

The partnership takes place between September 2018 and August 2021 and involves 5 European schools:

"Stefan Procopiu" High School (Romania, Vaslui) - coordinator Foreign Language Secondary School (Bulgaria, Pleven) –partner 5th General Senior High School of Aigaleo (Greece, Aigaleo) – partner The High School of Economics and Gastronomy (Tarnów, Poland)-partner I.I.S. E. Majorana-A. Cascino (Piazza Armerina, Enna, Italy)-partner



ERASMUS⁺ Changing lives. Opening minds.

Newsletter dedicated to the presentation of the results (tangible and intangible) of the project "Get in shape for Europe" (GISE).

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During the period 1 September 2018-31 August 2021, five European schools will work together to implement the School Exchange partnership "Get in Shape for Europe" (GISE). The partner schools are:

- > The High School "Stefan Procopiu" (Vaslui, Romania)-coordinator
- Foreign Language School (Pleven, Bulgaria)-partner
- > 5th General Senior High School of Aigaleo (Aigaleo, Greece)-partner
- > The High School of Economics and Gastronomy (Tarnów, Poland)-partner
- > I.I.S. E. Majorana-A. Cascino (Piazza Armerina, Enna, Italy)-partner

PROJECT GOAL:

Promote democratic values and fundamental rights, social inclusion and active citizenship and equip students and teachers with the information and skills needed to become informed and involved European citizens.

SPECIFIC OBJECTIVES:

- O1-to develop, by August 2021, for pupils in 5 European schools, social, civic and intercultural competences, by promoting democratic values and fundamental rights, inclusion and nondiscrimination, active citizenship
- O2-to develop, by August 2021, for pupils in 5 European schools of critical thinking about the use of the Internet, mass-media and social networks as a weapon against discrimination and manipulation
- O3-the exchange of experiences, best practices, methods and tools between teachers from 5 European schools on the development of social, civic and intercultural competences and facilitating their integration into schools activity
- O4-institutional development of partner schools through the exchange of experiences, methods, tools and good practices on the development of social, civic and intercultural competences and the management of European projects by supporting and strengthening European cooperation

RESULTS AND IMPACT

a)intangible results: teachers and students will:

- improve their knowledge about the project theme (democratic values and fundamental rights, inclusion and non-discrimination, active citizenship), about EU (history, values, politics), about culture and civilization of partner countries
- improve their skills and competences (intercultural learning, teamwork, organization, communication, responsibility, adaptability, flexibility, digital competences, English communication)
- develop attitudes (positive attitude towards the EU, inclusive and non-discriminatory attitudes, tolerance and mutual respect, a better understanding of cultural and linguistic diversity, critical spirit, civic spirit), increasing motivation, positive attitude towards oneself and others

b)tangible results:

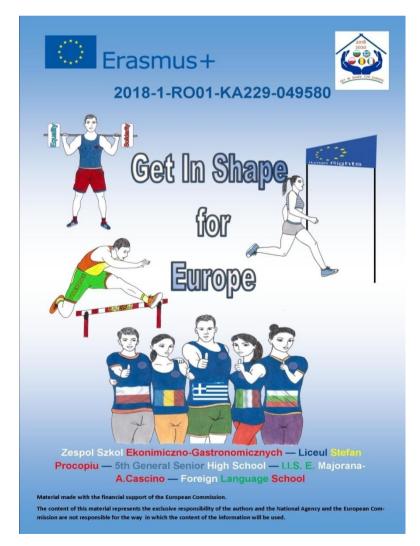
- 5 short-term exchanges of groups of pupils, 5 short-term joint staff training events,
- 5 European clubs, 7 brochures, dissemination and evaluation materials, local activities, integration of results in school activities



DISSEMINATION TOOLS

Distribution of responsibilities in the implementation of dissemination tools:

- Liceul "Ştefan Procopiu" (Vaslui, România): creating the project site: http://lspvs.ro/erasmus-gise/
- Foreign Language School (Pleven, Bulgaria): creating and managing the project Facebook page, creating and updating the project page on eTwinning
- 5th General Senior High School of Aigaleo (Aigaleo, Grecia): making the project leaflet
- The High School of Economics and Gastronomy (Tarnów, Polonia): making the project logo
- I.I.S. E. Majorana-A. Cascino (Piazza Armerina, Enna, Italia): making the project poster





Among the tangible results of the transnational activities for students are the two volumes of the brochure "Get in shape for Europe". Among other things, these 2 volumes contain presentations of transnational activities, a selection of the most important events in the history of Europe (in the vision of students in the target group), Human Rights Calendar, information on European values, manipulation via the Internet, presentation of European Clubs activities from each partner school.

