



**Training Course in:
Wellbeing in Education**

Italy



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About the course

There has been an increased focus on improving education at European level, moving towards a curriculum that believes that all learners have the right to have their individual needs met. A well performing education system supports change through the use of methodologies that allows educators to break down barriers to learning.

In response to the increased importance being placed on an understanding of how wellbeing and positive mental health impact on people's emotional and intellectual growth (at all levels), this intensive short course is designed to equip teaching and non-teaching staff with the relevant skills in promoting effective methods to develop learners' confidence, interdependence and a general sense of self worth.

The course methodology encourages active participation, sharing of good practice and reflection of approaches used to improve the provision and the quality of education. The course is delivered by experienced teachers and advisors, offering a culturally rich learning experience in a region renowned for its excellence.

The course will provide the opportunity to observe and evaluate teaching practice in 'another

country'. This exposure and interaction also offers the potential to develop links for future partnership work.

Course specific educational aims

The course aims to:

- develop and enhance teaching and learning through methods to address learners' self confidence, motivation, appreciation of own skills and abilities, methods to deal with problems and set backs
- develop understanding of methods to encourage positive friendships and relationships
- develop understanding and impact of mindfulness in education
- work collaboratively in developing plans to make change/enhance own practice
- provide an opportunity to share good practice and evaluate personal practice in order to integrate new approaches.

Course dates

Italy (Bologna)
Refer to website





Who the course is for

The course is primarily aimed at staff who a role in supporting learners through a pastoral care plan. The course is designed to meet the needs of the target group and delivered according to the methodology that best suits the age group.

In particular, the following staff may apply:

- professionals working in the field of education
- teachers and staff in education dealing with the support and pastoral care
- trainers and advisors of such staff
- coordinators and/or headteachers who work to develop curriculum provision within their school/centre
- non-teaching staff who have a role in supporting teaching staff in curriculum planning and delivery

Course methodology and approach



The course encourages the use of approaches to deal with a number of issues within the specified topic area. It also includes sessions to develop partnership work with teachers from within Europe, as well as other activities available under the Erasmus+ Programme.

During the week attendees will be encouraged to reflect on their learning journey and will be tasked with working together to develop a plan of action to implement upon their return. This work forms an integral part of the dissemination activities attendees will undertake on their return home.

Throughout the week and consistent with a full-immersion approach, a variety of teaching and learning sessions will be delivered with specific teaching and learning aims.

These include:

- methodology-specific classes
- cultural sessions and cultural visits with examples of activities to use with pupils
- visits to educational establishments for observation of practice and an opportunity to make links for future partnership work.

Attendees will evaluate their experience at the end of each day and the course will culminate in an end of week evaluation session and exhibition of their work.





Pre-course and follow-up activities

A collaborative space will be set up prior to the course in order to encourage communication between participants. The site will be used to disseminate pre-course work and to encourage delegates to initiate a dialogue between themselves and course trainers.

Delegates will be sent reading materials as part of the pre-course preparation. They will be asked to prepare a teaching resource to share with other delegates on the course.

Once back in their own country, teachers will be encouraged to continue networking with other participants and course trainers. All resources developed during the week will be uploaded the collaborative area and additional web links will be shared to continue learning beyond the end of the course. Delegates will be encouraged to continue sharing good practice and, through the collaborative area, disseminate additional resources developed post course.

Course evaluation

Attendees will be supported in evaluating their learning throughout the week, within both formal and informal contexts, such as cultural visits and organised social excursions. They will carry out a formal evaluation at the end of each day and this will feed into the summative evaluation at the end of the week. The summative assessment will take the form of a questionnaire and a focus group report, together with an exhibition and formal presentation of the group-work developed.

Course certification

A course-specific certificate will be provided at the end of the training week, together with the Europass Mobility Certificate where applicable.

Organisation of course activities (including teaching, cultural events, accommodation and subsistence)

All aspects of the course are taken care of by the LEAP Ltd trainers and advisors:

- accommodation based on two sharing (see page 8 for details of accommodation)
- all sessions are included and delivered either at a partner training centre or school
- the cost includes all meals throughout the duration of the course, local travel and specific cultural visits and excursions as specified in the detailed programme.
- travel to and from the airport in the target country is included in the grant (available from attendees school).

Costs of any other arrangements outside the detailed programme will not be met by the organisers.





Cost of course and funding opportunities

The cost of the course, including course fee, pre-course assignments and support, accommodation, meals and travel to and from the venue, can be funded through the Erasmus+ Programme under the Key Action 1 (Learning Mobility of Individuals). The application for funding is made by the employer of the participant(s).

