monday, 8th October :

9.00 – 1p.m.:

1. Each participant introduced themselves briefly and each country presented their school illustrating it with a video or a power point document which enabled the whole Erasmus team to know better about each participant's country and the way they work, their different projects, their economic situations, their funding systems, the similarities and differences between them. This first part of the meeting gave us the opportunity to feel united in diversity too.
2. The whole team voted for the presentation of the different participating schools in one and same file.
3. The general coordinator presented the project, its organization and aims for our students. He explained how the partnership was given birth to. He highlighted the fact that every member's dynamism, motivation and reactivity were key factors for their entry in the project.
4. The different teams were invited to vote about every partner's responsibilities in the project. This vote resulting in the agreement by every partner over the following plan :

FRANCE COLLEGE	CREATION	General coordination and in charge of the blog
FRANCE LYCEE	COMMUNICATION	Report of this week
SPAIN	ENVIRONMENT	In charge of the common actions
FINLAND	HEALTH	General organization of Congress in Spain + e-twinning
ROMANIA	SCIENCE	Satisfaction Questionnaire
ENGLAND	HUMANITY	General organization of Congress in Finland

1p.m.-4p.m. :

5. This part of the meeting was dedicated to the students' mobilities practical details. Each hosting school agreed and engaged to cover all expenses for the activities suggested as well as for the students's accomodation and meals (at school or in the hosting families) during the mobility. On the other hand, the visiting schools should cover all the expenses for the adult participants' accomodation and meals as well as the transport costs for them and their students, from their school to the hosting school.
6. It was agreed that every hosting school should post on the project website information and tips on how to get to the hosting school.
7. The whole team voted and agreed on the fact they would work on one common action per year, which was chosen among the different actions that every school had suggested for the project in the application form. Each country had selected one of their actions for each year, presented it briefly and emphasized its interests for the project and the students.
8. Each country voted for a common action for the year (1) 2018/2019 and another common action for the year (2) 2019/2020. The vote was carried out as shown by the following picture :

Erasmus+

Actions with common result

2018-2019

2018-2019
Topic of action: Photolanguage
Aims and objectives:
 -to understand the others better and really meet them thanks to the knowledge of their tastes, their concerns, etc.
 -to develop relations between the people by appealing to emotions and reason.
 -based on the experiment of the present moment: it thus makes it possible to start from themselves.
Aims and objectives:
 This workshop is the continuation of the meetings around the self-confidence conducted in the school. Preparation: the pupils will be divided in groups of 3 or 4 people maximum. A reporter will be chosen. Starting from a series of photos, the pupils will fill in a table, answering questions, giving their emotions, their feelings and experiences connected with what the pictures represents.
 Each person will choose a picture and will explain the reasons of their choice.
Topic: 1: well-being. **Topic 2:** Teenagers
Results and outcomes:
 Each small group will create a poster, put the questions or the topic, pasting the photographs according to an original diagram and adding a small explanation under each selected photograph.
 The keywords will be written on the poster. Presentation of the result: each student responsible will present the poster and explain the reasons of the choices.
 All will try to identify the most significant ideas and the trends in all the sub-groups.



Erasmus+

Actions with common result

2019-2020

2019-2020
2019-2020
Topic of action:
 -To learn and practice techniques to aid mindfulness and relaxation
 -To learn how we use deep breathing and meditation to relax and focus the mind on oneself
 -To understand the importance of taking time for oneself and make links between a healthy mind and a healthy body
Aims and objectives:
 Students will participate in activities looking at methods of relaxation. The increase of school children who are becoming stressed with their everyday workloads, in particular those who are taking public examinations is on the increase. They will learn what first of all about Mandalas and their use in Buddhism and Hinduism, before identifying what they have been used for by different cultures and societies as well as where they may have seen these geometric shapes before. They will then discuss the benefits of creating / completing their mandalas on their emotional health and discuss why. Students will then be asked to identify complete their own Mandala while listening to relaxation music for a specific period of time, and enjoying the results of their exercise or visualising a positive change that they want to make in their own lives. Students will have a follow up session when they complete a Yoga lesson and learn relaxation breathing from a Yoga expert. Resources and main sessions will be planned and delivered disseminating other short relaxation tasks which could be completed by students to take place in tutor periods for students to find a technique which works for them as individuals.
Results and outcomes:
 Students will be made aware of the importance of relaxation alongside their normal lives, and be taught to recognise the value of being able to clear their heads of worries and stress. At the end of the activities, Students will discuss how they felt before and after completing the different activities and asked how they could apply these techniques to helping their own wellbeing. Students will be asked to complete relaxation exercises in their form periods during a week where the focus is on improving health and wellbeing and on a weekly basis for a full term and asked to report back on which activities have proved to be the most useful for them and how they have.
 Resources and teaching tasks will be published and shared on the blog alongside student comments.

