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TOGETHER, IN HARMONY!

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ACTIVITY REPORT SEPTEMBER 2023

IESO
HARÉVOLAR
ALOVERA
(GUADALAJARA, SPAIN)

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ACTIVITIES CARRIED OUT

After the summer holidays, and before receiving our partners for the third LTT mobility (**Developing strategies to promote well-being and a friendly environment in school**), it's time in Alovera to be ready to start a new year of wellness and selfcare at school.

In the first days of September the Erasmus TMT (Laura Fortea, Ana Manau, Sonia Gutiérrez, because the other members are not working in the school any more) informed the rest of the teachers about the project and the next activities to do.

Also, all the actions needed to prepare the mobility are done. An online meeting of all partners to assess and update the project was held (September 25th).

As the students hosting partners are from different groups and levels, we prepared the reception of participants in an activity we always do at the beginning of the year with all students at school. We spend two days in a nature camp in the province (Condemios de Arriba) taking different activities to get to know each other, the new teachers and tutors, the counselling department and mates from other levels (students from the first year share time and activities with students from the second year, and so on). They do outdoor activities (sports, ice-breaking activities, socialising games) to establish boundaries. Host students take some time to know and prepare the activities to do with Erasmus partners in October. It's one of the most valued activities from our students and teachers at the end of the year because it's a great beginning of developing the friendly environment at school we all need.

OBJECTIVES ACHIEVED

- Introduction of the way we work at school physical and mental wellness
- Coordination and teamwork among all participants in the project
- Design of activities for LTT mobility
- Interaction among the Spanish participants in the project (students from different levels)

RESULTS

- Schedule of actions to be held during this academic year
- Updating of spaces dedicated to the project



- LTT program

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