

Erasmus+ KA1 project „Stress free teacher= stress free school“ summary

With this project, the Industrial-Vocational School Virovitica wants to develop and improve techniques for reducing stress in the classroom and beyond, to facilitate the acquisition of learning objectives, nurture healthy living habits and build better relationships in school and the wider community by developing empathy and thus preventing conflict. It also strives to nurture critical and positive thinking among students and teachers in order to improve students' motivation and results, and thus their competitiveness in the labor market, as well as to increase the European dimension of the school. The goals also include developing the language skills of English, Spanish and Italian for mobility participants, learning about the educational systems of other European countries, learning from the examples of good practices, and adopting methods that will be applicable for our school curriculum.

By analyzing the school's need for improving the quality of teaching, teachers are sent to mobilities on emotional and communication competences in order to create a less stressed and a more comfortable and relaxed classroom climate, better cooperation and better relations between teachers and students and among students themselves, and to develop personally in their business and private environments. The project activities will involve 1 chemistry teacher, 1 biology teacher, 1 teacher of vocational subjects, 1 language teacher and 1 psychology teacher of the Industrial-Vocational School Virovitica. The activities of teacher mobility include the following courses: "Health and Emotional Education" that will be held in Nicosia, Cyprus by the StandOut Edu Organization, the structured course "Stress Management and Recognition" organised by the Europass Teacher Academy in Florence, Italy, a structured course "Conflict Management, Emotional Intelligence and Bullying Prevention" taught by the Europass Teacher Academy in Dublin, Ireland and "The Art of Connecting: Communication Skills Training for Teachers, School Counselors, and Education Administrators" held by Europass Teacher Academy in Barcelona, Spain.

Mobility participants will develop their communication skills, learn how to apply empathy in interpersonal relationships in work and private settings, identify and manage stressful situations, adopt relaxation techniques and healthier living habits. The dissemination beneficiaries are about 800 students and teachers in 4 different schools where mobility participants work. The expected long-term impact on students includes a greater student motivation in their work because of better human relationships, a more comfortable classroom climate and better communication based on empathy and positive emotions, and thus greater acceptability of learning content, which will improve their final success and allow them greater choice in employment and better placement in the labor market. Students will learn how to handle conflict situations assertively and to mutual satisfaction; they will approach business and private relationships authentically and with empathy; they will be critical to health choices and they will learn to live in the present moment by adopting relaxation techniques to reduce stress. The expected long-term impact on all teachers includes better business and private relations, healthier life choices, greater job satisfaction, and greater involvement of teaching staff in the creation of new projects in a wider network of schools as well as a sense of belonging to EU citizenship. The expected long-term impact on mobility participants is to gain experience in project implementation and to generate new ideas for developing a larger-scale project plan for the the next school year in cooperation with newly made contacts from European countries. The expected long-term impact on the school is greater visibility of the school in the local and wider community as an example of good practice in implementing Erasmus+ projects, advancing the personal and professional development of its participants and adapting the development plan to the EU education strategy. A good quality dissemination and evaluation of the project at a local and regional level will encourage other teachers to become involved in the activities offered by the Erasmus+ program.