

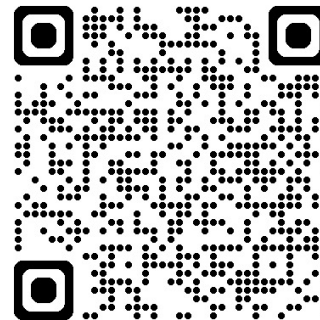
ALBATERA

IES ANTONIO SERNA

[NUESTRO PROYECTO EDUCATIVO](#) >



## ✓ Activ.Formación y Coop.(TCA)



## TCA Oct-24 Varsovia

[> TCA Oct-24 Varsovia](#)[> TCA Sept-25 Gdynia](#)

### Health E+Motions International Seminar on Mental Health in Mobility Projects

Javier Galiana, Coordinador Erasmus+ para la Educación Superior en el IES Antonio Serna Serna, fue seleccionado para participar en el seminario **Health E+Motions** celebrado en Varsovia el pasado mes de octubre (del 14 al 18 de Octubre de 2024).

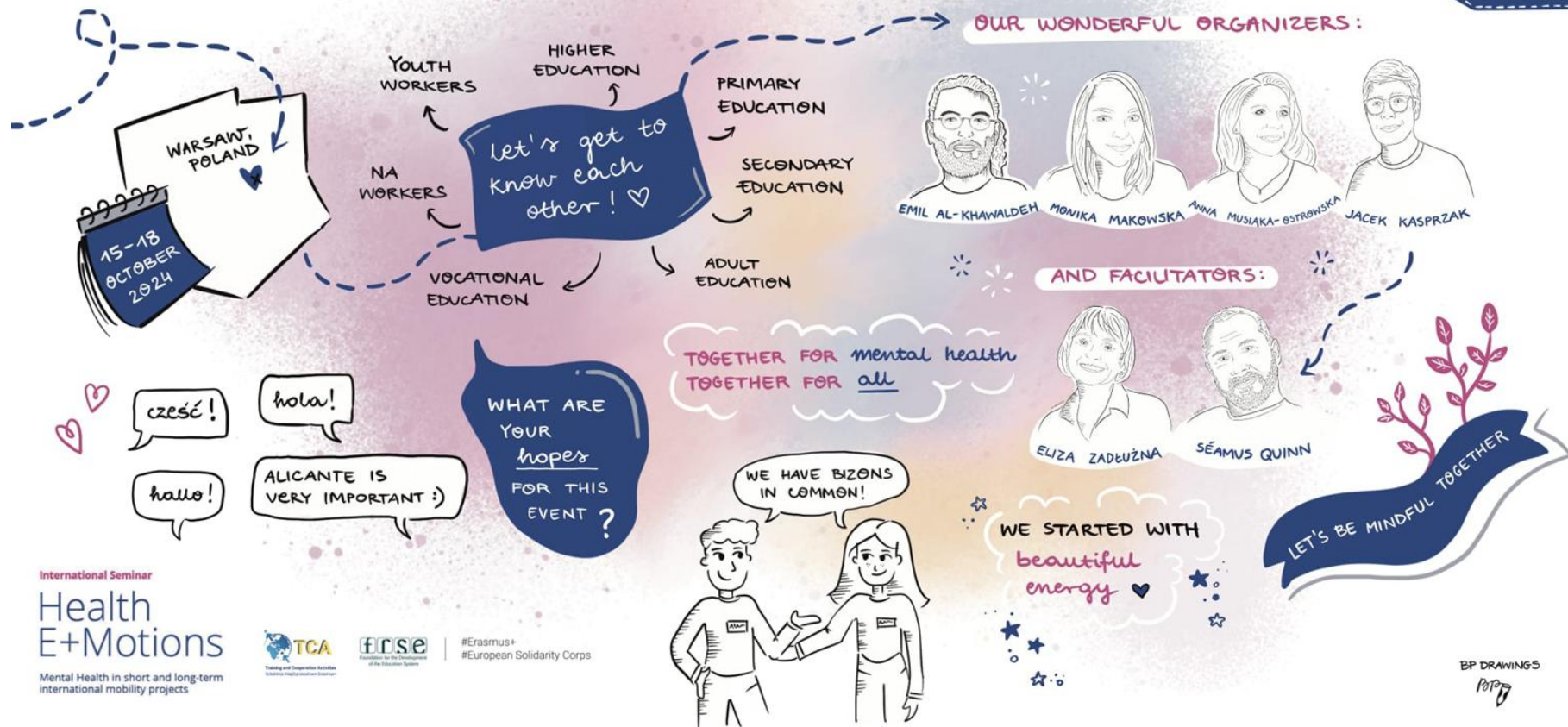
Dicho seminario forma parte de las Actividades de Formación y Cooperación (TCA) que convoca La Agencia Nacional Española para la Internacionalización de la Educación, la cual ayuda a las instituciones o centros educativos de los países que participan en el Programa Erasmus+ a entrar en contacto y desarrollar un plan de



# WELCOME TO HEALTH E+MOTIONS SEMINAR

Mental Health in short and long-term international mobility projects

Day 1





GOOD MORNING!

