

LIFELONG MINDFULNESS



KA229 ERASMUS+ PROSJEKT

2018-2021

LOUISE RENNEMO - HEMNE VIDEREGÅENDE SKOLE

STRATEGISKE PARTNERSKAP: SKOLEUTVEKSLINGSPARTNERSKAP – KA229

The screenshot shows the eTwinning TwinSpace interface for the 'Lifelong Mindfulness' project. The top navigation bar includes 'Erasmus+', 'LIFELONG MINDFULNESS', 'English', and 'Logout'. The main header features the eTwinning logo and navigation links: HOME, PAGES, MATERIALS, FORUM, ONLINE MEETINGS, and MEMBERS. The main content area is divided into two columns. The left column, titled 'Lifelong Mindfulness', contains a post with a green 'X' icon and text explaining the project's objectives and the concept of psycho-social competence. Below this is a green button labeled 'Add a new post'. The right column, titled 'Teacher Bulletin', contains a post by Louise Rennemo dated 03.01.2019 at 17:37, discussing a telephone meeting and group formation. At the bottom, there is a 'Latest updates' section with filters for 'User', 'System', and 'All'.


Erasmus+ LIFELONG MINDFULNESS English Logout

Support Support

eTwinningTwinSpace

HOME PAGES MATERIALS FORUM ONLINE MEETINGS MEMBERS

Lifelong Mindfulness

 As teachers and educators, our main objective is to help our students develop their psycho-social skills, as defined by the World Health Organisation: Psycho-social competence is a person's ability to deal effectively with the demands and challenges of everyday life. It is a person's ability to maintain a state of mental well-being and to demonstrate this in adaptive and positive behaviour while interacting with others, his/her culture and environment. In this project we want our students to acquire and develop these competences which are essential, transcultural and closely linked to one's self esteem and relational skills; they are two sides of the same coin. To help them develop these skills, we plan to have ten objectives, anchored in the Norwegian life skills concept, MOT. MOT's main aim is to promote the development of strong, young individuals within a safe and natural environment, by teaching them vital life and social skills in diverse environments.

[Add a new post](#)

Teacher Bulletin

(Cont'd): 4. Under the activity for 'language', why don't we, as teachers, prepare some key phrases to be practised on for the team work? 5. Ronan, what's the deadline for sending our groups of students with their details on to you? 6. I have uploaded the student details' form and also a program template that Greece made. 7. Confused...?? Good! Time for an online meeting then...! :) xx

03.01.2019 17:37
Louise Rennemo

Happy New Year to you all! Anne-Louise and I had a telephone meeting last night and discussed the following things re.Ireland. 1. We think it's best to make 5 groups of students beforehand (not 6 as in original plan) 2. We

Latest updates

User System All

3 TING PÅ EN GANG!



SHORT-TERM EXCHANGES
OF GROUPS OF PUPILS



SHORT-TERM JOINT STAFF
TRAINING EVENTS



LONG-TERM STUDY
MOBILITY OF PUPILS



A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
Activity	Travel		Exceptional costs for expensive travel		Individual Support				Linguistic Support		TOTAL GRANT				
	No. of Participants	Grant	No. of Participants	Grant	Total funded Duration (days)	No. of Participants	Total funded Duration for Accompanying Persons (days)	No. of Accompanying Persons	Grant	No. of Participants	Grant				
Long-term study mobility of pupils	C10 F	1	275				1	300		1470	1	150		1895	
	C12 I	1	275				1	300		1680	1	150		2105	
	C13 G	1	360				1	60		294	1	150		804	
	C15 F	1	275				1	300		1470	1	150		1895	
	C16 I	1	275				1	300		1680	1	150		2105	
	C6 F	1	275				1	300		1470	1	150		1895	
	C8 I	1	275				1	300		1680	1	150		2105	
	C9 G	1	360				1	60		294	1	150		804	
	Total Grant														13608
Short-term exchanges of groups of pupils	C17 F			9	5670	49	7	14	2	4326				9996	
	C18 I			10	4500	56	8	14	2	4732				9232	
	C19 G			9	5670	56	8	14	2	4732				10402	
Total Grant														29630	
Short-term joint staff training events	C3 F			1	630	7	1			742				1372	
	C4 G			1	630	7	1			742				1372	
	C5 I			1	450	7	1			742				1192	
Total Grant														3936	
Project Management and Implementation	Norway													18000	
Learning/Teaching/Training Events														29624	
Exceptional Costs for Expensive Travel														17550	
Total Granted														65174	

FINANSIERING