

Programma Erasmus+
Attività KA2
Partenariati strategici tra sole scuole
Settore Istruzione Scolastica
Call: 2014

Interim Report Form

Project Identification

Action Type	Strategic Partnerships for Schools only
Project Agreement Number	2014-1-PL01-KA201-003024_3
Project Title	"A sound mind in a sound body – how to survive the changes in our world and be well"
Beneficiary Organisation Full Legal Name (Latin characters)	I.I.S.S. V.Ignazio Capizzi
Contact Person (Title, first name, last name, e-mail address)	Mrs Maria Floreana Casella floreanacasella@virgilio.it
Reporting Period (dd/mm/yyyy – dd/mm-yyyy)	01/09/2014 – 31/08/2017



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Project Implementation

Please summarise the main developments in the project at this interim stage. Describe the activities already completed, the activities currently in progress and the activities to be organised for the remaining project duration.

Are the initial objectives, planned activities, identified targets and expected results being pursued, carried out and reached as initially planned? So far, have you encountered challenges or problems in implementing the project goals as planned? If so, what challenges or problems have you encountered? Please provide any relevant information considered necessary for a comprehensive overview of the current and further implementation of the project.

As planned, our school hosted, from 6th to 15th March 2015 the Turkish and Finnish students and from 26th September to 04th October 2015 students from Poland and Spain.

Ten of our students and two accompanying teachers went to Poland from 19th to 28th March 2015 and fifteen and two accompanying teachers went to Spain from 5th to 14th November 2015.

The headmaster and two teachers attended to the Transnational Project Meeting in Warsaw from 17th to 20th November 2014 e in Karstula from 06th to 09th September 2015.

The next short-term exchange that will be in Finland from 14th to 21st May 2016 and the next Transnational Project Meeting that will be in our school in September 2016.

The last short-term exchange will be in Turkey in April 2017.

“A sound mind in a sound body – how to survive the changes in our world and be well” is a three-year-long project. The partners are schools from Poland, Finland, Italy, Spain and Turkey. The coordinator is the school of Poland.

The project is based on three main components or ‘pillars’ of physical health, mental health and healthy environment. It focuses on developing initiatives that promote young people’s social inclusion and wellbeing, the improvement of physical and psychological condition, the enhancement of healthier living habits as well as the active participation of young people in the society. The project intends to help students cope with the difficult circumstances they have had to experience during the global crisis and due to current changes in lifestyles, overcome difficulties, maintain good health and mood, and be better prepared for their future role in the society.

Most of the initial objectives are carried out. In particular:

- to improve students’ skills in foreign languages;
- to practice sports in order to develop in a healthy way;
- to integrate young disabled people in our daily activities and learn to live in a diversity of

people with different abilities;

- to learn more about modern threats to our health;
- to raise the sense of personal responsibility for health and raise public awareness;
- to reflect on our diets and gain knowledge about eating healthily;
- to learn what other countries do to keep a healthy population;
- to get to know each other, make contacts in other countries, exchange ideas, experiences and good practices;
- to better understand and respond to social, linguistic and cultural diversity;
- to raise students' active participation in the life of school, local community and the society;
- to use various ICT techniques in order to increase students' and teachers' digital competence;
- to increase the motivation to work and study.

The project aims to develop initiatives that promote young people's social inclusion and wellbeing, the enhancement of healthier living habits as well as the active participation of young people in the society. This has been done in particular through the promotion of outdoor activities and sports, cultural activities raising both awareness and participants' wellbeing as well as trips and visits to nature reserves, national parks and other places of natural beauty.

Most activities were aimed at drawing students' attention, involving them, raising their awareness as well as promoting or disseminating the project. Most of them did not only involved students, but also their parents, teachers of other schools and local communities.

Project Management

How satisfactorily is the ensemble of project partners contributing to the realisation of the project?
Have the distribution of tasks been adjusted since the application?

Has any change in the composition of partners been deemed necessary (as already communicated to the NA), or is any change planned at this stage?

Besides the project management activities already described, what other activities have you carried out using the budget awarded for Project Management and Implementation?

We are very pleased with the project partners collaboration. The transnational meetings at the beginning of every school year, were very important, in fact headmasters, coordinators summed up the year of the project, analyzed the reports and reflected on them, evaluated the activities carried out and their results, analyzed plans for the following year of the project and, if necessary, made adjustments, beneficial for it. The transnational meetings also served other purposes, such as preparing short-term learning mobility activities, especially in the context of disabled participants.