WHAT MADE YOU smile TODAY?

# OPENING CEREMONY

DAY 2



BREAK YOUR mental barriers

TVN FOUNDATION SUPPORTS mental health OF YOUNG PEOPLE

WHERE DOES MY DRIVE COME FROM & IS IT HEALTHY?

IT IS A PUSH OR PULL

IT IS OUR RESPONSIBILITY TO ALWAYS BE THERE FOR PEOPLE ON THEIR EDUCATIONAL PATH & HELP THEM UNDERSTAND who they are

SHARED EXPERIENCE DOESN'T RECOGNIZE BORDERS

ZUZANNA LEWANDOWSKA

President and CEO of TVN Foundation

WE ARE HERE TO engage in MEANINGFUL DIALOGUE AND learn from each other

WE HAVE A common goal TO IMPROVE mental health & well-being OF OTHERS



TOMASZ KRZESNIAK

Deputy Director of Polish National Agency for Erasmus+ and European Solidarity Corps

LET'S BUILD A NETWORK OF SUPPORT, SHARE RESOURCES & PASSION AND CREATE = positive change =

I WAS SCARED BUT ALSO excited FOR THIS TRANSFORMATIVE EXPERIENCE IN A FOREIGN COUNTRY

MY JOURNEY WASN'T ONLY MINE!

↳ I inspired my sister!



KLAUDIA GOŁĘBIEWSKA

Assistant Professor at the Faculty of Political Science and Journalism of Adam Mickiewicz University in Poznań

THE BUTTERFLY EFFECT OF MY ERASMUS CHANGED MANY LIVES AT ONCE

International Seminar

## Health E+Motions

Mental Health in short and long-term international mobility projects



#Erasmus+  
#European Solidarity Corps



EP DRAWINGS

POTD

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# CONSENSUS MAPPING

A COLLABORATIVE MAPPING OF THE NEEDS OF THE PARTICIPANTS

day 2



## NAVIGATING CULTURAL DIFFERENCES

BUILD AWARENESS

encourage DIALOGUE

CREATE THE RIGHT ENVIRONMENT AND SPACE BEFORE YOU DIVE INTO DIFFICULT TOPICS

CREATE safe space FOR SHARING THOUGHTS AND FEEDBACK

PROMISE support AND company

KNOW WHO TO CONTACT

## ADDRESSING CRISIS

help others DEFINE their feelings

ENGAGE SPECIALISTS

## ENCOURAGE PARTICIPANTS

make them feel INCLUDED

GIVE THEM SPACE TO DISCOVER THEIR OWN RESOURCES

connect them with former, experienced students

share PERSONAL STORIES

this is MY STORY

provide SAFETY and FINANCIAL SUPPORT



ALWAYS BE PREPARED



YOU DON'T NEED TO BE AN EXPERT, JUST BE A GOOD ADULT ♥

it is okay not to feel okay

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# SNAPSHOT WORKSHOPS

day 2



KATARZYNA SAWICKA

DEPRESSION  
PREVENTION  
and  
MINDFULNESS  
TRAINING  
TECHNIQUES



MARTA SKÓRCZYŃSKA

NONVIOLENT COMMUNICATION  
IN YOUTH WORK. RECOGNIZING  
FEELINGS AND NEEDS FOR  
SELF-REGULATION



MAGDALENA PASZKOWSKA

HOW TO SUPPORT  
MENTAL RESILIENCE  
OF YOUNG PEOPLE  
IN EDUCATIONAL  
MOBILITY PROJECTS



ANNA BIŁOSHAPKA

MENTAL HEALTH  
CHALLENGES OF  
PARTICIPANTS  
COMING FROM  
CONFLICT AFFECTED  
ZONES

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# EVENING WELLNESS

DAY 3

## MINDFULNESS SESSION

with Katarzyna Sawicka

awareness and being in the moment

FEEL ALL THE CONTACT POINTS  
OF YOUR BODY

NOTICE ANY SENSATIONS  
AND RELEASE THEM

GIVE YOURSELF COMPASSION &  
UNDERSTANDING



## ZUMBA

with Michał Seget

dancing, music & amazing energy



## STRESS DISSOLVING

with Dorota Merecz-Kot

movement and laughing :)

