

ERASMUS+ TRAINING COURSES FOR STAFF

TRAIN - EMPOWER - EVOLVE - TRAIN - EMPOWER - EV



Learning
Seed
Courses



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ICT, AI, & Digital Transformation
Inclusion, Diversity & Participation
Mental Health, Well-being, & Mindfulness
(Self Development)
Soft Skills, Creativity & Arts
Languages & Communication Skills
Innovation & Non-Formal Education

LOCATIONS

ATHENS
KIVERI
NAFPLIO
ARGOS

OUR TRAINING CENTER



Learning
Seed
Courses

WHO WE ARE

Learning Seed Courses is a training center, based in Athens. We design, host, and deliver high-quality training courses for educators, youth workers and professionals, who want to grow professionally, build new skills, strengthen their confidence, and apply new ideas in educational and professional contexts.

Our expertise covers a wide range of topics, including ICT, AI and Digital Skills, Inclusive Learning, Mental Health and Well-being, Soft Skills, Creativity, Languages, and Non-Formal methodologies, which we always approach through experiential learning.

Our team of dedicated trainers, focuses on creating supportive environments where the learner is always at the heart of the experience.

With courses held in Athens, Argos, Kiveri, and Nafplio, we offer you the chance to learn, connect, feel empowered and evolve through an inspiring educational journey, while experiencing the beauty and culture of Greece.



OUR GOALS & VALUES

For us, learning should be an adventure, not a lecture! In our training courses, you don't just sit and listen. You dive in, share your voice, and learn by doing.

Through hands-on activities, creative challenges, reflection, and teamwork, you turn big ideas into real skills you can use in your work and life right away.

Join us to train, feel empowered, and evolve through an active, inspiring experience full of joy!

- **Expertise**

You are in expert hands. Our trainers bring deep knowledge and updated methods to help you learn in a meaningful way.

- **Quality**

Step into high-quality courses led by experts who truly get it. We focus on qualitative indicators to ensure your learning is a meaningful experience with practical results you can use at work right away.

- **Engagement**

Be part of a group. Join a supportive and safe learning space where you can share ideas, reflect, and connect with people who inspire you.

- **Interactivity**

You learn best by doing! Dive into hands-on activities and group discussions that make your journey active and easy to remember, through a true experiential approach.

OUR METHODOLOGY

Every training experience at Learning Seed Courses is built around you. We believe that the best happens when you are active, involved, and having fun. Rooted in non-formal education and experiential learning methodologies, our courses skip the long lectures and dive into a mix of gamified activities, group conversations, and hands-on workshops, to create a dynamic and engaging learning environment. You'll step into gamified activities, group conversations, hands-on workshops, real-life role-plays, and solve challenges together with a supportive team. Our goal is you to be empowered, inspired and evolve in a professional and personal level. It's more than just a course, it's a space where you can think, play, and grow.





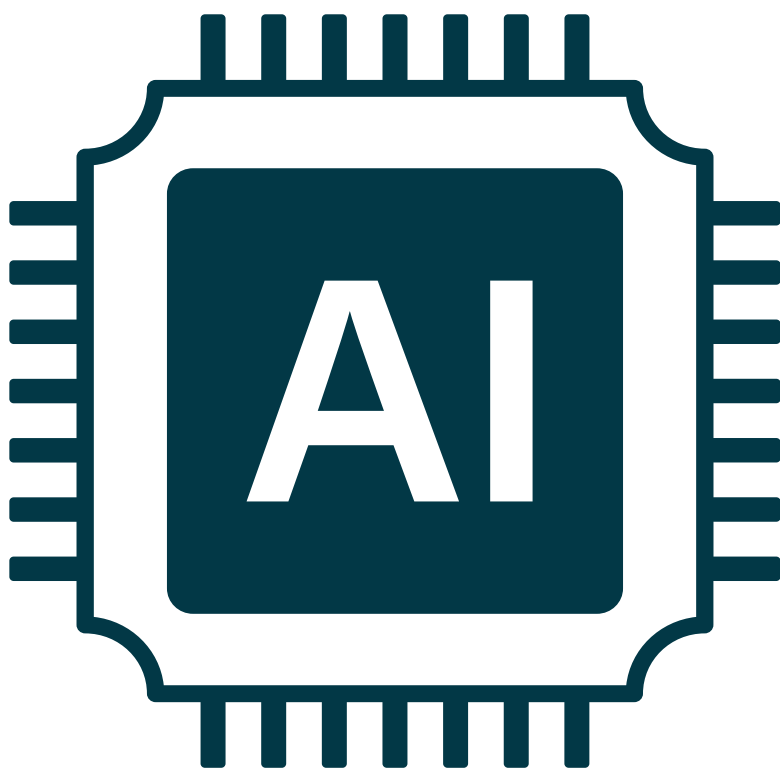
Courses **CATALOGUE**

2026

1st THEMATIC

ICT, AI, & Digital Transformation

Explore the evolving world of technology in lifelong learning, from foundational digital skills to the ethical and practical use of AI. This theme equips caregivers and educators with tools to integrate ICT effectively, foster STEM learning from early childhood, and navigate digital transformation with confidence and creativity.



Courses

1.

Digital Skills in the 3rd Age

2.

**Ethical and Practical Applications
of AI in Education**

3.

**Integrating ICT in Education
and Teaching**

4.

STEM in KINDERGARTEN

Digital Skill in the 3rd Age



Mini Description

Technology has rapidly become a defining element of modern life, making digital inclusion for senior citizens more important than ever at both national and European levels. Although ICT tools offer powerful opportunities for communication, connection, and independence, many older adults still face significant barriers due to limited digital literacy, fear of the unfamiliar, or negative perceptions shaped by past experiences. The pandemic highlighted both the urgency and potential of digital engagement, as seniors turned to devices to stay in touch with loved ones, often for the first time. Yet challenges such as transitioning to smartphones, hesitation to seek help, and concerns about the impact of technology on daily life continue to widen the digital gap. This training course equips participants with the skills, practical methods, and empathetic approaches needed to support older people in confidently navigating the digital world. By fostering positive attitudes, reducing anxiety, and promoting meaningful, human-centered use of technology, the course contributes to the active participation, empowerment, and well-being of senior citizens in an increasingly digital society

Training Goals Objectives

- Identify the main needs, challenges, and barriers seniors face with new technologies.
- Develop practical strategies to teach and support older adults in digital learning.
- Enhance communication and social connection for seniors through technology.
- Encourage a positive mindset by addressing fears and promoting help-seeking behaviors.
- Explore inclusive digital environments that respect the diverse needs of older individuals.
- Apply effective tools and resources to strengthen seniors' digital confidence and well-being.



Target Group Participants

- Individuals involved in the field of social services
- Individuals engaged in healthcare
- Caregivers
- Advocates working to promote the well-being and rights of the elderly
- Family members



Competences acquire or improve

- Ability to identify seniors' digital needs, challenges, and barriers.
- Skill to teach and support older adults in using digital devices and online tools.
- Competence in promoting safe, meaningful, and responsible use of the internet and social media.
- Ability to encourage positive attitudes, reduce digital anxiety, and support help-seeking behaviors.
- Skill to enhance communication and social connection through technology-based solutions.
- Knowledge of accessible tools, apps, and resources tailored to senior users.
- Ability to design simple digital inclusion activities, workshops, and action plans for seniors.

Duration



7 days

Day 1

Welcome & Foundation

- Welcome and Introductions
- Presentations of Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction to the Objectives of the Course
- Discussion: The value of digital inclusion for seniors

Day 2

Understanding Technology & Barriers

- Understanding New Technologies
- Identifying Challenges in Digital Inclusion for Seniors
- Interactive Mindset Exercise: “Walk in Their Shoes”
- Attitudes and Thoughts of Older Adults Toward Technology
- Group Discussion & Reflection

Day 3

Mindset, Perceptions & Support

- Addressing Negative Perceptions of Technology Among Seniors
- Role-Playing & Simulation: Encouraging a Positive Mindset
- Strategies for Overcoming Negative Thinking Patterns
- Emotional Check-In Activity: Emoji-based digital reactions to discuss fears related to technology.

Day 4

Communication & Social Connection Through Technology

- Tailoring Technology Use for Effective Communication
- Best Practices Gallery Walk:
- Technology and Social Connection
- Panel Dialogue: Perspectives from Family Caregivers and Seniors
- Interactive Debate: “Does technology bring us closer?”

Day 5

Real-World Application & Community Engagement

- Visit to a Retirement Home
- Observation, conversation, and empathy-building activities. (optional)
- Guided Practical Exercises with Seniors (optional):
 - Smartphone basics
 - Tablet navigation
 - ATM simulation
 - Social media safety
- Peer Reflection Circles

Day 6

Tools, Resources & Course Wrap-Up

- Briefing and Interactive Recap of Previous Days
- Digital Toolbox Demonstration:
- Showcase of apps, websites, accessibility features, and training resources for seniors.
- Action Plan Workshop: design mini-initiative to support seniors in digital inclusion.

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Ethical & Practical Applications of AI in Education



Mini Description

As Artificial Intelligence continues to rapidly evolve and reshape every aspect of modern society, its influence on education has become both inevitable and transformative. This training course examines the role of AI in contemporary classrooms, equipping teachers with practical strategies, ethical understanding, and innovative approaches to integrate AI effectively into their teaching practices. Participants will discover how AI can enhance lesson planning, assessment, personalized learning, and administrative efficiency, allowing more time for creative and meaningful student engagement. The course introduces a variety of AI tools while critically exploring their implications, including potential risks and opportunities. A central focus is placed on guiding students toward responsible AI use, encouraging them to view AI as a learning support rather than a shortcut, and addressing questions surrounding academic integrity and ethical usage. Additionally, the training explores key concerns such as bias, fairness, authorship, and the impact of AI on creativity and critical thinking. Through case studies, practical demonstrations, hands-on practice and interactive discussions, teachers will gain the knowledge and confidence to navigate the AI landscape responsibly and prepare students for a future shaped by intelligent technologies.

Training Goals Objectives

- Explore the transformative impact of AI in education and its practical integration in classroom environments.
- Learn how AI enhances lesson planning, assessment, personalized instruction, and administrative efficiency.
- Understand ethical challenges such as bias, fairness, data privacy, and academic integrity in AI use.
- Develop strategies to guide students in using AI as a supportive learning tool rather than a shortcut.
- Examine a range of AI tools, including intelligent tutoring systems and AI-powered assessment platforms.
- Analyse the opportunities and risks associated with AI adoption, including issues of over-reliance.
- Foster creativity, critical thinking, and innovative teaching practices through AI-supported methodologies.
- Strengthen professional connections through collaboration and idea exchange with international educators.



Target Group Participants

- Teachers and trainers
- School leaders
- Educational consultants
- Parents who want to get involved in the new AI era



Competences acquire or improve

Knowledge of core AI concepts and their relevance to education.

- Ability to integrate AI tools into lesson planning, assessment, and classroom activities.
- Skill to design effective prompts and use AI models (e.g., ChatGPT) for teaching purposes.
- Competence in evaluating AI tools for accuracy, ethics, and suitability.
- Ability to guide students in ethical, responsible, and academically honest AI use.
- Understanding of ethical issues such as bias, fairness, authorship, and data privacy.
- Skill to enhance creativity, engagement, and personalized learning through AI.
- Capacity to manage risks and challenges related to AI use in education.
- Ability to collaborate and exchange best practices with international educators.

Duration



7 days

Day 1

Building Connections and Exploring the AI Landscape

- Welcome and Introductions
- Presentations by Participating Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Artificial Intelligence: What is it? History and types

Day 2

AI tools, ChatGPT and Classroom Engagement

- Overview of AI trends, innovations, and their impact on society and education
- Real-world applications of AI across sectors, with examples from education
- Introduction to AI models: machine learning and deep learning
- Using ChatGPT in education: applications and effective prompt design
- Introduction to AI Tools & Classroom Engagement

Day 3

AI for Engagement and Lesson Planning

- Introduction & Objectives
- Integrating AI to Enhance Student Engagement
- AI Tools for Educators – Content Creation & Lesson Planning
- Practical Workshop: Designing Lessons and Interactive Exercises
- Sharing Ideas and Strategies for AI-Enhanced Teaching

Day 4

AI for Assessment, Presentations, and Responsible Use

- Recap & Reflection
- AI Tools for Educators – Test Creation, Assessments & Presentations
- Hands-On Workshop: Designing Quizzes, Projects, and Interactive Presentations
- Evaluating AI Tools: Introduction in Ethics, Accuracy, and Classroom Suitability
- Discussion: Integrating Multiple AI Tools Responsibly
- Peer Sharing of Experiences and Ideas

Day 5

AI for Motivation and Creativity

- Enhancing motivation: using AI to spark curiosity and engagement
- Fostering creativity: supporting critical thinking, problem-solving, and innovative projects
- Advanced prompting techniques: generating creative outputs and classroom materials
- Collaborative workshop: designing and testing AI-supported creative activities
- Reflection and peer feedback: refining AI-enhanced project.

Day 6

AI Risks, Ethics, and Responsible Use

- AI risks and ethical considerations: bias, fairness, authorship, data privacy, over-reliance, and the digital divide
- Academic integrity: distinguishing between assistance and misuse of AI
- Hands-on exercises: evaluating AI tools, including ChatGPT, for ethical compliance
- Case studies and group discussions: applying ethics to classroom scenarios
- Strategies to guide students in responsible and ethical AI use
- Peer review and feedback on AI-supported lesson plans and projects
- Discussion: emerging trends and future perspectives in AI education

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Integrating ICT in Education & Teaching



Mini Description

In modern times, the pervasive presence of Information and Communication Technologies (ICT) has transformed home and school environments, making individuals inevitable ICT consumers. This technological landscape challenges traditional teacher-to-student transmission models by introducing new opportunities for redefining teaching and learning. ICT provides schools with immediate access to diverse information sources, diminishing the relevance of conventional approaches and underscoring the need for students to actively engage with technology. Such engagement supports the development of 21st-century skills, strengthens ICT competence and literacy, enhances academic performance, prepares students for participation in a technologically advanced society, and reinforces technology as a tool for lifelong learning. Teachers' digital literacy is equally essential; when educators are trained and digitally competent, ICT integration fosters higher-order thinking, creativity, personalized learning, and stronger adaptability to technological change. Ultimately, technology integration, an intentional and collaborative instructional choice, enriches teaching and learning, increases student engagement, expands access to educational resources, and improves communication and collaboration across the educational ecosystem.

Training Goals Objectives

- Equip teachers with essential digital literacy knowledge and safe digital practices.
- Build practical competence in using key ICT tools through structured, hands-on training.
- Strengthen teachers' ability to integrate digital tools meaningfully across different school subjects.
- Encourage the redesign of traditional teaching by incorporating digital methods and strategies.
- Develop teachers' skills in creating engaging and interactive technology-enhanced learning materials.
- Promote the use of modern digital pedagogies such as blended learning, flipped classroom, and gamification.
- Ensure inclusive, accessible, and ethical use of technology for all learners.
- Enhance students' critical and creative thinking through thoughtful application of ICT tools.
- Introduce teachers to emerging educational technologies, including AI, AR/VR, and digital storytelling.



Target Group Participants

- Educators
- Teaching professionals
- Teachers
- Parents who need innovative ways to help their children in their academic steps



Competences acquire or improve

- Essential digital literacy and safe online practices
- Practical skills in using key ICT tools for teaching
- Ability to integrate digital tools across different subjects
- Skills to design interactive and engaging digital learning materials
- Understanding of modern digital pedagogies (blended, flipped, gamification)
- Capacity to ensure inclusive and accessible use of technology
- Enhanced ability to foster students' critical, creative, and digital skills
- Familiarity with emerging educational technologies (AI, AR/VR, digital storytelling)
- Confidence in creating ICT-enhanced lessons and classroom activities

Duration



7 days

Day 1

Welcome & Introduction to Digital Literacy

- Welcome and Introductions
- Presentations by Participating Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction to the Objectives of the Course
- Discussion: Opinions about integrating ICT in education and teaching

Day 2

Introduction to Essential ICT Tools (Part I), Getting to Know the Tools

- Overview of Key ICT Tools for Education
- Hands-on Exploration -Rotation through tool stations (Canva, Google Workspace, Padlet, Quizizz, Kahoot, Mentimeter)
 - Testing Basic Functionalities
 - Creating a simple presentation
 - Building a quiz
 - Uploading and sharing documents
- “Tool Discovery Challenge” - groups complete small tasks using assigned tools
- Reflection Circle: Which tools seem most useful and why?

Day 3

Introduction to Essential ICT Tools (Part II), Deep Practice & Skills Development

- Familiarisation with Communication & Collaboration Tools
 - Google Classroom / Moodle
 - Microsoft Teams
 - Zoom / breakout rooms for interactive teaching
- Using Multimedia Tools to Enrich Lessons
- Tools for audio, video, and image creation
- Quick production of micro-videos for learning
- Mini-Workshop: Creating Engaging Learning Materials
- Visual design basics for teachers
- Building interactive worksheets
- User-Experience Evaluation Activity (usability, accessibility, pedagogical value)

Day 4

Applying ICT Tools in School Contexts

- Identifying how ICT supports teaching across different subjects
- Mapping digital tools to specific classroom needs
- Examples of ICT-enhanced activities for various age groups
- Designing simple ICT-based tasks for real classroom situations
- Discussing challenges and opportunities of ICT integration in schools
- Peer feedback on classroom activity ideas involving digital tools

Day 5

Digital Pedagogy, & Inclusive Teaching

- Understanding Digital Pedagogies (Blended learning, flipped classroom, gamification, microlearning).
- Game-Based Learning Tools
- Online Safety & Digital Ethics
- Inclusive & Accessible Use of ICT
- Scenario-based simulations
- (“How would you react if...?” digital ethics classroom dilemmas)
- Group Activity: Redesigning a simple activity to improve accessibility and inclusion

Day 6

Innovation & Creativity

- Emerging Educational Technologies
- AI tools for education
- Virtual classrooms, digital storytelling platforms
- Augmented & virtual reality (AR/VR) demos
- Collaborative Project: Designing and Presenting a Complete ICT-Enhanced Lesson

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

STEM in Kindergarten



Mini Description

Early exposure to STEM (Science, Technology, Engineering, and Math) has many positive effects on a child's overall learning. Early childhood STEM education, often called STEM-STEAM learning, is more than a set of lessons—it encourages students to connect knowledge across subjects and think holistically. Project-based learning is considered the best approach to teaching STEM and can be introduced to preschoolers in both formal and informal settings. Since children form their attitudes toward STEM early, initial experiences strongly influence future success in these fields. Cultivating curiosity, creativity, and confidence through STEM activities is key to making kindergarten students STEM literate. Play-based, small group, and collaborative projects help children build confidence and social skills. Teachers play a critical role by fostering strong relationships, structuring the classroom environment, and providing opportunities to develop science and social skills.

