



INTEGRATION: A GUIDEBOOK FOR THE FUTURE

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COURSE DESCRIPTION

Europe is a cross-cultural community and it's co-creating content. All countries together are creating spaces for dialogue and providing contextual information from different point-of-views.



Multiculturalism is a manifestation of liberal democracy based on mutual tolerance and cooperation. Europe's culture has always been in a constant state of flux, as it befits a society built on successive waves of immigration.



Diversity not only assumes that all individuals are unique, i.e., different, but that difference is indeed value-added. Within those changes, Europe has always been liberal-democratic, which implies a high degree of freedom of expression. That's Europe, that's what it is to be European!



Course Objectives: This course is for all those who are interested to improve their intercultural competences and learn interactive methods to support learners integration from different cultures into a collaborating team. The course's main goal is to develop and acquire effective skills to overcome barriers to integrate new immigrants, develop their intercultural understanding and develop a European dimension of education.

COURSE INFORMATION

Learning Outcomes

- Understand the dimensions of incorporation/integration, identity and belonging;
- Facilitate the understanding of identity, conflict and its diverse forms;
- Learn techniques and approaches that divert the focus from identifying differences to achieving a common goal;
- Understand sensations, feelings and thoughts through individual and collective perceptions;
- Develop skills for dialogue, tolerance and collaboration, using games and exercises;
- Develop communication, collaboration, presentation, problem solving, negotiation, critical & creative thinking skills;
- Overcome integration barriers such as poor qualifications and language which may harm immigrants/refugees;
- Help students develop host language through language training, as well as embracing both identities and cultures (Europe's and their own);
- Build a Sense of Belonging – pursuing an active participation by all immigrants in all aspects of collective life;
- Citizenship as the last stage of a cultural integration process;
- Promote intercultural awareness;
- Promote universal access to education and enrich communication skills, improve foreign language competencies and promote EU's linguistic diversity;
- Improve communication skills in English.

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COURSE INFORMATION

Duration: 1 week (7 days – Sunday to Saturday – 9h00 to 14h00)

Location: Lisbon, Portugal **NEW!**

Language: English

Certification: Certificate of Attendance, including a description of the learning outcomes from the previous page; Europass validation

Price: 660€ (course fee + administration costs + social program). Prices according to the new Erasmus+ 2021-2027 program*

*(Our courses are eligible to be completely funded by the Erasmus+ KA1 funds and several other programs)

**LET'S LEARN
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DAILY PROGRAM*

Our courses also include a daily Coffee Break & Social Program (4 ACTIVITIES)

DAY 1

- Welcome dinner, icebreaking
- Meet & greet, networking – participants and staff
- Week briefing & planning

DAY 2

- Understanding culture – how does it define us?
- Understanding cultural baggage
- Sharing multi-cultural experiences in integration of immigrant children into the educational system
- Being conscious of immigrant children's emotional and psychological distress in the integration process into a new environment
- Understanding the other participants' perspectives
- City Tour

DAY 3

- The European perspective
- Diversity Dimensions
- What can be challenging about Diversity?
- Immigrants and host society: perceptions and realities – Portuguese case
- Raising cultural awareness through interactive games
- How to plan an intercultural curricula
- Providing supportive and multi-cultural school environment for all students
- Debate: How can a tolerant society manage intolerance?

DAY 4

- Planning programs for cooperation between schools, teachers, local community members, NGO's, Public institutions – strengthening children's talents and potentials
- Empowering immigrant children to become active participants in and outside school
- Providing supportive school environment for a better integration (immigrant children)
- Guidelines presentation for immigrant children integration

DAY 5

- Promoting common European values and tackling social exclusion
- Culture & Heritage Field Trips
- Video Collage Research – Group Work

DAY 6

- Interpersonal relationship
- The keys for effective communication: active listening
- Motivating oneself, Leadership and motivating others – Games
- Learning outcomes validation
- Certification Ceremony

DAY 7

Social Program & Activities

- 7 Hills River Cruise
- Belém Lisbon Tour
- Modern Lisbon Tour

*This schedule/ program describes likely activities but may differ based on the trainer's discretion and objectives.



