



WERONA: "THE COLLABORATIVE CLASSROOM: TEACHERS AS COACHES, CLASSROOMS AS TEAMS"

During my teacher's training I learnt how to use tools such as TPS (think-pair-share) or Round Table, which helped me introduce more dialogue and constructive discussion to my classes with the use of modern technology. Moreover, I discovered the differences in educational systems in different European countries and I enhanced my knowledge of their cultures and everyday lives.

NICEA: "LIFE COACHING FOR TEACHERS- BETTER TEACHERS - HAPPIER STUDENTS"

The aim of the course was to equip teachers with skills that will allow them to avoid burnout. During my classes I learnt time management, task delegation (co called Eisenhower matrix). The substantial part of the course was devoted to problem solving techniques, namely the protocol method (Protocols for Professional Learning L. Brown Easton), with the use of SOAR analysis (strengths, opportunities, aspirations, results).



**Współfinansowane przez
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FLORENCJA: "THERE IS AN APP FOR THAT! EXPLORING THE BEST APPS FOR TEACHING AND STUDENT LEARNING"

We learnt to use a variety of applications which will be useful during lessons, international projects, integration meetings and many everyday situations. Two applications -GOOSECHASE, MORE THAN ONE STORY - were completely new to me and I instantly included them in my teacher's tool kit.

FLORENCJA: „ICT AS A TOOL FOR A STUDENT - CENTERED CLASS"

I learnt a number of ICT tools to create interactive city games (Goosechase), quizzes and surveys for students (Plickers), videos (StopMotion), and podcasts (Anchor by Spotify).





BARCELONA: "ART AS THERAPY: SELF-EXPRESSION AND SPECIAL NEEDS IN ART EDUCATION"

I was inspired to use art more often in my class. Surprisingly, before the course I didn't acknowledge/ realise its importance. I learnt some methods which can be used instantly in a classroom (i.e. drama, reflection). I have used them on multiple occasions in my workshops.

BARCELONA: "RESILIENCE AND WELL BEING FOR TEACHERS"

The course let me notice how students' creativity can be used to teach them name their emotions, acknowledge their strengths and stick to their values. As far as the organization of the course is concerned, there was a range of art activities, fine art pieces analysis as well as short meditation techniques and simple breathing exercises.



BIARRITZ: "FRENCH TEACHER TRAINING PROGRAM"

The course was a perfect opportunity to learn the latest methods of second language teaching. The participants, namely the teachers from all the corners of the world, shared their professional experiences. They worked out together new ways of teaching students using a variety of materials. The cultural aspect of the course was not neglected as well: we visited a nearby town Bayonne and baked a traditional Basque cake as a part of our programme. The teacher training in Biarritz definitely enriched our set of skills and let us discover a beautiful region of France.

CYPR: "INSPIRING HEALTHY LIFESTYLES TO LEARNERS (CHILDREN, YOUTHS, ADULTS)"

"HEALTH AND EMOTIONAL EDUCATION: CREATING A POSITIVE AND EFFECTIVE CLIMATE AMONG LEARNERS (CHILDREN, YOUTHS, ADULTS)"

The aim of the courses was to learn how to recognize and name emotions (and help student in this aspect), and to master some techniques that help us control our emotions and express them in a positive way – the power of positive thinking and transforming negative emotions into positive ones- relaxation, meditation and yoga activities; -soft skills development: communication, cooperation, taking care of your own and students' wellbeing.

