

W.I.S.H. Newsletter



W.I.S.H.

We internationally share happiness

About the project

Since the pandemic caused huge damages in our lives, with the WISH project, we mainly want to minimise its effects by equipping teachers with practical tools to deal with students' wellbeing in the school environment so that they can recognize the power of emotions in their lives. With the help of the techniques and the activities, teachers will easily cope with the problems related to the issue and students will learn to regulate their emotions and find happiness within themselves.



Implementation

There will be 2 types of transnational activities: training for teachers and learning activities for students. First of all, teachers will receive training on the topic of positive emotions, EFT and happiness along with many workshops focusing on specific techniques. On the other hand, learning activities will focus on students' recognition of their emotions to develop social and emotional competence in four different fields to be organised: relations, creativity, flying high and happiness.

Results

- Methodological guide (MANUAL)
- Website

Meeting Bursa

26/9/23 - 29/09/2023

Day 1: 26/09/2023

On the first day, a course on Mindfulness was scheduled by Prof. Esim Gürsoy from Bursa Uludag University ELT Dept.

We got the theoretical concept of mindfulness; definitions and origins, the science behind it, the core principles.

But immediately after with some practical exercises. it became clear to us who can benefit from mindfulness: children, adults, pupils, teachers, ... in short, everyone. Some useful outcomes are: enhancing professional well-being, building a mindful school culture, tackling modern challenges faced by students, impact on students performances, creating a supportive learning environment, ...



We then did some practical exercises that are easy to use in the classroom. We immediately felt the effect of mindfulness and were happier, more cheerful and calmer than before. This brought us to the overall effect of mindfulness: stress reduction, improved mental health, enhanced focus and concentration, better emotional regulation, enhanced physical health, increased self-awareness, improved relationships and pain management.

In the afternoon, we were given a workshop by the same Prof Esim Gürsoy on Positive Psychology & Classroom Management. The purpose of Classroom Management is: optimizing learning, promoting positive behavior, building relationships, time management, addressing behavioral problems and creating a positive learning environment. Some exercises made it clear how useful her material is in a classroom. It showed us the difference between management and discipline; preventive working, reactive working, including teacher ability to manage, ... It results in positive discipline, developing self-esteem, fostering a positive discipline environment.

The key question that encapsulates this approach is: "Are you ready to share the control of the classroom with your students?"

Meeting Bursa

26/9/23 - 29/09/2023

Day 2: 27/09/2023

In the morning, we had a workshop on Hope & Resilience by Assoc. Prof. Hacer Belen from Bursa Uludag University.

We were first given a historical evolution on "Hope". Throughout history, there have been different theories about this and this science is still evolving.

So hope has different definitions and is at the same time one of the keywords of our psychological well-being. Hope is a feeling of expecting and wanting a certain thing to happen. It's a positive emotion that motivates us in the pursuit of our goals and overcoming of adversities. Hope can also be a source of strength and resilience in times of hardship and insecurity.



After some small questionnaires and after reading her notes we got the essence of the workshop.

And we had the School Tour and Meeting with the SSAL Students.

In the afternoon we visited the City Museum, Kozahan, Ulucami, Traditional Bazaar & Tophane, where we had dinner at Hacı Dayı.



Meeting Bursa 26/9/23 - 29/09/2023

Day 3: 28/09/2023

In the morning we held the Contact Persons Meeting. The EFT (Emotional Freedom Technique) workshop by Sebnem Koral, Holistic Schema Coach/ PCC, Modern Energy Training, EFT Trainer went ahead online on 07/11/2023 at 7PM.

EFT, better known as "Tapping" is a form of psychological acupressure, based on the same meridians used in traditional acupuncture. Simple tapping with the fingertips is used to apply kinetic energy to specific meridians on the head and chest while thinking about a specific problem - can be a traumatic event, an addiction, a pain, etc. - and voice positive affirmations.



This combination of tapping the energy meridians and voicing positive affirmation works to clear the emotional block from your body's bioenergy system, thus restoring your mind and body's balance, which is essential for optimal health and healing disease. This was a very practical workshop while nearly constantly "tapping" for happiness.



We had lunch at and visit Cumalikizik, a village in UNESCO Heritage List. A magnificent, intriguing place. Afterwards we drove on to Mudanya to visit the Mudanya Armistice House and have some free time. Farewell Diner at Montania Hotel Masturi Balik Restaurant.

Meeting Bursa 26/9/23 - 29/09/2023

D Day 4: 29/09/2023

Workshop 'Character Strengths and Virtues' by Özge Ozan, Psychological Counsellor gave us insight in strengths and virtues.