GET IN SHAPE FOR EUROPE ... IN BULGARIA

Between February 25th-28th, 2019, 55 students from the 5 partners schools participated in the transnational learning/teaching/training activity entitled "Get in shape for Europe ... in Bulgaria" hosted by the Foreign Language School from Pleven, Bulgaria. Students from Romania, Bulgaria, Greece, Italy and Poland participated in lessons about the history, values and policies of the European Union, made videos with messages for future generations, selected the most important events in European history, explored various aspects of history, the art and traditions of the Bulgariansand other partners, participated in debates and thematic presentations ("Plovdiv-European Capital of Culture in 2019", "My Europe-MyFuture-MyVoice-MyVote") and a contest in which the Kahoot application was used. The participating students have improved their knowledge of the European Union, the culture and civilization of the partner countries, have developed their social and intercultural skills, communication skills in English and feel more confident and motivated to get involved in ERASMUS + activities.





GET IN SHAPE FOR EUROPE ... IN ITALY

Between April 2nd-4th, 2019, 55 students from the 5 partners schools participated in the transnational learning/teaching/training activity entitled "Get in shape for Europe ... in Italy" hosted by .I.S. E. Majorana-A. Cascino in PiazzaArmerina, Sicily, Italy. The students from Romania, Bulgaria, Greece, Italy and Poland participated in lessons, presentations and debates on European history, values and principles, discussed interculturality, migration and non-discrimination, explored various aspects of the culture and civilization of partner countries (through the work sessions "My Country", "My City", "European Dances", "Famous Italian Songs" and study visits), they tested their knowledge of the culture and civilization of all partner countries in a competition in which it was used. Kahoot application, worked in mixed teams to make Power Point presentations on the consequences of migration from Europe. Very interesting and appreciated by students were the socialization and interpersonal activities attended by African immigrants from the Association "Don Bosco 2000", the branch in Piazza Armerina. The participating students have improved their knowledge of the European Union, the culture and civilization of the partner countries, have developed their social and intercultural skills, communication skills in English and feel more confident and motivated to get involved in ERASMUS + activities.





GET IN SHAPE FOR EUROPE ... IN GREECE

Between November 5th-7th, 2019, 44 students from the 5 partners schools participated in the transnational learning/teaching/training activity entitled "Get in shape for Europe ... in Greece" hosted by 5th General Senior High School of Aigaleo (Greece). Students participated in work sessions such as "How well do you know your digital self? Let's find out how your fingerprint can affect democratic competencies!"," Real or False? Disinformation and democracy", "Democratic competences in the digital age: manipulation through false news", "Athenian democracy vs. Contemporary Democracy"- study visit to the Acropolis Museum, "Aigaleo: space, time, people"- study visit to Aigaleo Park and the "subway museum", "Are the oracles of ancient Greece related to modern manipulation"? - study visit to the Delphi Museum and the activities "Responses of Pitia" and "Solidarity in the navel of the earth from Delphi". By participating in these activities, students have understood that they are easy to manipulate through the media and need to develop skills and abilities that will help them cope in the digital age in which they are bombarded with information from all sides, in order to understands the news, information and pictures they see, to distinguish between true and false, between manipulation and information.

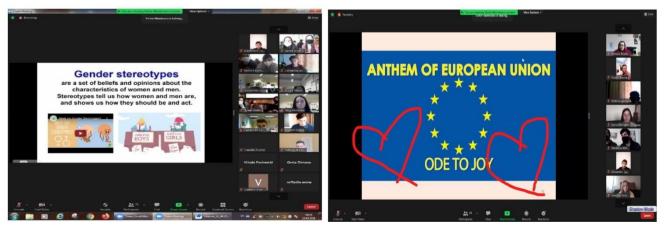




GET IN SHAPE FOR EUROPE ... IN ROMANIA

Between April 14th-16th, 2021, 58 students participated in the learning, teaching and training transnational activity such as "Short-term exchanges of groups of pupils" entitled "Get in shape for Europe ... in Romania". Students participated virtually in workshops such as "My country, my city, my school", "What do I know about partner countries?", "Exploring gender equality", "The EU in 12 words", "Lessons about the European Union", "Fake news", "Gender equality - a fundamental European value" and "Hate speech and freedom of expression". The students also explored the www.etwinning.net platform and the opportunities offered by the European Union in terms of studies, travel and work in EU member states, digital rights in the "ME&EU: Mobility" and "ME&EU: Digital rights" workshops (activities from an information campaign proposed by the European Commission in 2018). During the 3 days, digital tools such as Kahoot, Quizizz, Wordwall, Padlet, Mentimeter, Google Forms, ZOOM, www.etwinning.net were used.