Training Goals Objectives

- Understand STEM as a holistic, cross-disciplinary approach and recognize its developmental benefits in early childhood.
- Explore project-based learning and design simple, hands-on STEM activities for preschoolers.
- Apply practical strategies to engage children in integrated STEM experiences while fostering teamwork and positive social interactions.
- Create supportive and inclusive classroom environments that encourage exploration, cooperation, and meet diverse learning needs.
- Use assessment and reflection to observe, document, and improve children's STEM learning and lesson planning.
- Apply effective classroom management techniques to support active, exploratory STEM play.



Target Group Participants

- Educators
- Kindergarten teachers
- Professionals involved in preschool education
- Parents who want to understand effective STEM learning strategies
- Caregivers who want to implement effective STEM learning strategies



Competences acquire or improve

- Knowledge of holistic STEM approaches in early childhood.
- Ability to design simple, age-appropriate STEM and project-based activities.
- Skill to implement hands-on and integrated STEM experiences.
- Competence in fostering cooperation, teamwork, and positive social interactions.
- Ability to create supportive and inclusive STEM learning environments.
- Skill to use basic digital tools and early robotics in kindergarten.
- Ability to assess children's STEM learning through simple methods.
- Skill to manage active, exploratory STEM classroom activities.
- Ability to develop complete STEM lesson plans for preschool settings.

Duration



7 days

Day 1

Welcome & Foundation

- Welcome and Introductions
- Presentations of Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction to the Objectives of the Course
- Discussion: STEM philosophy and its importance in early childhood education

Practical introduction: Small exercises with the “Bee-Bot”

Day 2

STEM Approaches & Project-Based Learning

- Group activity: Search for good STEM practices across Europe
- Core principles of project-based learning (PBL) for preschoolers
- Workshop: Transforming everyday themes into simple STEM challenges
- Designing age-appropriate project-based activities

Group reflection & sharing

Day 3

Social Skills, Tools & Digital Platforms for STEM

- The role of positive social interactions in early childhood
- Creating a supportive and positive classroom environment
- Strategies to foster cooperation, turn-taking, and teamwork through STEM
- Introduction to digital tools and platforms for early STEM learning
- Hands-on micro-workshops exploring selected platforms

Discussion: Matching tools to developmental stages

Day 4

Integrated STEM Instruction & Robotics

- Integrating STEM concepts into daily kindergarten routines
- Workshop with DASH robot: Early coding, sequencing, and problem-solving
- Reflection activity: Challenges in STEM problem-solving

Sharing best practices and feedback exchange

Day 5

Creative, Inclusive & Outdoor STEM Learning

- Creativity and the expansion into STEAM (Science, Technology, Engineering, Arts, Math)
- Low-cost resources and simple STEM materials
- Inclusion strategies and adaptations for diverse learners
- Outdoor STEM workshop: Using nature as a STEM laboratory

Day 6

Assessment, Classroom Management & Simulation Practice

- Approaches for assessing STEM learning in preschool settings
- Techniques for documenting progress and observations
- Classroom management strategies for active, hands-on STEM exploration
- Simulation workshop: Facilitating STEM activities in a preschool environment
- Group exercise: Creating a complete STEM lesson plan

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

2nd THEMATIC

Inclusion, Diversity, & Participation

Explore strategies to create safe, equitable, and inclusive learning environments. This theme empowers educators and individuals to promote gender equality, multicultural understanding, and active participation, while preventing bullying and violence and fostering respect for every person.



Courses

1.

**Gender-Based Violence
Awareness and Prevention**

2.

Inclusive Education

3.

Multicultural Classrooms & Learning

4.

**Promoting Gender Equality
Through Arts**

5.

**Tackling Bullying and Violence in
Schools**

Gender-Based Violence Awareness & Prevention



Mini Description

Gender-based violence (GBV) remains a pervasive issue in all societies worldwide, manifesting itself in various forms and affecting people regardless of age, nationality or origin. Deeply rooted in gender inequality, this disturbing phenomenon poses a significant threat to the well-being of countless individuals. At its core, gender-based violence is an act of aggression directed at a person on the basis of their gender, with women and girls disproportionately bearing the brunt of its impact. It includes all forms of gender-based violence that either lead to or have the potential to cause physical, sexual, psychological or economic harm and suffering to women. Such acts, ranging from physical assault to the infliction of emotional distress, are not only morally reprehensible, but also fundamentally undermine the principles of equality and dignity inherent in the concept of human rights. Addressing and eradicating violence against women is imperative to promoting a society that upholds the values of justice, equality and respect for the rights and well-being of all its members. It is estimated that in Greece, 25% of women have experienced violence, 8% lower than in the EU as a whole. Gender-based violence is a major obstacle to achieving gender equality. Its far-reaching effects extend beyond individual victims, affecting entire communities. It not only hinders personal achievement in professional and educational pursuits, but also has a detrimental effect on overall productivity. Addressing gender-based violence is vital not only to ensure individual rights but also to create a society that promotes equality, safety and collective well-being.

Training Goals Objectives

- Understand the definition of violence, with a focus on gender-based violence.
- Recognize the different forms and manifestations of gender-based violence.
- Develop skills to prevent and address gender-based violence in various contexts.
- Identify early warning signs and explore the underlying causes of this phenomenon.
- Strengthen effective communication skills needed to support potential victims.
- Acknowledge the importance of providing support even as non-professionals committed to an equal and safe society.



Target Group Participants

- Social Workers
- Healthcare Professionals
- Educators
- Community Activists
- Individuals who foster Community Engagement and equal society



Competences acquire or improve

- Knowledge of gender-based violence, its definitions, forms, and underlying causes.
- Ability to recognize early warning signs and behavioral indicators of GBV.
- Skill to apply basic prevention strategies and bystander intervention techniques.
- Competence in using empathetic, non-judgmental communication when supporting potential victims.
- Ability to identify appropriate support services, reporting mechanisms, and legal protections.
- Skill to promote awareness, equality, and community engagement in GBV prevention efforts.
- Capacity to maintain ethical boundaries and personal well-being when assisting others.

Duration



7 days

Day 1

Welcome & Introduction to Gender-Based Violence

- Welcome and Introductions
- Presentations of Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction to the Course Objectives
- Understanding gender, norms, and inequality & Defining Gender-Based Violence (GBV)
- Group Discussion: Overview of Gender-Based Violence in each participant's country

Day 2

Root Causes & Societal Impact of GBV

- Forms of GBV: physical, psychological, sexual, and economic
- Structural and cultural factors that contribute to GBV
- The role of stereotypes, power dynamics, and patriarchy in sustaining violence
- GBV in the EU and participants' countries: key statistics and current trends
- Effects of GBV on victims, families, and communities
- Economic, psychological, and social consequences of GBV

Day 3

Recognising Signs of Violence & Understanding Victim Behaviour

- Early signs and indicators of GBV
- Behavioral patterns of victims and perpetrators
- Myths vs. reality about GBV and victim responses
- Barriers victims face in seeking help
- Interactive activity: Spot the signs (scenario-based simulation)
- Group reflection on real-life examples

Day 4

Communication Skills & Supportive Approaches

- Principles of effective, empathetic communication
- Active listening & non-judgmental responses
- How to talk to someone who may be experiencing violence
- Do's and Don'ts when providing support as a non-professional
- Practical workshop: Role-play conversations with hypothetical victims
- Emotional boundaries & self-care for helpers

Day 5

Prevention Strategies, Bystander Intervention & Community Engagement

- What prevention looks like: education, awareness, culture shift
- Bystander intervention models (Safe, Direct, Delegate approach)
- Empowering communities to challenge violence & gender stereotypes
- Engaging men & boys in prevention efforts
- Designing small local actions for awareness and prevention
- Group exercise: Building a community prevention plan

Day 6

Support Services, Legal Framework & Ethical Boundaries

- Overview of national & European support services
- Reporting mechanisms, hotlines, shelters, counseling centers
- Rights of victims & available legal protections
- Ethical boundaries for citizens & educators
- Safety considerations when supporting victims
- Final group project: Mapping support pathways for victims

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Inclusive Education



Mini Description

Worldwide, an estimated 93 million children live with a disability, each deserving the same opportunities to learn, grow, and realise their potential. Inclusive education, now recognised globally as a key educational reform, embraces learner diversity and upholds the right of every child to quality education, regardless of background or circumstance. Rather than merely placing students with special educational needs in mainstream classrooms, inclusive education seeks to remove barriers, adapt teaching to individual differences, and strengthen schools' capacity to respond to diverse learning needs. This approach is both an urgent priority and a significant challenge across Europe, particularly when considering the millions of children who remain underserved. Research consistently shows that inclusive classrooms benefit all learners, improving academic performance, communication and social skills, reducing absenteeism and behavioural issues, and fostering motivation and belonging. By cultivating acceptance, collaboration, and equitable participation, inclusive education creates richer and more supportive learning environments. This training course aims to equip participants with the knowledge and strategies needed to advance inclusion and empower every child to thrive.

Training Goals Objectives

- Identify and understand key types of disabilities, such as learning, sensory, mobility, psychological, and developmental conditions.
- Raise awareness of the needs of children with disabilities and the role of schools in advocating for their right to quality education.
- Explore the core principles of inclusive education as a reform that values and embraces learner diversity.
- Learn how to create accessible, barrier-free, and supportive learning environments.
- Build an empathetic approach that supports respectful and sensitive communication with all learners.
- Examine the academic, social, and motivational benefits of inclusive classrooms for every student.
- Inspire participants to promote inclusion and foster equitable, accepting learning experiences in their own educational settings.



Target Group Participants

- Educators
- School Administrators
- Parallel Support teachers
- Special Education Professionals
- Parents



Competences acquire or improve

- Knowledge of different types of disabilities and principles of inclusive education.
- Ability to create accessible, supportive, and barrier-free learning environments.
- Skill to communicate empathetically and supportively with diverse learners.
- Ability to identify inclusion barriers and apply practical strategies to overcome them.
- Skill to collaborate with families and specialists and contribute to simple IEPs.
- Capacity to foster acceptance, participation, and positive social interactions in the classroom.

Duration



7 days

Day 1

Welcome & Foundation

- Welcome and Introductions
- Presentations of Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction to the Objectives of the Course
- Understanding disability: definitions and major types
- Interactive simulation activities to explore lived experiences

Day 2

Principles of Inclusive Education

- Introduction to inclusive education and its guiding principles
- Overview of international frameworks and policies (UNCRPD, UNESCO)
- Distinguishing inclusion from integration and mainstreaming
- Group discussion: What makes an education system truly inclusive?
- Workshop: Mapping diversity within our own classrooms

Day 3

Barriers to Inclusion & Strategies for Overcoming Them

- Understanding diversity within classroom settings
- Identifying challenges in implementing inclusive education
- Examining school environments: policies, mindsets, and available resources
- Methods to prevent or minimize barriers to inclusion
- Best practices from European countries
- Empathy vs. sympathy: understanding appropriate emotional responses
- Role-playing workshop: "Empathy Circle" for practicing supportive dialogue

Day 4

Individualized Support & Inclusive Teaching Strategies

- Understanding Individualized Education Plans (IEPs)
- Creating inclusive support structures in schools
- Collaboration between teachers, psychologists, specialists & families
- Workshop: Developing a sample inclusive education plan
- Tools for documenting learning progress
- Mini-presentations of IEP prototypes

Day 5

Designing Barrier-Free & Inclusive Learning Environments

- Creating physical, digital, and sensory-friendly classroom environments
- Low-cost adaptations to enhance accessibility
- Assistive tools for communication, reading, and mobility
- Case example: Greece's Parallel Support model
- Group activity: Designing a fully inclusive classroom layout

Day 6

Benefits of Inclusion & Practical Implementation Strategies

- Academic, social, and emotional benefits of inclusive education
- Why inclusion enhances outcomes for all learners
- Strategies to promote acceptance and respect among students
- Workshop: Organizing your learning and identifying effective inclusive tools
- Reflection session: Personal strengths and areas for growth
- Creation of a personal Inclusive Education Toolkit
- Pair-sharing activity for exchanging toolkits and providing feedback

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Multicultural Classrooms & Learning



Mini Description

Multiculturalism is the policy or practices of giving equal treatment to the cultural needs and contributions of all groups in a society. Special attention may be given to minority groups that were not represented in the past, such as immigrants. At present, the waves of immigration are massive in all countries and in every culture. Immigration does not imply economic hardship, but also the attempt to find better conditions and work according to the personal expectations of each individual or family. The main receivers of these expectations are the children of immigrants, who have to face changes that others have chosen for them, especially in the school environment. Children, due to their lack of knowledge, experience, and information about immigration, find it difficult to understand the existence of different cultures within the school environment, the neighbourhood and society in general, especially if their parents or the wider environment has not developed a culture of multiculturalism and new approaches. Teachers, play a very important role in the acceptance of immigrant children, in understanding different cultures and of course in managing emotional difficulties that come from multiculturalism. It is necessary to provide information, education and awareness about immigration and the existence of multiculturalism in schools in order to bridge the gap between cultures and to ensure the well-being, smooth interaction, and personal development of children.

Training Goals Objectives

- Understand the concept of multiculturalism and why intervention is necessary.
- Exchange perspectives and explore new ideas and approaches related to multicultural education.
- Recognize the importance of breaking down stereotypes within the school environment.
- Identify key factors that support the successful integration of multiculturalism in schools.
- Analyze new knowledge and practices to gain an in-depth understanding of multicultural education.
- Examine the positive impact of multiculturalism on children, school communities, and society.



Target Group Participants

- Teachers
- Educators
- Caregivers
- Parents
- Governmental organisations



Competences acquire or improve

- Knowledge of multiculturalism, migration, and their impact on children's school experiences.
- Ability to recognize stereotypes, biases, and emotional challenges faced by immigrant students.
- Skill to apply culturally responsive and anti-bias teaching practices in the classroom.
- Ability to support inclusion, belonging, and positive intercultural interactions among students.
- Skill to communicate effectively with children and families from diverse cultural backgrounds.
- Capacity to design classroom and school strategies that promote integration and multicultural awareness.

Duration



7 days

Day 1

Welcome & Foundation

- Welcome and Introductions
- Presentations of Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction to the Objectives of the Course
- Multiculturalism: key concepts & importance

Day 2

Migration, Children's Experiences & Cultural Encounters

- Overview of global migration and cultural diversity
- Activity: The Cultural Iceberg (visible vs. invisible cultural elements)
- How parental migration shapes children's experiences
- Challenges for first- and second-generation children (identity, belonging, language)
- Cultural adaptation theories: Berry's Model & the U-/W-Curve Adjustment
- Intercultural encounters: traditions, values, communication
- Identifying the needs of immigrant students
- Discrimination and bias: microaggressions, implicit bias, reducing prejudice

Day 3

Emotional Challenges, Stereotypes & School Practices

- Emotional challenges children face through migration (loss, trauma, identity issues)
- Key theories:
 - Maslow's Hierarchy of Needs (sense of belonging)
 - Social Identity Theory (stereotype formation)
 - Allport's Contact Hypothesis (reducing prejudice)
- School practices that reinforce or challenge stereotypes
- Case studies of effective multicultural practices
- Emotional Response: Empathy VS Sympathy

Day 4

Deepening Understanding Through Analysis, Role Play & Problem-Solving

- Cross-cultural education and Culturally Responsive Pedagogy
- Conflict-resolution strategies for cultural misunderstandings
- Solutions workshop: collaborative problem-solving to address stereotypes
- Activity: Rewriting the Scenario – transforming harmful responses into inclusive ones
- Group discussion: Building a safe and welcoming school climate

Day 5

Integration Strategies, Teachers' Role & Family Engagement

- Strategies for integrating immigrant children into an inclusive school community
- Teacher as cultural mediator:
- Anti-Bias Education (Derman-Sparks)
- Language and communication strategies for multilingual classrooms
- Case study analysis: effective integration models across Europe
- Designing family engagement strategies for diverse backgrounds

Day 6

Creating a Personal & School-Based Multiculturalism Plan

- Synthesis of key learning from the week
- Identifying personal biases, blind spots, and areas for growth
- Workshop: Developing a personal multiculturalism toolkit:
 - inclusive classroom strategies
 - culturally responsive communication
 - anti-bias practices
 - resources and community networks
- Group project: Drafting a School Multiculturalism Integration Plan
- Peer feedback exchange to refine plans

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Promoting Gender Equality Through Arts



Mini Description

This course is designed for international educational staff to explore how gender equality can be promoted through the arts. Participants will examine key concepts such as gender, gender roles, stereotyping, prejudice, and discrimination, including how societal expectations shape the lives of women and men from a very young age and throughout their lives. The course highlights how children are socialized into specific behaviors based on gender and how these patterns influence life experiences across different domains. Through photography, painting, collage, theater, music, poetry, and dance, educators will learn to use the arts as a tool to reveal these realities, challenge stereotypes, and inspire change in educational and community settings.

