



**Wellbeing for teachers:
The Swedish Perspective**

Sweden



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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 wellbeing is key to provide a positive learning environment. A well performing education system supports change through evaluation and reflection on methodologies that allows educators to break down barriers to learning.

Therefore, improving the quality of teaching and learning through an active research and internationalisation plan that supports the development the skills of those involved in providing such education is paramount in achieving excellence in education.

This 7 days visit is designed for educators and it aims to improve knowledge and understanding of approaches and practice in Sweden. 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. The visit focuses on school visits and interaction with staff with the

opportunity to observe and evaluate 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:

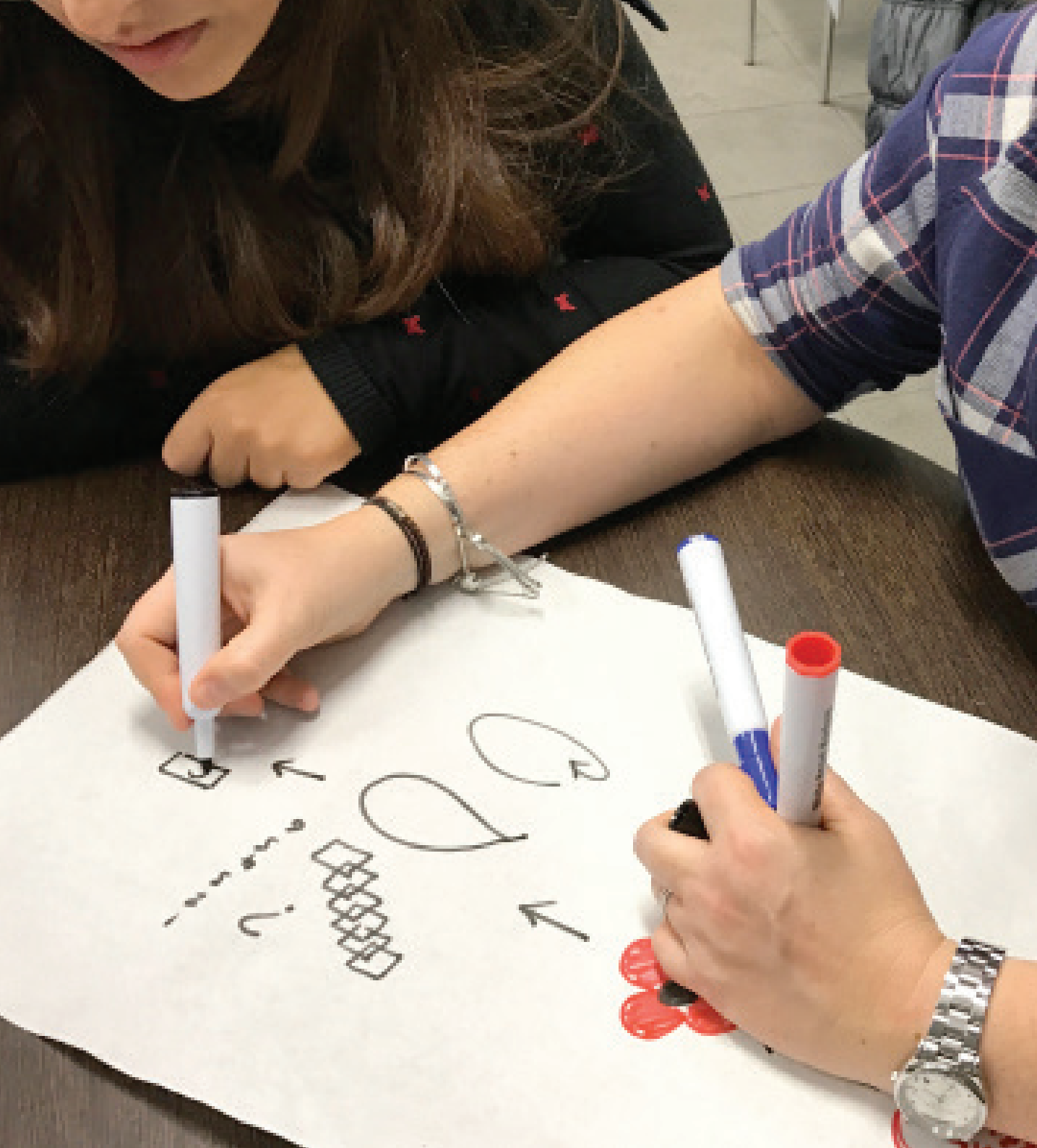
- understanding of how educators in Sweden address and encourage positive friendships and relationships
- understanding of how learning environment support staff and pupils' wellbeing
- work collaboratively in developing plans to make change/enhance own practice
- provide an opportunity to share good practice and evaluate personal practice in order to integrate new approaches.