The 2 accepted common actions were the following :

Year 1 : Photo Language, Communication

Year 2 : How can we be kind to our mind ? Mindfulness and meditation for relaxation, Health.

All the members agreed to send their report about the results of the Photo Language Action for May, 1st 2019 and about Meditation for the beginning of April 2020.

Erasmus+

Responsibilities

France college	Responsible of actions Creation SMESP19	SMIRO20	General coordination and in charge of the blog
French lycée	Responsible of actions Communication TMRO18	SMRO18	SMESP20
Spain	Responsible of actions Environment SMO819	SMO820	Responsible common actions
Finland	Responsible of actions Health SMF119	SMF120	Congress Spain e-twinning
Romania	Responsible of actions Sciences SMR119	SMR120	Questionnaires of satisfaction (Google)
England	Responsible of actions Humanity SMF119	SMF120	Congress Finland



Erasmus+

Budget

Project Management and Implementation Grant Requested 6000 € Free

Transnational Project meeting for teachers Romania 10-2018

Learning Teaching Training Activities for pupils and teachers
 Rules: 6 days of work and money for 5 pupils and 2 teachers
 Accommodations, Transport, Visits... Individual supports for all mobilities

Project is running from 01/09/2018 to 31/08/2020.

First financial part 80%
 if you spent 70% of the first part write a middle report (Deadline 01/09/2019)
 The last 20% will be send after final report.

Tuesday, 9th October :

9.00 – 1p.m.:

1. Action Form

Agreement about the general presentation of the Action Form :

Some elements of the Action Form were modified.

-the codes were removed and were replaced by the names of the main sections.

-the word 'Intervenients' was replaced with the word 'Participants' to refer to the members of the Erasmus team

-the title of the three parts were modified, too, according to the following list : Skills targeted and aims / Description / Results and Outcomes

-on the top right-hand corner, the flag of the corresponding country as well as the Erasmus logo as used by the English team shall appear

-3 pictures shall appear below them according to the ancient version of the Form

-on the bottom right-hand corner, the logo of the Eurekorus project and the Erasmus + logo in colour version shall appear

-Every team shall use the Power Point Format exclusively

-Every team shall send their Action Form to the responsible team of each section. (French Collège : Creation / French Lycée : Communication / Spain : Environment / Finland : Health / Romania : Science / England : Humanity)

-The Action Forms shall be sent to the Headmaster and to the teachers of each school and to the agency.

2. Blog

The access to the erasmus + blog is enabled thanks to the following address : www.eurekorus.com

Agreement on the fact that the Action Forms shall be put on the Erasmus + blog with pictures, videos and the corresponding links. Videos should be favoured (max.5 mins). To put documents on the blog, the members of the team shall type over-blog.com

The collage displays various elements of the 'overblog' platform. It includes the main navigation menu, a detailed article editor with a rich text editor and a sidebar for publication settings, a text editor window showing a document about a sport event, and an analytics dashboard with a line graph showing page views over time and a table of the most visited pages.

The parents of the students will be sent the main articles via Whatsapp to facilitate the reading and should subscribe to the blog Newsletter.

The team agreed on the creation of two new categories : Student Voice and Mobility.

