



## Minutes Transnational meeting CL4L

2022 December 15 & 16, 2022

Location:

REA College Pluryn

Kerkenbos 1003

Nijmegen

Goals for the meeting are:

- Project partners are aware of expected contributions (knowledge, skills, and competences) of individual participants
- Project partners are aware of the Life Skills concept in the CL4L-project
- Project partners are aware how to assesses Life Skills in the CL4L-project
- Project partners are aware of the concept “Creative Teaching” in the CL4L-project

### Thursday December 15

09.00 - 09.15

Opening and Welcome

Anita de Wit, Manager REA College Arnhem/Nijmegen

09.15- 12.30

Introduction of the project partners

All partners introduce themselves and their organisation.

Also, they express their expectations of the project.

Ingrid (REA): A good, filled toolbox with a lot of exercises and methods that I can use

Jet (REA): Practical exercises that I can use in the TOP-class

Guus (All about quality):

- Attractive Education
- Meaningful learning experiences
- Satisfaction
- Innovation
- Sustainable partnership
- Learning for life



Maurizio (4BLS): Life skills as a tool for people's wellbeing in the circle of life Education, work, and life at all

Roberta (Doc Servizi): New collaborations with providers in VET and Experts & Dissemination of this project in Italy

Pier Francesco (Venetica): Put the individual experience in the group together and amplify our thinking and outcomes.  
Think locally, act global!

Tanja K. (BiC Ljubljana): New partnerships

Get some knowledge and skill and techniques about life skills

Tanja G. (BiC Ljubljana): To know more about techniques of teaching social skills Wake up my own creativity

Elen (TMK): New things we can use in our school for new teaching methods and be less traditional & learn from each other

Indrek (TMK): Put this project together with the project we have at TMK and have the benefits of these projects for TMK

Nathan (Croan): Have a lot of fun. Tools we exchange/create are very practical. To be able to use them immediately.

Tom (Croan): I like learning, to contribute, to have fun. I learn when I have a goal: which steps do I have to take, and I know my goal and I start to play, and afterward I look back and reflect and have my steps.

Alberto (Doc Servizi): Social European dinner to share our cooking skills. Keep sharing, keep growing and keep learning and being on a European project to find what kind of Europe we really want to be on a view of learning skills.

12.30 - 13.30

Lunch

13.30 - 14.30

Introduction of the concept Life Skills

SEE Attachment

Maurizio Chiappa explains the concept of Life Skills. This is "a set of skills that lead to positive and adaptive behaviours that enable the



individual to cope effectively with the demands and challenges of everyday life” (WHO, 1993)



The life skills are divided in:

- Emotional life skills
  - Self-Awareness
  - Coping with emotions
  - Coping with stress
  
- Relational life skills
  - Effective communication
  - Interpersonal relationship skill
  - Empathy
  
- Cognitive life skills
  - Creative thinking
  - Decision making
  - Problem solving



- Critical thinking

- 14.30 - 15.30            In 2 groups the participants share their experiences, challenges, success stories and difficulties dealing with Life Skills in their personal life.  
Afterwards, the groups presented their findings.
- 15.30 - 16.00            Reflection  
Guus van Beek, expert
- 16.00 - 16.30            Debriefing  
All participants feel inspired by the first day. They liked the program and used the time not only to learn about Life Skills, but also to get to know each other.

## Friday December 16

- 09.00- 09.30            Introduction of the concept of Creative Teaching in relation to the project  
Guus van Beek, expert
- 09.30 - 12.30            Workshop Creative Teaching  
Both Croan and Doc Servizi give an introduction about their methods and experiences with Creative Teaching. Alberto Ferraro and Tom van Straaten, have led the participants experience several exercises in movement, play, dance, and physical theatre. The following exercises were done:
- walking through space with attention to tempo changes and group alignment
  - consciously starting movement from where the attention is in the body
  - mirroring each other's movement



- being in synch with each other in movement, while the movement arises in the moment
- moving freely to music
- moving upright and making contact through the eyes
- being present in head, chest, and belly. Moving from there
- moving an object through space from imagination and movement
- make contact with a dear (deceased) person from imagination, and with great attention draw the face of this person in detail with a finger in the air.

These exercises had the following purpose:

- Getting people more in touch with their body impulses, feelings, imagination, and playfulness.
- To develop inspiring creative learning programmes around life skills as creative teachers, creative thinking is an important resource. Being in touch with body impulses, feelings, imagination, and playfulness can be a good breeding ground for creative thinking.

In the end, participants reflect on what they have experienced. This was very personal and intense. It had to do with your personal way of dealing with life (Life Skills).

12.30

Closure