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TOGETHER, IN HARMONY!

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ACTIVITY REPORT OCTOBER-2023

IESO

HARÉVOLAR

ALOVERA

(GUADALAJARA, SPAIN)

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**ACTIVITIES CARRIED OUT**

In October, we enjoyed the **third learning/teaching/training activity**, hosted by IESO HARÉVOLAR from **Alovera, Spain**. These activities took place under the title ***WELLBEING AND FRIENDLY ENVIRONMENT IN SCHOOL***, bringing together students and staff teachers from the host unit and from each partner institution. From Spain, the participants were the following:

Teachers	Students	Host families
Sonia Gutiérrez – Erasmus coordinator/head of studies	Inés Carmona (2ESO)	Carolina Alfonsel Antonio J. Carmona
Laura Fortea – headmistress	Aritz Biosca (2ESO)	Izascun Ilarduya José A. Biosca
José Miguel Ramírez – head of foreign languages department	Héctor Martínez (3ESO)	Beatriz Arcas Fernando M. Martínez
Jesús Fernández – English teacher	Andrea Contreras (3ESO)	Yolanda Correa Raúl Contreras
Ana Manau – school secretary	Ángela Fernández (3ESO)	Noelia Crespo Ángel M. Fernández
	Gabriela Pilar Mejías (4ESO)	M. Rocío Prior Víctor M.
	Ángela Rodríguez (4ESO)	David Rodríguez M. Ángeles Ruiz
	Adrián Gómez (4ESO)	M. Mar Naharro Luis Miguel Gómez
	Emma Mínguez (4ESO)	Esteban Mínguez Elena Montalvo
	Raúl Mircea Soporean (4ESO)	Cristina Mihaela Soporean Mircea Soporean
	Amaya Susilla (4ESO)	Jesús M. Susilla



		Lourdes Quesada
	Marta Velardo (4ESO)	Carmen Rivas Juan José Velardo

Participants from Romania, Turkey, Lithuania and Italy arrived on **Sunday, October 1st** and rested in host families. The activities began on **Monday 2nd**, with the guests' **reception** and the participation in some ice-breaking activities, including an official reception in the town hall. During this morning, teachers did a tour of the school and talked to some Spanish teachers, while the students took part in some **activities under the heading of the day: “Integration”**.

One of the most valued activities by both teachers and students was the storytelling by Estibi Mínguez. The session called *Teen Story Time* went through different tales and stories in English, providing an active participation from teachers and students. At the end, they reflected on differences (or not?) from the up and down parts of the world, creating a mural together. During the afternoon, teachers enjoyed a meal with host teachers from Spain and free time to visit Azuqueca, the nearby town where their hotel was. Students spent the afternoon at their host houses, participating in the current activities of their host families and creating a sense of belonging to someone else's wellbeing place.

Tuesday, October 3rd, was a day dedicated to “**breaking barriers**”. The activities were carried out in Alcalá de Henares, one of UNESCO's World Heritage Sites from 1998. A great variety of activities were done, including visits to the most important and relevant landmarks of the city (University, House of Cervantes), interviews with foreign people, and getting to know how people lived in the past in the Regional Archaeological Museum. They reflected on diversity, as well as to have some recreation time for students and teachers from the different countries to make personal connections and establish stronger bonds. Participating in the life of a foreign town asking for information, asking for a bill at a shop or even taking the public transport are good examples of breaking barriers everyday.

Wednesday, October 4th, was a day full of activities and visits. They took a bus to Guadalajara and attended a national short film festival (FESCIGU) in its 21st edition This is a committed film festival regarding social issues, this year especially dedicated to seniors. Students watched different short films to reflect on difference, diversity and integration.



As the topic of the day was “**International Day of Persons with Disabilities**”, the rest of the morning both students and teachers enjoyed games, raising awareness about functional diversity. After lunch, different visits to landmarks of the city also reinforced the topic of the day. Guadalajara is the capital of the province and has a lot of historical sites from ancient times.