Training Goals Objectives

- To increase understanding of gender, gender roles, stereotypes, prejudice, and discrimination, and how these affect women, men, and children from a young age throughout their lives.
- To explore the role of arts—photography, painting, collage, theater, music, poetry, and dance—in highlighting gender inequality and promoting social change.
- To equip educators with practical strategies to integrate arts-based approaches into teaching to challenge biases and foster inclusion.
- To encourage critical reflection on societal norms and empower participants to support gender equality in educational and community settings



Target Group Participants

- Teachers and trainers
- School leaders
- Educational consultants
- Social Workers & School Psychologists
- Parents who want to incorporate innovative methods in their children's education



Competences acquire or improve

- Knowledge of gender concepts, stereotypes, discrimination, and their impact across life stages.
- Ability to identify implicit bias, societal norms, and institutional factors shaping gender inequality.
- Skill to use arts-based methods (visual arts, theatre, poetry, music) to challenge stereotypes and promote inclusion.
- Ability to facilitate empathy-building, critical reflection, and discussions on gender equality with learners.
- Skill to integrate creative activities into educational practice to support awareness and behavioral change.
- Capacity to design gender-equality projects, campaigns, and long-term initiatives in school or community settings.

Duration



7 days

Day 1

Introduction to Gender, Stereotypes, and Discrimination

- Welcome and Introductions
- Presentations by Participating Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction to the key concepts of the course: gender, gender roles, gender equality, stereotypes, prejudice, discrimination, and power structures
- Group reflection on personal and professional experiences related to stereotypes
- Art-based activity: photographic analysis of images illustrating or challenging gender norms

Day 2

Social and Cultural Dimensions of Stereotyping

- Psychological and social mechanisms of stereotype formation
- Implicit bias and unconscious stereotyping
- Media literacy: how media reinforces gender expectations
- Intersectionality as a framework for understanding multiple identities
- Emotional/psychological impact of stereotyping (individual level)
- Empathy-building exercises through perspective-taking
- Art activity: painting emotional responses to stereotyping

Day 3

Gender Inequality Across Life Stages

- How gender stereotypes shape childhood, adolescence, adulthood
- Educational, professional, and social consequences of gender norms
- Understanding non-binary identities and gender diversity
- Structural and institutional drivers of gender inequality
- Art activity: collage illustrating gender roles across life stages
- Reflection on societal and institutional impacts

Day 4

Arts as a Tool for Awareness and Change

- Overview of artistic movements challenging inequality (theatre, music, visual arts)
- Strategies for integrating arts into educational practice
- Using arts to foster empathy and critical thinking among students
- Art activity: theatre/drama role-play addressing stereotypes and power dynamics
- Group discussion on the effectiveness of performance arts for advocacy

Day 5

Creative Expression for Advocacy

- Poetry and music as tools for social commentary
- Examples of creative works addressing inequality
- Designing impactful awareness messages
- Art activity: poems, songs, or multimedia for advocacy
- Creating concept drafts for school-wide or community campaigns
- Reflection: how creative activism inspires engagement

Day 6

Applying Arts-Based Approaches in Education & Long-Term Engagement

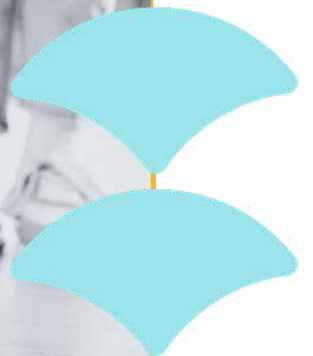
- Synthesis of artistic and pedagogical methods
- Integrating arts-based activities into lessons and school projects
- Planning initiatives across age groups and subjects
- Strategies for encouraging empathy and critical thinking in students
- Designing long-term, school-wide, or community gender-equality initiatives
- Action plan development + peer feedback

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Tackling Bullying & Violence in Schools



Mini Description

In today's world, school violence and bullying are on the rise, exacerbated by the growing influence of social media and digital interactions. According to UNICEF, half of teenagers aged 13–15 globally report experiencing peer-to-peer violence in and around school. Moreover, cyberbullying is increasing rapidly: about one in six school-aged children report being cyberbullied. This training explores the roots and impact of bullying and violence in school settings, including physical, verbal, psychological, social, sexual bullying, as well as cyberbullying. Participants will learn how these behaviours begin, the different forms of violence, and how to identify and respond effectively.

The course also examines violence beyond school — including influences from the family and social media — and how these external factors affect children's emotional development. Emphasis is placed on teaching children how to establish healthy boundaries, seek help, and cultivate empathy and understanding.

Finally, the course promotes a culture of respect, peace, and inclusion, equipping educators and caregivers with practical strategies to create safer learning environments for all students.

Training Goals Objectives

- Strengthen participants to prevent, identify, and respond to bullying and violence.
- Recognize and understand all forms of bullying and violence, physical, verbal, psychological, social, sexual, and cyber, and their root causes.
- Identify early signs and dynamics of aggressive behavior and explore family, community, and social media contributing factors.
- Develop effective prevention and intervention strategies within schools and foster safe learning environments.
- Empower students to set boundaries, seek support, and respond safely to threats.
- Promote empathy, emotional intelligence, and peaceful conflict resolution among students.
- Encourage collaboration between schools, families, and communities for consistent violence prevention.



Target Group Participants

- Teachers & Trainers
- School leaders
- Educational consultants
- Caregivers
- Parents
- Individuals that are interested in the topic



Competences acquire or improve

- Knowledge of all forms of bullying and violence, their causes, dynamics, and early warning signs.
- Ability to identify and assess aggressive behaviours, risk factors, and the emotional impact on students.
- Skill to apply communication, mediation, and conflict-resolution techniques in school settings.
- Ability to design and implement prevention, intervention, and response strategies tailored to the school context.
- Skill to support students in developing resilience, self-awareness, assertiveness, and healthy boundaries.
- Capacity to foster empathy, respect, inclusive classroom culture, and positive peer relationships.
- Ability to collaborate effectively with families, colleagues, and community services for comprehensive violence prevention.

Duration



7 days

Day 1

Building Connections and Awareness of School Dynamics

- Welcome and Introductions
- Presentations by Participating Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction: Bullying and violence in school settings
- Types of Bullying: physical, verbal, psychological, social, sexual, cyberbullying

Day 2

Root Causes & Dynamics of Aggressive Behaviour

- Overview of bullying and cyberbullying: forms and differences from traditional bullying
- Understanding root causes: family influences, peer pressure, social media, cultural and community factors
- Identifying early warning signs and behavioural indicators of bullying and aggression
- Case study analysis: exploring the impact of external factors on student behaviour
- Practice session: role-playing exercises to recognise subtle forms of violence
- Guided discussion: emotional impact of bullying and cyberbullying on children
- Reflection and sharing: participants discuss personal experiences and lessons learned

Day 3

Prevention Strategies in School Settings

- Creating a safe and inclusive school environment
- Teacher's toolkit: practical strategies to prevent bullying
- Promoting empathy, emotional intelligence, respect, and peaceful conflict resolution
- Practical workshop: designing anti-bullying policies and classroom rules
- Scenario-based problem solving for potential bullying incidents
- Reflection and peer feedback

Day 4

Embracing Diversity and Building Inclusive Communities

- Embracing diversity in the classroom
- Understanding and addressing prejudices: types, mechanisms, and practical activities
- Boosting self-esteem, self-awareness, and assertiveness: helping students set boundaries
- Building trust between students and teachers: learning to seek help
- Practical session: designing anti-bullying and inclusion activities
- Wrap-up discussion

Day 5

Intervention and Response Strategies

- Effective response techniques to bullying and violence: communication and mediation skills
- Supporting victims and addressing perpetrators
- Role-play exercises: handling incidents safely and sensitively
- Collaborative group work: developing intervention plans tailored to school contexts
- Parent-teacher communication: simulating meetings and collaboration strategies
- Reflection and discussion

Day 6

Integration, Reflection, and Sustainability

- Integrating empathy, respect, and peaceful practices into daily routines
- Developing personal and school action plans to sustain anti-bullying efforts
- Sharing and discussing implementation strategies
- Collaborative discussion: challenges and sustainable approaches to violence prevention
- Reflection activity: “My commitment to a safer school” – personal pledge

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

3rd THEMATIC

Mental Health, Well-being, & Mindfulness (Self Development)

Explore approaches to support mental health, mindfulness, and emotional resilience in educational, professional, and personal contexts. This theme offers practical strategies for stress management, emotional intelligence, and overall well-being, helping individuals and organizations thrive.



Courses

1.

Emotional Intelligence in
the Classroom

2.

Mental Health & General
Well Being

3.

Mindfulness
for Students, Teachers &
Parents

4.

Stress Management
(Business)

5.

Stress Management

Emotional Intelligence in the Classroom



Mini Description

In today's world, marked by constant stress, fast-paced routines, and frequent exposure to violent or unsettling events, the development of emotional intelligence has never been more essential, especially for children. Young people need to feel accepted, supported, and understood by their families, schools, and communities. A strong sense of emotional safety enables children to explore their abilities, recognize their feelings, and develop healthy strategies for managing difficult emotions.

Parents, caregivers, educators, and all professionals working with children play a crucial role in creating this supportive environment. To guide children effectively, adults must understand the value of emotional intelligence, the methods to strengthen it, and the profound impact it has on empathy, communication, and social development. By practicing active listening, embracing diversity, cultivating open dialogue, and encouraging emotional expression, we can empower children to build strong, meaningful relationships and navigate life with confidence. This training course equips participants with innovative tools and approaches to foster empathy, self-awareness, and positive social skills, ultimately helping shape a more resilient and emotionally intelligent next generation.

Training Goals Objectives

- Equip participants with essential knowledge and practical tools to strengthen emotional intelligence in both themselves and the children they support.
- Explore the five core pillars of emotional intelligence, self-awareness, self-management, motivation, empathy, and social skills, and understand how they translate into everyday practice.
- Build awareness of what makes a supportive, accepting environment through concepts such as active listening, diversity appreciation, and meaningful relationship-building.
- Introduce innovative and effective methodologies that help children develop emotional intelligence in authentic and empowering ways.
- Learn adaptable techniques and activities that nurture empathy, resilience, and constructive conflict-resolution skills in young learners.



Target Group Participants

- Teachers & Educators
- Caregivers who want to expand their expertise and knowledge
- Parents who foster innovative knowledge and new techniques
- Individuals who are open-minded in continuously learning



Competences acquire or improve

- Knowledge of EI frameworks, child emotional development, and the five EI pillars.
- Ability to identify children's emotional needs, triggers, behaviours, and regulation patterns.
- Skill in using evidence-based EI strategies like active listening, validation, co-regulation, and conflict resolution.
- Ability to promote empathy, resilience, emotional expression, and positive social interactions.
- Skill in creating adaptable EI activities and tools for various ages and settings.
- Capacity to establish emotionally safe, inclusive, and supportive classrooms.
- Ability to develop one's own EI to model healthy behaviour for children.

Duration



7 days

Day 1

Welcome & Foundation

- Welcome and Introductions
- Presentations of Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction to the Objectives of the Course
- Psychological background of Emotional Intelligence (Goleman; Mayer & Salovey models)

Overview of the importance of EI in childhood development

Day 2

Emotional Intelligence: Foundations & Key Pillars Part 1 (Self-Awareness & Self-Management)

- Why EI matters today (stress, overstimulation, emotional overload)
- How children process and express emotions
- Core emotional needs: safety, acceptance, belonging
- Introduction to the five pillars of Emotional Intelligence
- Self-awareness: emotions, triggers, physiological responses
- Self-management: regulation, impulse control, emotional balance
- Key frameworks: Zones of Regulation, polyvagal basics
- Emotion recognition
- Body-emotion mapping
- Short practice: identifying triggers and emotional signals in real scenario

Day 3

Emotional Intelligence Pillars - Part 2 (Empathy, Motivation & Social Skills)

- Empathy vs. sympathy: neuroscience and connection
- Motivation and resilience: building internal drive in children
- Social skills: cooperation, communication, conflict prevention
- Interactive role-plays & activities:
 - Perspective-taking
 - Responding with empathy
 - Social problem-solving
- Translating interpersonal EI skills into child-friendly practices
- Micro-reflection: How adults model EI in daily interactions

Day 4

Creating Emotionally Safe & Inclusive Learning Environments

- What defines an emotionally safe environment (Gottman's Emotion Coaching)
- Active listening: key behavioral components
- Diversity acceptance: culture, identity & temperament
- The adult as co-regulator
- Case analysis: supportive vs. dismissive responses
- Interactive lab: practicing emotional validation
- Strategies for integrating emotional safety into classroom routines

Day 5

Evidence-Based EI Methodologies for Children

- Evidence-based frameworks: SEL, CASEL
- Teaching empathy, resilience & conflict resolution
- Regulation tools: breathing, grounding, emotional resets
- Storytelling, emotional narratives & play-based strategies
- Movement, art & sensory EI activities
- Workshop:
 - Creating emotion cards
 - Designing mini EI routines
 - Developing conflict-resolution scripts
- Short practice: adapting EI tools for different age groups

Day 6

Application, Integration & Personal EI Toolkit

- Applying EI principles in real-life settings
- Identifying personal strengths, biases & communication patterns
- Development workshop:
 - Personal EI toolkit (strategies, scripts, prompts)
 - Planning for home, school, or caregiving environments
 - Peer review and exchange of best practices
- Action planning: implementing EI strategies in participants' contexts

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Mental Health & General Well Being

(for Students, Teachers and Parents)



Mini Description

This mental-health training course for teachers and educators in European schools focuses on creating school environments that actively promote students' mental health and overall well-being. The program helps educators understand how stress, relationships, learning pressures, and school climate influence students' emotional and psychological development. It emphasizes strengthening protective factors such as positive coping skills, social connection, and supportive classrooms, while raising awareness of risk factors like bullying, discrimination, and socioeconomic challenges. Teachers learn to recognize early signs of common mental health difficulties, understand the needs of different age groups, and respond in ways that foster resilience and inclusion. The course highlights the importance of reducing stigma, building emotionally safe learning spaces, and integrating well-being practices into daily school routines. Through practical modules on emotional intelligence, mindfulness, cognitive and behavioral strategies, and healthy lifestyle habits, educators gain the tools to support students' mental well-being proactively. Guidance on working with families, accessing support services, and managing crisis situations further equips teachers to create school communities where every student can thrive emotionally, socially, and academically.

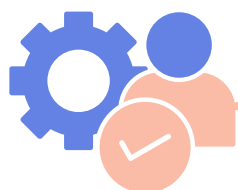
Training Goals Objectives

- Promote student mental health and emotional well-being across all school settings.
- Understand protective and risk factors, recognize early signs of challenges, and respond appropriately.
- Reduce stigma and foster open, constructive conversations about mental health in the school community.
- Create emotionally safe, inclusive, and connected classrooms, integrating practices like emotional literacy, mindfulness, and coping strategies.
- Enhance teachers' skills in managing bullying, stress, and social or behavioral issues affecting student well-being.
- Strengthen collaboration between teachers, families, and mental-health or community services to support student needs.
- Empower teachers to maintain their own well-being, applying stress management and emotional regulation strategies.



Target Group Participants

- Teachers & Trainers
- School leaders & Educational consultants
- Parents
- Social Workers & School Psychologists
- Individuals interested in the topic



Competences acquire or improve

- Knowledge of mental health, protective/risk factors, and their impact on learning and behavior.
- Ability to identify early signs of stress, anxiety, or mental health challenges in students.
- Skill to apply strategies for emotional regulation, resilience, and well-being for students and self.
- Ability to create safe, inclusive, and supportive classroom environments.
- Knowledge of emotional intelligence, mindfulness, and cognitive-behavioral techniques.
- Skill to address bullying, stigma, and social isolation.
- Capacity to communicate with families, colleagues, and support services.
- Ability to implement classroom and school-wide strategies promoting a mentally healthy culture.

Duration



7 days

Day 1

Introduction & Foundations of Mental Health

- Welcome and Introductions
- Presentations by Participating Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Overview of mental health: emotional, psychological, and social well-being

Day 2

Understanding Mental Health and Educator Well-Being

- Introduction to Mental Health in Education
- Protective and Risk Factors
- Human Rights and Recovery-Oriented Approaches
- Teacher Mental Health and Self-Care
- Burnout and Stress Management for teachers
- Resilience and Self-Care for teachers
- Practical Reflection and Discussion

Day 3

Supporting Student Mental Health

- Overview of Student Mental Health
- Common stressors in School-Aged Students
- Common Mental Health Disorders in School-Aged Students
- Socioeconomic, Cultural, and Environmental Influences
- Strategies for Supporting Students
- Case Studies and Practical Application

Day 4

Social and Emotional Skills for Teachers and Students

- Emotional intelligence & self-awareness for teachers and students
- Stress management techniques & mindfulness for teachers and students
- Cognitive and behavioral strategies to support well-being
- Coping strategies for difficult emotions and challenging situations
- Applying techniques for personal teacher resilience

Day 5

School Environment and Mental Health Promotion

- Creating emotionally safe, inclusive, and supportive classrooms
- The impact of bullying, peer pressure, and social isolation
- Building social connections and fostering a sense of belonging
- Reducing stigma and promoting open conversations about mental health
- Integrating well-being practices into daily school routines

Day 6

Crisis Management, Student Support, and Whole-School Strategies

- Crisis Recognition and Response
- Immediate and Teacher-Led Interventions
- Peer and Group-Based Support
- Utilizing Resources
- Whole-School Mental Health Strategies
- Practical Application and Reflection

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Mindfulness for Students, Teachers & Parents



Mini Description

Mindfulness has the power to enhance focus, emotional balance, and resilience, offering practical benefits for both personal well-being and professional effectiveness. Teaching and learning can be deeply rewarding but also stressful and demanding, and this comprehensive mindfulness course equips teachers and parents with the tools to cultivate calm, focus, and emotional regulation in their daily lives as well as in the lives of their students or children. Participants will explore the science behind mindfulness in education, understand its positive impact on personal well-being and student growth, and learn how to integrate a variety of mindfulness practices into everyday routines. For teachers, the course provides strategies to manage stress, prevent burnout, and sustain passion for teaching while fostering a supportive, focused, and empathetic classroom environment. Key techniques include mindful listening, breathing exercises, and practices that develop self-awareness, resilience, and empathy, enabling participants to create calmer, more positive, and nurturing learning and home environments.