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COURSE DESCRIPTION

Europe, as a joint project, is facing one of the most severe challenges in its recent history. Building a sense of belonging among EU citizens undoubtedly involves deepening the development of initiatives and the widespread incorporation of European themes into school curricula.



Recognizing local and regional identities, as well as the friendly relationships that European exchanges and projects create, contribute decisively to the knowledge and appreciation of the multiple identities, institutions and lifestyles of European citizens, while reinforcing their sense of belonging and identity at regional, national, European and universal levels.



If, at the outset, the concept of the European dimension was centered on the knowledge that students and teachers should have about Member States, today it means not only that, but the exercise of active European citizenship by informing learners of the need to be prepared to face global challenges, taking advantage of what the EU has to offer, acquiring capabilities and developing skills that are appropriate to the labour market demands as well.



Course Objectives: Given the New European Dimension of Education, the aim of the course is to raise awareness among teachers and schools, in order to teach children and young people about European construction and identity. This course settles within a framework of global citizenship advancement, alongside values development that will lead to a better awareness of Europe's richness and cultural diversity. The overall aim must be to strengthen the sense of European identity in young generations and teach them the advantages and challenges of European citizenship.

COURSE INFORMATION

Learning Outcomes

- Sense of responsibility in an interdependent society, and equal opportunities for all;
- Act autonomously, make value judgments, critically evaluate issues and adapt to the challenges of innovation;
- Enhance young people's learning potential at a professional and personal level, motivating them for lifelong learning;
- Provide training and qualifications that help the participants to enable students to make a smooth transition to their working life and, in particular, to prepare them for the demands of technological development;
- Identify and share good practices that can be implemented at a local level.

Duration: 1 week (6 days – Sunday to Friday – 9h00 to 14h00)

Location: Porto, Portugal **Language:** English

Certification: Certificate of Attendance + description of the learning outcomes above; Europass validation

Price: 580€ (course fee + administration costs) 2021-2027
(Our courses are eligible to be completely funded by the Erasmus+ KA1 funds and several other programs)

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DAILY PROGRAM*

Our courses also include a daily Coffee Break & Social Program (4 ACTIVITIES)

DAY 1

- Welcome dinner, icebreaking
- Meet & greet, networking - participants and staff
- Week briefing & planning

DAY 2

- The European Union. Historical and institutional introduction
- The Maastricht Treaty - The Lisbon Treaty
- The Charter of Fundamental Rights of the EU
- Guided Tour through the heart of Porto City, exploring its landmarks and local European constructions, at a cultural and citizenship level

DAY 3

- The pillars of the European Dimension of Education:
 - Europe and the World
 - Process of building European unity
 - Today's European Challenges

DAY 4

- The role, good practices & activities that education institutions can develop to deepen full European citizenship: Schengen Agreement & its importance in building European unity ✓ The great migratory movements of peoples today ✓ Recognize the importance of solidarity in building a more cohesive Europe ✓ Link European citizenship with the entrenching of EU citizens rights
- ✓ Understand the importance of civic & democratic participation in building Europe ✓ Mobility in the EU - the role of Institutions ✓ Know programs, projects for promoting European citizenship ✓ Enhance mobility opportunities in the EU

DAY 5

- Reflect on the importance of European cooperation networks
- Erasmus+: Capacity Building Testimonial - from current and past Erasmus+ mobility programmes beneficiaries, who will tell us about the multiple advantages of taking part in such projects
- The future - guidelines for strengthening education policies

DAY 6

- How can institutions implement dissemination mechanisms for social, energy and environmental sustainability values & practices?
 - Principles and methodologies
 - The specificity of students' new behaviors
 - Good practices to be adopted
 - EU concerns in education and sport
 - Guided Visit to social and informal spaces, attended by Erasmus students.
 - Learning outcomes validation
 - Certification Ceremony

*This schedule/ program describes likely activities but may differ based on the trainer's discretion and objectives.