It was agreed that no comment would be accepted except in the dedicated Student Voice category. It was also reminded that :

-the blog is a professional one and therefore it is important to present it as such to the users

-the members of the team shall record their content by clicking on « download »

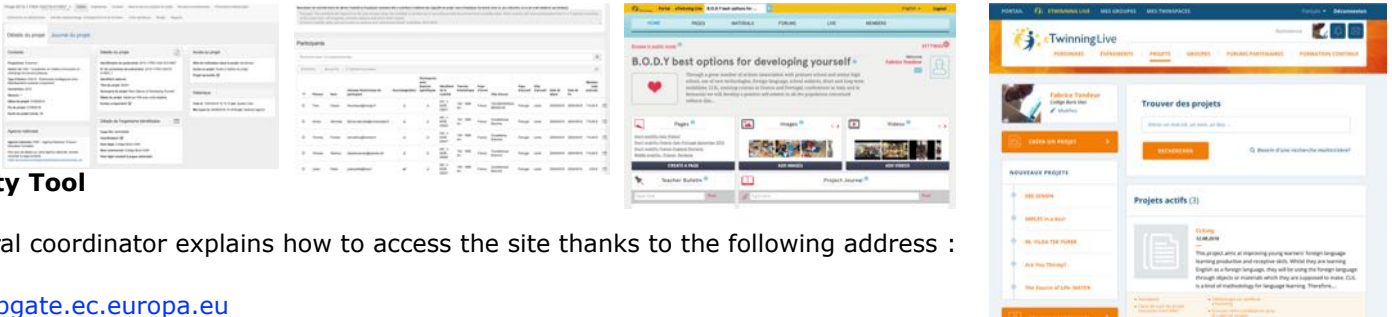
-the members can change the date and the different actions can be easily found thanks to the categories

3. E-twinning

Each member of the Erasmus + team has to create their own e-twinning account mentioning their respective names and school. Finland is responsible for the creation of the e-twinning Eurekorus group.

The members might put pictures or only links on e-twinning as well as a short presentation of the actions.

Each member can find the actions of each country and can choose to put all the actions on the site or just some examples of them.



4. Mobility Tool

The general coordinator explains how to access the site thanks to the following address :

<http://webgate.ec.europa.eu>

For each mobility, each coordinator has to put the name of the students and of the adult participants on the site, they have to indicate their country and city of origin and the country and the city they have visited as well as the distance there is between their own city and the hosting city.

The members of the team have to keep all the invoices they received during the mobility to give them to their school as justifications of their expenses.

1p.m.-4p.m. :

-The team agreed on the evaluation of the actions suggested to the students during the mobilities according the following criteria :

1. Give 2 impressions you had before the activity started.
2. Tell 2 interesting things you discovered during the activity you could tell other people about.
3. Next step : say how this will change your attitude, your reactions or your point of view in the future.

-The team then agreed on the following list of skills the children might have developed during the year :

1. Has the student been able to adapt to new situations and improve their autonomy ?
2. Have they respected the codes of behaviour and the rules at school as well as in the families ?
3. Have they improved their language and communication skills ?
4. Has their general knowledge of the world grown ?
5. Have they improved their ability to present themselves in front of other people ?
6. Has the student been able to challenge themselves to try new things or new activities ?
7. Have they been able to develop their independence and sense of responsibilities ?
8. Have they been able to develop their ability to integrate into new friendship groups and partner families ?
9. Have they been able to develop their critical thinking ?
10. Has this experience enabled them to raise other cultures awareness ?



The Romanian team has to send a final version of the evaluation of these skills.

-The team also agreed on the fact that a certificate should be delivered to the students after the mobilities.



Wednesday, 10th October :

9p.m.-1p.m. :

1. Erasmus Questionnaire :

Agreement on the general presentation of the questionnaire : the team discussed the different questions that should be asked in the questionnaire.



