



Newsletter

Hello Europe!

Welcome back to the newsletter of the **Erasmus+ project "A.L.I.V.E."** (*Activating Leadership Initiatives through Values Education*).

In this newsletter we are happy to illustrate our project's **fifth mobility, the Spanish Virtual Mobility "Caring for each other"**, which took place **from 16th to 22nd April 2021** and replaced the physical mobility, which could not take place due to Covid-19.

The activities were all connected to both physical and mental well-being, with specific examples on how that can be provided according to the Spanish school. The activities were divided in four parts: Save the children (information and video about the Spanish charity run), Mediation, Conflict management (method for how to solve conflicts in school) and Mindfulness, Nutrition/Mediterranean diet (following Spanish recipes for cooking typical Spanish dishes and of course eating it) and CPR (how to perform CPR, who to call and what to do in which direction). There was also an opening and a closing video conference of the mobility week: a kick-off conference, where everyone introduced themselves and all activities were presented by the Spanish team, and a farewell conference, where the students commented on what they had learned about during this mobility. Pictures and videos were shared. The Spanish school had also prepared a lovely musical goodbye performance.



Race "Save the Children" at IES Nicolás Salmerón y Alonso



CPR Workshop

The students learned why charity is important and how they themselves can do something about it. During the ALIVE projects all the partners already have completed different charity events: this time they learned how the Spanish school arrange the Save the children

run. Learning about healthy cooking and in specific the Mediterranean diet, they learned why it is healthy and they learned how to cook some dishes themselves and tasted them, afterwards. Concerning the CPR, they learned what to do when someone is having a health threatening emergency. Through the mediation and conflict task they learned about the Spanish method used in the Spanish school. They learned how it is done and got to discuss and compare with how these things are solved in their own school. They also got to try Mindfulness as a relaxation activity. All schools got to think and discuss how they can use some of the Spanish methods in their own school. This also was a good opportunity to take a closer look on how things are solved in one's own school and how it works compared to the Spanish methods.



Mediterranean Diet Workshop



Mindfulness workshop

All students also got a lot of training of their language and communication skills during the video conferences. They learned how to represent themselves properly, how to ask and how to reply as the conversations went along. Some students (the Norwegian ones) also got to practice their Spanish language in addition to English. Furthermore, they got to practice their digital skills in all activities, the students kept in touch with each other through different social media or apps in connection to this project week. It was also a great challenge to arrange conferences with so many participators online at the same time.

Here are the numbers of the people who participated directly. Portugal: 72 students and 4 teachers. Italy: 281 students and 35 teachers. Norway: 25 students and 10 teachers. Spain: 60 students and 13 teachers. Romania: 71 students and 18 teachers and Turkey: 6 students, 1 health officer and 6 teachers. All in all, a very good turnout in spite of an ongoing pandemic!

All activities were performed with the help of instruction videos made by the Spanish students and teachers. The participating students completed the tasks accordingly to instructions, answered questionnaires, participated in competitions and gave different kind of feedback during the project work. During every activity there were a video link set up with a Spanish mentor student prepared to help those who needed extra instructions. In this way, the students could easily communicate with each other throughout the week. The Spanish students involved in the mentoring and instruction videos showed great leadership skills and really took their responsibility seriously.



Informative material about Mediation provided by the Spanish School



Learning material about CPR provided by IES Nicolás Salmerón y Alonso

All participant countries documented their workshops by pictures and videos which are shared on the projects web page as well as on e-Twinning. Every country also shared information about it on each school's own web page, Facebook etc. Local newspaper in Norway did an article on this virtual mobility. The students got a certificate documenting their participation in the project.

Activities were performed during normal school hours and all of them can be said to be important parts of the general curriculum such as "mastering life skills", "citizenship" and "sustainability", but also PE, social studies and English were involved.

Fortunately, everything worked, and it was a digital success as well! Now we know how large-scale virtual meetings works and how to do this in other future projects, which probably will come handy!

We hope you enjoyed our fifth newsletter. We are looking forward to update you about the last project's mobility in Madeira, so stay connected!

Yours sincerely,

The Alive team

Official Project's Webpage:

<https://arabelss.wixsite.com/misitio>

Partner schools:

Ayse Dogan Mesleki Ve Teknik Anadolu Lisesi, vocational school, Biga, Turkey

Colegiul National Tudor Vladimirescu, general studies, Târgu-Jiu, Romania

Escola Básica 2o 3o Ciclos Cónego João Jacinto Gonçalves de Andrade, general studies, Campanário, Portugal

Hadsel videregående skole og fagskole, vocational school, Melbu, Norway

IES Nicolás Salmerón y Alonso, general studies, Almería, Spain

Liceo Statale Giovanni Cotta, general studies, Legnago, Italy



Kick-off Meeting and Bye Bye Party