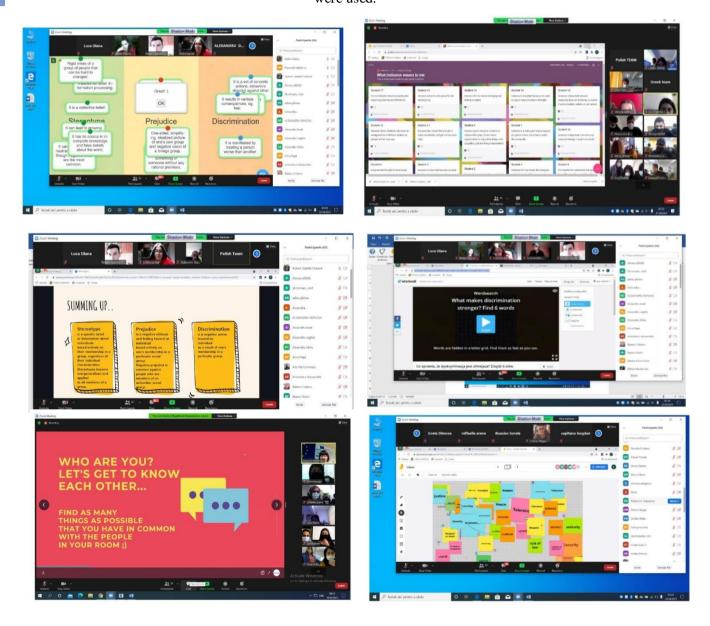






GET IN SHAPE FOR EUROPE ... IN POLAND

Between April 20th-22nd, 2021, 61 students participated in the learning, teaching and training transnational activity such as "Short-term exchanges of groups of pupils" entitled "Get in shape for Europe ... in Poland". Students participated virtually in workshops such as "My country, my city, my school", "What do I know about Poland?", "What do I know about partner countries?", "What do I know about the EU?", "Exploring inclusion" ("Inclusion in your school", "Famous people with special needs", "How can we make our school more inclusive?"), in the workshops in which topics such as freedom of expression and hate speech, fake news were addressed and media manipulation, cyberbullying, personal data protection in the digital age, digital democracy, inclusion and non-discrimination. The students discussed in mixed groups various aspects related to European values. Students also explored the www.etwinning.net platform and the opportunities offered by the European Union in the "ME&EU: Rights" and "ME&: Skills and Business" workshops (activities in an information campaign proposed by European Commission in 2018). During the 3 days, digital tools such as Kahoot, Quizizz, Wordwall, Learningapps, Padlet, Jamboard, Mentimeter, Google Forms, ZOOM, www.etwinning.net were used.

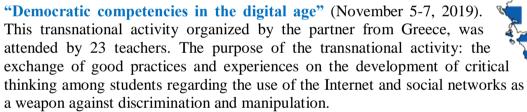


TRANSNATIONAL ACTIVITIES FOR TEACHERS

Within the GISE project, 5 transnational learning, teaching and training activities such as "Short-term joint staff training events" were organized:

"Teaching Common Values in Europe" (February 26-28, 2019). This transnational activity organized by the Bulgarian partner was attended by 31 teachers. The purpose of the transnational activity: the exchange of good practices, experiences and methods regarding the development of students' social and civic competences by promoting European values.

terculturality and non-discrimination" (April 2-4, 2019). This transnational activity organized by the Italian partner was attended by 30 teachers. The purpose of the transnational activity: the exchange of good practices, experiences and methods regarding the development of intercultural skills of students, the promotion of diversity and non-discrimination.



"European Values: Gender Equality and Equal Opportunities" (April 20-22, 2021). This transnational activity organized by the "Ştefan Procopiu" High School was attended by 40 teachers. The purpose of the transnational activity: the exchange of good practices, experiences and methods regarding the promotion of gender equality and equal opportunities among students

"Inclusive school practices" (May 11-13, 2021). This transnational activity organized by the Polish partner was attended by 48 teachers. The purpose of the transnational activity: the exchange of good practices, experiences and methods in terms of inclusive education.