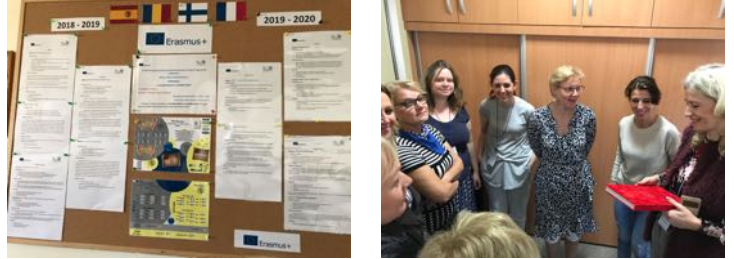
Exchanges <https://docs.google.com/forms/d/e/1FAIpQLSckIWyPNNVfsc4FIEVWexzihtYUF0uY8NZPIRAJsIBrWWMg/viewform>

2. Transnational Congresses :

Congress in Finland : February 25th 2019- March 2^{nde} 2019

Congress in Spain : September 2019

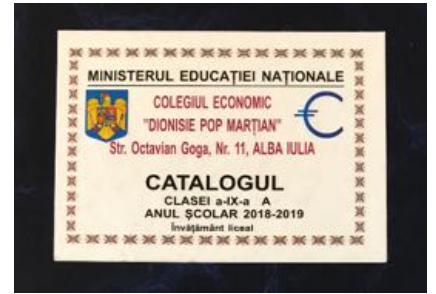
Final Meeting in France to be decided : June 2020



For each Congress, two adult participants shall go to the selected place and the hosting country shall decide of the number of students these participants may bring to the Congress, knowing that these students will represent the project of their own country.

Finland decided that 2 students for each country shall be brought to the Congress.

Each country shall prepare their own internal report for each Congress.



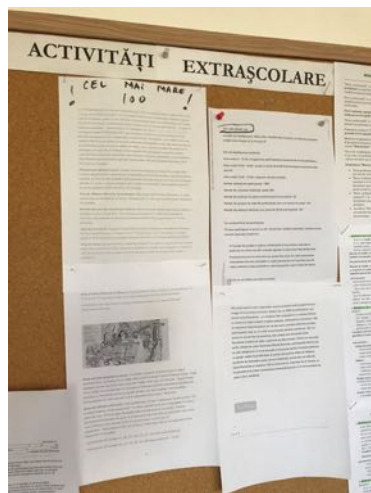
3. Mobilities :

-Agreement on the organization of the meetings for teachers.

-Agreement on the fact that the hosting country will estimate the budget allowed for the Congress to cover the expenses on location and will determine the sharing of this budget between the visiting countries and the hosting country before December 2018.

-Parallel to that, the hosting country shall send information about the agenda of the Congress as soon as possible.

-The team agreed on the following organization for the different mobilities 2018-2019 :



Short mobilities 14-year-olds :

To England 12th-19th March 2019 (FrC 4g 4b)

To France 28th March – 4th April 2019

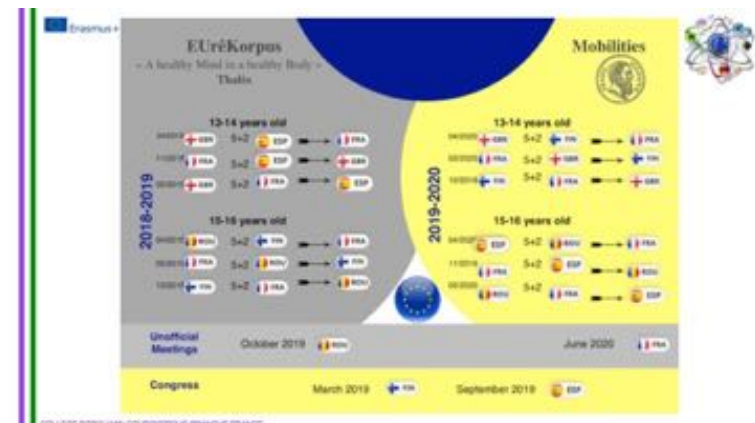
To Spain 2^{nde}-9th May 2019 (FrC 4g 5b)

Short mobilities 16-year-olds :

To Finland 14th-21st May 2019

To Romania 8th-15th November (FrL 4g 4b)

To France 28th March – 4th April



Writers

Fanny ROUSSEL

Brigitte JOUGLET

Photos

Caroline MILOT

Fabrice TONDEUR



Co-funded by the Erasmus+ Programme of the European Union



MENS SANA IN CORPORE SANO EURËKORPUS



100 ROMANIA



ERASMUS+



EURËKORPUS, ALBA IULIA, ROMANIA OCTOBER 2018