Training Goals Objectives

- Introduce the concept and science of mindfulness in education.
- Build personal mindfulness skills to manage stress and enhance well-being.
- Provide strategies to integrate mindfulness into teaching and parenting.
- Support emotional regulation, self-awareness, and resilience in students.
- Promote positive, focused, and empathetic learning and home environments.
- Encourage reflection on personal practices and their impact on student well-being.
- Offer practical tools to sustain long-term mindfulness for teachers and students.



Target Group Participants

- Teachers & Trainers
- School leaders & Educational consultants
- Social Workers & School Psychologists
- Parents
- Individuals interested in the topic



Competences acquire or improve

- Knowledge of mindfulness principles, neuroscience, and its benefits for emotional regulation, focus, and resilience.
- Ability to apply mindfulness techniques, including breathing, body awareness, and mindful listening, personally and with students or children.
- Skill to create mindful, calm, and supportive classroom or home environments that enhance attention and emotional balance.
- Ability to support students in managing stress, regulating emotions, and building resilience.
- Skill to integrate mindfulness strategies into daily teaching, routines, and lesson planning.
- Capacity to foster empathy, social-emotional skills, and positive interactions among learners.
- Ability to reflect on and maintain personal well-being to prevent burnout and sustain professional effectiveness.

Duration



7 days

Day 1

Introduction & Foundations of Mindfulness

- Welcome and Introductions
- Presentations by Participating Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction in mindfulness: Definitions and core principles

Day 2

Foundations of Mindfulness and Personal Well-Being

- Understanding mindfulness: brain function, attention, and emotional regulation
- Recognizing stress, burnout, and emotional triggers in teaching and parenting
- Benefits of mindfulness for educators, students, and parents
- Introduction to guided mindfulness practices: breathing, body scan, and mindful walking
- Integrating mindfulness into daily routines to build resilience
- Small-group sharing: strategies to maintain practice and enhance self-awareness

Day 3

Understanding Student Stress and Emotional Challenges

- Key stressors in students: academic pressures, social dynamics, and digital distractions
- Emotional challenges: anxiety, frustration, anger, and overwhelm
- Attention and focus difficulties in the classroom
- Observing student behavior and recognizing early stress signals
- Identifying supportive factors in students' environments
- Discussion: practical approaches to meet diverse student needs

Day 4

Mindfulness Practices for Students

- Using mindfulness to support stress management, focus, and emotional regulation
- Student-focused techniques: mindful listening, breathing, and sensory awareness
- Adapting practices for different age groups (primary vs. secondary)
- Classroom simulations and role-play: implementing mindfulness exercises
- Creative activity: designing short, student-friendly mindfulness routines or games
- Peer practice: leading exercises in small groups to build confidence

Day 5

Creating a Mindful Classroom & Advanced Student Support

- Integrating mindfulness into classroom routines, transitions, and calm-down strategies
- Promoting emotional intelligence: self-regulation, empathy, and recognizing emotions
- Encouraging cooperation, positive interactions, and social-emotional learning
- Tailoring mindfulness strategies for students with anxiety, attention difficulties, or overwhelm
- Reflection and discussion: applying strategies to real classroom challenges

Day 6

Integration, Reflection, and Advanced Application

- Consolidating key learnings and planning sustainable mindfulness practices
- Developing personal and classroom mindfulness action plans
- Strategies for sustaining long-term well-being for teachers and students
- Promoting a mindful school culture: collaboration, leadership, and peer support
- Collaborative discussion: peer feedback and implementation strategies
- Creative closing session: guided visualization, gratitude practice, and reflective journaling as techniques

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Stress Management

(Business)



Mini Description

Stress Management in the Workplace is a training program that examines how professional pressure develops and how it influences employees' performance, motivation, and overall well-being. Grounded in WHO insights, this course explains the mechanisms behind stress, its impact on morale, and practical, evidence-based strategies that individuals and teams can apply in daily work life. Participants explore common workplace stressors, such as heavy workloads, unclear expectations, limited growth opportunities, and lack of support—and develop tools to address them constructively.

By integrating stress-management techniques into everyday routines, employees can strengthen resilience, improve emotional balance, and contribute to a more supportive work environment. Organizations benefit as well, as these skills help reduce burnout, boost engagement, and encourage healthier communication and collaboration.

The course aims to equip professionals with knowledge and practical methods to better understand, prevent, and respond to workplace stress, fostering conditions where well-being and productivity can coexist.

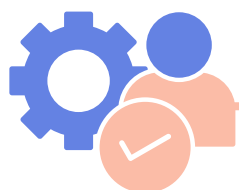
Training Goals Objectives

- Understand the concept of stress and its effects on the physical and emotional responses of employees.
- Gain deeper knowledge of stress management and its importance for overall health, happiness, relationships, and productivity.
- Learn proactive strategies for preventing overwhelming stress at both individual and organizational levels.
- Strengthen time-management skills as part of effective stress prevention.
- Acquire practical stress-management techniques that promote well-being and resilience.
- Be motivated to foster a positive, supportive, and accepting workplace culture grounded in active listening and empathy.



Target Group Participants

- Entrepreneurs
- Anyone Interested in Personal Development
- Team Leaders
- Employees that are suffering from workplace-stress
- Managers



Competences acquire or improve

- Knowledge of workplace stress, its causes, and its impact on performance, motivation, and well-being.
- Ability to identify common stressors and early signs of burnout and emotional exhaustion.
- Skill in applying evidence-based stress-management techniques, including mindfulness, relaxation, and grounding.
- Competence in time management, boundary-setting, and integrating stress prevention into daily routines.
- Ability to build resilience, emotional balance, and effective coping strategies.
- Skill to foster a supportive, empathetic, and positive workplace culture.
- Competence in designing and implementing stress-prevention initiatives and employee well-being programs.
- Ability to use self-assessment tools to monitor personal and team well-being.

Duration



7 days

Day 1

Welcome & Foundation

- Welcome and Introductions
- Presentations of Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction to the Objectives of the Course

Day 2

Stress & Mental Health

- Understanding Stress: definition, symptoms, short- vs long-term impact
- Workplace Stressors: identification & analysis (environmental, organizational, interpersonal)
- Case studies: participants reflect on personal experiences with stress
- Link between chronic/unaddressed stress and mental health challenges
- Early warning signs of burnout, anxiety, and emotional exhaustion

Day 3

Prevention & Early Intervention Strategies

- Identifying early signs of stress and mental strain
- Importance of preventive actions in maintaining mental well-being
- Developing personalized and workplace-wide preventive strategies
- Role-play: responding to a colleague showing signs of stress

Day 4

Practical Stress Management Approaches

- Introduction to evidence-based stress management techniques
- Mindfulness practices: breathwork, grounding, present-moment awareness
- Relaxation methods: progressive muscle relaxation, visualization
- Role-playing everyday stressful situations
- Group discussion on applicability in workplace settings

Day 5

Applied Stress Management in Daily Routines

- Practical tools for daily stress regulation
- Integrating micro-breaks, time-management, and boundary-setting
- Applying stress-management practices to everyday tasks
- Defining components of a positive workplace culture

Day 6

Personal Tools, Planning & Stress/Burnout Management Programs

- Self-assessment tools: stress scales, burnout inventories
- Goal-setting for personal and professional well-being
- Group workshop: designing small-scale Stress & Burnout Prevention Programs
 - supportive policies
 - employee well-being initiatives
 - early intervention pathways
- Peer review & plan refinement

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Stress Management



Mini Description

Stress, as defined by the World Health Organization (WHO), is a state of anxiety or psychological tension resulting from demanding circumstances. Although it is a natural human response designed to help individuals cope with challenges, the way stress is managed has a profound impact on overall well-being. In schools, stress affects both students and teachers. For students, high levels of stress can negatively influence health, emotional balance, relationships, and academic performance. If left unaddressed, stress may contribute to mental health concerns such as anxiety and depression. Common stressors include academic workload, extracurricular responsibilities, social pressures, transitions, and personal relationships. Teachers also experience considerable stress, often linked to heavy workloads and emotional demands. Without effective management, this stress can lead to professional burnout, characterized by emotional exhaustion and reduced effectiveness. Developing strong stress-management skills is essential. Preventive strategies, including time management and proactive planning, help reduce the risk of overload. When educators are equipped with evidence-based stress-management techniques, they can better support students in cultivating resilience and achieving benefits such as improved concentration, motivation, creativity, and problem-solving skills.

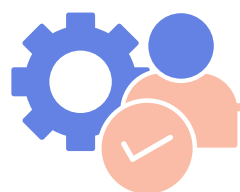
Training Goals Objectives

- Understand the concept of stress and its impact on students' physical and emotional reactions.
- Recognize and analyze common student stressors
- Deepen knowledge of stress management and its importance for students' health, well-being, relationships, and academic performance.
- Learn effective techniques to manage personal stress, enhance emotional resilience, and prevent burnout
- Adopt proactive strategies to prevent excessive stress in students.
- Enhance emotional literacy competencies and implement strategies that strengthen students' coping skills
- Acquire practical stress-management techniques that can be taught and transferred to students to support their resilience and overall well-being.



Target Group Participants

- Teachers in Primary and Secondary Education
- School Counselors and Support Staff
- Education Administrators
- Parents who want to prevent the stress of their children



Competences acquire or improve

- Knowledge of stress and its impact on students' well-being, behavior, and academic performance.
- Ability to identify common student stressors and signs of distress.
- Understanding of teacher stress, burnout, and its effects on students.
- Skill to assess and manage personal stress and enhance emotional resilience.
- Ability to implement preventive strategies for student and educator stress.
- Competence in creating emotionally safe classroom environments.
- Skill to teach students emotional literacy and healthy coping strategies.
- Ability to apply evidence-based stress-management techniques in classrooms.
- Competence in designing school-wide stress-management programs.
- Capacity for reflection and continuous improvement of stress-management practices

Duration



7 days

Day 1

Welcome and Introduction in the course

- Welcome and Introductions
- Presentations of Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction to the Objectives of the Course

Day 2

Understanding Stress and Its Impact on Students

- Definitions of stress and its physiological/psychological mechanisms
- Impact of stress on student well-being, behavior, and academic performance
- Identification of common student stressors (academic, social, developmental)
- Strategies for identifying signs of stress and mental health challenges in students
- Case study analysis and participants' reflection on personal experiences with stress

Day 3

Teacher Stress, Burnout & Professional Well-Being

- Understanding educator stress and workplace demands
- Burnout: definition, symptoms, contributing factors (WHO framework)
- Relationship between teacher well-being and student outcomes
- Self-care principles and boundary-setting for educators
- Practical exercise: personal stress-profile and burnout self-assessment

Day 4

Preventive Approaches for Students & Educators

- Importance of prevention in school settings
- Proactive strategies for reducing student overwhelm (time management, organization)
- Early-intervention strategies for both students and teachers
- Developing emotionally safe classroom environments
- Workshop: designing dual prevention strategies (student + educators)

Day 5

Emotional Literacy & Student Coping Skills

- Understanding emotional literacy and its role in stress management
- How children express stress through emotions and behaviors
- Teaching students healthy emotional expression
- Building coping skills: problem-solving, perspective-taking, self-regulation
- Group activity: creating emotion-support tools (cards, prompts, check-in routines)
- Role-play: responding to emotional distress in supportive ways

Day 6

Evidence-Based Stress-Management Techniques

- Practical, developmentally appropriate techniques for students
- Mindfulness, grounding, breathing, and relaxation routines
- Application workshop: integrating stress-management routines into classroom practice
- Self-assessment of educator competencies in managing stress
- Group workshop: designing a School Stress-Management Program

Day 7

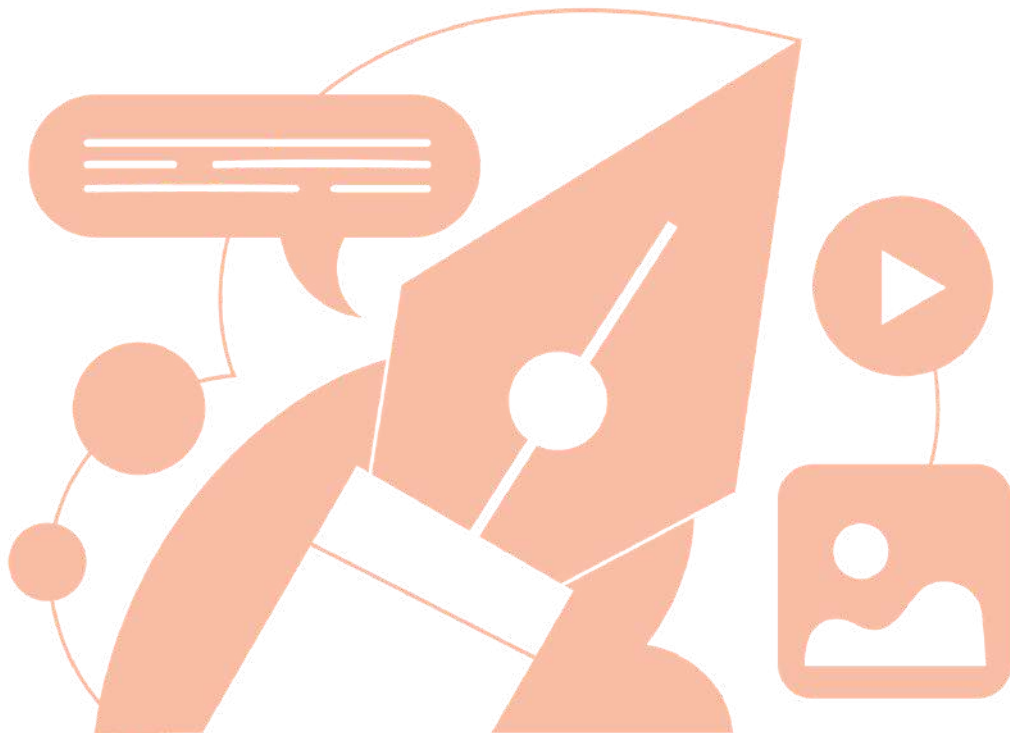
Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

4th THEMATIC

Soft Skills, Creativity & Arts

Explore the development of essential soft skills, creativity, and emotional intelligence. This theme encourages collaboration, critical thinking, problem- solving, artistic expression, and nonviolent communication to support personal growth, innovation, and effective teamwork.



Courses

1.

Art in Education

2.

Collaborative learning

3.

Creativity & Entrepreneurship

4.

Creativity, Critical
Thinking & Problem Solving

5.

Fostering Creativity in the Classro

6.

Nonviolent Communication for Conflict
Management & Collaborative Skills

7.

Soft Skills & Emotional Intelligenc

Art in Education:

A Form of Expression & Fun Learning



Mini Description

This training project is designed for teachers who wish to enrich their pedagogical practices through the integration of art, fun learning strategies, and digital tools in the classroom. The course explores how artistic expression can serve as a powerful educational resource to enhance student engagement, emotional well-being, creativity, and meaningful learning. Participants will experience and apply practical methods for incorporating art-based and technology-supported activities into traditional curricula, enabling students to express emotions, reduce stress, and connect more deeply with academic content. By combining theoretical foundations with hands-on practice, the training promotes innovative, inclusive, and student-centered teaching approaches that make learning enjoyable, memorable, and effective in diverse and international classroom environments.

Training Goals Objectives

- Equip teachers with practical strategies to integrate art and digital tools into everyday teaching
- Demonstrate the impact of fun, creative, and technology-enhanced learning on student motivation and retention
- Promote creative expression for emotional support and classroom well-being
- Introduce innovative and digitally supported methods to increase participation and interaction
- Strengthen the design of engaging, inclusive, and stimulating learning environments
- Explore the link between creativity, digital approaches, learning outcomes, and student well-being
- Encourage reflective, innovative, and adaptable teaching practices



Target Group Participants

- Teachers & Trainers
- School leaders & Educational consultants
- Individuals interested in the topic



Competences acquire or improve

- Knowledge of integrating art and creative approaches into teaching to enhance student engagement and learning outcomes.
- Ability to design lessons that combine creativity, technology, and academic content across different subjects.
- Skill in facilitating emotional expression and promoting relaxation through artistic and digital activities.
- Competence in implementing fun, interactive, and technology-supported learning strategies.
- Ability to adapt teaching methods to accommodate diverse learning styles and needs.
- Skill in creating inclusive, stimulating, and positive classroom environments.
- Competence in fostering students' creativity, critical thinking, collaboration, and active participation.
- Ability to assess and evaluate the impact of creative and digitally enhanced teaching approaches on learning and well-being.

Duration



7 days

Day 1

Orientation and Foundations of Engaging Learning

- Welcome and participant introductions
- Presentations by participating organizations and schools
- Team-building activities to foster collaboration
- Discussion of expectations, needs, and contributions
- Understanding the role of art as a pedagogical tool
- Exploring the concept of fun learning in modern education

Day 2

Exploring Art in Teaching Practice and Cognitive Development

- Reflecting on participants' prior experiences with art in education
- Understanding how art can be integrated into teaching
- Exploring the role of art in cognitive development and learning processes
- Hands-on artistic activities: e.g., "Paint Your Journey"
- Group discussion: Sharing experiences and insights
- Benefits of integrating art into formal education

Day 3

Art as Emotional Expression in the Classroom

- Emotional intelligence and its role in learning
- Psychology of expression and relaxation
- Creating safe and supportive classroom environments through art
- Guided art activity: Mood collage
- Role-play: Supporting students through creative expression
- Designing short art-based emotional check-in activities

Day 4

Integrating Art Across Subjects Theory:

- Cross-curricular integration models
- Creative lesson planning approaches
- Linking curriculum objectives with artistic expression
- Workshop: Transforming traditional lessons into creative experiences
- Group task: Designing subject-based art activities (Math, Language, Science, etc.)
- Gallery walk: Presentations and peer review

Day 5

Fun Learning Strategies & Active Participation

- Principles of gamification and playful learning
- Student-centered learning models
- Motivation and engagement theories
- Creating educational games using art elements
- Exploring digital platforms and tools to enhance interactive learning
- Experiencing fun learning through practical activities and simulations
- Discussion: Managing classroom dynamics with creative and technology-supported methods

Day 6

Inclusive & Creative Learning Environments

- Differentiated instruction and diverse learning styles
- Inclusive classroom design through art
- Cultural expression and identity in international classrooms
- In practice design of inclusive art-based lesson plans
- Scenario-based problem-solving exercises
- Group brainstorming: Supporting diverse learners creatively
- Reflection journal: Documenting insights and personal growth

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Collaborative learning



Mini Description

Coming together is the beginning, Keeping together is progress, Working together is success—Henry Ford. Collaborative learning, which involves grouping and pairing students to achieve academic goals, has garnered much attention. Peer learning, a subset of collaborative learning, involves students working together in pairs or small groups to discuss concepts or solve problems. This approach, also known as cooperative learning, involves students working collectively on activities or learning tasks within a small group, ensuring everyone's active participation. "Collaborative learning" serves as a broad term that encompasses various educational approaches that involve joint intellectual efforts of students or a combination of students and teachers. Recognized as a team learning approach, collaborative learning is proving to be an apt and effective method for equipping students with 21st century skills needed to tackle problems, perform tasks, or create products during the learning process. Although collaborative learning is expressed in a variety of forms and embraced by educators from different disciplines and teaching traditions, a set of fundamental assumptions about students and the learning process unites the field. The course supports the development of essential cognitive, social, and interpersonal skills, fostering meaningful interaction and responsibility among students. It helps to the creation of a more engaging and inclusive learning environment, encouraging learners to appreciate diverse perspectives and equipping them with competencies relevant to real-world academic and professional contexts.