And through a website, we got our own list and top 3 of strengths and virtues. After talking to the others everyone could agree with their top 3 of strengths. So the website is very reliable exercise is definitely useful for students.

To conclude the week, we all painted one or more boulders with our strengths. These were immortalized in a frame in a piece of art!

Super fun activity. After lunch at Iskender Efendi Konagi Botanik Park we visited the Botanical Park



1st Learning Activity
Liceo Anguissola, Cremona, Italy
19/11/2023 - 25/11/2023
TIME FOR RELATIONSHIPS

Day 0: SUNDAY 19.11

Arrivals Teams

The teachers met for dinner at Restaurant
"Lo Storico"



Day 1: MONDAY 20.11.

In the morning we had the Official WELCOME TO THE SCHOOL. We were welcomed by the Italian Headmaster and deputies and we exchanged gifts. Then the students of all partner schools, presented themselves with as key word "RELATIONSHIPS"

At 11 PM the 1st DRAMA Workshop started; they started with presenting themselves, have a physical warm-up, concentration activities, mutual listening, coordination, and synchronization. The first phase included theatrical and dance activities, which permitted the facilitators to observe the large group in motion in relation to space. Improvisations for building a scene on the theme of limits.

In the afternoon we had the CREMONA GUIDED TOUR IN ENGLISH of the Square, the Torrazzo (Bell Tower), the Roman street, the Vertical Museum and up to the top of the Bell Tower.

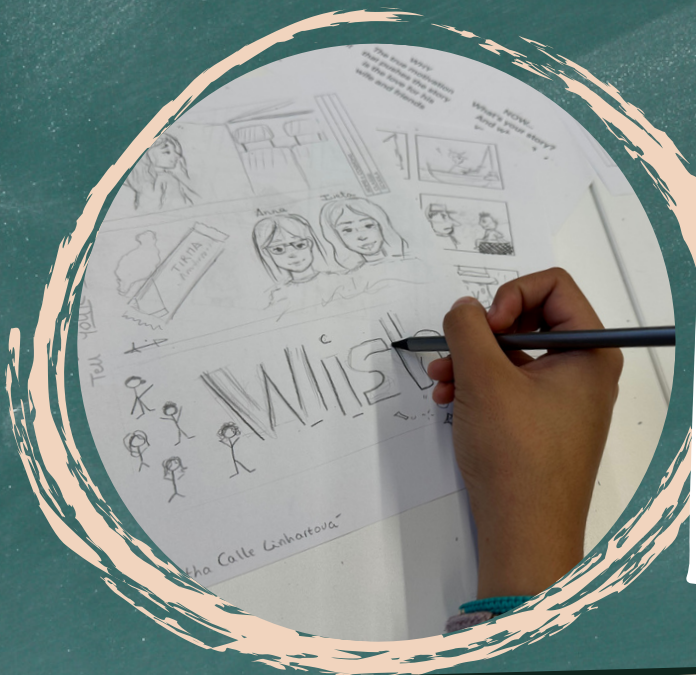
Us teachers had an Welcome Dinner at "Hosteria 700"



TIME FOR RELATIONSHIPS

Day 2: TUESDAY 21.11.

The next two days the students join their Italian peers in the classes. They get to know the Italian way of school system and have the opportunity to explain their similarities or differences.



2nd DRAMA Workshop
Physical warm-up, concentration activities, mutual listening, coordination, and synchronization. During the meeting, activities of free and spontaneous dance were proposed, leading different groups to request the opportunity to showcase and teach traditional dances to others or to listen to music that held particular significance for the group. This gave rise to the dance scene presented during the performance, which was choreographed and theatrically staged with the assistance of the facilitators.

The teachers were so lucky to visit PALAZZO STANGA TRECCO, a historical noble Palace who belonged to the noble family of Stanga.

In the afternoon we had a HALF DAY EXCURSION to MANTOVA and a visit of Palazzo Ducale. Our students were already very surprised and excited at the site of such beauty and were hanging on our lips for every word for some additional explanation. Great experience. Also the little walk in the town was pleasant.

TIME FOR RELATIONSHIPS

Day 3: WEDNESDAY 22.11.

3th DRAMA Workshop:

Physical warm-up, concentration activities, mutual listening, coordination, and synchronization. Elaboration of the theme of Europe, travel, and WISH. Assembling scenes from previous days. Organizational discussion with the girls and boys, explaining the schedule for November 23 and technical notes on the performance.



Meanwhile the teachers visited the Istituto Stradivari, violin making International school and Musical audition. Very, very interesting!!

At 16:45 PM the CREMONA MAYOR, GIANLUCA GALIMBERTI, from the MUNICIPALITY, welcomed us and emphasised one more time the importance of internationally sharing experiences, especially happiness. What a beautiful historical place to have this meeting.