Course dates

Sweden

Refer to website





Who the course is for

Courses are aimed at teaching and non-teaching staff who deal with wellbeing. The course is designed to meet the needs of the target group and delivered according to this.

In particular, the following staff may apply:

- established teachers and newly qualified teachers who would like to develop and enhance their practice within a European context
- headteachers, principals, deputy and assistants, governors, staff and advisors who work supporting such staff
- coordinators who work to develop curriculum provision within their school/centre
- professionals working in the field of education
- 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 adoption of creative approaches and includes specific sessions on developing and evaluating strategies used within the observed system.

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 that attendees will undertake upon their return.

Throughout the week a variety of sessions will be facilitated with specific teaching and learning aims.

These include:

- evaluation and reflection of practice
- cultural understanding
- 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 participants' work.





Pre-course and follow-up activities

Delegates will be asked to prepare a presentation on aspect of their school environment to share with other delegates on the course as well as prepare a presentation about they own setting and country models.

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.

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 at a school
- the cost includes all meals throughout the week, local travel for transfers to schools and a specific cultural as specified in the detailed programme.
- travel to and from the airport in the target country is included in the grant and can be organised by the training provider at an additional cost (available from attendees school/centre/LA).

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 €1750 which includes:

6 nights accommodation and all meals as per daily plan on page 9.

Course fee of €490

Accommodation details

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

Travel to and from Sweden

Gothenburg Airport is approximately 70Km from the training venue. There are different ways to transfer from the airport to Stenungsund :

<https://www.rome2rio.com/s/Stenungsund/Gothenburg-Airport-GOT>

LEAP can organise a transfer to and from the airport by coach. An additional cost applies.

Please ensure you give yourself enough travelling time to arrive in Stenungsund before 6pm on the Sunday evening.

Many airlines provide frequent flights to Gothenburg.

Visit www.skyscanner.net to see some options.

Location of the course

Stenungsund is a locality and the seat of Stenungsund Municipality, Västra Götaland County, Sweden.

Stenungsund was once only an idyllic bathing and vacation location on the Swedish west coast. A landmark is the Tjörn Bridge, a bridge to the island Tjörn.

For more information visit:

<https://www.vastsverige.com/en/sodra-bohuslan/>



Daily programme of activities

Sunday	
16.00	Registration & welcome by the organisers and trainers
18.30	Official opening of training event Detailed presentation of training programme and arrangements.
19.00	Dinner

Monday	
7.00-8.00	Breakfast at hotel
8.00-9.00	Registration and transfer to training venue
9.30-13.00	Session: Wellbeing and positive mental health
13.00-14.00	Lunch
14.00-16.00	Session: Wellbeing and positive mental health
--	Free evening

Tuesday	
7.00-8.00	Breakfast at hotel
8.00-8.30	Registration and Travel to a local school
8.30-14.30	Session: Visit to an educational establishment for observation of practice and networking including lunch in school
15.30-16.30	Session: YOGA Class
19.00	Dinner

Wednesday	
7.00-8.00	Breakfast at hotel
8.00-8.30	Registration and Travel to a local school
8.30-14.30	Session: Visit to an educational establishment for observation of practice and networking including lunch in school
15.30	Free evening

Thursday	
7.00-8.00	Breakfast at hotel
8.00-8.30	Registration and Travel to a local school
8.30-14.30	Session: Visit to an educational establishment for observation of practice and networking including lunch in school
19.00	Dinner

Friday	
7.00-8.00	Breakfast at hotel
8.00-9.00	Registration and transfer to training venue
9.30-13.00	Session: Our learning in practice and planning session
13.00-14.00	Lunch
14.00-15.00	Session: Our learning in practice and planning session
19.00	Dinner

Thursday	
7.00-9.00	Breakfast at hotel
	End of course individual evaluation and presentation of certificates (this is not a group formal session. Participants to complete the task individually in the breakfast room/reception area)



How to register

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

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





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