HERITAGE LANDSCAPES, MUSEUMS & PORTUGUESE CULTURE



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COURSE DESCRIPTION

Portugal has one of the oldest borders in Europe, with an exceptional range of different landscapes just a short distance away, lots of leisure activities and a unique cultural heritage, where tradition and modernity blend together in perfect harmony.



Its superb, quality cuisine, fine wines and hospitable people make this country a tourist paradise of the highest quality.



Course Objectives: This course aims to empower participants by raising awareness about the importance of safeguarding and promoting distinctive culture, cuisine, arts and sustainable tourism assets.

This is essential to balance against the latest globalised food trends that impact our planet, health, local economies and the European identity that is expressed on multiple social and biographical identities.

It also intends to use Museums, nature and urban landscapes as agents of sustainable development and as educational work for heritage dissemination, both in formal and informal education areas as a relevant reference point in the case of formal education.

COURSE INFORMATION

Learning Outcomes

- Explore the cultural dynamics of each curriculum through experimental and scientific expertise, using the resources that interactive centers have to offer;
- Raise awareness for natural heritage preservation by creating science interpretative centers;
- Develop participants' learning validation through methods that are suitable for informal heritage environments;
- Use interactive and participative working methods in order to achieve better teaching practices;
- Develop a European dimension of the teaching-learning process;
- Deepen European values, policies and educational philosophy through heritage sites and landmarks;
- Provide teachers with an insight into Porto's culture and heritage;
- Enhance communicative competence in English;
- Identify and share good practices that can be implemented at a local level.

Duration: 7 days – Sunday to Saturday – 9h00 to 14h00

Location: Porto, Portugal **Language:** English

Certification: Certificate of Attendance + description of the learning outcomes above; Europass validation

Price: 660€ (course fee + administration costs + social program)

(Our courses are eligible to be completely funded by the new Erasmus+ program 2021-2027 – KA1 funds and several other programs)

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DAILY PROGRAM*

Our courses also include a daily Coffee Break & Social Program (4 ACTIVITIES)

DAY 1

- Welcome dinner, icebreaking
- Meet & greet, networking – participants and staff
- Week briefing & planning

DAY 2

- Museums, typology, characteristics
- Cultural landscapes, natural and urban landscapes
- Educational programmes in museums and cultural landscapes
- Douro Valley/Prehistoric Rock Art of the Côa Valley, Porto, Guimarães & Braga cultural heritage
- Organising and planning field trips – Video

DAY 3

- A visit to Porto museums:
 - Botanic garden (University of Porto)
 - Urban Landscape – Parque da cidade

DAY 4

- A visit to Cultural landscapes:
 - S. Bento's train station & Tram
 - Lello bookstore
 - Students' wear and songs (Tunas)
 - Porto's tiles
 - City tour

DAY 5

- Trip to Braga and Guimarães (World Heritage Places) or to Aveiro (Portuguese Venice)
- Portuguese gastronomy





DAY 6

- Group work: presentation
- Discussion and course evaluation
- Learning validation
- Certification Ceremony

DAY 7

- Douro river, Porto's seaside
- River cruise
- Port Wine Cellars – looking to Portuguese history

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SPECIAL EDUCATIONAL NEEDS & DISABILITIES (SEND) IN THE CLASSROOM



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COURSE DESCRIPTION

Children with special needs have different requirements, especially when it comes to classroom learning. They can display certain specific conditions such as autism, hyperactivity, concentration difficulties, motor difficulties, sensory difficulties, learning difficulties and difficulties in understanding and expression.

And so, there are many children with Special Educational Needs that require special education support in order to facilitate their academic, personal and socio-emotional development. This support involves ensuring equal opportunities for all, in order to achieve the best result for each person's potential.

This course is suitable for teachers of all backgrounds, teaching assistants, and other education professionals (mentors, support workers, and tutors) working in education settings. It is also suitable for school principals and members of the school boarder leadership team who would like to gain a greater understanding of SEND within the classroom.