Which monitoring activities have you carried out so far in order to assess the extent to which your project is reaching its objectives and producing its results? If relevant, how are you measuring the level of success of your project? Have you defined quantitative and qualitative indicators? What measures are being used to handle project risks (e.g. conflict resolution processes, etc.)?

Every stage of the project has been monitored by the teachers coordinators. In order to ensure the highest quality and the appropriate evaluation of the project activities and results we distributed surveys among students, teachers and all the involved parties after each activity or event as well as at the end of each term. We interviewed the teachers and the other parties involved about the activities or events, after each of them and at the end of each term. We asked to colleague teachers for their evaluation of the results / products, especially leaflets, posters, presentations, photographs, videos, website. Everybody, especially all the students, have been encouraged to express their opinions and evaluate the project activities and results by “liking” them on the project Facebook page. The most important measure to handle project risks were the transnational meetings. In order to avoid the possible risks the Polish project coordinator has reviewed thoroughly all partners’ correspondence, background and experience and has consulted all the partners at all times on every issue to make sure that all project activities and results are realistic and feasible.



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Transnational Project Meetings

Please provide useful information the Transnational Project Meetings organised so far (e.g. number of meetings, topics covered, participants in the meetings, etc.)

We had two Transnational Project Meetings. The first one in Poland, from 17th to 20th November 2014 and the second one in Finland from 06th to 09th September 2015. The participants were teachers and headmasters.

The main objectives of the Transnational meetings were for all partners to meet, become acquainted to the project and discuss potential issues and significant matters at hand concerning the materialization of the project.

We have used the meetings for planning the whole project, dividing tasks, signing partnership agreements about communication, student accommodation or other agreements; to discuss how to accomplish the activities and tasks of the project, to discuss monitoring and evaluation of activities and reconfirm tasks for the next period.

The main themes were:

- implementing the activities plan;
- the roles and tasks of each institution in the partnership;
- budget issues;
- monitoring progress: measurement and analysis of finished or in progress activities, in order to insure their quality.

Intellectual Outputs

If you have included Intellectual Outputs in your project, please describe what you have achieved so far.

Are these Intellectual Outputs being realised in line with the initial expectations and plans? If not, please describe why and what you will do to achieve your goals.

If relevant, please attach any supporting documents (work plans, charts, etc.) to illustrate in detail the progress made in the realisation of the Intellectual Outputs so far.

We haven't included any Intellectual Outputs in the project.

Multiplier Events

If you have organised Multiplier Events in your project, please identify and describe them, also making the connection with the relevant Intellectual Outputs mentioned above.



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We haven't organized any Multiplier Events in the project.

Learning/Teaching/Training Activities

If you have organised learning, teaching or training activities in your project, please describe in which phase are these activities (organisational planning, programme planning, participant selection, implementation, etc.) Are the activities in line with your plans? If not, please describe why.

We believe that the short-term learning activities have played a very important role in the project. We provided an exceptional opportunity for our students to come together in an educational environment with a structured program in each participating country to share their lifestyles, views on key project issues, their knowledge, ideas and skills in areas related to health, sport and environment. Visiting each other's country and experiencing these and other aspects first-hand is a great opportunity for all the students to raise their awareness, knowledge and empathy. This way we hoped to break the barriers in the way of looking at each other, the way of looking at opportunities beyond our own countries. In particular:

- the participants learnt what other countries do to keep healthy population;
- the participants got the chance to visit nature reserves or national parks in the area of the receiving partner school which is believed to make them aware of Europe's diversity and natural beauty,
- the participants raise their ecological awareness and motivate them to preserve and create healthy conditions to live for themselves and future generations.

Moreover, these activities provided an opportunity to learn about how we eat, to taste foreign national products and dishes.

There is no genuine friendship without personal contact, and this is why mobility activities are so crucial; they provide an opportunity to get to know each other, make contacts and friends in other countries, exchange ideas and experiences as well as realize our common characteristics.

Also teachers have had the chance to observe and exchange experiences and good teaching practices and the school was known abroad and has increased its European dimension.

As planned, our school hosted, from 6th to 15th March 2015 twelve students and two accompanying teachers from Turkey and twelve students and two accompanying teachers from Finland.

From 26th September to 04th October 2015 our school hosted fourteen students and two



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accompanying teachers from Poland and twelve students and two accompanying teachers from Spain.

Ten of our students and two accompanying teachers went to Poland from 19th to 28th March 2015 and fifteen students with two accompanying teachers went to Spain from 5th to 14th November 2015.

Now we are planning the next short-term exchange that will be in Finland from 14th to 21st May 2016.

The activities are in line with our plans.

Dissemination and Use of Projects' Results

Which activities have you put in put in order to disseminate project results in the future?

