

Course and contact seminar focusing on pupils' well-being and European school cooperation



Course and contact seminar focusing on pupils' well- being and European school cooperation

Class/pupil exchanges, job-shadowing, and Erasmus+ within
lower secondary school education – pupils age 15-17.

Place

Warsaw

Date

6th -8th October 2025

Purpose

The purpose of the course and the contact seminar is to focus on the work with the pupils' well-being and the school's work with global education in the teaching and class exchanges in Europe.

Content

There will be plenty of opportunities for the personal meeting between the individual teachers from other European countries. The course will focus on best practice in relation to travel and online collaboration as part of the students' teaching. In addition, the participants will gain broad knowledge of how to apply for funding for European cooperation. There will be plenty of partners from schools across Europe for all participants – including 20 schools from Denmark.

Participants

European lower secondary school teachers and leaders [pupils age 15-17]

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	Welcome and introduction
09.15	Introduction of participants and specific interests
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
9.20-12.00	In two groups we visit two lower secondary schools in Warsaw School visit 1 (20 persons) – you meet 9.20 outside the school
9.00-12.00	In two groups we visit two lower secondary schools in Warsaw School visit 2 (20-25 persons) – you meet 9.00 outside the school
12.00	End of program

Practical information

Place	Conference room at Hotel Gromada, Pl. Powstańców Warszawy 2, 00-030 Warsaw, Poland
Date	06-08.10.2025
Registration	https://podio.com/webforms/29176781/2379337
Course fee	200 Euro - includes course fee and meals described in the program [lunch, dinner etc]. Transport and hotel is not included in the price - participants must book hotel and transport themselves.
Participants	European lower secondary school teachers and leaders [pupils age 15-17]
Payment	An invoice will be sent to the participants beginning of September
Organizer	The Royal Danish Embassy in Poland and The Danish Efterskole Association Jakob Clausager Jensen, Head of international relations jcj@efterskolerne.dk, +45 22361 153