OUR BODY REACTS TO ALL EMOTIONS  
THAT WE ARE CARRYING

DON'T GET FROZEN IN  
THINKING

## GUIDED MEDITATION

with Abdel Fattah Al Habchi

breathing and deep relaxation

OUR BODY IS  
A BLESSING THAT  
WE NEED TO  
PROTECT



HUG YOURSELF  
AND STAY  
GRATEFUL

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# HOW TO SUPPORT MENTAL RESILIENCE OF YOUNG PEOPLE IN EDUCATIONAL MOBILITY PROJECTS

DAY 2



MAGDALENA PASZKOWSKA  
PSYCHOLOGIST, PSYCHOTHERAPIST,  
ERASMUS+ YOUTH EXPERT

SOME OF US ARE MORE  
IN THE **ALERT MODE**  
DEPENDING ON OUR  
PAST EXPERIENCES

... but not every  
bad news is a life threat

CONCENTRATE ON THE  
PRESENT MOMENT

don't fall into  
the trap of  
LOOKING AHEAD  
and WORRYING

Here  
and  
NOW



many of our  
reactions  
are here to help us  
= SURVIVE =

CAN MAKE  
CHOICE ON  
WHICH SOURCES  
TO FOLLOW

RESILIENT PEOPLE

cope well  
with  
emotions

are  
flexible  
with their  
thinking

ARE ABLE TO  
tune into  
= GOOD =

THOUGHTS  
DEFUSION

DO NOT BELIEVE YOUR  
BRAIN TOO MUCH :)

IT IS ONLY A CRAZY DREAM UNTIL YOU DO IT

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# SPORT AND PHYSICAL ACTIVITY AS A TOOL FOR IMPROVING WELLBEING, INCLUSION AND INTEGRATION

DAY 3



JAKUB KALINOWSKI  
CEO, V4SPORT Foundation

THERE IS NO  
GOOD EDUCATION  
WITHOUT PHYSICAL  
ACTIVITY

we have STRUCTURED  
A LOT today sport



WHAT CAN I DO TO HELP MYSELF?

ABC MESSAGE:

ACT: DO SOMETHING

BELONG: DO STH TOGETHER

COMMIT: DO STH MEANINGFUL

SPORT  
CAN BE A TOOL  
FOR  
SOCIAL CHANGE

WE ARE  
changing  
THE WAY KIDS  
ARE learning  
IN SCHOOLS

LESS SITTING  
= MORE BENEFITS

PHYSICALLY  
ACTIVE  
LEARNING



IN THE COURSE  
OF LAST 20-30 YEARS  
THE WORLD HAS  
STOPPED  
MOVING

74% OF CHILDREN  
SPEND  
LESS TIME OUTSIDE  
THAN PRISON INMATES

AND IF YOU CAN  
DO IT OUTSIDE  
THAT'S EVEN  
BETTER

FIND YOUR OWN MOVE

TAKE THE TIME TO CHECK IN THOSE AROUND YOU

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Physical Activity Bingo Card to do in pairs.

<b>Partner Stretch.</b> Do min. 5 stretches all together. Hold each stretch for <b>30 seconds</b> .	<b>Walking Lunges.</b> Do <b>10 lunges</b> each (facing each other).	<b>High-Five Squats.</b> Do <b>10 squats</b> together with a high-five at the top.	<b>Relay Race.</b> Complete a short relay (30 meters) together, running back and forth.	<b>Mirror Exercise.</b> One leads a series of movements (like arm circles etc.) for <b>1 minute</b> ; the other mirrors, then change.
<b>Tandem Run.</b> Run around the trees side by side for <b>1 minute</b> while maintaining a conversation.	<b>Balance Challenge.</b> Stand back to back and balance on one leg for <b>30 seconds</b> each, then switch legs.	<b>Circle Jump.</b> Jump together <b>15 times</b> in a circle, counting out loud in your own language.	<b>Clap Jump.</b> Jump up and clap hands together <b>10 times</b> .	<b>Yoga Pose Together.</b> Hold a yoga pose (like Tree Pose) together for <b>30 seconds</b> .
<b>Tag Team Push-Ups.</b> Face each other and do <b>5 push-ups</b> .	<b>Fun Photo.</b> Take a fun action shot striking a pose together with another pair.	<b>Nature Scavenger Hunt.</b> Find <b>3 different types</b> of leaves each by walking around.	<b>Mini Dance-Off.</b> Play some music on your phone. Have a <b>30-second</b> dance-off in one place.	<b>Compliment Challenge.</b> Jog in place for <b>1 minute</b> while complimenting your colleague.
<b>Human Wheelbarrow.</b> One partner walks on their hands while the other holds their legs for <b>10 meters, then change</b> .	<b>Throw and Catch.</b> Stand about <b>5 meters apart</b> and throw an imaginary ball (or your hat) back and forth for <b>45 seconds</b> .	<b>Partner Walk.</b> Walk side by side while talking for a distance of <b>50 meters with your arms touching each other</b> .	<b>Fitness Trivia.</b> Ask each other <b>1 fitness-related question</b> .	<b>Stand back-to-back</b> with your partner, and squat down as if sitting on an imaginary chair. Hold this "invisible chair" position for 30 seconds while keeping your backs pressed against each other for support.
<b>Jump in Place.</b> Take turns jumping in place <b>10 times</b> together.	<b>Silly Walks.</b> Walk in silly ways (e.g., hopping, sideways) speaking cosmic language for <b>1 minute</b> .	<b>Shadow Boxing.</b> Play Rocky Balboa theme song on your phone as loud as you can. Do a <b>1-minute</b> shadow boxing session together, taking turns leading.	<b>Run-Around Relay.</b> Find another pair in the group and, together with your partner, run around them 10 times in a circle in opposite directions.	<b>Team Stretch.</b> Find another 3 pairs and stretch for 30 seconds together.

