



"The school activities were great, I found them very interesting and productive. Especially the blinded human table soccer in the gymnasium which was so much fun. In what concerns the school activities I wouldn't have changed a thing. Thank you, Italy, for being so nice and for this wonderful experience. Honestly, I wouldn't mind repeating it!" **Francisco Henriques, student**

"I enjoyed all the activities at Liceo Giovanni Cotta but my favourite was about inclusion. To feel what people with different incapacities deal with on a daily basis was in fact an eye-opening experience.

Concerning the international teams, it was so exciting to learn about their cultures. We were constantly asking and answering questions about our countries and language. In the end we were all friends and it was hard to say goodbye." **Júlia Fernandes, student**

"In the beginning I was quite anxious to meet the international teams but as soon as they arrived I felt so eager to know them that all my insecurities flushed away. I enjoyed meeting them and learning about their cultures. I also learned some words in all the different languages and noticed that as days went by it became easier to communicate with everyone.

The Italian hospitality was overwhelming. My favourite activity was the anti-bullying workshop because the video about Carolina's story and the following discussion gave me extra skills on how to deal with this type of situation." **Nuno Gouveia, student**

"Liceo Giovanni Cotta in Legnago successfully did everything they could to welcome the international



Newsletter

Hello Europe!

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

In this newsletter we will update you about the **third meeting in Italy**, which took place from **28th April to 04th May 2019 in Legnago (Verona)** with the participation of **6 European countries**, 16 students and 10 teachers from the guest schools and 545 local participants, including teachers, students and school staff.

The whole week was based on the main **values and goals of the project**, that is promoting mutual knowledge, language skills, inclusion, fight against bullying, leadership and entrepreneurship among young people, in order to make them not only **"feel cool at school"** (which was the name of the Italian mobility), but also become better humans and active citizens.



"I think the activities have been very good because we have learnt many important things, we have improved our English and we have had a good time with new friends. My favourite workshop was the inclusive activity where we have played some games to see how incapacities affect to the everyday life and watch reality from another viewpoint. I have discovered curiosities about people from other countries and I have acquired more knowledge about the subjects that the workshops were such as the bullying and cyberbullying. It was quite easy, at least for me, to make new friends with students from all the other countries because they were extremely kind and friendly and we got in well fast. I enjoyed the social programme days because I like visiting different places and learning about the history and they were also so beautiful so I really enjoyed them. The main way this experience has been useful to improve my language skills is that we have spent lots of time with people who spoke English to talk with others so we have practised a lot during this week. I haven't had any problems to communicate with my mates because we talked in English and we understood each other almost perfectly. Of course I will recommend this experience for people who want to learn English and other different cultures because I think that it's a great opportunity to know new people."

Álvaro Lozano Martín, student

teams in the best way. It was an extremely profitable stay since we were able to acknowledge the school's working methods and the Italian educational system. The social activity days were amazing and I'm sure my students will never forget the opportunity they had to experience a new culture, make new friends and learn so many things. My students developed a series of skills throughout this mobility that they surely will make great use." **Carol Marques, Portuguese Coordinator**



"This past week was filled with so much fun, love and entertainment. I think school activities are a good way for students to improve their knowledge and also themselves. My favourite activity from this week was the one about cyberbullying because I think it's important to talk about real issues that some of us face on a daily basis. I loved every activity we had this week and what I have learnt from this experience is the importance of communication to each other and what team work can really do. I am a very social person and it was easy for me to make friends, even if they are from other countries and I really enjoyed the social programme days. This school activity was very useful for improving my English skills because I talked every day English with the other students from all over the world and I learned to speak more correctly. I recommend to everyone to go to an exchange programme because the benefits you get from it are very worth it, like improving your language skills, your communications skills, meeting new friends and learning more about the world we live in." **Mirea Ana-**

We had a **welcome ceremony** where all students from the different schools presented their institution and territory by means of PowerPoint presentations and videos. Among the welcome gifts for our guest students and teachers there were samples of our own publications, such as the school journal made by our students, the Architecture and Creative Writing Books made by our students and teachers and the Book of the 500th Anniversary from the death of Giovanni Cotta, an important Humanist born in Legnago, after whom our school is named. We met and interviewed the **Legnago city mayor** at the town hall, who explained from her experience what it means to be a leader and the characteristics a leader should have, along with the local political situation.