Training Goals Objectives

- Introduce participants to the foundational stages of collaborative learning and group formation.
- Develop understanding of group dynamics, effective communication, and the creation of a supportive learning environment.
- Identify and explore different forms of collaborative learning and their adaptability across disciplines and teaching contexts.
- Equip educators with strategies to foster students' higher-order thinking, verbal communication, self-management, and leadership skills.
- Provide tools for designing classroom environments that encourage interaction, enhance retention, and strengthen students' self-esteem and accountability.
- Promote the inclusion of diverse perspectives within collaborative settings to prepare students for real-world social and workplace situations.



Target Group Participants

- Teachers and trainers
- School leaders
- Educational consultants
- Parents who want to incorporate innovative methods in their children's education



Competences acquire or improve

- Knowledge of collaborative, cooperative, and peer learning concepts and their classroom benefits.
- Ability to design and implement collaborative activities across subjects and age groups.
- Skill in fostering critical thinking, problem-solving, and student leadership through group work.
- Competence in creating inclusive, supportive, and interactive classroom environments.
- Ability to use structured tools and norms to facilitate effective collaboration.
- Skill in assessing group work while maintaining individual accountability.
- Capacity to integrate diverse perspectives and accommodate mixed-ability groups.

Duration



7 days

Day 1

Welcome & Foundation

- Welcome and Introductions
- Presentations of Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction to the Objectives of the Course
- Group discussion: Why collaboration matters in today's classrooms

Day 2

Collaborative Learning in Practice: Concepts, Benefits & Integration

- Overview of Collaborative, Cooperative & Peer Learning
- Benefits of Collaborative Learning
- Strategies to Integrate in Classrooms
- Discussion

Day 3

Models & Forms of Collaborative Learning

- Overview of major collaborative learning models (Jigsaw, Think-Pair-Share, Peer Tutoring, Project-Based Groups, Inquiry Circles)
- Matching model to learning objective
- Adaptability of collaboration across subjects and age groups
- Group research task: Designing short examples of collaborative activities per model

Presentation & peer feedback round

Day 4

Fostering Higher-Order Thinking & Leadership in Students

- How collaborative learning strengthens critical thinking & problem-solving
- Encouraging student leadership and shared responsibility
- Communication strategies for deeper reasoning
- Boosting self-management and accountability within groups
- Role-playing: Simulating peer-to-peer leadership roles
- Reflection: Transforming passive learners into active contributors

Day 5

Designing Collaborative Classrooms

- How classroom layout affects interaction
- Creating routines and norms that support group work
- Tools for structuring collaboration (rubrics, roles, timelines, contracts)
- Ensuring equitable participation & inclusive group practices
- Hands-on session: Participants design a collaborative lesson plan
- Peer evaluation of lesson plans

Day 6

Assessment, Accountability & Inclusivity

- How to assess group work without losing individual accountability
- Self-assessment, peer assessment & group assessment methods
- Ensuring diverse perspectives are respected and included
- Strategies for working with mixed-ability groups
- Drafting personal action plans for implementing collaborative learning

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Creativity & Entrepreneurship



Mini Description

Creativity and innovation have become increasingly important in today's business world, especially during the pandemic and its economic impact. As a result, entrepreneurship is now a popular path for those wanting to build their own businesses. It involves implementing ideas that often disrupt existing markets with new products or services. Although it may begin as a small venture, the goal is typically ambitious, achieving high profits and market dominance through innovation. Entrepreneurs view themselves as sources of new ideas, replacing outdated solutions with creative alternatives. Developing an entrepreneurial mindset is essential, shaping how individuals approach challenges and motivating them to live on their own terms, valuing autonomy, freedom, and self-expression. Aspiring entrepreneurs must build diverse skills and knowledge, form networks, refine ideas, identify niches, analyse markets, plan their businesses, secure funding, and implement their ventures. Creative entrepreneurship inspires continuous innovation across all sectors, allowing anyone to become a creative entrepreneur by transforming their unique perspectives into meaningful work. It is not just a career but an expression of one's authentic self, requiring thoughtful planning, an understanding of the target audience, and a balance between passion and profit. By exploring various monetization strategies, individuals can turn artistic visions into viable realities, living freely, amplifying their voices, and sharing their creativity with a world eager to receive it.

Training Goals Objectives

- Provide a solid understanding of entrepreneurship, its principles, and its role in today's business environment.
- Equip participants with essential skills and mindset to begin their journey as creative entrepreneurs.
- Emphasize the importance of creativity, innovation, and an entrepreneurial mindset grounded in autonomy and self-expression.
- Encourage proactive, problem-solving approaches to entrepreneurial challenges.
- Introduce basic methods for identifying market gaps and opportunities for innovation.
- Build foundational skills in market research, consumer analysis, and understanding industry trends.
- Offer guidance on business planning, goal setting, and strategic implementation.
- Present key funding options, including bootstrapping, investors, and crowdfunding.
- Inspire participants to see creative entrepreneurship as a form of authentic self-expression.



Target Group Participants

- Aspiring Entrepreneurs
- Creative Professionals
- Small Business Owners
- Individuals valuing autonomy and seeking motivation



Competences acquire or improve

- Knowledge of entrepreneurship principles, creative business practices, and innovation in modern markets.
- Ability to cultivate an entrepreneurial mindset emphasizing autonomy, self-expression, and problem-solving.
- Skill in identifying market gaps, analyzing consumer needs, and understanding industry trends.
- Competence in designing business models, value propositions, and implementation plans.
- Ability to set goals, plan personal development, and tackle challenges confidently.
- Skill in developing diverse entrepreneurial skills: creative, strategic, digital, and managerial.
- Competence in exploring funding options, including bootstrapping, investors, and crowdfunding.
- Ability to turn creative ideas into sustainable business concepts and actionable plans.
- Capacity to reflect, evaluate progress, and plan next steps for entrepreneurial growth.

Duration



7 days

Day 1

Welcome & Foundation

- Welcome and Introductions
- Presentations of Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction to the Objectives of the Course

Day 2

Foundations of Creative Entrepreneurship

- Introduction to Entrepreneurship
- Significance of Creativity and Innovation in Modern Business
- Principles of Creative Entrepreneurship
- Understanding the role of autonomy, self-expression, and innovation

Identifying Personal Entrepreneurial Interests

Day 3

Understanding the Market & Personal Strategy

- Market Research Techniques for Creative Entrepreneurs
- Analyzing Consumer Needs and Industry Trends
- Identifying Market Gaps and Opportunities for Innovation
- Mini Market Research Project: applying tools and gathering insights
- Exploring Personal Aspirations and Creative Identity
- Goal Setting for Entrepreneurial Development
- Strategy Creation and Implementation Planning

Guest Session: A Successful Entrepreneur Shares Their Journey (discussion + Q&A)

Day 4

Entrepreneurial Skills & Funding Your Ideas

- Funding Options: Bootstrapping, Crowdfunding, Investors
- Developing a Diverse Entrepreneurial Skill Set: creative, strategic, digital, managerial

Skill assessment & personalized development mapping

Day 5

Business Planning & Creative Value Proposition

- Designing a Basic Business Model
- Value Proposition and Market Positioning
- Understanding Target Audiences & Unique Selling Points
- Turning Creative Ideas into Sustainable Business Concepts

Drafting the first outline of a personal business plan

Day 6

Cultivating the Entrepreneurial Mindset & Overcoming Challenges

- Cultivating an Entrepreneurial Mindset
- Approaching Uncertainty with Confidence
- Overcoming Challenges, Biases, and Barriers
- Decision-Making Strategies for Creative Entrepreneurs

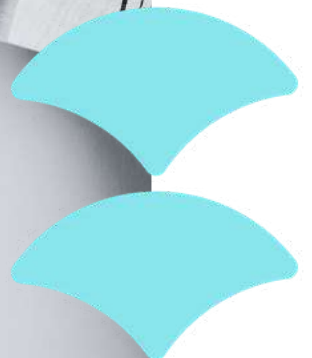
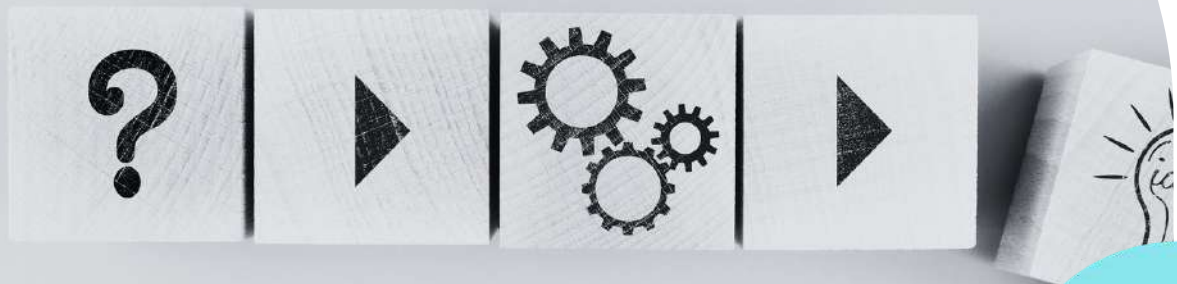
Summarizing personal progress and next steps

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Creativity, Critical Thinking & Problem Solving



Mini Description

This non-formal training course offers educators an opportunity to transform their teaching by integrating creativity, critical thinking, and problem-solving into their practice. Participants will explore innovative strategies to actively engage students, foster independent thinking, and develop problem-solving skills through dynamic, interactive methods. Using hands-on activities, collaborative exercises, and real-life case studies, educators will learn to approach classroom challenges with flexibility, consider multiple perspectives, and implement creative solutions. The course also supports personal and professional growth, helping participants model curiosity, adaptability, and reflective thinking for their students. Open to teachers, trainers, parents, and all professionals interested in progressive education, this program equips educators with practical tools to cultivate a stimulating, student-centered learning environment where creativity, critical thought, and active engagement flourish.

Training Goals Objectives

- Introduce innovative methods to enhance teaching practices.
- Develop strategies for fostering students' creativity, critical thinking, and problem-solving.
- Encourage exploring multiple perspectives and alternative solutions.
- Provide practical experience with interactive, hands-on activities.
- Inspire educators to model curiosity, adaptability, and reflective thinking.



Target Group Participants

- Teachers and trainers
- School leaders
- Educational consultants
- Parents who want to incorporate innovative methods in their children's education



Competences acquire or improve

- Knowledge of creative, critical thinking, and problem-solving concepts and their role in education.
- Ability to design flexible, innovative, and student-centered lessons that foster independent thinking.
- Skill in applying strategies to stimulate creativity, analytical thinking, and reflective decision-making.
- Competence in guiding students to explore multiple perspectives and solve real-life problems.
- Ability to facilitate collaborative exercises and hands-on learning activities.
- Skill in evaluating classroom situations critically and applying evidence-based solutions.
- Confidence in implementing experiential, interactive, and progressive teaching methods.

Duration



7 days

Day 1

Introduction to the Course and Non-Formal Learning Approaches

- Welcome and participant introductions
- Presentations by participating organizations/schools
- Team-building activities
- Discuss expectations, needs, and contributions
- Overview of non-formal learning methods and interactive approaches
- Practice in non-formal and interactive activities

Day 2

Fostering Creativity in Education

- Understanding creativity in teaching and learning
- Techniques to stimulate creative thinking in students
- Integrating innovative approaches into lesson plans
- Group exercises: brainstorming and creative teaching ideas
- Practical activities and games to boost creativity
- Reflection: challenges and opportunities for creativity in classrooms

Day 3

Critical Thinking and Bias Awareness

- Introduction to critical thinking and reasoning strategies
- Identifying assumptions, cognitive biases, and stereotypes
- Understanding biases' influence on student perceptions and learning
- Exercises to recognize and challenge personal and systemic biases
- Case studies: analysing classroom scenarios to improve decision-making

Day 4

Critical Thinking and Misinformation

- Exploring misinformation, stereotypes, and misconceptions in classroom and everyday contexts
- Evaluating information sources and promoting evidence-based thinking
- Applying critical and creative thinking to solve classroom and school challenges
- Case studies: analyzing real school scenarios and broader societal examples
- Strategies to foster analytical thinking, media literacy, and responsible information use

Day 5

Problem Solving in Practice

- Overview of problem-solving models and decision-making techniques
- Collaborative exercises addressing real-life educational challenges
- Designing interactive classroom activities to develop students' problem-solving skills
- Reflection: lessons learned and practical takeaways
- Peer-to-peer feedback on proposed solutions

Day 6

Student Engagement and Innovative Teaching Practices

- Designing lessons that actively engage students while integrating creativity, critical thinking, and problem-solving
- Practicing innovative teaching strategies through simulations and role-playing
- Applying collaborative learning methods to enhance student participation and motivation
- Developing classroom activities that encourage independent thinking and problem-solving
- Reflection on personal teaching approaches and identifying areas for improvement

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Fostering Creativity in the Classroom



Mini Description

In the contemporary technological era, children are increasingly exposed to ready-made knowledge, which can limit the development of creative skills. As many schools continue to prioritize cognitive learning over creative approaches, students often engage in passive knowledge acquisition rather than deep processing and critical thinking. While numerous educators employ creative teaching methods to make learning more engaging, the systematic integration of creativity offers far wider benefits. Creative learning strengthens analytical thinking, innovation, and complex problem-solving, while also fostering resilience, adaptability, and the ability to cope with uncertainty. Schools therefore play a pivotal role in cultivating creativity by embedding it within the curriculum. Through effective questioning, active engagement, collaboration, and learning from failure within structured yet flexible environments, schools can inspire independent learning and motivation. Prioritizing creativity in education ultimately enriches the learning experience and equips students to thrive in a dynamic and evolving world.

Training Goals Objectives

- Foster the development of a creative mindset in participants, encouraging innovation in teaching methods.
- Enhance understanding of creative teaching principles, strategies, and their pedagogical significance.
- Examine key theories and models that underpin creative teaching and learning.
- Equip participants with the ability to approach challenges using imaginative and innovative solutions in both personal and professional contexts.
- Provide tools and strategies that strengthen resilience, stress tolerance, and flexibility in educational practice.
- Highlight the importance of collaboration and teamwork, enabling children to benefit from diverse perspectives and collective problem-solving.
- Offer insights into creative teaching methods that engage, inspire, and support the development of children's creative skills, making learning more meaningful and enjoyable.



Target Group Participants

- Educators and Trainers
- Entrepreneurs and Innovators in the field of childcare
- Parents who foster innovative methods



Competences acquire or improve

- Knowledge of creative teaching principles, strategies, and their pedagogical value.
- Ability to foster creativity and innovation in both educators and students.
- Skill in designing engaging, student-centered lessons integrating creativity with curriculum goals.
- Competence in applying innovative methods: storytelling, experiential learning, gamification, and problem-based approaches.
- Ability to promote collaboration, teamwork, and collective problem-solving in classrooms.
- Skill in enhancing students' resilience, stress tolerance, adaptability, and curiosity.
- Competence in evaluating and refining teaching practices to integrate creative approaches effectively.
- Ability to develop action plans for implementing creative teaching strategies in diverse contexts.

Duration



7 days

Day 1

Welcome & Foundation

- Welcome and Introductions
- Presentations of Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction to the Objectives of the Course
- Overview of Traditional Teaching Methods

Day 2

Introduction in Creative Learning

- Traditional vs Creative Teaching Approaches
- Defining Creativity in Education: Concepts, Myths, Misconceptions
- Exploring the Impact of Creative Approaches on Student Engagement and Learning
- Reflection Exercise: "How creative is my current teaching?"

Day 3

Theoretical Frameworks & Core Principles of Creative Teaching

- Key Theories & Models in Creative Teaching (constructivism, inquiry-based learning, divergent thinking models, etc.)
- Principles of Creative Pedagogy and Creative Learning Environments
- Creativity as a 21st Century Competency
- Case Studies: Successful Implementation of Creative Teaching in Schools

Group Discussion: Opportunities & Challenges in Shifting from Cognitive to Creative Approaches

Day 4

Innovative Teaching Methods & Lesson Design

- Overview of Innovative Teaching Approaches (storytelling, experiential learning, gamification, problem-based learning, design thinking, etc.)
- How creativity enhances children's resilience, stress tolerance & adaptability
- Collaborative Activities: Brainstorming and Sharing Creative Teaching Ideas
- Techniques for Encouraging Student Curiosity & Exploration
- Designing Engaging, Creative Lesson Plans
- Workshop: Drafting a creative lesson plan

Day 5

Integrating Creativity with Curriculum Standards & Classroom Collaboration

- Importance of Collaboration & Teamwork in Creative Learning
- Strategies for Promoting Teamwork Among Students
- Facilitating Group Problem-Solving & Co-Creation
- Designing Collaborative Classroom Projects
- Aligning Creative Teaching with Curriculum Standards & Learning Objectives
- Small-Group Task: Planning a collaborative creative project
- Presentations of Group Project

Day 6

Reflection, Improvement & Preparing for Implementation

- Collaborative Feedback on Previous Day's Project Plans
- Identifying Areas for Improvement & Enhancement
- Strategies for Overcoming Challenges in Implementing Creative Methods
- Developing Flexibility & Resilience as Educators
- Course Reflection: Growth, insights, future applications
- Action Plan Workshop: Each participant drafts their personal implementation plan

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Nonviolent Communication for Conflict Management & Collaborative Skills



Mini Description

This training on Nonviolent Communication (NVC) for Conflict Management and Collaborative Skills empowers teachers to foster empathy, understanding, and constructive conflict resolution in both personal and classroom settings. Participants will learn the four core components of NVC (observations, feelings, needs, and requests) to describe situations without judgment, express emotions sensitively, identify underlying needs, and make clear, actionable requests. The course explores the roots of conflict, aggression, and violence, and provides practical strategies for promoting positive student relationships, managing classroom tensions, and encouraging peaceful problem-solving. Teachers will develop skills in active listening, empathy, dialogue, and facilitation to guide students in managing disagreements constructively and fostering a culture of respect and cooperation.