**Physical Activity Bingo Card to do in pairs (These activities focus our mind in being here being now and encourages teamwork and coordination.)**

<b>Estiramiento en Pareja</b>	<b>Andar a zancadas</b>	<b>Sentadilas con palmada arriba</b>	<b>Carrera de relevos</b>	<b>Ejercicio del espejo</b>
<b>Partner Stretch.</b> Do minimum 5 stretches all together. Hold each stretch for 30 seconds.	<b>Walking Lunges.</b> Do 10 lunges each (facing each other).	<b>High-Five Squats.</b> Do 10 squats together with a high-five at the top.	<b>Relay Race.</b> Complete a short relay (30 meters) together, running back and forth.	<b>Mirror Exercise.</b> One leads a series of movements (like arm circles etc.) for 1 minute; the other mirrors, then change.
<b>Trotar</b>	<b>Reto de equilibrio</b>	<b>Saltar formando un círculo</b>	<b>Saltar y aplaudir</b>	<b>Postura de yoga</b>
<b>Jogging in the park.</b> Run around the trees side by side for 1 minute while maintaining a conversation.	<b>Balance Challenge.</b> Stand back to back and balance on one leg for 30 seconds each, then switch legs.	<b>Circle Jump.</b> Jump together 15 times in a circle, counting out loud in your own language.	<b>Clap Jump.</b> Jump up and clap hands together 10 times.	<b>Yoga Pose Together.</b> Hold a yoga pose (like Tree Pose) together for 30 seconds.
<b>Flexiones</b>	<b>Foto divertida</b>	<b>Busqueda en la naturaleza</b>	<b>Bailar</b>	<b>Cumplidos - Alabanzas</b>
<b>Tag Team Push-Ups.</b> Face each other and do 5 push-ups.	<b>Fun Photo.</b> Take a fun action shot striking a pose together with another pair.	<b>Nature Scavenger Hunt.</b> Find 3 different types of leaves each by walking around.	<b>Mini Dance-Off.</b> Play some music on your phone. Have a 30-second dance-off in one place.	<b>Compliment Challenge.</b> Jog in place for 1 minute while complimenting your colleague.
<b>Carretilla Humana</b>	<b>Lanzar y atrapar</b>	<b>Caminar pegados</b>	<b>Trivial de fitness</b>	<b>Espalda con espalda</b>
<b>Human Wheelbarrow.</b> One partner walks on their hands while the other holds their legs for 10 meters, then change.	<b>Throw and Catch.</b> Stand about 5 meters apart and throw an imaginary ball (or your hat) back and forth for 45 seconds.	<b>Partner Walk.</b> Walk side by side while talking for a distance of 50 meters with your arms touching each other.	<b>Fitness Trivia.</b> Ask each other 1 fitness-related question.	<b>Stand back-to-back.</b> Squat down as if sitting on an imaginary chair. Hold this 'invisible chair' for 30 seconds while keeping your backs pressed together.
<b>Saltar en el mismo lugar</b>	<b>Caminata divertida</b>	<b>Uno hace que boxea y el otro dirige</b>	<b>Relevo de carrera</b>	<b>Estiramiento en grupo</b>
<b>Jump in Place.</b> Take turns jumping in place 10 times together.	<b>Silly Walks.</b> Walk in silly ways (e.g., hopping, sideways) speaking cosmic language for 1 minute.	<b>Shadow Boxing.</b> Play Rocky Balboa theme song and do a 1-minute shadow boxing session together, taking turns leading.	<b>Run-Around Relay.</b> Find another pair, run around them 10 times in a circle in opposite directions.	<b>Team Stretch.</b> Find another 3 pairs and stretch for 30 seconds together.