We held a **training session** for students and teachers about our special projects carried out at our school, also thanks to European funds, to promote **leadership and entrepreneurship** in our students, and so contrasting early school leaving, in the fields of archeological excavations and the promotion of our cultural, artistic and environmental heritage.

Teachers attended **training activities** about the Italian Internship system and the way the Italian educational system, and our school in particular, addresses Inclusion and the teaching of learning methods.

Both students and teachers participated in the presentation of our project "creating a fairy tale for Costanza", a student affected by Down's Syndrome and the workshops about cyberbullying and inclusive sport activities, whereas the workshop "Creating an inclusive

"My opinion about the various activities that we have been able to do is clearly good, I have found them very creative, fun and a very good way to learn different contents and reinforce the ones we already had. I have loved the details of each project, groups, the mixture of the different countries... It is a very good project. My favourite activities were the Fairy Tale and especially the Bullying and Cyberbullying workshop. They seemed very creative and very interactive, we all had to participate equally and it was a way to live and reach conclusions with people who weren't from our environment or had the same thoughts. I have learned many new things, many habits of other countries, different ways of working and living together. It has been very easy to me to socialize with the different countries and with the students of the Liceo Cotta, I have made many friends there especially Italian and I keep in touch with them and we have already planned some meetings. They are very kind, very friendly and very cheerful. I loved the program, the meals were very early but because in Spain we aren't used to those schedules but I have adapted very well. I am very grateful to the guide and the program. By the way, very nice and very good everything. I think I have learned many things and I have practiced listening a lot, and that's very important. It was easy to communicate and if we didn't understand something through gestures or using other words it wasn't complicated. Although I must say that with the Italians, being Spanish, when they did speak to me in Italian I understood most things perfectly. And of course I would recommend it as the Erasmus is an unique and unparalleled experience." **Laura Torrente Peinado, student**

"They activities were well planned and they have taught me a lot, and I also had fun doing them,

Maria, student

"The school activities were very well planned and my favourite activity was the one with the psychology teacher about learning. In the first days it was harder, but after that it was easier. I really enjoyed the social programme days very much. This project really improved my English skills. We managed to get to communicate pretty good and I would definitely recommend my friends to join an exchange programme." **Mihai Stoian, student.**

"The past week has been filled with entertaining activities, well-built and on everyone's liking. I especially enjoyed the activity where we created wonderful fairy tales in teams of two. Throughout the project my abilities as a leader and teamworker have greatly improved, making friends with both the international and local students. The students of Legnago have been wonderful hosts, welcoming and warm. We have exchanged ideas, dreams and our lives in our home countries. Communication through the means of the English language have helped us create friendships and promote tolerance and peace amongst peoples and cultures. Such an experience is unique in the life of every students. This visit has greatly impacted my understanding of others and the world around me." **David Ghioc Aristid, student**

"The activities were very well planned. My favourite one was the cyberbullying. I have learned a lot about the Italian culture and its educational system and felt very well in the company of all participants. It impressed me the fact that students have access to the world of work by volunteering for 200 hours per year. Excellent idea! I will pass it on to my school. My students felt at ease in this school and made a lot of friends! Their Italian friends came to the hotel to spend more time together. I would definitely like to come back here! (Maybe with another project!)" **Teodora Dragota, Romanian coordinator**

fairy tale" was addressed to our guest students.

For the **class attendance** we chose subjects that could allow an active participation of the host students, such as English, Physics, Chemistry, Arts, Human Sciences, Natural Sciences and Physical Education.

We also had **meetings for leaders**, where we planned the next meetings and activities, revised the content and characteristics of the final booklet "How to become a leader", agreed upon the future layout of the project web page and started a new way of sharing material through Google Drive.

Our students organized **tours** at both school buildings and in the Legnago city centre and gave historical and cultural information.