The last 2 transnational activities were virtual.









The materials made for these transnational activities were used to make 5 brochures containing information about the activities of the project, sharing ERASMUS + experiences, theoretical aspects on the addressed topics, lesson plans.



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TEACHING COMMON VALUES IN EUROPE

Between February 25th and March 1st, 2019, 31 teachers from the 5 partners schools participated participated in the transnational learning/teaching/training activity entitled **"Teaching common values in Europe"** hosted by Foreign Language School in Pleven, Bulgaria. Teachers from Romania, Bulgaria, Greece, Italy and Poland participated in debates (ERASMUS + program -opportunities and challenges, National educational policies on promoting European values, The role of teachers in promoting European values among students), presentations of examples of good practice (activities, projects, methods, strategies, experiences) focused on promoting European values, practical activities on the eTwinning platform, elaboration of lesson plans and extracurricular activities related to European values (solidarity, human dignity, human rights, tolerance, freedom, etc.) . The final product of this transnational activity is the guide "Teaching common values in Europe" structured in 4 chapters that summarize the addressed topics.





INTERCULTURALITY AND NON-DISCRIMINATION

Between April 2nd-4th, 2019, 30 teachers from the 5 partners schools participated in the transnational activity of learning, teaching and training "Interculturality and non-discrimination" which was hosted .I.S. E. Majorana-A. Cascino from Piazza Armerina, Enna, Italy. The workshops focused on presentations and discussions on various aspects of European countries (national symbols, traditions, traditional cuisine, personalities, curiosities, inventions, tourist attractions, aspects of European Union policies on interculturality and migration, national policies on education examples of good practice applied in school (extracurricular activities, lesson plans) The presentations were interactive marked by discussions on the role of the teacher in promoting diversity and intercultural communication, the importance of intercultural skills in the 21st century, ways to improve intercultural skills of students through education (formal, non-formal, informal), the skills that teachers must have in order to contribute to the improvement of intercultural skills among students, the portrait of the intercultural school. There were very interesting working sessions and study visits carried out in collaboration with the "Don Bosco 2000" Association, a branch in Piazza Armerina, which focused on migration in Italy and the national policies of the other partner countries on this subject. The participating teachers also shared experiences and examples of good practice in the design and implementation of European projects under the ERASMUS + program.



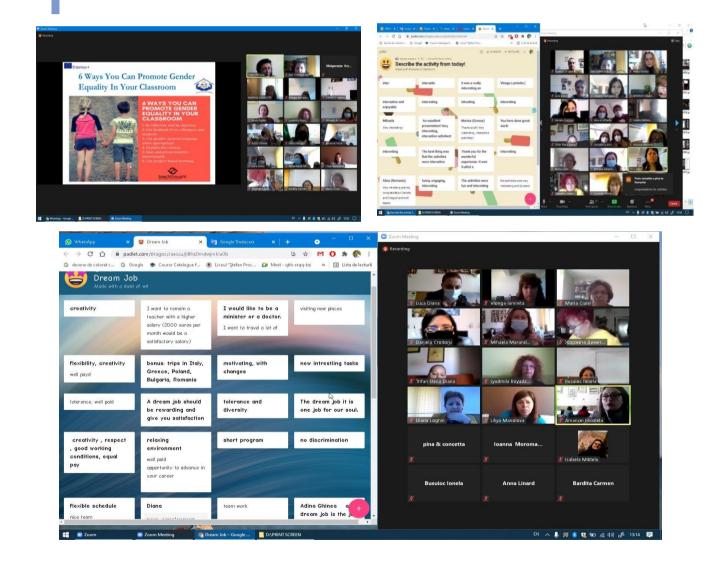
DEMOCRATIC COMPETENCIES IN THE DIGITAL AGE

Between November 5th-8th, 2019, 23 teachers from the 5 partners schools participated in the transnational learning, teaching and training activity **"Democratic competencies in the digital era"** hosted by the 5th General Senior High School of Aigaleo (Greece). The workshops focused on: media education in partner countries, the role of teachers in developing students 'democratic skills, methods and activities for developing students' critical thinking as a weapon against manipulation and discrimination in the online environment, student development of tolerant behavior and their mobilization in combating discriminatory attitudes in the online environment, the positive and negative aspects of using social networks, combating hate speech. The workshops helped to improve teachers 'skills in designing and implementing learning activities focused on developing students' democratic and civic skills, promoting democratic values and human rights in the virtual space. Teachers attended three activities with students that focused on the impact of digital fingerprints on democratic skills, namely misinformation, a danger to contemporary democracy. Digital fingerprinting has led to an analysis of one's online behavior. The teachers also shared experiences and examples of good practice in designing and implementing European projects under the ERASMUS + program.