Course Objectives: Early intervention is crucial for the growth and development of special needs children. By understanding their challenges and implementing strategic interventions, we can help maximise their potential and improve their chances of independent living. In this course, you will be taught interventions that are designed to help children with special needs learn skills that will help them achieve a higher level of personal self-sufficiency and success in school and in their community. This course has been developed to use ICT like animation, video, and user activities to maximise engagement and learning.

COURSE INFORMATION

Learning Outcomes

- Understand early risk factors and different types of barriers
- Improve primary, selective and indicated prevention
- Describe signs of young children's "atypical" development
- Increase parental involvement in education
- Explain the purpose, content, and function of early intervention service plans
- Identify the goals of early education for children with special needs
- Describe the symptoms of major physical disabilities
- Explain ways to provide appropriate care for children with various physical disabilities
- Identify and describe symptoms that signal possible problems associated with various list-appropriate goals for your early childhood program
- Develop tools and techniques for dealing with students with emotional problems
- Construct specific teaching guidelines and methods to meet the needs of each child with physical disabilities
- Strengthen competences in SEND students inclusion in mainstream classrooms
- Create and adapt lesson plans which would equally engage all learners
- Focus on and exploring various web 2.0 tools (Microsoft Tools, Google Tools and add-ons, interactive tools, formative assessment tools etc.) and apps that can be used in an inclusive classroom
- Discover useful open educational resources and ready-made materials
- Grow and develop professionally in an international environment, network, and build strong relationships with your colleagues from all over Europe
- Share best practices and apply them at a local level
- Improve ICT, communication and social skills
- Promote intercultural awareness
- Enhance the English language

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COURSE INFORMATION

Duration: 1 week (6 days – Sunday to Friday – 9h00 to 14h00)

Location: Porto, Portugal

Language: English

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Price: 580€ (course fee + administration costs + social program). Prices according to the new Erasmus+ 2021-2027 program*

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DAILY PROGRAM*

Our courses also include a daily Coffee Break & Social Program (4 ACTIVITIES)

DAY 1

- Welcome dinner, icebreaking
- Meet & greet, networking – participants and staff
- Week briefing & planning

- Introduction to concepts: Special Education
- Special needs: theoretical background (physical, psychiatric disorders, emotional problems, behavioural problems, learning disorders) or disabilities, gifted and talented children
- Integration and inclusion, exclusion, mainstreaming, identification risks, factors and barriers
- Inclusive education
- Practice exercise: own classroom

DAY 2

- Types of Special Education Needs Students
- Dyslexic Child in an Inclusive classroom
- Structural learning for students with Autism, Individual Education
- Attention Deficit Hyperactivity Disorder – How to deal with hyperactive children
- Practical exercises aimed at Strengthening Students' Self-Esteem
- Cooperation with parents/family

- The Importance of Parental Involvement in their Children's Education – Parents as Partners
- Examples of Good Practices for Dealing with Children with Special Needs from European Countries
- Project-Based Teaching: Planning sessions with Children with Special Needs

DAY 3

- Common barriers for SEND students
- Special Needs in the classroom: Teaching Students with Intellectual Disability
- Strategies for Conflict Resolution in the Classroom
- Practical Exercises Aimed at Students with Special Needs

- Helping Children with Emotional Issues
- Behavioural Disorders: What Can Teachers Do
- Drama and Art activities for improving cognitive learning
- Practical exercises for Improving Your Teaching Style, Group Project

DAY 4

- Activities for gifted and talented children
- Developing creative thinking (Task-Based Learning, Problem Based Learning, Experiential Learning, Real World Tasks)
- Teaching multicultural classes (mutual understanding and respect)
- Use of ICT, Project Based learning and cross-curricular activity in an inclusive classroom
- Digital Tools for Special Education Needs

- General classroom approaches to include learners with SEND and reduce cognitive load in activities
- Advice on how to create more accessible teaching resources
- An overview of how to make programming environments more accessible
- The benefits of sensory outputs and using physical computing devices

DAY 5

- Inclusive Education's (Dis)Advantages
- Teacher's Responsibilities for Children with Special Education
- Development work and presentation

- Course roundup, feedback and review
- Learning outcomes validation
- Certification Ceremony

DAY 6

*This schedule/ program describes likely activities but may differ based on the trainer's discretion and objectives.