We participated in the **final show** of our students from **the school's choir, poetry, band and reading labs**, which was held at the local Theatre Salieri, named after an important musician, Antonio Salieri, who was born in Legnago.

We visited our enchanting city **Verona** and a PhD student in Archaeology from the University of Verona lead us though the most important highlights of the city, witnessing the leadership of the Romans and the Scaliger Sirs in Verona, along with places showing the fascination of worldwide known characters such as Romeo and Juliet, also bound to the city.

We also visited the majestic city of **Venice** with its Palazzo Ducale, where we got introduced to the political, economical and historical importance of the Republic of Venice and the peculiar leadership of the Doge and the way its power was kept under control for democratic purposes.

my favourite one has been that of the Fairy Tales workshop, because it has given free rein to my creativity, it has made me work in teams and in English with someone from another country and it has taught me how to make a story. I also have loved to work as a team, to use English, to meet other people, cultures and customs, and of course, to enjoy. I have used to communicate Italian, English and Spanish languages.

I will recommend the Erasmus to my friends for the experiences and the learning." **Jaime Toledo Díaz, student**

"This week in Legnago has been a wonderful experience. All the activities were very interesting and we have fulfill them beyond my expectancies. It has been very useful to compare how our different educational systems deal with challenges like bullying, especial education needs or disability. I believe that it has been also a great social experience for our students in addition to having tested their communicative skills. We have learnt a lot of Italian and developed our English. I would also remark the work of the Italian coordinator, Enrica Vesentini, that has been not only efficient and professional but warming and charming. Thanks to all the Italian teachers and students for their support and I will highly recommend to every teacher to participate in an Erasmus project." **Araceli Sánchez Sánchez, teacher**

"My experience in this Erasmus+ project has been wonderful. I have seen that my students have enjoyed and taken advantage of all, the academic, social and play activities. As a teacher, I have been able to enjoy a week of exchange of information with colleagues from other countries. We have contrasted how we treat the issue of diversity, of bullying and other things about



"I think it was a good experience and it was different from my school so I think it was good. I liked the psychology class best and the pizza lab. I think the school activities were good. I have learnt about the school systems in the different countries and how to communicate with people from different countries. All of us wanted to get to know each other and I personally think we had a lot in common. I liked the social programme days very much, because it was different from the things we do in Norway. It was useful because we had to speak English with each other. The communication was okay and I learned fast. I recommend others to try an exchange programme because it is a really good experience." **Eline Fossen, student**

"I think that school activities were very good and very rich in learning. My favourite activity was chemistry. I learned that I can work with people from other countries, how the school in Italy works and how to use English in real life situations. It was very easy to make friends among the other countries. I enjoyed the social programme days because I learned how to be with people from other countries. It was amazing for improving my English skills and now I am better in English. I would recommend to go on an exchange programme." **Henning Alsos, student**

"I think the planned school activities were very fun and educational. My favourite activity was when we had a gym class and played football and when we were at

We had the **Pizza Lab**, where we showed a creative kind of entrepreneurship by hosting an itinerant Pizza baker at school, an artisan working with his own oven on demand, combining entrepreneurship and Italian culinary culture and who made fresh baked Pizza for all of us.

At the end of the week each guest student and teacher received a certificate of attendance and a t-shirt with the Alive logo and had to fill in an anonymous survey for evaluating the experience and a questionnaire about the personal feelings and opinions about the week.

We spread our initiative among our **local newspapers**, so that during the mobility 2 online newspapers and the important Verona newspaper Arena published an article about the project.

The **final dinner** was held at the Alpine Troopers' seat in Legnago, where the Alpine explained the history of this corps, which was so important during the Italian history, in particular during I and II World War, and their past and present engagement for people in need. The final dinner was also a chance to share traditional sweets coming from all 6 countries.

As a result of the week, both students and teachers got some important information about the past and present history and the highlights of the environment that surrounded them, that is the city of Legnago and the Venetian region. They learned about the Italian culture and history, our educational system and our rules and regulations about inclusion, cyberbullying and internship. They also learned about some of the good practices that are carried out at the G. Cotta Gymnasium for promoting inclusion, leadership, entrepreneurship,

education law in our countries.