The training also emphasizes strengthening students' collaborative skills. Teachers will learn how to create learning environments that encourage teamwork, shared responsibility, and effective communication. Students will practice cooperating in groups, valuing diverse perspectives, and resolving challenges constructively. By integrating these approaches into daily teaching, educators can enhance engagement, emotional regulation, and a classroom culture where collaboration and mutual support are central to learning and conflict resolution.

Training Goals Objectives

- Build teachers' understanding of conflict, aggression, and violence in social and classroom contexts.
- Familiarize participants with the principles and theory of Nonviolent Communication (NVC).
- Equip teachers with strategies to apply NVC in their personal lives and classroom interactions.
- Develop the ability to foster empathy, constructive dialogue, and collaborative problem-solving among students.
- Enhance teachers' skills in managing classroom conflicts and guiding students toward positive relationships.
- Support reflective practice and emotional regulation for teachers, promoting personal and students' well-being and psychological resilience.
- Provide tools for designing activities that strengthen social-emotional learning and peer collaboration in classrooms.



Target Group Participants

- Teachers & Trainers
- School leaders & Educational consultants
- Social Workers & School Psychologists
- Parents
- Individuals interested in the topic



Competences acquire or improve

- Ability to apply the four core components of NVC—observations, feelings, needs, and requests—in personal and classroom interactions.
- Skills in empathic listening, understanding others' perspectives, and responding without judgment or blame.
- Competence in facilitating constructive dialogue and resolving conflicts among students, including de-escalation strategies to reduce aggression and foster cooperation.
- Capability to create a positive, collaborative classroom environment that models nonviolent communication and encourages mutual respect.
- Enhanced awareness of the social, cultural, and interpersonal roots of conflict and strategies to address them effectively.
- Ability to teach, mentor, and guide students in using NVC to build long-term social-emotional and collaborative skills.

Duration



7 days

Day 1

Building Foundations: Connections, Collaboration & Understanding Conflict

- Welcome and Introductions
- Presentations by Participating Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction of conflict, aggression, and violence in social and classroom contexts.

Day 2

Emotional Awareness and Foundations of Nonviolent Communication"

- Forms and Causes of Violence: interpersonal, cultural, and social
- Peacebuilding and Conflict Transformation
- Self-Reflection and Emotional Impact
- Mindfulness Exercise: noticing and labeling emotions
- Introduction to Nonviolent Communication (NVC)
- Core Components of NVC: observations, feelings, needs, requests
- Applied Exercises:
 - Distinguishing judgments from observations
 - Articulating emotions and underlying needs
 - Emotion Mapping: charting common student and self-emotions
- Bridge to Day 4: Participants are encouraged to observe classroom interactions and student emotions in preparation for Day 4's applied NVC practice

Day 3

Understanding Student Stress, Classroom Challenges, and Building Empathy

- Academic, social, and emotional pressures affecting students
- Observing stress signals, triggers, and conflicts in classrooms
- Impact of unresolved conflicts on learning and relationships
- Developing empathy: understanding student perspectives and emotional experiences
- Reflection and group discussion: real classroom challenges and conflict examples
- Reflection & Discussion: exploring real classroom challenges and considering how NVC skills could support these situations
- Optional Mini NVC Reminders: brief cues or exercises to reinforce NVC concepts without full practice

Day 4

Applying NVC to Students and Classroom Situations

- Using observations, feelings, needs, and requests in student interactions
- Strategies for de-escalation and managing classroom conflicts
- Role-play: practicing NVC in common classroom conflict scenarios
- Designing short mindfulness and reflective exercises for students
- Reflection on NVC Applications: exploring how NVC supports social-emotional learning and collaboration

Day 5

Creating a Collaborative Classroom Culture

- Building a classroom culture of empathy, respect, and mutual understanding
- Encouraging student collaboration and shared problem-solving
- Promote positive relationships between students, and between students and teachers
- Tools for sustaining constructive behaviors and reducing aggression
- Workshop / Practical Activities:
 - Designing classroom activities and routines that foster collaboration
 - Developing strategies and plans to embed teamwork and shared responsibility
 - Creating actionable steps for long-term collaboration initiatives
- Reflection on Strategies for Long-Term Adoption: planning sustainable classroom practices

Day 6

Integration, Action Planning & Teacher Empowerment

- Review key concepts, skills, and strategies learned
- Personal reflection on strengths and growth areas
- Developing personal NVC action plans for professional and personal contexts
- Creating classroom implementation plans: exercises, dialogue practices, conflict management strategies
- Peer feedback and collaborative planning to address anticipated classroom challenges
- Simulation / role-play of action plan scenarios

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Soft Skills & Emotional Intelligence



Mini Description

This course empowers future and practicing teachers with the essential soft skills and emotional intelligence needed to thrive in today's dynamic and diverse classrooms. Soft skills go beyond technical expertise; they are the human-centered competencies that shape how educators connect, inspire, manage challenges, and create meaningful learning experiences, while emotional intelligence, the ability to recognize, understand, and regulate one's own emotions and empathize with others, lies at the core of effective teaching and impactful leadership. Participants will develop a powerful toolkit including advanced communication, adaptability, emotional awareness, conflict resolution, creative problem-solving, collaboration, leadership, resilience, and cultural sensitivity, all strategically applied to classroom management, student engagement, inclusive practices, and professional collaboration with colleagues and families. By strengthening these competencies, educators become more confident, reflective, and responsive professionals who can model emotional maturity and actively support the social and emotional growth of their students, fostering positive behavior, motivation, and a culture of trust and belonging.

Training Goals Objectives

- Develop core soft skills and emotional intelligence essential for effective teaching.
- Enhance classroom management and student engagement strategies.
- Strengthen the ability to adapt teaching methods to diverse and multicultural environments.
- Improve collaboration and communication with colleagues, parents, and the wider school community.
- Equip educators with strategies to handle challenges, stress, and dynamic classroom situations.
- Foster the ability to support students' personal, social, and academic growth.



Target Group Participants

- Teachers & Trainers
- School leaders & Educational consultants
- Social Workers & School Psychologists
- Parents
- Individuals interested in the topic



Competences acquire or improve

- Ability to communicate effectively using active listening, clear instruction, and constructive feedback.
- Competence in adapting teaching methods to diverse student needs and multicultural environments.
- Skills in identifying challenges and applying creative problem-solving strategies.
- Capacity to recognize, manage, and respond empathetically to emotions in self and others.
- Leadership skills to guide, motivate, and inspire students while managing classroom dynamics.
- Ability to collaborate effectively with colleagues, parents, and school administrators.
- Skills in maintaining patience, resilience, and professionalism under pressure.
- Competence in designing engaging, innovative, and creative learning experiences to foster student motivation

Duration



7 days

Day 1

Welcome, Team Building, and Introduction to Soft Skills & Emotional Intelligence

- Welcome and Introductions
- Presentations by Participating Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Understand the difference between soft skills and hard skills
- Overview of key soft skills: communication, adaptability, problem-solving, leadership, teamwork, patience, creativity, resilience

Day 2

Classroom Challenges and Effective Communication Skills

- Importance of soft skills in teaching and learning
- Self-assessment of personal soft skills
- Classroom challenges and practical group discussion
- Introduction to communication and active listening
- Verbal and non-verbal communication, including body language
- Assertiveness vs. passiveness in communication
- Active listening techniques for students, colleagues, and parents
- Giving and receiving constructive feedback
- Role-play: teacher-student and parent-teacher interactions
- Personal action plan for improving communication skills

Day 3

Emotional Intelligence & Classroom Management

- Introduction to the five pillars of emotional intelligence
- Applying emotional intelligence in classroom settings
- Developing self-awareness, self-regulation, and empathy toward students
- Viewing conflict as a learning opportunity rather than a problem
- Practicing conflict resolution and stress management strategies
- Analyzing case studies of student behavior and emotional responses
- Creating personal strategies to maintain composure, patience, and professionalism

Day 4

Day 4

Adaptability, Problem-Solving, and Creativity

- Importance of adaptability in dynamic classroom environments
- Developing problem-solving skills for effective teaching and decision-making
- Applying creative thinking to lesson planning and student engagement
- Strategies to inspire creativity and critical thinking in students
- Collaborative exercises to practice innovative teaching approaches
- Reflecting on personal adaptability, problem-solving, and creative potential
- Creating actionable strategies to foster a flexible, innovative classroom culture

Day 5

Leadership, Teamwork, and Collaboration

- Understanding different leadership styles and their impact in educational settings
- Developing teamwork skills for effective collaboration with colleagues
- Building positive relationships with peers, students, and parents
- Learning strategies to motivate and guide students
- Collaborative problem-solving exercises focused on school and team contexts
- Reflecting on personal leadership strengths and areas for growth
- Creating actionable strategies to foster a collaborative and supportive school culture

Day 6

Resilience, Patience, and Cultural sensitivity

- Importance of resilience for long-term teaching effectiveness
- Strategies to maintain patience and composure in challenging situations
- Techniques for managing stress and preventing burnout
- Building cultural sensitivity to support diverse student populations
- Recognizing and addressing personal biases to foster inclusivity
- Adapting teaching approaches for varied cultural and social backgrounds
- Reflecting on personal resilience, patience, and intercultural competences

Day 7

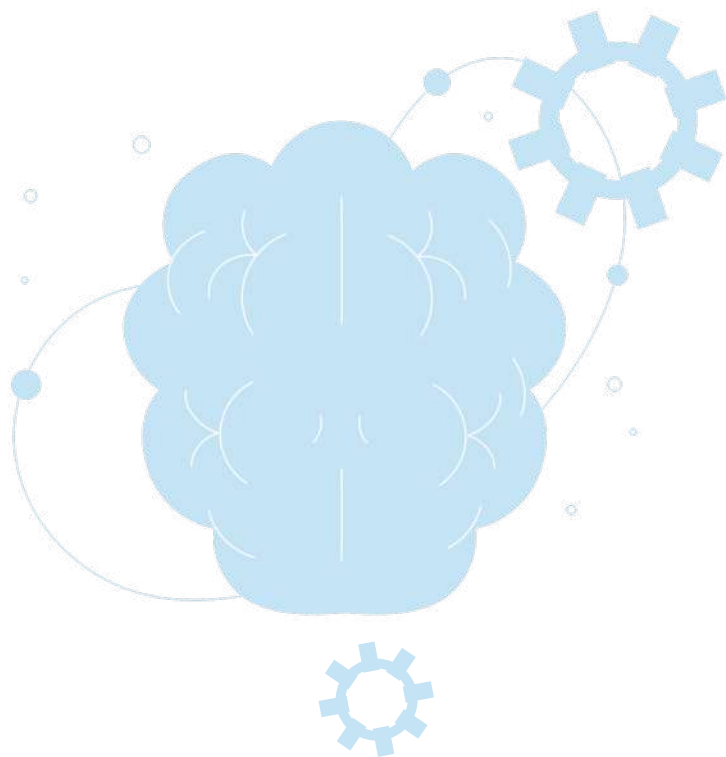
Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

5th THEMATIC

Innovation & Non-Formal Education

Explore innovative, experiential, and learner-centered approaches to lifelong learning. This theme focuses on gamification, outdoor education, sustainability, leadership, and project-based learning to foster collaboration, active citizenship, and continuous personal and professional development.



Courses

1.

Gamified & Outdoor Learning

2.

Gamified Learning Through Puppetry

3.

Greens Skills & Environmental Awareness

4.

Innovation, Leadership & Collaboration
in the Workplace

5.

Positive Psychology Approach in Learning

6.

Project-Based Learning for Active Citi-
zenship

Gamified & Outdoor Learning



Mini Description

This course equips teachers with practical tools to make learning more engaging, interactive, and dynamic through gamification and outdoor activities. Participants explore key principles of game-based learning, motivation, and experiential pedagogy, while discovering how outdoor environments boost creativity, problem-solving, and teamwork. They will design hands-on activities and lessons that blend fun with meaningful learning and real-world experience.

The course also highlights digital tools for gamified learning and inclusive approaches that ensure all students, including those with disabilities or special educational needs, can participate fully. Teachers will leave with adaptable, ready-to-use strategies that enhance engagement, collaboration, accessibility, and environmental awareness, transforming classrooms and school grounds into vibrant learning spaces.

Training Goals Objectives

- Promote active, experiential, and student-centered learning through games and outdoor activities.
- Equip teachers to design lessons that integrate gamification principles and outdoor experiences.
- Enhance students' motivation, engagement, and collaborative skills.
- Develop creative strategies to use school grounds and local environments as learning spaces.
- Explore digital tools for gamified learning.
- Adopt an inclusive approach to gamified and outdoor learning.



Target Group Participants

- Teachers and trainers
- School leaders
- Educational consultants
- Parents who want to incorporate innovative methods in their children's education



Competences acquire or improve

- Knowledge of gamification principles and their application in education.
- Ability to design educational games, challenges, and lessons integrating gamification and outdoor learning.
- Skill in planning and conducting safe, effective outdoor learning activities.
- Competence in promoting collaboration, teamwork, problem-solving, and critical thinking among students.
- Ability to use digital tools and technology to enhance gamified and outdoor learning experiences.
- Skill in assessing learning outcomes in gamified and outdoor activities.
- Creativity in designing engaging, interactive, and student-centered learning environments.
- Competence in applying inclusive practices to ensure accessibility for all students, including those with disabilities or special educational needs.

Duration



7 days

Day 1

Introduction to Gamified & Outdoor Learning

- Welcome and Introductions
- Team Building Presentations by Participating Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Overview of gamification and outdoor learning.
- Icebreaker game designed for teachers to experience gamified learning.

Day 2

Principles of Game-Based Learning for Teachers

- Review of existing classroom practices, challenges and student needs
- Benefits of game-based and outdoor learning
- Practice of gamified learning activities
- Core gamification elements (goals, challenges, feedback, rewards, progression)
- Motivation theory in learning
- Designing a subject-specific classroom game

Day 3

Outdoor Learning & Experiential Pedagogy

- Benefits of outdoor learning for physical, social, and cognitive development.
- Aligning outdoor activities with curriculum objectives.
- Plan a lesson or activity using the school grounds or local outdoor spaces.
- Conduct a mini outdoor learning challenge as a group.

Day 4

Digital Tools & Technology for Gamified Learning

- Exploring digital tools and apps for gamification and outdoor learning
- Using QR codes, scavenger hunt apps, and interactive platforms
- Designing simple digital quests or puzzles
- Group activity: create a tech-enhanced outdoor or classroom challenge
- Sharing and testing activities with peers

Day 5

Collaboration, Teamwork & Problem-Solving Through Games

- How games and outdoor challenges develop collaboration, leadership, and problem-solving skills in students.
- Designing cooperative vs. competitive learning experiences.
- Team-based outdoor activity where teachers solve one challenge collaboratively.
- Reflect on strategies to encourage teamwork and critical thinking in students.

Day 6

Inclusive Game-Based & Outdoor Learning

- Experiencing Gamified and Outdoor Learning Through the Lens of Disabilities & SEN Inclusion
- Adapting gamified and outdoor activities for diverse learners (SEN, multilingual, mixed-ability groups)
- Ensuring accessibility, safety, and participation for all students
- Designing differentiated tasks within games and challenges
- Group workshop: redesign an activity to make it fully inclusive
- Reflection on inclusive pedagogy in gamified learning

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Gamified Learning Through Puppetry



Mini Description

The school today must respect the uniqueness of each student's personality, which requires an understanding of the heterogeneity of classrooms and the revision of teaching methods in order to achieve modern educational goals. Differentiated teaching, is imperative, given that young people's dynamics, perception and potentialities are witnessing great growth. For example, teaching through play and real-life simulation, especially in the early stages of a child's education, seem to have very good results and trigger their cognitive development. Dolls, as an educational tool, are part of human culture and children show through playing with dolls that they better understand and identify with everyday life, promoting children's ability to develop socially, linguistically, emotionally and cognitively. Symbolic play allows children to imitate and explain adult behaviours in an enjoyable way and has many emotional benefits to their social-emotional skills, such as developing empathy. For teachers, learning through the use of dolls is an important tool for differentiated teaching to meet the current needs of students in order to better achieve the learning experience.

Training Goals Objectives

- Understand the importance of integrating puppet-play into real-life simulations and play-based learning.
- Foster children's social, language, emotional, and cognitive skills through interactive puppet activities, promoting holistic development.
- Use dolls/puppets as a teaching tool to encourage empathy and strengthen social-emotional competencies.
- Support children in imitating and understanding adult behaviours in an engaging and enjoyable way.
- Highlight the need to adapt teaching methods to different classroom dynamics, perceptions, and abilities.
- Ensure teaching practices are more effective and inclusive for all pupils by incorporating diverse learning approaches.