STRESS MANAGEMENT THROUGH MINDFULNESS, YOGA & MEDITATION



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COURSE DESCRIPTION

Teachers confront significant challenges. They must adapt curricula to a wide range of learning styles, manage shifting education policies, attend to students with special needs, and do administrative work.

Starting a regular habit of meditation can help us to improve concentration, reduce stress & anxiety, alleviate depression and generally improve our mental wellbeing. Yoga has long been known to be a great antidote to stress. Yoga combines many popular stress-reducing techniques, including exercise and learning to control the breath, clear the mind, and relax the body. Through guidance, you will discover ways to nurture your body and mind and experience more moments of reflection, clarity, empowerment, and connection in your daily lives.

This course aims to to identify the causes of anxiety and learn how to manage and eliminate it.

COURSE INFORMATION

Course Objectives

The course is tailored for teachers and school staff from the pre-school level to primary, secondary, vocational, adult and company staff in order to feel a stronger connection to the body and more calm with a great sense of mindful well-being. Be de-stressed and more mindful about how the body feels along with a greater breath awareness. The goal is to achieve psychological changes, a positive and integrating behavior on the basis of an integral personal development obtained by learning and mastering a technique of stress elimination based on correct meditation in teachers

Learning Outcomes

- Manage stress through a greater understanding of emotions
- Promoting teachers working on emotions management
- Employ self-care techniques to cultivate personal and professional resilience.
- To increase self-esteem and creativity.
- Create effective strategies for relating to challenging situations.
- Enhance concentration and executive function (planning, decision-making, and impulse control).
- Revitalize purpose, personally and professionally Improve your overall mental and physical health
- Promote happiness through healthy habits of the mind Integrate mindful awareness into a Yoga class
- Adaptation and promote changes.

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COURSE INFORMATION

Duration: 1 week (6 days – Sunday to Friday – 9h00 to 14h00)

Location: Porto, Portugal

Language: English

Certification: Certificate of Attendance, including a description of the learning outcomes from the previous page; Europass validation

Price: 580€ (course fee + administration costs + social program). Prices according to the new Erasmus+ 2021-2027 program*

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DAILY PROGRAM*

Our courses also include a **daily Coffee Break & Social Program (4 ACTIVITIES)**

DAY 1

- Welcome dinner, icebreaking
- Meet & greet, networking – participants and staff
- Week briefing & planning

DAY 2

- Definitions of meditation, roots, theory, its aim and goals. The myths and misconceptions about meditations
- Preparatory practices for meditation
- Meditative psychology
- Difficulties faced during meditation and how to overcome them
- Different types of meditation practices and their applications
- The psychological benefits of regular meditation practice.
- Training & Practice

DAY 3

- How meditation trains your attention
- The mind and the body connection and creative well-being
- Stress and its effects on the mind and body
- How to shift the stress response
- Training & Practice

DAY 4

- Transcendental experiences in meditation, the role of Spiritual Intelligence
- The spiritual side of meditation: mystic and wisdom traditions, awakened states of awareness, and self-discovery
- Clearing the Mind
- Breath Control
- Meditation or relaxation
- Creating a personal practice and nourishing daily routine
- Techniques Training & Practice

DAY 5

- Practical Training
- Exercises
- Outdoor Activities

DAY 6

- Planning follow-up activities
- Course roundup & review
- Learning outcomes' validation
- Certification Ceremony

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THE PORTUGUESE EDUCATION SYSTEM SCHOOL VISITS IN PORTO **NEW!**



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COURSE DESCRIPTION

Portugal's educational system is regulated across all schools by the State (more specifically, by the Ministry of Education). The national Higher Education system is fully integrated into the European Higher Education Area (EHEA).