I have been appreciated the social programme, the meals and the activities

From my point of view, the most interesting thing is the coexistence between the different members of the different countries, for that reason I would propose for the next mobility a welcome party with some ice breaking games.

Of course I recommend the experience to my colleagues." **María Dolores Toledo Barrajón, teacher**



"It was the first experience that we have been to abroad and we were so excited. Italy was our dream country, our classmates were really jealous of us 😊 Viewing that beautiful Venezia from the plane window was awesome. During our stay in Legnago, everything was perfectly planned and the international atmosphere of the mobility gave us the chance to use the foreign language. We made lots of friends and we spent a wonderful time. If we have the chance to come to Italy again, we are sure we will visit our Italian friends there. The cultural visits were interesting and we have learnt lots of things. We would like to thank all the Italian teachers and students for the good hospitality." **Emirhan, Ahmet and Melissa, students**

"It was first time for me to visit a foreign country and I was lucky to be in this project. We knew the

the chemistry lab. I have learnt to communicate better in English and how to cooperate with people. It was easy to make friends among the international teams and the hosting students because they were really nice and welcoming. I did enjoy the social programme days. It was useful to improve my language skills because I find it easier to communicate with other foreign people now than before the trip. I also got more confident in talking English with other people. I managed to communicate by talking in English and I would recommend my peers to go on an exchange programme.” **Sebastian Knutsen, , student**

“The planned school activities were interesting and relevant to the topics concerning the project. The trips to Verona and Venezia were my favourite activities: they were amazing historical and archaeological experiences! I have learned that this project is extremely useful in order to share ideas and experiences related to the topics at hand. This mobility shows the importance of being able to communicate in English in order not to suffer in social interactions. I really enjoyed the social programme days. It was useful to be “forced” to use the English language in order to practice our oral skills! Personally I think I did well in managing to communicate. I would absolutely recommend all students and teachers to take every chance to get to go on an exchange programme. It gives you new input, motivation and experiences you will never forget.” **Magnus Dahl, teacher**

effective learning methods, soft skills and individual skills for a fulfilling school experience, as well as for fighting against cyberbullying and early school leaving. We also made some good insight to our project and agreed on deadlines of future meetings and tasks between the meetings, as well as the content and technical aspects of the next activities.

Our **fourth meeting** will take place at **Ayşe Dogan Mesleki Ve Teknik Anadolu Lisesi in Turkey from 7th to 11th October 2019**, and we are looking forward to updating you about it in our fourth Newsletter!

We hope you enjoyed this update about the exchange in Italy!

Follow us on our way to values education!