To apply for the grant, organisations must reside in one of the eligible countries within the Erasmus+ Programme (for UK applicants, visit <http://www.erasmusplus.org.uk/how-to-apply>, or contact our team who will provide further help and guidance). For all other countries, please visit <http://ec.europa.eu/programmes/erasmus-plus/>

Total cost of course is €1610 which includes:

6 nights accommodation in shared rooms and all meals

Course fee of €490

Accommodation details

All participants will be accommodated in twin rooms in a modern hotel near the historic centre and around 30 minutes from the airport.

Travel to and from Italy

Bologna Airport is located 4 miles from the city centre. You can reach the train station using the Aerobus service from Bologna Airport, which takes around 20 minutes.

Many airlines provide frequent flights to Bologna (Ryanair, Easyjet, Alitalia, Lufthansa, and more).

Visit www.skyscanner.net to see some options.

Location of the course

Bologna is a historic city, offering an authentic representation of the Italian way of life. It is the home of the oldest university in Europe and has been nicknamed by Umberto Eco 'La dotta', meaning 'the academic one'.

Other names by which Bologna is referred to are 'La rossa' for its unique red roofs and reddish 'portici' and 'La grassa' for its excellent culinary products.

For more information on Bologna visit its tour office: www.bolognatourism.com



Daily programme of activities

Sunday	
16.00	Registration & welcome by the organisers and trainers
18.00	Official opening of training event and detailed presentation of training programme and arrangements. During this session, delegates will be set the week-long group task, followed by a Question & Answer session
19.00	Dinner at local traditional restaurant

Monday	
7.30-9.00	Breakfast at hotel
9.15-9.30	Registration
9.30- 11.00	Session (part 1) Wellbeing and positive mental health in education: methods and strategies
11.00-11.30	Break and networking
11.30-13.00	Session (part 2) Wellbeing and positive mental health in education: methods and strategies
13.00-14.00	Lunch
14.00-16.00	Session (part 3) Wellbeing and positive mental health in education: methods and strategies
16.00	End of day evaluation and discussion
15.30-16.30	Session Session (part 4) Wellbeing and positive mental health in education: methods and strategies Sharing good practice
16.30-17.00	End of day evaluation and discussion
17.00	Free time
20.00	Dinner

Tuesday	
7.00-8.00	Breakfast at hotel
8.00-9.00	Travel to a local school
9.00-9.30	Registration
9.30-13.00	Session Visit to an educational establishment for observation of practice and networking
13.00-14.00	Lunch
14.00-15.00	Session Evaluation and pedagogical discussion of teaching methods observed with local teachers and teaching advisors
15.00-15.30	Break and networking
16.00-18.00	Session Tour of the city
20.00	Dinner

Wednesday	
7.30-9.00	Breakfast at hotel
9.30	Travel to Cultural and educational site
10.00	Registration
10.30	Workshop and cultural visit Activities for children
13.00-14.00	Lunch
14.00-16.00	Session Visit to the site
16.00	Return to Hotel and Free time
--	Free evening

Thursday	
7.30-8.00	Breakfast at hotel
8.00-9.00	Travel to a local school
9.00-9.30	Registration
9.00-13.00	Session 10 Visit to an educational establishment for observation of practice and networking
13.00-14.00	Lunch
14.00-15.30	Session 11 Evaluation and pedagogical discussion of teaching methods observed with local teachers and teaching advisors
15.30-16.30	Return to hotel
20.00	Dinner

Friday	
7.00-8.00	Breakfast at hotel
9.15	Registration
9.30-11.00	Session Our learning in practice Planning session
11.00-11.30	Break and networking
11.30-13.00	Group work and discussion
13.00-14.00	Lunch
14.00-15.00	Group work and discussion
15.00-16.00	Session Presentation and exhibition of work
16.00	End of course evaluation
20.00	Dinner and a Question and Answer session on report writing and follow-up activities and networking

How to register

The initial stage of application is to complete the registration form. You can either complete the form on the right, returning it by post to:

LEAP Ltd
34, Fallowfield Road
Walsall UK, WS5 3DH

Or alternatively you can complete an electronic version available at www.leaponline.eu or as a Word document on request from:

info@leaponline.eu

Once the registration form has been received, we will notify the applicant with a confirmation e-mail with guidance on applying for the relevant funding.



For additional information, please visit the Language Education And Partnerships website at:

www.leaponline.eu

Registration form (Italy)

Applicant details

Name: _____

Surname: _____

Address: _____

Post Code: _____

Telephone: _____

E-mail: _____

Date of Birth: ____ / ____ / _____

Nationality: _____

Employer details

Name: _____

Address: _____

Post Code: _____

16.00-17.00	Session 14 Presentation and exhibition of work
17.00-18.00	End of course evaluation and presentation of Certificates.
20.00	Dinner

Saturday	
7.30-10.00	Breakfast at hotel
10.00-12.00	Individual evaluation and action plan
12.00	Official goodbye from the team and official end of course



www.leaponline.eu

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