

Kursus og kontaktseminar med skoler fra hele Europa om trivsel og global dannelse



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Kursussted

Warszawa

Dato

6.-8. oktober 2025

Formål

Formålet med kursus og kontaktseminaret er at sætte fokus på arbejdet med elevernes trivsel og skolens arbejde med global dannelse i undervisningen og på rejserne i Europa.

Indhold

Der vil være rig mulighed for det personlige møde mellem den enkelte kursist og lærere fra andre europæiske lande. På kurset vil der være fokus på best practice i forhold til rejser og online samarbejde som en del af elevernes undervisning. Herudover vil deltagerne få en bred viden om, hvordan man kan søge midler til nordisk og europæisk samarbejde. Der vil være rigeligt med samarbejdspartnere fra skoler i hele Europa til alle deltagerne.

Målgruppe

Undervisere og ledere fra efterskoler og skoler i Europa med elever i alderen 15-17år.

Me&We a tool for working proactively with well-being at lower secondary school

Several studies show an increase in young people's social dissatisfaction, including stress, pressure and loneliness. Schools are demanding a structured and proactive approach to working with pupils' well-being. With this workshop you will have a hands-on approach on how to work with well-being for the entire group of pupils. You will have an introduction to the concept Me&We and you will experience a handful of activities, that have been used at many lower secondary schools in Denmark over the last five years.

The purpose of Me&We is to:

- Promote a socially strong youth generation and thus combat the increasing social dissatisfaction among young people
- Strengthen young people's ability to establish and maintain the relationships they need
- Inspire young people to take part in and take responsibility for the community
- Give young people positive experiences of sharing what is difficult, and the opportunity to reflect in like-minded people
- Support young people in creating a culture where they feel good enough
- Support and supplement the teachers' knowledge, tools and structures to promote the well-being of young people

efterskolerne
Program

06.10.2025

09.00	Introduction of participants and specific interests
09.45	Official welcome to The Royal Danish Embassy in Poland
10.00	Me&We a tool for working proactively with well-being at lower secondary school <i>Mie Juul Ingerslev, Efterskolerne and Jannie Christiansen, teacher at Høng Efterskole</i>
10.45	Break
10.55	Workshop: Activities focusing on well-being
11.50	Workshop: How to work with well-being during a school year
12.15	Lunch
13.00	Workshop: Reflection and summation of the well-being workshop
14.00	Break
14.10	Workshop: Best practices of class exchanges/pupil mobility
14.40	Workshop: Best practices of job-shadowing or online cooperation
15.00	Break
15.30	Workshop in smaller groups - find partners for: 1. Erasmus+ pupil mobilities 2. Job-shadowing opportunities 3. Online cooperation
17.00	Cultural event
18.30	Dinner

07.10.2025

09.00	The different opportunities for schools in the Erasmus+ program - Erasmus Accreditation - KA122: Group mobility of school pupils' [2-30 days] / Short-term learning mobility of pupils' [10-29 days] - Cooperation Partnerships / Small-scale Partnerships
10.00	Workshop: Best practices of KA122 / Small-scale Partnerships / Cooperation Partnerships
10.30	Break
11.00	Workshop in smaller groups - find partners for: 1. Erasmus+ pupil mobilities 2. Erasmus+ KA122 - group mobilities / short-term learning mobility 3. Erasmus+ Cooperation Partnerships / Erasmus+ Small-scale Partnerships
11.30	Workshop: Best practices of KA122 / Small-scale Partnerships / Cooperation Partnerships
12.00	Workshop in smaller groups - find partners for: 1. Erasmus+ pupil mobilities 2. Erasmus+ KA122 - group mobilities / short-term learning mobility 3. Erasmus+ Cooperation Partnerships / Erasmus+ Small-scale Partnerships
12.30	Lunch
13.30	Workshop in smaller groups - find partners for: 1. Erasmus+ pupil mobilities 2. Job-shadowing 3. Online cooperation 4. Other
14.00	Agree on your future cooperation with your new partners
15.30	End of program

Program

08.10.2025	
8.45	We meet outside the school
9.00-12.00	In two groups we visit two lower secondary schools in Warsaw School visit 1
9.00-12.00	In two groups we visit two lower secondary schools in Warsaw School visit 2
12.00	End of program

Praktiske oplysninger

Overblik	
Kursussted	Danmarks ambassade i Warszawa, ul. Marszałkowska 142, 00-061 Warszawa Hotel Gromada, Pl. Powstańców Warszawy 2, 00-030 Warszawa
Dato	06-08.10.2025
Tilmeldingsfrist	01.09.2025
Deltagerpris	<p>Gratis for skoler, der er med i Efterskoleforeningens Erasmus+ aktiviteter 2024-2025 eller 2025-2026. Kursusafgift, hotel samt bespisning er inkluderet. Deltagerne sørger selv for rejseforsikring samt transport til og fra Warszawa. Transporten refunderes med 2.500 kr for bus, tog eller samkørsel i bil. Fly refunderes med 2.000 kr.</p> <p>Pris for deltagere fra skoler der ikke er med i Efterskoleforeningens Erasmus+ er 3.500 kr.+ dække egen transport.</p> <p>1 deltager per skole (nr. 2 deltager fra samme skole kommer på ventelisten eller kan deltage ved egenbetaling på 3.500kr+egen transport)</p> <p>Det er op til den enkelte deltager at vælge rejsedage.</p> <p>Vi skal bo på dobbeltværelser. Der er egenbetaling på 2.000 kr. for enkeltværelse. Hotellet er booket fra søndag den 5/10-onsdag den 8/10.</p>
Deltagerantal	20
Betaling	Der fremsendes en faktura i forbindelse med tilmelding
Framelding	Framelding efter 1. september koster 2.500 kr. – gælder alle deltagere
Kursusleder	Jakob Clausager Jensen, jcyj@efterskolerne.dk , +45 22361153
Undervisere	Mie Juul Ingerslev, Efterskolerne Jannie Christiansen, Høng Efterskole