Target Group Participants

- Educators and Teachers who are seeking innovative methods to adapt in the classrooms
- Caregivers who want to expand their expertise and knowledge
- Parents who foster innovative knowledge and new techniques
- Individuals who are open-minded in continuously learning



Competences acquire or improve

- Knowledge of play-based learning, symbolic play, and real-life simulations.
- Ability to integrate puppets/dolls to develop children's social, emotional, cognitive, and language skills.
- Skill in fostering empathy, communication, and understanding of adult behaviors through puppetry.
- Competence in designing differentiated, inclusive, and engaging learning activities.
- Ability to plan and implement puppet-based lessons aligned with curriculum goals.
- Skill in facilitating safe exploration of challenging topics through imaginative play.
- Capacity to evaluate and reflect on differentiated teaching strategies.
- Competence in creating inclusive, supportive, and student-centered learning environments.
- Ability to adapt activities for students with diverse abilities and multicultural classrooms.

Duration



7 days

Day 1

Welcome & Foundation

- Welcome and Introductions
- Presentations of Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction to the Objectives of the Course

Day 2

Introduction to Differentiate teaching and the diverse needs of students

- Identifying students' needs
- Teaching principles & the Power of Symbolic Play
- Introduction in play-based learning Different approaches in play-based learning
- Group discussions in identifying challenges and solutions

Day 3

Play-Based Learning & Real-Life Simulations

- Learning through play as a central pedagogy
- Real-life simulations: why they trigger cognitive development
- How puppets facilitate safe exploration of difficult topics (emotions, social rules, daily routines)
- Mini Case Study: Analysis of classrooms that improved participation through puppet use

Day 4

Using Dolls & Puppets as Educational Tools

- Pedagogical benefits of dolls/puppets
- Encouraging empathy, expression, and communication
- How children use puppets to understand adult behaviours
- Inclusive teaching through puppet-based tasks
- Hands-On Creation Workshop: Make simple puppets using basic craft materials

Micro-Teaching Sessions: Participants practice short 5-minute puppet-based lessons

Day 5

Integrating Puppets Into the Curriculum

- Linking symbolic play with curriculum goals
- Designing differentiated activities for different learning abilities
- Planning lessons that combine academic content with puppetry
- Presenting lessons created by participants & Feedback Round (what worked, what can be improved)

Day 6

Implementation, Reflection & Professional Development

- Building confidence in using puppet-based strategies
- Evaluating the effectiveness of differentiated teaching
- Creating an inclusive, supportive learning environment
- Real-Life Simulation Lab:
 - Conflict resolution scenarios
 - Friendship & empathy-building scenes
 - Everyday routine imitation (morning routine, bedtime, school tasks)
- Collaborative Workshop: Adapting activities for students with diverse abilities (ADHD, language delay, emotional sensitivity, multicultural classrooms)
- Discussion: Overcoming teacher hesitation and boosting creativity

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Greens Skills & Environmental Awareness



Mini Description

This course empowers teachers to cultivate green skills and foster environmental awareness in schools. Participants will explore the impact of various industries on the environment, learn practical strategies for reducing pollution, and discover innovative ways to integrate sustainability into everyday classroom activities. Through hands-on projects such as recycling, upcycling, swapping, and creating green classrooms, teachers will gain the tools to inspire students to adopt environmentally responsible behaviors.

Combining theoretical foundations with practical, application-focused learning, the course promotes creativity, leadership, and strategic thinking in the development of eco-conscious school environments. By the end of the program, participants will be prepared to design, implement, and sustain meaningful green initiatives, contributing to a more environmentally aware and responsible school community.

Training Goals Objectives

- Foster environmentally responsible thinking among teachers and students.
- Enhance understanding of industrial impacts on the environment.
- Introduce practical strategies for recycling, upcycling, swapping, and reusing within schools.
- Support the development of green classrooms and eco-friendly school environments.
- Encourage innovative approaches to promoting environmental awareness in the school community.
- Provide practical tools and methods for integrating sustainability into teaching practices.



Target Group Participants

- Teachers and trainers
- School leaders
- Educational consultants
- Parents who want to incorporate innovative methods in their children's education



Competences acquire or improve

- Knowledge of environmental impacts of human activities and schools.
- Skills in recycling, upcycling, swapping, and reusing in educational settings.
- Ability to design and implement green classrooms and sustainability projects.
- Strategies to promote eco-friendly behaviors and environmental awareness among students.
- Creativity and problem-solving for sustainable initiatives.
- Leadership and communication to support and advocate for school-wide green practices.
- Capacity to integrate green skills into daily teaching and school operations.

Duration



7 days

Day 1

Welcome & Introduction to the course

- Welcome and Introductions
- Presentations by Participating Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Overview of course objectives and introduction to key global environmental challenges and sustainability goals.

Day 2

Understanding Pollution & Industry Impact

- Introduction to technical & transferable green skills and their relevance in modern education
- Examination of how various industries contribute to pollution
- Introduction to the ecological footprint and school-related impacts
- Discussion: Personal and school environmental practices
- Group analysis of school operations (cafeteria, transport, procurement) and their ecological impact
- Initial brainstorming for sustainable improvements

Day 3

Recycling, Upcycling, and Reusing in Schools

- Principles of circular economy and waste management.
- Case studies of successful recycling/upcycling initiatives in schools.
- Hands-on workshop: creating upcycled teaching materials
- Group mini-projects: outline a simple recycling/upcycling initiative for your school

Day 4

Promoting Environmental Awareness

- Creative methods for teaching environmental topics
- How to encourage students to adopt eco-friendly behaviours
- Designing a mini-campaign or awareness activity for the school
- Peer review session to strengthen communication, leadership, and feedback skills

Day 5

Green Classrooms & School Environments

- Design principles for eco-friendly learning environments
- Importance of indoor environmental quality (light, air, plants).
- Audit your classroom: Identify areas for green improvement.
- Brainstorm and prototype ideas for a “green corner” or sustainable classroom project.

Day 6

Implementation & Action Planning

- Integrating green skills into daily teaching practice.
- Measuring and reflecting on environmental initiatives' impact.
- Development of a school-wide sustainability action plan
- Presentation of project ideas for peer and trainer feedback
- Final reflection and discussion on sustaining motivation and green practices.

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Innovation, Leadership & Collaboration in the Workplace



Mini Description

In the current business world, innovation is the key to success. Cultivating an innovative work environment involves fostering a supportive and collaborative environment where employees are encouraged to experiment, take risks and share ideas. This modern way of thinking states that the employees have great importance to the company, attention is paid to their own personal well-being while at work and aims to reduce traditional techniques and ideas within the workplace, eliminating stereotypes and social stigma . The ultimate goal is to promote entrepreneurship, develop digital skills and ensure that leadership is aligned with a culture of innovation. Adapting hierarchical structures, if necessary, is vital for inclusivity. Creating a respectful workplace, valuing diversity and focusing on the impact of innovations on industries are key elements. An innovative and entrepreneurial culture not only drives growth and efficiency, but also contributes to economic and social transformation.

Training Goals Objectives

- Gain a comprehensive understanding of how to promote innovation in the modern business landscape.
- Develop a mindset that values employees, prioritizes personal well-being, and challenges traditional workplace norms.
- Learn strategies to encourage experimentation, risk-taking, and the open sharing of ideas.
- Foster a workplace culture that supports entrepreneurship and digital skills development.
- Equip leaders with tools to align their leadership style with an innovation-driven culture.
- Explore ways to adjust or rethink hierarchical structures to support integration and innovation.
- Emphasize the importance of creating a respectful, diverse, and inclusive work environment.
- Examine the practical impact of innovation across various industries



Target Group Participants

- Business Leaders
- Human Resources Professionals
- Entrepreneurs
- Employees who foster to adapt innovative methods in their work experiences
- Managers
- Continuous Learners



Competences acquire or improve

- Ability to foster an innovation-driven mindset in teams and organizations.
- Skills in encouraging experimentation, risk-taking, and creative idea-sharing.
- Leadership competencies aligned with trust-based, collaborative, and inclusive practices.
- Capacity to challenge and redesign traditional workplace norms and hierarchical structures.
- Skills in promoting diversity, equity, and inclusion to enhance creativity and performance.
- Ability to design and implement practical strategies for innovation and entrepreneurship.
- Competence in aligning organizational goals with innovative initiatives.
- Strategic thinking for translating learning into real-world organizational change.

Duration



7 days

Day 1

Welcome & Foundation

- Welcome and Introductions
- Presentations of Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction to the Objectives of the Course
- Discussion: What is innovation for me?

Day 2

The New Business Landscape Themes

- Introduction to modern innovation culture
- Understanding the evolving role of employees
- Breaking stereotypes and outdated workplace norms
- Exploring styles that align with an innovative culture
- Case studies and group discussions on successful innovative environments

Day 3

Leadership Styles & Behaviours That Drive Innovation

- Leadership aligned with creativity and experimentation
- Encouraging risk-taking and idea-sharing
- Shifting from control-based to trust-based leadership
- Case studies: Successful innovation-driven organizations
- Group analysis: What leadership behaviours enabled innovation?
- Innovation challenge: Collaborative problem-solving activity

Day 4

Diversity, Equity & Respectful Workplaces

- Importance of diversity for innovation
- Equity, inclusion & reducing workplace stigma
- How diverse teams enhance creativity and performance
- Role-playing scenarios: Addressing bias, stereotypes, and inclusion
- Group task: Designing a respectful workplace model
- Discussion: Real-life examples of inclusive business success
- Reflection: How does my organization currently support diversity?

Day 5

Challenging Traditional Norms & Creating New Mindsets

- Identifying outdated structures and mentalities
- Strategies for eliminating restrictive norms
- Reimagining hierarchical systems
- Group mapping: Traditional norms that block innovation
- Problem-solving workshop: How to remove or redesign these norms
- Discussion: Adjusting hierarchies for collaboration & integration

Day 6

Developing Innovative Strategies & Entrepreneurial Thinking

- Building entrepreneurship within organizations
- Encouraging digital skills, agility, and adaptability
- Tools that support experimentation and learning
- Designing forward-thinking strategies
- Innovation labs: Groups develop small-scale strategies
- Translating learning into practical workplace change
- Individual innovation roadmaps
- Leadership alignment with organizational goals

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Positive Psychology Approach in Learning



Mini Description

Due to the rapid rhythm of life and demanding living conditions, the education of children and their raising, has become more practical and promotes educational development more than the development of personal well-being and emotional security. Children in modern times are often treated as adults and their own emotional maturity is discounted due to increased intelligence and the easy delivery of knowledge through technology. Adults often ignore children's need for meaningful playtime, emotional safety and support for their evolving needs, resulting in the development of resilience, optimism and positive relationships coming secondary. Schools and up-to-date teachers could be a driving force in this change and even raise awareness among parents. Children, primarily through school and therefore through the family, can be trained to develop their personal strengths, mental resilience, optimism and positive relationships, with the ultimate and primary goal of their own well-being and positive academic progress.

Training Goals Objectives

- Understand and recognize key concepts of positive psychology, including emotional awareness, optimism, positive relationships, mental resilience, and personal well-being.
- Reflect on personal experiences to identify how individual characteristics, acquired or unacquired, have supported or hindered goal achievement.
- Engage with the main pillars of positive psychology and acknowledge their beneficial impact on education and everyday life.
- Gain familiarity with a wide range of positive psychology development methods.
- Build confidence in applying at least the fundamental principles of positive psychology within a modern, forward-thinking mindset.



Target Group Participants

- Educators
- Teachers
- Parents who are seeking for new practises
- Professional in Positive Phycology who want to express their knowledge
- Continuously learners interested in positive change



Competences acquire or improve

- Ability to apply positive psychology principles in teaching and parenting
- Skills in fostering emotional awareness, optimism, and resilience
- Techniques for building positive relationships and social-emotional well-being
- Competence in designing supportive learning and home environments
- Strategies for integrating daily practices that strengthen children's strengths and confidence

Duration



7 days

Day 1

Welcome & Foundation

- Welcome and Introductions
- Presentations of Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction to the Objectives of the Course
- Introduction: The realities of modern childhood

Day 2

Emotional Development & Personal Reflection

- Rising challenges in emotional development in childhood and adolescence
- Emotional Intelligence: understanding and managing emotions
- Personal strengths and vulnerabilities shaped by past experiences
- Links between childhood experiences and adult teaching/parenting approaches

Day 3

Introduction to Positive Psychology & Its Educational Value

- Foundations of Positive Psychology
- Why it is essential in schools and homes today
- The pillars of Positive Psychology
- Overview of modern teaching approaches that support well-being
- Case studies from schools using Positive Psychology
- Group discussion and Q&A

Day 4

Strengths, Mental Resilience & Emotional Awareness

- Identifying children's strengths
- Psychological resilience vs. insecurity
- Emotional awareness in childhood
- Strength-based development in children
- Workshop: Recognizing resilience in everyday behaviour
- Group activity: Designing scenarios that build resilience
- Reflection: Emotional safety as a prerequisite for learning

Day 5

Optimism, Positive Relationships & Social Well-Being

- How optimism is formed
- Social connections and their impact
- Creating positive relational environments
- Discussion: The link between optimism and academic performance
- Workshop on fostering positive relationships in class & family

Teaching methods that promote cooperation, empathy & kindness

Day 6

Applying Positive Psychology: Methods for Schools & Families

- Practical strategies for integrating Positive Psychology
- Daily habits and routines that cultivate well-being
- Tools for building optimism, resilience, emotion regulation
- Classroom practices that support mental health
- Family routines that nurture positivity and strengths
- Strengthening confidence in application & Action planning for educators & parents

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Project-Based Learning for Active Citizenship



Mini Description

While students believe that active citizenship is too far away from their daily lives, the major task for teachers is to show students that the needs of different groups of people can be affected by the power structure in decision-making, based on age and social status. Students often do not believe that they can influence local environmental factors, decision makers and economic factors. Teachers who use the flipped classroom model , ally with the new trend in classrooms and society to be active citizens. In a flipped classroom, students encounter instructional material outside of the traditional classroom setting, absorbing the content independently at home, and then actively engage in applying and practicing what they've learned during their in-class time. They involve students in small-scale activities sufficient to stimulate critical thinking and encourage them to take on projects aimed at improving the future.

Training Goals Objectives

- Identify educators who wish to integrate innovative teaching approaches to enhance student engagement.
- Support teachers in recognizing opportunities for students to develop active citizenship within their subject areas.
- Equip participants with the skills to apply the flipped learning approach to a wide range of active citizenship topics.
- Enable educators to guide students through the design thinking process when exploring and addressing societal issues.



Target Group Participants

- Educators and Teachers who are seeking innovative methods to adapt in the classrooms
- Caregivers who want to expand their expertise and knowledge
- Parents who foster innovative knowledge and new techniques
- Individuals who are open-minded in continuously learning



Competences acquire or improve

- Ability to apply flipped learning strategies to engage students in civic education.
- Skills in guiding students through active citizenship and social innovation projects.
- Competence in using design thinking to address societal challenges.
- Capacity to connect global issues to local actions through “glocalization.”
- Ability to promote collaboration, shared decision-making, and partnership skills among students.
- Competence in integrating digital and intercultural citizenship into project-based learning.
- Skills in enhancing students’ critical thinking, systemic thinking, and future-oriented competencies.

Duration



7 days

Day 1

Welcome & Foundation

- Welcome and Introductions
- Presentations of Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction to the Objectives of the Course

Day 2

Foundations of Active Citizenship & Flipped Learning

- Understanding active citizenship: from limited to critical pedagogy
- Power structures & how they influence youth agency
- Introduction to the Sustainable Development Goals (SDGs)
- Global Education: people, planet, prosperity, peace, and partnership
- Glocalization: connecting global issues to local realities

Day 3

Flipped Learning Tools & Design Thinking for Social Innovation

- Flipped classroom activities for global and civic education
- Resources and tools for preparing students at home
- Introduction to design thinking as a method for social innovation
- Selecting a social innovation topic for project-based learning
- Workshop: Crafting flipped tasks (videos, readings, challenges)

Group activity: Exploring real-life civic issues

Day 4

Community Mapping & Simulation for Active Citizenship

- Understanding the local community through mapping
- Identifying stakeholders, needs, and local power structures
- Connecting local realities with student-led projects
- Workshop: Community Mapping (actors, issues, opportunities)
- Simulation game: How decisions are made? Who has influence?
- Group work: Identify potential small-scale actions students could take

Day 5

From Insights to Ideation: Developing Solutions

- Turning community insights into innovation ideas
- Applying design thinking to social issues
- Competencies required for future-oriented active citizenship
- Ideation workshop: Generating solutions to identified problems
- Linking competencies:
 - Systemic thinking
 - Critical thinking
 - Participation & decision-making
 - Working in partnerships
 - Envisioning a better future
- Planning youth engagement strategies

Day 6

Intercultural & Digital Citizenship in a Flipped Environment

- Intercultural citizenship education
- Skills needed for multicultural and globalized contexts
- Digital citizenship and online participation
- Planning long-term collaborations between participants
- Group project: Designing digital or intercultural flipped activities

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

6th THEMATIC

Languages & Communication Skills

Explore practical ways to strengthen language and communication skills in everyday and professional settings. This theme supports non-formal language learning in English, Italian, and Spanish, enhancing confidence, cultural awareness, and effective communication.



Courses

1.

English Language- Basic Level A1-A2

2.

English Language- Intermediate Level
B1 - B2

3.

Italian Language- Basic Level

4.

Spanish Language - Basic Level

English Language- Basic Level A1-A2



Mini Description

This dynamic and practical course is designed for international teachers with basic English skills (A1–A2) who want to improve their English while exploring Greece. Using interactive, non-formal methods, participants will practice speaking, listening, reading, and writing in real-life contexts through games, role-plays, storytelling, and collaborative activities, strengthening grammar, vocabulary, and overall communication skills.

The course emphasizes confidence-building and practical application: teachers will gain the knowledge and assurance to communicate effectively in everyday situations, in the classroom, and with colleagues. At the same time, participants will immerse themselves in Greek culture through experiential learning, connecting language practice with authentic experiences. By the end of the program, participants will be equipped to use English confidently and creatively, enjoying an engaging, hands-on, and culturally enriching learning journey.

