



Training Course in:
Wellbeing in Education
Primary and Secondary Education

Spain



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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 facilitators, offering a culturally rich learning experience.

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
- develop understanding of methods to encourage positive friendships and relationships
- develop understanding of methods to deal with problems and set backs
- 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

Spain (Malaga)

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 pastoral care
- trainers and advisors of such staff
- non-teaching staff who have a role in supporting teaching staff in the planning and delivery of the curriculum.

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:

- evaluation and reflection of practice
- methods to deal with aspects of wellbeing and positive mental health in education
- cultural sessions and visits with examples of activities to use with learners

Attendees will evaluate their experience at the end of each day and the course will culminate in an end of course 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 €1(##" which includes:

(nights accommodation in shared rooms and all meals

Course fee of €&+"

Accommodation details

All participants will be accommodated in shared rooms in a modern hotel near the city centre.

Travel to and from Spain

Málaga airport is located a few miles from the city centre. You can reach the centre using the local train service from the airport, which takes around 20 minutes.

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

Visit www.skyscanner.net to see some options.

Location of the course

Málaga is a historic city, offering an authentic representation of the Spanish way of life and particularly of the Andalucía region. It boasts a rich architectural heritage, such as the Alcazaba, the Roman Theatre, Jardines de Pedro Luis Alonso, and many others. It is also the birth place of Pablo Picasso and the Pablo Picasso Museum which houses many of his paintings.

Málaga is also well known for the production of its sweet wine and some delicious culinary products.

For more information on Málaga visit its tourist office: www.andalucia.org/en/destinations/provinces/malaga/



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 a group task. |
| 20.00 | Dinner |

| Monday | |
|---------------|--|
| 7.30-9.00 | Breakfast at hotel |
| 9.15-9.30 | Registration |
| 9.30- 11.00 | Workshop (part 1) Wellbeing and positive mental health in education: methdos and strategies |
| 11.00-11.30 | Break and networking |
| 11.30-13.00 | Workshop (part 2) Wellbeing and positive mental health in education: methdos and strategies |
| 13.00-14.00 | Lunch |
| 14.00-16.00 | Workshop (part 3) Wellbeing and positive mental health in education: methdos and strategies Sharing good practice |
| 16.00 | End of day evaluation and discussion |
| 18.30 | Task -based walking tour of the city |
| 20.00 | Dinner |

| Tuesday | |
|----------------|--|
| 7.30-9.00 | Breakfast at hotel |
| 9.15-9.30 | Registration |
| 9.30- 11.00 | Workshop (part 1) Wellbeing and positive mental health in education: methdos and strategies |
| 11.00-11.30 | Break and networking |
| 11.30-13.00 | Workshop (part 2) Wellbeing and positive menthal health in education: methdos and strategies |
| 13.00-14.00 | Lunch |
| 14.30-16.30 | Workshop (part 3) Workshop at Museo Picasso |
| 16.30 | End of day evaluation |

| | |
|-------|--------|
| 20.00 | Dinner |
|-------|--------|

| Wednesday | |
|------------------|---|
| 7.30-9.00 | Breakfast at hotel |
| 9.15-9.30 | Registration |
| 9.30-13.00 | Workshop (part 1) Wellbeing and positive mental health in education: methdos and strategies |
| 13.00-14.00 | Lunch |
| 14.00-16.00 | Workshop (part 2) Wellbeing and positive mental health in education: our learning in practice |
| 16.00 | End of day evaluation |
| 20.00 | Dinner |

| Thursday | |
|-----------------|--------------------|
| 7.30-8.00 | Breakfast at hotel |
| 8.00-12.00 | School visit |
| 12.00 | Lunch |

| Friday | |
|---------------|--|
| 7.30-9.00 | Breakfast at hotel |
| 9.00-12.00 | Reflection and Discussion: Our learning in practice Planning session Developonline resources Lunch |
| 14.00-16.00 | Action plan |

| Saturday | |
|-----------------|--|
| 7.30-9.00 | Breakfast at hotel |
| 9.00-12.00 | Individual Evaluation and Action Plan Our learning in practice Planning session Individual Evaluation and Action Plan Presentation of Certificates |
| 12.00 | Official goodbye from the team |



How to register

The initial stage of application is to complete the registration form.

You can complete an electronic version available at www.leaonline.eu or as a Word document on request from:

info@leaonline.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.leaonline.eu





www.leaponline.eu

info@leaponline.eu

tel: +44 (0)7837 588990