EUROPEAN VALUES: GENDER EQUALITY AND EQUAL OPPORTUNITIES

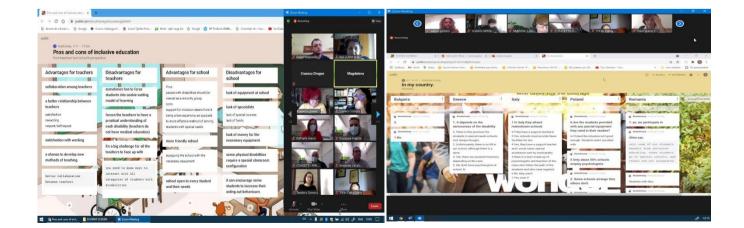
Between April 20th-22nd, 2021, 40 teachers from the 5 partner schools within the interschool exchange project "Get in shape for Europe!" (GISE) participated in the learning, teaching and training transnational activity ("Short-term joint staff training events" type) entitled "European values: Gender Equality and Equal Opportunities". The transnational activity was organized by the "Ștefan Procopiu" High School in Vaslui and aimed at the exchange of good practices and experiences between teachers regarding the promotion of European values such as gender equality and equal opportunities. During the 3 days, teachers participated in activities such as "ERASMUS + - opportunities, challenges and expectations", presentations on gender equality in partner countries, examples of good practice in promoting gender equality, group activities, activities on the eTwinning platform, exploring the EIGE site (EIGE-European Institute for Equal Opportunities for Women and Men - the only European Union agency that focuses exclusively on gender equality).



INCLUSIVE SCHOOL PRACTICES

Between May 11th-13th, 2021, 48 teachers from the 5 partner schools within the interschool exchange project "Get in shape for Europe!" (GISE) participated in the learning, teaching and training transnational activity of the type "Short-term joint staff training events" entitled "Inclusive school practices". The transnational activity was organized by The High School of Economics and Gastronomy (Tarnów, Poland) and aimed at exchanging good practices and experiences between teachers regarding inclusion in the school. During the 3 days, over 40 teachers from 5 partner schools participated virtually in activities such as "ERASMUS + - opportunities, challenges and expectations", presentations on inclusion in partner countries, examples of good practice, collaborative activities ("School inclusion - positive and negative aspects from the perspective of school, teachers, students with special educational needs, as well as students without special educational needs, Educational problems of students with special educational needs during the European Agency for Special Needs and Inclusive Education website. At the end of the 3 days of virtual activities, the participating teachers came to the conclusion that the problems faced by European schools regarding the inclusion of students with SEN are common.







STUDENTS ACHIEVEMENTS

Intangible results

1.KNOWLEDGE

- about democratic values, fundamental rights, active European citizenship, nondiscrimination, hate speech and freedom of expression, fake news and media manipulation and disinformation, European rights, European values
- about knowledge about the EU (values, principles, policies, history)
- about the culture and civilizations of the partner countries

2. LANGUAGE SKILLS

Improvement of English communication (speaking and listening skills)

3. LITERACY SKILLS

- Critical thinking and the ability to evaluate information and work with it.
- Oral and written communication and Adaptation of communication to various situations.
- Ability to use various types of sources, to search, gather and process information, to formulate and express arguments orally and in writing.

4. CIVIC, SOCIAL AND INTERCULTURAL COMPETENCES

- the ability to participate in different communication situations
- teamwork skills, collaborative learning
- a better understanding of cultural and linguistic diversity, awareness-raising and cultural expression skills, ability to adapt to new situations, openness to people from other cultures, respect and empathy, tolerance towards others, willingness to overcome prejudices
- increasing motivation and desire to participate in cultural experiences
- curiosity about the world around
- the ability to access, critically understand the role and functions of the media in democratic societies
- awareness of the fact that contemporary democracy is bombarded by many dangers (manipulation, misinformation, harassment in the online environment, hate speech) and the European Union is involved in this fight