If your project has already achieved some of the expected results, have you started disseminating these results? If so, in what way?

The most substantial dissemination channel is the school website where all documentation of our activities is displayed.

We disseminated the project on the local and national press.

We have also created a photo gallery of the project to publicize it, a notice board in our schools, schools' leaflets, brochures and other publicity materials whose content include information about the project. In addition, some our students designed the logo of the project and drew banners. We made t-shirts, pens and folders that were given to the guests during the mobility.

We disseminated the project's results to teachers of our school, to our students and their parents and to the community.

In most of the projects activities, such as Welcome days and Farewell Parties, we invited local authorities (Mayor, representatives law enforcement), Headmasters and teachers of other local schools.

In addition, we received sponsorship from the town hall of Bronte and the "Etna Park"

Other useful information

If relevant, please provide any other relevant information deemed necessary to give a comprehensive overview of the current implementation of the project.

As mentioned above, we believe that the project is an example of good practice which should and can be followed. Then, some project activities, especially quizzes, surveys, research results, presentations are of interest to other teachers, their schools and to the community. The results of surveys, questionnaires and research may also be interesting and bear valuable information for local authorities, educators, teachers, and other parties.

We planned a whole range of activities, including socializing with our friends from other countries, organizing and participation in sports competitions, trips and visits to museums, galleries and historical sites. Moreover, we involved teachers from other schools, parents, local residents and local authorities, to participate in events such as health picnics, welcome days, farewell parties. We produced questionnaires, surveys, quizzes, leaflets, posters and brochures, videos, a project website, facebook. We are going to create the curriculum for the school subject of "health", which might be later used in our schools and disseminated among other teachers.

This project has undoubtedly had a positive impact on its participants, such as all the students of the schools, their parents, the teachers and visitors.

Participating students have:

- improved their knowledge of all the countries involved, including their history, traditions, culture, lifestyles, which will lead to better understanding and responsiveness to cultural, social and linguistic diversity, a change in attitude towards them and tolerance;
- raised their European citizenship awareness and a positive change in attitude towards European values;
- improved their competences in spoken English, as for many students this has been the first opportunity to use the language in real-life situations;
- gained and developed their competences in project management, team work, independence, creativity, discipline, critical thinking or their own actions' evaluation;
- raised their self-esteem, satisfaction and motivation to study;
- become familiar with different education systems.

The project has also had a huge positive impact on the teachers who have participated in it and on the school.

In particular, the school has changed its image for the better and its prestige has increased. It has gained the opportunity to act in the European educational space and thus has raised its European dimension.

The teachers have:

- improved their linguistic skills themselves;
- improved their project management skills, creative thinking, problem solution, critical thinking, planning and team work;
- increased the level of their digital skills;
- become familiar with different education systems, shared experiences and gained knowledge about good practices;
- increased opportunities for professional development;
- increased their self-esteem, satisfaction and motivation for further work.

We believe that the project has been relevant at all levels.

Through developing our students' intercultural interests, raising their social, cultural and linguistic awareness as well as giving them the opportunity to experience it first-hand, we have aimed to influence their parents and entire families who have had a chance to improve their language competences, increase their cultural and social awareness, raise their awareness of the key issues of this project (physical and mental health, and environmental problems), start taking more care of their own and families' condition, become more active participants of the school and their respective communities' lives, open their minds and broaden horizons.

The project had a positive impact on our local communities, too. Due to some dissemination activities, including meetings with parents, with students, students' photo and other works' exhibitions, events such as health picnics, sports competitions, artistic performances, leaflets distribution, we were able to make the ideas and results of this project widespread and raise public awareness locally.

We are convinced that the project has a positive impact on its participants, partner schools, persons indirectly involved in it, who will not only gain project-related knowledge, but also develop their awareness, tolerance, and change their image for the better.

Budget

Financial statement on the EU grant

	Total amount
Grant awarded from the Erasmus+ Programme (as in your Grant Agreement)	€ 62.935,00
1st Pre-financing payment: grant already received from the Erasmus+ Programme	€ 25.174,00
EU grant already used up	€ 25.174,00
2nd pre-financing payment claimed by the beneficiary to the National Agency	€ 25.174,00

Beneficiary Signature

I, the undersigned, certify that the information contained in this interim report form is accurate and in accordance with the facts.

Place: Bronte

Date 27/02/2016

Name of the beneficiary organisation: I.I.S.S. V. Ignazio Capizzi

Name of legal representative: Grazia Emmanuele

Signature:



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National ID number of the signing person (if requested by the National Agency): CAPIZZI@8743

Stamp of the beneficiary organisation (if applicable):