Training Goals Objectives

- Improve communication and confidence in everyday English situations
- Master basic grammar and sentence structures for speaking and writing
- Expand and actively use practical vocabulary in professional and social contexts
- Understand and respond accurately to spoken English
- Write clear, correct short texts, emails, and messages
- Participate effectively in interactive discussions, role-plays, and collaborative tasks
- Apply English confidently in real-life, cultural, and professional settings



Target Group Participants

- Teachers and educators with basic English skills (A1–A2)
- Psychologists and social workers with basic English skills (A1–A2)
- Individuals seeking to improve practical English skills for everyday and professional contexts



Competences acquire or improve

- Speaking & Conversation: Confident communication in everyday situations
- Listening & Understanding: Accurate comprehension of dialogues, instructions, and common speech
- Writing: Correct spelling, grammar, and sentence structure in short texts, messages, and emails
- Grammar & Syntax: Mastery of A1–A2 structures, including present, past, and future tenses
- Vocabulary: Practical words and expressions for personal, professional, and social contexts
- Pronunciation: Clear articulation and confident spoken English
- Cultural & Practical Communication: Effective use of English in real-life, immersive, and teaching contexts

Duration



7 days

Day 1

Welcome and Participant Orientation

- Welcome and Introductions
- Presentations by Participating Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction of participants: Share name, role and country to foster mutual understanding
- Icebreaker Activity: Introducing a partner using new phrases and vocabulary
- Reflection: Brief self-assessment of current English skills

Day 2

Name, Countries, Jobs

- Grammar practice tailored to A1–A2 level
- Vocabulary: names, countries, nationalities, occupations
- Useful phrases and phrasal verbs for introductions and professional backgrounds
- Speaking exercises: Introducing oneself and others; discussing personal/professional experiences
- Listening activities: Understanding information about people and places
- Reading comprehension: Short texts about professions
- Pronunciation practice: Names, countries, and occupations
- Applied practice: Role-plays and interactive tasks simulating real-life conversations
- Reflection: Self-assessment of skills practiced

Day 3

Hobbies

- Vocabulary: common hobbies and leisure activities
- Writing exercise: Weekly schedule describing personal activities
- Pair and group discussions: “What do you like to do in your free time?”
- Role-play: Planning weekend activities or inviting someone to join a hobby
- Grammar & Listening practice
- Reading comprehension: Short hobby-related texts
- Collaboration: Plan a mini hobby event in small groups
- Skills practiced: Speaking, listening, writing, vocabulary, pronunciation
- Reflection: Share one new thing learned about a partner’s hobbies

Day 4

Culture & Travel

- Vocabulary: countries, cities, landmarks, luggage, and travel phrases
- Listening activities: Short travel dialogues and authentic audio/video clips
- Reading comprehension: Travel-related short articles
- Speaking and writing: Share cultural facts and favorite travel destinations; create a mini travel itinerary
- Grammar practice according to the level
- Digital tools: Using online maps, travel apps, or virtual tours for interactive exercises
- Collaboration: Group discussions on cultural similarities and differences
- Reflection: Self-assessment of vocabulary and speaking skills

Day 5

Dreams

- Vocabulary: ambitions, aspirations, and future expressions
- Grammar practice: Future forms (will, be going to)
- Writing exercise: "My dream job / holiday / goal"
- Pair interviews about personal dreams
- Listening activity: Peer recordings/short audio clips on ambitions
- Collaboration: Mind mapping future goals in small groups
- Pronunciation focus: Emphasis on key phrases for discussing aspirations
- Skills practiced: Speaking, listening, writing, grammar, vocabulary
- Reflection: Share one personal goal with the group

Day 6

Emotions

- Warm-up: Expressing simple feelings and moods
- Vocabulary: emotions and feelings; explore the Emotional Wheel
- Role-plays: Expressing emotions in different situations
- Listening comprehension: Dialogues expressing emotions
- Grammar practice: Adjectives and descriptive language for feelings
- Writing exercise: Short diary entry about personal emotions
- Collaboration: Group scenarios practicing emotional support in classroom situations
- Skills practiced: Speaking, listening, writing, vocabulary, grammar, pronunciation
- Reflection: Share one new strategy to express or discuss emotions

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

English Language- Intermediate Level B1-B2



Mini Description

This interactive and dynamic 7-day training course is designed for international teachers who already have an intermediate level of English (B1–B2) and want to further develop their communication skills for professional and everyday use. Through engaging activities, real-life tasks, debates, collaborative projects, and non-formal learning methods, participants will practice speaking, listening, reading, and writing in meaningful and authentic situations.

The course focuses on building fluency, accuracy, and confidence. Teachers will strengthen their grammar and vocabulary, improve pronunciation, and learn how to communicate clearly and naturally in the classroom, at school meetings, during Erasmus+ activities, and in social interactions with colleagues from other countries.

Participants will also experience elements of Greek culture through experiential learning, connecting language practice with real-life contexts and enjoyable cultural activities. By the end of the course, teachers will feel more confident, independent, and creative in their use of English, ready to communicate effectively in both professional and everyday settings.

Training Goals Objectives

- Demonstrate improved fluency and accuracy in everyday and professional communication.
- Participate confidently in discussions, expressing and responding to opinions effectively.
- Apply a wider range of grammar structures and connectors in spoken and written English.
- Use an expanded vocabulary related to culture, work, travel, emotions, and abstract topics.
- Comprehend longer and more complex spoken English in various contexts.
- Produce clear and well-structured written texts, including emails, paragraphs, and short reports.
- Communicate naturally and spontaneously in real-life situations.



Target Group Participants

- International teachers with a B1–B2 English level
- Educators working in multicultural or international contexts
- Teachers who want to improve fluency and confidence in English
- Participants seeking to strengthen speaking, writing, and presentation skills



Competences acquire or improve

- Speaking: Fluency, coherence, expressing opinions, participating in discussions.
- Listening: Understanding extended speech, stories, instructions, and media.
- Writing: Producing clear emails, paragraphs, descriptions, and short reports.
- Grammar: Using complex structures, connectors, modals, conditionals, and time forms.
- Vocabulary: Expanding lexical range on work, culture, emotions, travel, and abstract topics.
- Pronunciation: Improving stress, intonation, clarity, and natural rhythm.
- Critical thinking: Analysing, evaluating, comparing, and forming arguments.
- Professional communication: Effective classroom English, appropriate tone, and presentations.

Duration



7 days

Day 1

Project Overview and Participant Introductions

- Welcome and Introductions
- Presentations by Participating Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction of participants: Share name, role and country to foster mutual understanding
- Icebreaker Activity: Introducing a partner using new phrases and vocabulary
- Reflection: Brief self-assessment of current English skills

Day 2

Jobs, Hobbies & Personal Interests

- Grammar practice aligned with participants' level (tenses, frequency expressions, questions)
- Vocabulary: workplaces, job roles, free-time activities, lifestyle and interests
- Useful expressions: describing duties, skills, routines, and hobbies
- Speaking tasks: presenting professional background; discussing habits and leisure activities
- Listening activities: conversations about work, interests, and daily routines
- Reading practice: short texts on professions, lifestyles, and personal stories
- Pronunciation: stress and rhythm in job titles, hobbies, and action verbs
- Interactive tasks: pair/group role-plays (planning activities, comparing routines, discussing strengths)
- Reflection: brief self-assessment of communication and vocabulary use

Day 3

Culture, Travel & Global Perspectives

- Grammar focus according to level (narrative structures, comparative forms)
- Vocabulary: culture, traditions, travel experiences, global perspectives
- Speaking tasks: sharing travel stories; discussing cultural norms and differences
- Listening activities: cultural encounters, interviews, real-life travel situations
- Reading practice: short texts on cultural habits and travel challenges
- Interactive practice: group discussions and map-based activities

Day 4

Dreams, Goals & Future Planning

- Grammar focus according to level (future forms, intentions, predictions)
- Vocabulary: ambitions, opportunities, life goals, professional development
- Listening activities: talks and interviews about future plans
- Writing task: developing a short personal/professional action plan
- Speaking tasks: pair interviews on dreams and long-term goals
- Interactive practice: planning activities and decision-making tasks

Day 5

Emotions, Challenges & Problem-Solving

- Grammar focus according to level (modals for advice, hypothetical forms)
- Vocabulary: emotions, reactions, stress, conflict resolution
- Listening activities: dialogues involving emotional expression or problem-solving
- Speaking tasks: role-plays on challenging situations and solutions
- Reading practice: short scenarios involving conflicts or dilemmas
- Interactive practice: negotiation and collaborative problem-solving

Day 6

Expressing Opinions & Course Reflection

- Grammar focus according to level (connectors, expressing stance, complex sentences)
- Vocabulary: opinion language, argumentation, discussion phrases
- Listening activities: short debates, opinion pieces, or storytelling
- Speaking tasks: guided dialogues and group debates on key topics
- Final presentations: expressing opinions clearly and confidently
- Interactive practice: synthesising week's themes in discussion tasks

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Italian Language- Basic Level



Mini Description

This course introduces teachers to basic Italian using interactive, playful, and non-formal methods. Each day focuses on a different theme such as daily life, jobs, hobbies, school life, or culture, combining vocabulary, functional phrases, grammar, writing, listening and practical activities. Teachers will engage in games, role-plays, group tasks and mini-projects, enabling them to use Italian immediately in classroom settings, with students, parents etc. and in their daily lives.

Training Goals Objectives

- Develop basic Italian communication skills in context.
- Enable teachers to communicate with Italian-speaking students and parents.
- Learn thematic vocabulary and functional phrases for everyday classroom and school situations.
- Foster collaborative, playful, and non-formal learning experiences.
- Encourage creative ways to integrate Italian into lessons and school projects.



Target Group Participants

- Teachers and school staff with basic Italian aiming to communicate effectively.
- Professionals interacting with Italian-speaking students, parents, or colleagues.
- Educators wishing to integrate Italian into lessons, school projects, and classroom activities.
- Individuals seeking practical Italian for everyday, educational, and professional contexts.



Competences acquire or improve

- Successfully communicate in basic Italian for greetings, numbers, dates, and everyday interactions.
- Effectively use thematic vocabulary related to jobs, hobbies, school, food, and cultural topics.
- Demonstrate comprehension of spoken Italian instructions, dialogues, and classroom exchanges.
- Write clear and correct short texts, messages, dialogues, and classroom notes in Italian.
- Apply Italian creatively in teaching activities, school projects, and real-life scenarios.
- Speak with confidence and experiment with Italian in classroom and daily contexts.
- Facilitate playful, collaborative, and non-formal learning experiences using Italian.

Duration



7 days

Day 1

Project Introduction, Orientation & Partner Presentations

- Welcome and Introductions
- Presentations by Participating Organizations/Schools
- Team Building Activities
- Expectations, Needs, and Contributions Discussion
- Introduction in Italian Language: Letters with special pronunciation
- Greetings, farewells, and polite expressions.
- Numbers 1–100, days, months, and telling time.

Day 2

Jobs & Professions

- Icebreaker: Introducing oneself and one's profession in Italian
- Vocabulary: common professions and workplaces
- Useful phrases: asking and answering questions about jobs
- Listening activity: identifying professions in short audio texts
- Writing task: simple sentences about one's own or others' professions
- Grammar focus: adapted to participants' level
- Role-play: teacher–student or parent–teacher conversations about work
- Interactive activity: matching professions with descriptions or workplaces

Day 3

Hobbies & Free Time

- Vocabulary for common hobbies, sports, and free-time activities.
- Express likes, dislikes, and preferences.
- Listening & Writing in the topic of hobbies
- Grammar according to the level of the group.
- Pair interviews about hobbies.
- Storytelling: Describe a weekend or favorite activity.
- Charades: Hobby guessing game in Italian.

Day 4

School Life & Students

- Vocabulary for school objects, subjects, and routines.
- Classroom instructions and polite phrases.
- Listening & Writing on the topic of School Life
- Grammar according to the level of the group.
- Collaborative storytelling: Describe a school day in your country.
- Mini-classroom simulations in groups.

Day 5

Food, Shopping & Everyday Life

- Vocabulary for food, meals, shopping, and transactions.
- Functional phrases for requesting items, prices, and quantities.
- Listening & Writing on the topic
- Grammar according to the level of the group.
- Role-play: Ordering food or shopping in a market.
- Scavenger hunt or interactive shopping game.

Day 6

Culture, Festivals & Travelling

- Festivals, traditions, and cultural expressions.
- Listening & Writing on the topic of Culture & Travel
- Grammar according to the level of the group.
- Group project: Prepare a mini cultural presentation or classroom activity.
- Role-play: Organize a classroom or school event in Italian.

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony

Spanish Language - Basic Level



Mini Description

This course offers an interactive and engaging introduction to Spanish for teachers who want to build essential language skills for classroom and professional communication. Through a lively mix of practical activities, real-life scenarios, role-plays, and non-formal learning methods, participants will develop the vocabulary, grammar, and everyday expressions needed to communicate confidently with Spanish-speaking students, parents, and colleagues.

Designed to be both educational and enjoyable, the course blends clear language instruction with collaborative tasks, games, and hands-on practice, ensuring that learning feels dynamic, relevant, and immediately applicable. By the end of the program, teachers will be able to use Spanish more naturally in daily school interactions, fostering a more inclusive, supportive, and culturally responsive learning environment for all learners

Training Goals Objectives

- Develop & Enhance basic Spanish language skills (speaking, listening, reading, writing).
- Enable teachers to communicate effectively with Spanish-speaking students and parents.
- Introduce essential classroom vocabulary and phrases for teaching.
- Encourage the integration of Spanish into lessons and school activities.
- Build confidence in practical communication situations within schools.



Target Group Participants

- Teachers and school staff with basic Spanish aiming to improve communication.
- Professionals interacting with Spanish-speaking students, parents, or colleagues.
- Educators seeking to integrate Spanish into lessons and school activities.
- Individuals wanting practical Spanish for everyday and professional use.



Competences acquire or improve

- Basic conversational Spanish for greetings, introductions, and daily interactions.
- Classroom management phrases in Spanish (giving instructions, asking questions).
- Reading and understanding simple Spanish texts (short stories, instructions).
- Writing simple sentences and notes in Spanish.
- Listening comprehension for common school-related situations.
- Cultural awareness and sensitivity to Spanish-speaking communities.

Duration



7 days

Day 1

Introductions & Daily Life (Greetings, Numbers, Dates, Time)

- Welcome and Introductions
- Team Building
- Expectations, Needs, and Contributions Discussion
- Introduction in Spanish Language: Spanish-specific letters: ñ, accented vowels, ü.
- Greetings, farewells, and polite expressions.
- Numbers, dates, days of the week, and telling time.
- Icebreaker: "Say your name with a twist" using accented letters.

Day 2

Jobs & Professions

- Warm up: Pair activity: Introduce yourself, your job greet, and ask simple questions
- Vocabulary for common professions and workplaces.
- Simple phrases to ask about jobs and responsibilities.
- Listening about jobs
- Writing Activities
- Grammar according to their level
- Role-play: Teacher-student or parent-teacher conversations about professions.
- Game: Match professions with their descriptions or workplaces.

Day 3

Hobbies & Free Time

- Vocabulary for common hobbies and sports.
- Phrases for expressing likes, dislikes, and preferences.
- Listening & Writing about the topic
- Grammar according to the level
- Pair interview: Ask your partner about hobbies and preferences.
- Group storytelling: Describe a weekend or favorite activity.
- Game: Hobby charades in Spanish.

Day 4

School Life & Students

- Vocabulary for school objects, subjects, and daily routines.
- Instructions, commands, and polite classroom phrases.
- Listening & Writing about the topic
- Grammar according to the level
- Collaborative storytelling: Describe a school day in Spanish.
- Mini-simulation: Conduct a short classroom activity in Spanish.

Day 5

Food, Shopping & Everyday Life

- Vocabulary for food, meals, shopping, and basic transactions.
- Phrases for asking for things, prices, and quantities.
- Listening & Writing about the topic
- Grammar according to the level
- Role-play: Shopping in a market or ordering food.
- Write simple notes or short dialogues in pairs.
- Game: Scavenger hunt or ordering activity in Spanish.

Day 6

Culture, Festivals & Integration

- Cultural highlights, festivals, and simple expressions related to celebrations.
- Key phrases and vocabulary about culture and travel
- Listening & Writing about the topic
- Grammar according to the level
- Group project: Prepare a mini cultural presentation or activity.
- Role-play: Organize a classroom or school celebration using Spanish phrases.

Day 7

Project Closure & Certificate Ceremony

- Final Reflection on Course Learnings
- Course Evaluation & Feedback
- Certificate Ceremony



ATHENS, GREECE

Athens is the capital of Greece. It was also at the heart of Ancient Greece, a powerful civilization and empire. The city is still dominated by 5th-century BC landmarks, including the Acropolis, a hilltop citadel topped with ancient buildings like the colonnaded Parthenon temple. The Acropolis Museum, along with the National Archaeological Museum, preserves sculptures, vases, jewelry and more from Ancient Greece.

ACCOMODATION



DOUBLE BED



BATH



KITCHEN

ACCOMODATION PARTNER

ERMASS HOTEL

Chalkokondili 31,
Athina 104 32, Greece

ERMASS HOTEL

Ermass Hotel is our standard accommodation partner, located in the center of Athens. It offers comfortable lodging in a convenient urban setting, ensuring a pleasant and practical stay for course participants.

LOCATIONS



KIVERI, ARGOLIS, GREECE

Kiveri (is a small village in the municipal unit of Lerna, Argolis, Greece. It is situated on the bay of Argos across from the tourist center of Nafplio. Kiveri has a predominantly agricultural economy revolving around the growth and distribution of oranges and olives. There is also a small fishing industry.



ARGOS, ARGOLIS, GREECE

Argos is a city and municipality in Argolis, Peloponnese, Greece and is one of the oldest continuously inhabited cities in the world, and one of oldest in Europe. Numerous ancient monuments can be found in the city today. Agriculture is the mainstay of the local economy.



NAFPLIO, ARGOLIS, GREECE

Nafplio or Nauplio is a coastal city located in the Peloponnese in Greece and it is the capital of the regional unit of Argolis and an important touristic destination. Apart from tourism Agriculture is a very important sector and the city is also surrounded by a fertile irrigated plain and produces oranges, lemons, peaches, apricots, olives and almonds.



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