The morning of **Thursday, October 5th** the group took the train to Madrid, the capital of Spain. All the activities and visits there worked on the topic of “**breaking barriers**”. As in Alcalá de Henares the previous days, in the different visits to exhibitions, museums and famous landmarks as the Major Square, both teachers and students can break cultural barriers in one of the most multicultural cities of the world.

The last day of the LTT activities program, **Friday 6th**, was very special at school because it was the turn of working emotional intelligence, as well as the last day of the visit for Lithuanian partners before noon. A “**MUS-E day**” was celebrated. This is a program held by Yehudi Menuhin Spanish Foundation (FYME) in collaboration with the regional ministry of education to work emotional intelligence with students. During the academic year all students have a weekly session with an artist to work on emotions through art. And once a year there is a MUS-E day with different artists to explore the emotional side of each students showing their creativity and imagination. Erasmus partners had the opportunity to participate in this day. Teachers also held a meeting to plan the forthcoming activities and, meanwhile, students enjoyed some activities at school.

After lunch prepared by host families and teachers, there was a ceremony to hand in the **certificates of attendance**; we also took a chance to **evaluate this meeting** in Alovera. Students had the opportunity to enjoy the afternoon in Alovera with the host students as well as other people from the high school in the local football pitch. Also, they went around Alovera and Azuqueca in a traditional Spanish custom (“ir de tapas”) enjoying warm weather.

On Saturday 7th Italian, Romanian and Turkish partners left Spain.

All in all, a very **good collaboration** between students and teachers was noted, there was effective communication in English, and working in mixed teams led to the promotion of the human values worked from the beginning of the project, such as tolerance, generosity, freedom of expression, respect for people, trust in our own capabilities own and in others, friendship. When partners came back home, the Spanish students and their families valued this experience as very enriching and fulfilling, both personally and academically.



During this month, IESO HAREVOLAR also carried out the corresponding local activity: **AUTUMN COLORS**. As it is still warm weather and time to do outdoor activities, our PE teachers (Pedro A. Ruiz and Héctor López) started some activities to be carried out throughout the whole year:

1. A project called ***Healthy style, healthy life. Harevolanos saludables y sostenibles***. This project has different activities related to wellness, such as:

- Healthy style, healthy life: it encourages students to come to school using sustainable and healthy means of transport (bikes, non-electrical scooters); if they do that, they will receive a healthy reward during a week, thanks to the parents' association (as we're in autumn, apples and bananas).

- Fruit challenge: taking a fruit as a snack for the breaks will have an extra point in subjects.

- Healthy Wednesdays: at least once a week we need to take some fruit or healthy breakfast to school; not only healthy for your body but also healthy for your mind (parents will add a motivating quote or message to their kids' breakfast to cheer them up).

2. Sportive breaks: during the second break at school there are leagues of different sports for both teachers and students (basketball, football, volleyball). Physical interaction between teachers and students is a great way to create a well being climate at school everyday.

People from IESO also participated in the autumn colors activity from the tutorial action. Every student and their families reflect on the beginning of the year and their wishes for the end of the compulsory school stage now they're starting a new educational life stage. They wrote their wishes in autumn leaves and decorate a wish tree placed at the school entrance.

OBJECTIVES ACHIEVED

- Respect and appreciate cultural diversity
- Promote physical and mental health, which leads to a state of well-being for all members of the partner school communities, through healthy habits
- Stimulate participants' creativity through formal and non-formal activities
- Develop a sense of belonging to a multicultural, European community and strengthen bonds between the partner school participants
- Improve students' and teachers' English communication and digital skills.

RESULTS

- Mobility in Alovera (Spain) and participation in all the teaching/learning/training activities proposed



- Dissemination of the project's characteristics and objectives through the creation of different materials/actions
- Meetings to develop and coordinate the instructions for the mobility and local activity

IESO HARÉVOLAR Erasmus+ coordinator,

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