5. LEARNING TO LEARN COMPETENCE, TRANSVERSAL SKILLS

- the ability to learn and work both collaboratively and individually, as well as to organize the learning process and to persevere manifesting tolerance, expressing and understanding different points of view
- the ability to think critically and make decisions, to solve problems
- curiosity to look for learning and development opportunities in various life situations
- positive attitude towards lifelong learning
- ability to search for information from various sources, to structure information, the ability to reflect, to formulate one's own opinions, arguments and interpretations

5.DIGITAL COMPETENCES

- ethical, safe and responsible approach to the use of digital tools use of digital technologies to support active citizenship and social inclusion, collaboration with others, creativity
- awareness of the possibilities, limitations, effects and risks of digital technologies



TEACHERS ACHIEVEMENTS

Intangible results

1. KNOWLEDGE

- about the European values, interculturality and nondiscrimination, democratic competences, civic competences, manipulation and discrimination through internet, gender equality and Equal Opportunities, inclusive education and addressing these concepts in each European country, legislation in the field;
- knowledge about the culture and civilizations of the partner countries
- exchange of experiences and best practices on the implementation of European projects.



2. LANGUAGE SKILLS

Improvement of English communication (speaking and listening skills)

3.PEDAGOGICAL SKILLS, LEARNING TO LEARN COMPETENCE, TRANSVERSAL SKILLS

- enriched skills in designing and implementing learning activities centered on the development of civic competences, democratic competences and promoting European values, about promoting inclusive education, critical thinking
- knowledge and skills regarding the design and the implementation of the European project
- practical skills (e.g. planning and organizing, project management etc.), problemsolving skills and taking decisions abilities, digital competences.

4. CIVIC, SOCIAL AND INTERCULTURAL COMPETENCES

- teamwork skills in mixed transnational teams, communicate constructively in an intercultural environment, show tolerance, express and understand different points of view, negotiate and to empathize
- better understanding of cultural and linguistic diversity, cultural awareness and expression competence, respect and empathy towards other cultures, more tolerance towards other persons' values and behavior
- citizenship competences, emotional skills (e.g. having more self-confidence).

5.DIGITAL COMPETENCES

6. NEW ATTITUDES

- positive attitudes towards cultural and linguistic diversity, positive attitude toward oneself and others, awareness of one's own attitude towards other ethno-linguistic groups
- increasing motivation for new activities and projects, increasing self confidence.



"Get in shape for Europe" (GISE) TANGIBLE RESULTS



- 5 transnational learning/teaching/training activity for students such as "Short-term exchanges of groups of pupils" entitled "Get in shape for Europe ... in Bulgaria" (26-28 February 2019), "Get in shape for Europe ... in Italy" (2-4 April 2019), "Get in shape for Europe ... in Greece" (5-7 November 2019), "Get in shape for Europe ... in Romania" (14-16 April 2021), "Get in shape for Europe ... in Poland" (20-22 April 2022).
- 5 transnational learning/teaching/training activity for teachers such as "Short-term joint staff training events": "Teaching common values in Europe" (26-28 Frbruary 2019), "Interculturality and non-discrimination" (2-4 April 2019), "Democratic competences in the digital era" (5-7 November 2019), "European Values Gender Equality and Equal Opportunities" (20-22 April 2021), "Inclusive school practices" (11-13 May 2021).
- **4** "Get in shape for Europe" brochure (2 volumes).
- Brochures "Teaching common values in Europe", "Interculturality and non-discrimination", "Democratic competences in the digital age", "European values: gender equality and equal opportunities", "Inclusive school practices" containing 33 lesson projects, 20 articles in which teachers share their experience in implementing European projects, 31 articles on the project theme (European values, democracy, interculturality, non-discrimination, critical thinking, false news and manipulation through the media, civic competences, inclusive education, etc.)
- 5 videos entitled "Our message for future generations".
- Dissemination tools: project website, project Facebook page, logo, poster, leaflet, project corner on the eTwinning platform, 7 newsletters at the partnership level.
- 50 Power Point presentations and 50 digital resources made on platforms such as Kahoot, Quizizz, Wordwall, Learningapps.
- 6 online exhibitions made on the Padlet platform: "Women who inspire Europe", "The European Union in 12 words", "Just because Poem", "How to make our school more inclusive", "People with disabilities that inspire Europe", "ERASMUS opportunities, challenges, expectations".
- **4** 5 European clubs that organized about 250 activities at local level.
- **4** Evaluation tools (questionnaires, evaluation reports, reflection journals).



EUROPEAN SOLIDARITY