Starting at age 6, compulsory school lasts 12 years; and includes particularly specialized learning courses from the ages of 14/15.



Not only will participants have the opportunity to learn in-depth information on the Portuguese educational system during this course, but they will also visit Portuguese schools and educational institutions, observe teachers at work, and engage in conversation with principals, teachers, and students about school life and the country's educational system.



Furthermore, during the school tours, participants may also have the opportunity to establish contacts between principals and participants to launch future Erasmus+ projects, which solidifies one of the oldest objectives of the Erasmus+ program: sharing knowledge and experiences, interculturally!



In preparation for the study visits, this course has a theoretical component where the trainer will lecture participants on the history, culture, and educational system of Portugal. At the same time, participants will also learn about the city's culture within the classroom and with outdoor activities.

Note: Course availability is only during the Portuguese School Year (September - June)

COURSE INFORMATION

Course Objectives

The purpose of this training course is to provide teachers or adult educators with an in-depth knowledge of the Portuguese Education system, namely daily school life, teaching methods, culture and other processes. This will enable them to get an idea of different teaching practices and ideally apply them to support creative tactics and activities in the educational community.

Learning Outcomes

- Develop knowledge on other Education systems, specifically Portugal's
- Become familiar with different tools for Education methods
- Develop critical reflection on the teaching profession's professional development in other cultures
- Get involved in practical sharing activities supported by a supportive environment
- Plan and create in-class activities that foster the development of the teaching staff and, at the same time, of the students
- Apply and/or adapt different concepts, ideas, and teaching methodologies to the ones practised in their home country
- Learn more about Portugal's and Porto's culture, heritage and society
- Facilitate experience and cultural exchanges between European participants and Portuguese teaching personnel, which results in a fruitful international experience
- Enhance communicative competences in English and social skills;
- Promote intercultural awareness
- Identify & share good practices that can be implemented at a local level

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2

COURSE INFORMATION

Duration: 1 week (6 days – Sunday to Friday – 9h00 to 14h00)

Location: Porto, Portugal

Language: English

Certification: Certificate of Attendance + description of the learning outcomes above; Europass validation

Price: 550€ (course fee + administration costs + social program)

(Our courses are eligible to be completely funded by the new Erasmus+ program 2021-2027 – KA1 funds and several other programs)

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DAILY PROGRAM

Our courses also include a daily Coffee Break & Social Program (4 ACTIVITIES)

DAY 1

- Welcome dinner, icebreaking
- Meet & greet, networking - participants and staff
- Week briefing & planning

DAY 2

- Introduction: course and activities throughout the week (e.g. planned visits, schedules, objectives, schools' profile and information)
- Icebreaker activities
- Participants schools' presentation
- The Portuguese Educational System
- Structure and School Content
- New Approaches to Education
- Case Examples: Comparison between Portugal and other countries
Discussion, renewal and innovation in professional practice.
- Preparing Q&A session

DAY 3

- Visit to School N°1
- Job shadowing activities
- Q&A

DAY 4

- Visit to School N°2
- Job shadowing activities
- Q&A

DAY 5

- Discussion and Reflection
- Learning points from each school visit
- Porto & Portuguese Culture, Heritage and Society
- Group Work
- Presentation Preparation

DAY 6

Final Day

- Presentations
- Future cooperation and planning follow-up activities (discussion)
- Course roundup & review
- Learning outcomes' validation
- Certification Ceremony

Note: This schedule/program describes likely activities but may differ based on the trainer's discretion and objectives. Schools' selection will be disclosed upon the course's introduction (Day 2).



TRUSTED BY EDUCATORS ALL AROUND EUROPE

Learning Together believes that well-trained teachers are more motivated & better able to successfully perform and achieve organizational goals! We believe that all organizations' core are its **people**, therefore we organise development courses for education professionals who want to enhance & acquire new competencies related to their work practice. That way, participants can better teach the people of tomorrow, **while absorbing new cultures and meeting people all around Europe!**

LET'S LEARN TOGETHER!

**Sign up for a course and
start your journey with us!**