DINNER of both teachers and students - Pizzikotto Pizzeria

TIME FOR RELATIONSHIPS

Day 4: THURSDAY 23.11.

In the morning, the group was divided into 2 and each group was given 2 workshops: Comics workshop & explanation around European Solidarity Corps, (ESC) by the young international volunteers present in Cremona. The comics workshop was designed to introduce the students to the world of comics in general, and then practical exercises to create a short and personal comic. All students did well and we even discovered some hidden talents

European solidarity corps presentation (ESC) by the young international volunteers was interesting.

Further information:

https://europa.eu/youth/volunteering/project_en



VISIT TO THE VIOLIN MUSEUM (for teachers and students who are interested) and free time.

From 16:00 PM it was time for the big evening!

First: Warm-up, run-through, and final rehearsal.

Public entry and performance.



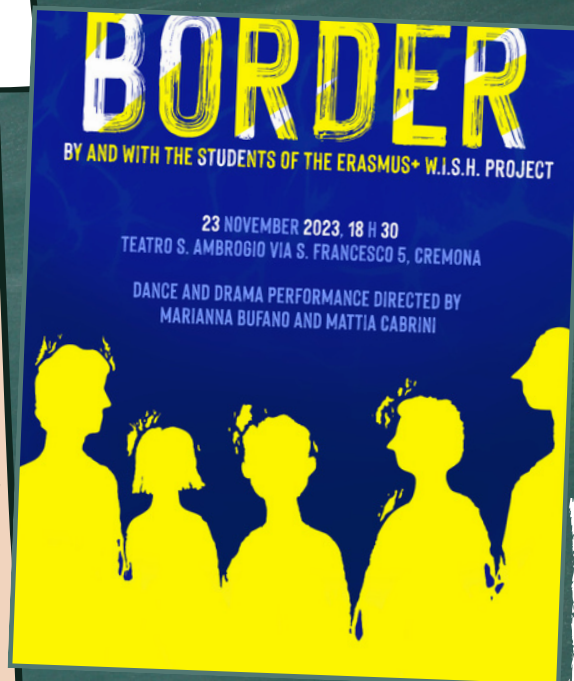
ATHE PERFORMANCE

Border

The performance originates from a collaborative creation process with the group. No script was planned before meeting the actors and actresses. Given the project's objectives, the words MEETING - BORDER AND LIMIT guided us throughout the workshop. Participants were engaged in improvisation exercises that allowed them to express thoughts and emotions related to the theme of borders. After this initial phase, we transitioned to a second directing phase, where the performance was built based on three interconnected scenes:

TIME FOR RELATIONSHIPS: Border

The first scene addresses the theme of limits. It is not necessarily a negative aspect but rather the element that challenges us, prompts us to desire improvement, and reveals our dreams. In an initial phase, actors tend to occupy their own "comfort zones." The arrival of another person and the birth of a relationship encourage them to step out of these zones to encounter different spaces. The boundary then could become the limit that prevents us from reaching where we would like. It is in this moment that the true desire is revealed to us. The actors continuously cross the border to find and rediscover themselves.



The second scene delves into the theme of the melting pot. Through a sequence of musical genres from the different countries of origin of the actors, we aim to depict how the encounter between diverse cultures comes with a cost, and that cost is balance. Fusion, absorption, and substitution are all dynamics that lead to the loss of precious elements of one's identity and culture. In this scene, we want to illustrate how the younger generations live in a world where various traditions continuously overlap, and the pursuit of balance among very diverse collective identities is a challenge that comes with growing. Music becomes the image of those common roots from which they can begin.

The third scene, finally, presents in a simple yet effective manner how Europe is viewed by the younger generations. It is not merely a distant and formal institution but a land to travel, experience, and explore. Facing the blue flag filled with stars, the actors express their hopes and desires for the future as if standing before a sky full of shooting stars. With a gaze toward the sky, our performance concludes; the sky, indeed, unlike the earth, knows no boundaries.

Followed by a **APERIDINNER** made and presented by the association **THISABILITY** promoting inclusion and professional job



TIME FOR RELATIONSHIPS

Day 5: FRIDAY 24.11.

Full day trip to MILAN by coach

Arrival at Castello Sforzesco

Sightseeing: Piazza Duomo, La Scala, Galleria Vittorio Emanuele, shopping streets and visit to "Museo del Novecento"

And then saying goodbye



SATURDAY 25.11

Flying home! Safe Journey!

See you in Istanbul!



Links

Border

<https://youtu.be/dt5tS0o05kg>

Website of the project

<https://sites.google.com/cdokortrijk.be/wish/home>