Yours sincerely,
The Alive team

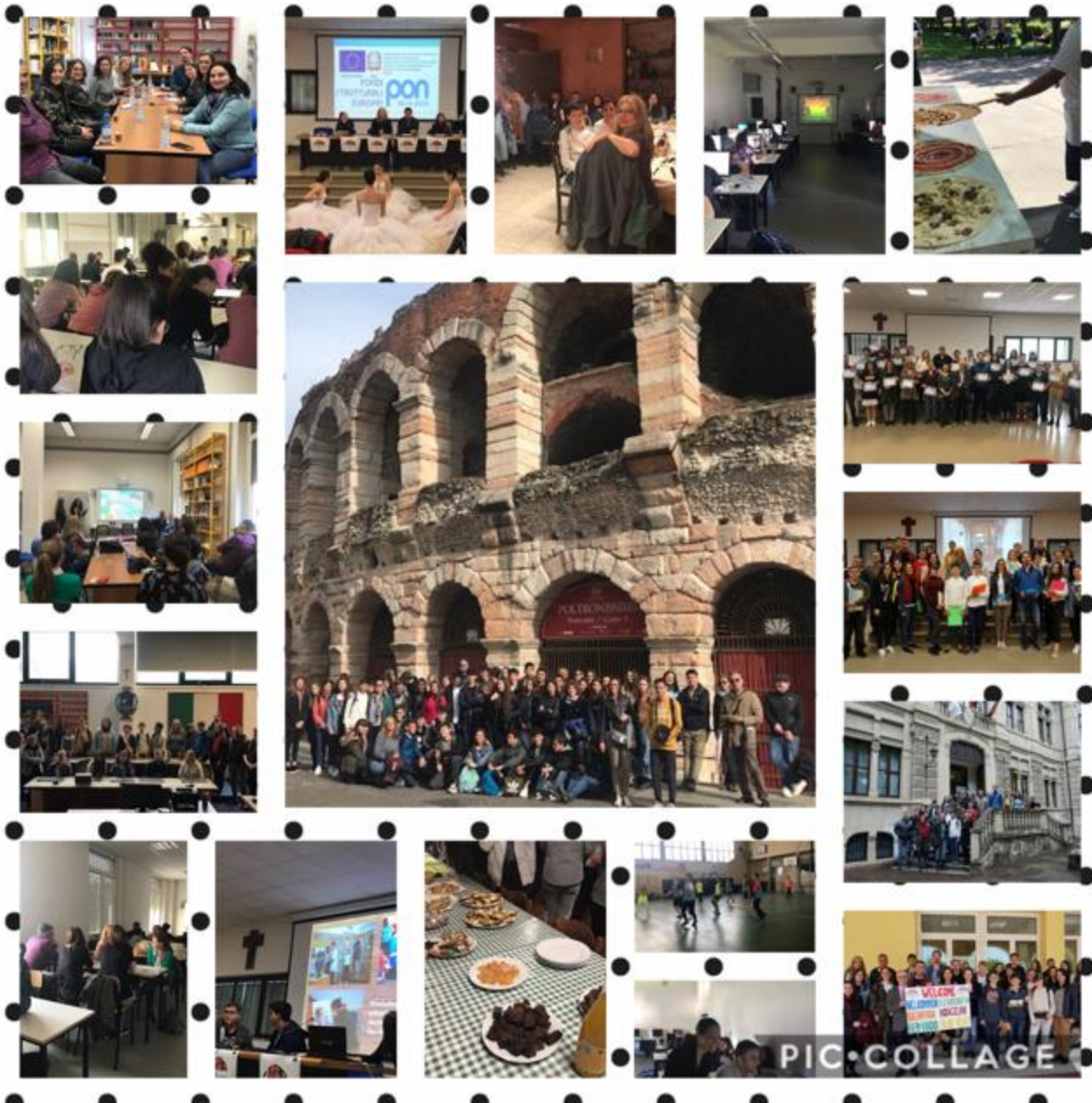


“This week was like a dream to me! I felt so excited about having so many special guests from 5 different countries at my school. I felt so proud of my colleagues and of our students showing their great professional and personal skills and knowledge. Seeing how teachers and students exchanged their opinions and ideas, cooperated and had fun together was overwhelming. Such occasions are unique in one’s life and I think that everyone should live them at least once. I was over the moon, thank you to everybody!” **Enrica Vesentini, Italian Coordinator**

mobility programme beforehand so it was an advantage for us because we had the chance to dream lots of things. Visiting Venezia and Verona was a great experience for me. Thanks for everything.” **Engin Güven, teacher**

“Taking a role in such a project was the first time for me and I was anxious at first. But when I see the Italian coordinator Enrica’s great hospitality, patience and control I felt happy and everything went on perfectly then. Both the students and teachers were helpful during our stay in Legnago. Personally I gained lots of experience from this project meeting and thanks for all this gorgeous organization.” **Umran Demirhan, teacher**

“I was so excited to visit a foreign country at the beginning of our journey. The Italian team welcomed us warmly and we have met lots of European partners. There was a great atmosphere and I found the chance to practise my English. Talking with other colleagues and visiting different cities was a wonderful experience. I’d like to thank the Italian team for this perfect organization.” **Birnaz Irmak, teacher**



Official Project's Webpage: <https://arabelss.wixsite.com/misitio>

Partner schools:

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

Colegiul National Tudor Vladimirescu, general studies, Romania

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

Hadsel videregående skole og fagskole, vocational school, Norway

IES Nicolás Salmerón y Alonso, general studies, Spain

Liceo Statale Giovanni Cotta, general studies, Italy