



Co-funded by the
Erasmus+ Programme
of the European Union

Project **SWOT Scouts**

Programme from 10th to 16th February 2019

Hosting city: Almería, Spain

C1: "Exploring emotions together"



Sunday, 10 February

Arrival of partner schools in Almería. Accommodation of visitor students with families and visitor teachers in hotels.

Monday, 11 February

8:15 – 9:15

LIBRARY

Words of welcome from Mr. Francisco Pérez Pedrosa, Headmaster.

Brief presentation of the four schools by local students and visitors.

Guided tour of the school by project students.

9:15 – 10:15

LIBRARY

Welcome by the local students to mobility C1 entitled "**Exploring emotions together.**"

Presentation "**What is emotional intelligence?**" by the 6 local mobility students.

10:15 – 11:15

LIBRARY

Emotional awareness group dynamics: "**This is Me: an Emotional Round-Up**" (Mobility group).

A.10 (3º E)

Emotional awareness activity: "**HIGH FIVE - BUILDING SELF-ESTEEM**" (Local students).

11:15 – 11:45

WELCOME BREAKFAST OFFERED BY HOST STUDENTS AND TEACHERS



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11:45 – 13:45
LIBRARY

Workshop: Making an **E.I. Positive Coexistence Rules** poster for the partner schools.

A.10 (3º E)

Emotional awareness workshop: "**SWOTS Spotlight**"
(Local students). Making the SWOTS' members magazine.

13:45 – 14:45
LIBRARY

Emotional awareness activity (session 1): "**The Wheel of Life**"

LUNCH

16:30 – 19:30

Walking tour starting at IES Azcona towards the Promenade and Almería's beach. Emotional awareness activity "**SWOT Scouts Balloons**" at the pier.

Route to the city centre. "**Reading the City**" tour: Taking photos for the emotions eBook: The students choose scenarios in the city to represent the emotions that will appear in the eBook.

Time with the families. DINNER



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Tuesday, 12 February

8:15 – 10:15
TECHNOLOGY
ROOM

Workshop (session 1): **“Designing an eBook of Emotions”**. Group 1

TECHNOLOGY
ROOM

Emotional awareness activity (session 2): **“The Wheel of Life”**. Group 2

10:15 – 11:15
LIBRARY

Curricular lesson for mobility students accompanied by host students: Spanish Language.

11:15 – 11:45

BREAK

11:45 – 12:45
LIBRARY

Emotional awareness activity (session 1): **“I know my strengths and my weaknesses: I'm ready to progress” (SWOT analysis)**.

12:45 – 13:45
LIBRARY

Emotional awareness activity (session 2): **“I know my strengths and my weaknesses: I'm ready to progress” (SWOT analysis)**.

AULA DE
DANZA

Emotional awareness activity: **“Movement and Emotions”**.

13:00
ONDA CERO

Radio interview at local radio station Onda Cero. (Address: Av. Federico García Lorca, 105, 04005 Almería).

13:45 – 14:45

Curricular lessons:

A34 (3º A)

Geography & History with Mr Miguel Sánchez Domene (Croatia)

A24 (3º C)

Biology with Ms Vanessa Sánchez Martínez (Croatia, Italy)



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A10 (3º E)	Spanish Language with Mr Francisco Vargas Fernández (Croatia, Italy)
ART ROOM (1º D)	Art with Ms Caridad Serna Espinosa (Macedonia)
A23 (2º E)	Art with Ms Susana Téllez Montoro (Macedonia)

LUNCH

16:30 – 19:30

A10 (3º E)	Mindfulness practice with Prof. Serafín Gómez Martín (Area of knowledge: Personality, Evaluation and Psychological Treatment, Faculty of Psychology, University of Almería). Relaxation techniques. Self-regulation of emotional outbursts.
A10 (3º E)	EI activity " Fact, Emotion, Behaviour " by Prof. Serafín Gómez Martín.

Time with the families. DINNER



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Wednesday, 13 February

8:15 – 9:15
A10 (3º E)

Workshop: *“Making my Emotional Diary”*. Group 1

TECHNOLOGY
ROOM

Workshop (session 2): *“Designing an eBook of Emotions”*. Group 2

ANNEX
BUILDING
MAIN
ENTRANCE

Painting exhibition: *“Emotions in Colours and Shapes”*. Group 3

9:15 –

Visit to the City centre. The Town Hall.

11:00
12:00

Cultural heritage tour:
The Alcazaba Moorish fortress
The Civil War shelters
Almeria City Interpretation Centre.
The Cathedral

LUNCH

16:30 -19:30

Emotional awareness group dynamics: **“MY BODY TALKS: MOVING MY EMOTIONS”**.

Time with the families. DINNER



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Thursday, 14 February

8:15

Departure towards Roquetas de Mar (Almería). Visit of IES Turaniana, a local school with Emotional Education as curricular subject.

9:15 – 9:30
ASSEMBLY
HALL

Words of welcome from Mrs. Inés Cayuela, Headmistress.
Welcoming with Rozalén's song by local students.

9:30 – 9:45
ASSEMBLY
HALL

Who are we? Projecting videos about our school and city.
Brief presentation to know our mediator students.

9:45 – 10:15
ASSEMBLY
HALL

Workshop I: **"KNOWLEDGE DYNAMICS"**

10:15 – 11:15
SPORTS
TRACK

Workshop II: **"GYMKANA"**

11:15 – 12:45

Guided tour of the school by mediator students.

12:45-13:15
CANTINA

Breakfast with the mediator students.

Meeting of visiting and local teachers to exchange good practices.

13:15-14:15
ASSEMBLY
HALL

Workshop III: **"Story for reflection"**

Workshop IV: **"Conscious meditation"**

Workshop V: **"Painting our emotions"**

We finish with a flamenco performance by a local student.

14:30

Taking the bus back to Almería.



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LUNCH

16:30 -

18:30

MUSEUM

OF

ALMERÍA

Final conclusions.

Handing in certificates of attendance.

Closing show by students.

(Address: Ctra. de Ronda, 91, 04005 Almería).

19:00-20:00

CLASSIJAZZ

Emotional awareness dynamics: **“Music and Dance for Emotional Wellbeing”**.

20:00

FAREWELL DINNER at ClassiJazz

(Address: Maestro Serrano, 9, Almería 04004-España)

21:00

Concert at ClassiJazz



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Friday, 15 February

7,30h

Departure towards Granada.

C. 10:00

"Reading the City" tour in Granada: Paseo del Salón, Carrera de la Virgen, Acera del Darro, Reyes Católicos, Corral del Carbón, Catedral, Alcaicería, Plaza de Bib-Rambla, Plaza de la Trinidad, Plaza Nueva, Calle Elvira, Calle Calderería (Albaicín), Calle Cárcel Alta, Plaza Nueva, Acera del Darro, Mirador de San Nicolás, Cuesta de Gomérez, Alhambra.

LUNCH

14:30

Generalife Gardens and Carlos V Palace (Alhambra).

16:00

Access granted to Nazari Palaces (Alhambra).

C. 19:00

Dropping OOU Vlado Tasevski and OŠ Otona Ivekovića partners at hostels.

Taking the bus back to Almería.

Saturday, 16 February

Departure of flights back to countries of origin.