



slowing down

a new face of European education

Project participants

1. 9th High School of Kalamaria, Thessaloniki, Greece.
2. I.T. Giordani-Striano, Naples, Italy.
3. Blidenes pamatskola, Blidene, Latvia.
4. Zespół Szkolno-Przedszkolny im. Czesława Miłosza w Siemianicach, Słupsk, Poland.
5. Agrupamento de Escolas Emídio Navarro, Almada, Portugal.
6. OPET TARIHE SAYGI ORTAOKULU, Eceabat, Canakkale, Turkey.



Main ideas of the project

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.

International meetings

1. 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'.
2. 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'.
3. C8 Short-term exchanges of groups of pupils, 13-16 th May, 2019, Siemianice, Poland, 'Time travellers'.
4. C3 Short-term joint staff training event, 08-11th July, 2019, Blidene, Latvia, 'Interactive, alternative, chilling, concentration methods in teach-learn process'.
5. C4 Short-term exchanges of groups of pupils, 15-20th, September, 2019, Almada, Portugal, 'Finding a harmony with nature'.
6. C5 Short-term exchanges of groups of pupils, 4-7th, November, 2019, Naples, Italy, 'Slow food and heathy lifestyle'.
7. C6 Short-term joint staff training event, 9-13th March 2020, Almada, Portugal, Motivation plus, stress minus'.
8. C7 Short-term exchanges of groups of pupils, 11-14th May, 2020, Blidene, Latvia, 'Music - listen to the sound of the Earth'.

International activities

In Turkey, "Be Good, Be Kind, Be Respectful, Be Creative, Be Healthy"

- ✿ Workshop - marbling: Creating colorful patterns by sprinkling and brushing color pigments on a pan of oily water and then transforming this pattern to paper.
- ✿ Workshop - filography: Creating shapes using colored thread which is wound between nails knocked into a piece of wood, or through holes in a piece of card.
- ✿ Pottery: creating shapes either by hand or by shaping potter's wheel, such as vase, pot.
- ✿ Making toys: creating hand made toys/dolls.
- ✿ Making an instrument: creating an instrument by using very natural materials; such as trees, plants and the skin, bones and horns of animals which are classified into string, percussion and woodwind group.
- ✿ Knitting: creating some clothes using wooden threads such as scarf, socks.
- ✿ Artistic drawing creations: Drawings about the idea of 'slow down'.
- ✿ Gardening: Planting seeds all together and get a slow down garden.
- ✿ Recording the subtitled videos of interviews with their old people about traditional hand and crafts.

In Turkey, “Be Good, Be Kind, Be Respectful, Be Creative, Be Healthy”

- ✿ Preparing the ready made hand crafts from own culture and telling about its process.
- ✿ Bringing some flower seeds from own country to make a 'Slow Down International Garden'.
- ✿ Final result: e-magazine 'Being respectful and creative', own experience and memories from Turkey.



In Greece, 'I am slowing down living in my city and “reading” the past in my everyday city life'

- ✿ Creating a 'Slow-Down-Photo-Documentation' / 'Slow-Down-Video-Documentation' / 'Slow-Down-City-Map' of own undertaken neighbourhood, which will include own impressions and perceptions collected at the walk.
- ✿ Workshop of Scents 'The National Smell in our City' is given off herbs, olives and wine, making own aromatic olive oil.
- ✿ Theater Workshop: after research, pupils, wearing hand-made by themselves ancient masks.
- ✿ Understanding what 'Slowing Down' and read your city means by collecting information and things from nature or through the city scents, Snapshots.
- ✿ Telling a myth or a story from your home-town.
- ✿ Showing traditional dance of home-country.
- ✿ Final result: 'Top-10 Slowing-Down-City-Rules' booklet.



In Poland, 'Time travellers'

- ✿ A research: participants conduct the same survey for 20 respondents about the games and free time activities that were popular in the last decades.
- ✿ An analysis of the research as PPPs, 4 videos with English subtitles.
- ✿ Digital photo book made by Polish team.
- ✿ The beginnings of the games around the world - a brief history of the games and their meanings.
- ✿ Creating an own game in international teams.
- ✿ 'Become an expert' - searching for information about different participants and their culture, typical dance: interviews.
- ✿ 'Have fun outside': working together and having fun in outdoor games; puzzle sightseeing.
- ✿ Geocatching.
- ✿ Graphitti activities about 'Past in Us'.
- ✿ Final result: a digital comic book with the old-fashioned 'Games from THE PAST'.



In Latvia, training for 24 teachers, 'Interactive, Alternative, Chilling, Concentration Methods in the Teaching-Learning Process'

- ✿ The development of communication skills.
- ✿ Lesson planning - a transparent.
- ✿ A crumb-notebook; a practical workshop.
- ✿ Interactive teach-learn process.



In Portugal, 'Finding a harmony with nature'

- 🌿 'Camp means learning with a smile': building group activities, cohesion of rules, teamwork, empowering confidence in youth, games, role-plays, camp task activities, Yoga and breathing exercises.
- 🌿 Reinforcing classroom lessons with Mother Nature.
- 🌿 'The River and I' - visit banks of river Sado.
- 🌿 'Our memories- expanding own horizons'.
- 🌿 'Camp diary' news for the blog of the meeting, short video.



In Italy, 'Slow food and heathy lifestyle'

- ✿ A short description of national dishes and bringing some typical 'tastes'.
- ✿ Mini-chef competition 'Eat with your mind'.
- ✿ Writing a balanced diet.
- ✿ Slow Food agritourism farm.
- ✿ Pasta and Mozzarella Industry.
- ✿ Final result: making an international digital recipe 'Slow Food' book based on the grannies's cooking experience, healthy, good quality products.



In Portugal, a training 'Motivation plus, stress minus'

- ✿ 'How can we motivate our students without own motivation?'
- ✿ Interactive workshop 'Stress and the Teachers' is designed to find best solutions that allow teachers to avoid negative stress, manage anxiety, frustration, tiredness.
- ✿ 'Techniques to reduce stress in classroom', the psychology of stress and how teachers can manage it.
- ✿ 'Relax more, Stress Less' workshop pointing how health, good condition, wellness influences attitude for work.
- ✿ 'Warming up Games in Classroom" to reduce the stress of students, teachers.
- ✿ 'Stress in my school', main conclusions, team work.
- ✿ Final result: "Motivation plus, stress minus" handbook.



In Latvia, 'Music – listen to the sound of the Earth'

- ✳ Understanding what slow down mean by go deep into listening to diffrent sounds.
- ✳ Recording sounds that students hear regularly; it could be pleasant or unpleasant: the sound of cars, crowd etc...
- ✳ Lecture about the sound – how differently it can affect us.
- ✳ Think out of the box – workshop.
- ✳ Get raw materials around school and making imaginative instruments.
- ✳ Greating a piece of music, recording it.
- ✳ 'Meditative soundtrack' and its cover – for relaxation, meditation, created by participants.
- ✳ Final result: creating a 'Book of Mandalas'.



Local activities

2018 | P1

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.

Local activities

2018 | P2

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.

2019 | P3

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.

Local activities

2020 | P4

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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2018-2020

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