



## Erasmus + Spain/ Italy

From 16 October 2023 to 20 October 2023 two teachers of the school group Colegio Santa Faz, Alicante – Spain, took part in a KA1 mobility at IC Valmorea schools, in the preparatory visit mode within the frame work of the ERASMUS+ programme

We haven't had previous cooperation with Colegio Santa Faz, we only had some online meetings and informal calls, so we were very excited to meet our new Spanish potential partners.

Before their arrival we shared a programme and recommended them a B&B run by one of our students' family in order to let them experience Italian hospitality before involving the students in mobility.

They visited our schools, met IC Valmorea principal, teachers, staff and students giving information on their own school, teaching methodologies and city.

They visited Valmorea and Binago middle school where students from the third year organized schools tours guided by their English teachers (Roncoroni, Muscolino e Restuccia) and they observed activities in the gymn ( Angelini), in the art labs (Casalbore and Assumma) and in the school library ( Carlini )



They also visited the primary schools of Binago and Solbiate and attended activities organized by teachers Bassi and Rizzo.



Last but not least, to let them know our culture and traditions we let them visit Valmorea, Molera caves and Como historical centre and its lake.



But the most important thing is that we started building our project that will be centred on creating an app to help students manage anxiety.

Italian students will be in charge of preparing grids to detect the main school problems and the level of anxiety they cause.

The Spanish students will have the task of transferring the collected data into a simple application whose use leads the children to manage their emotions, develop a more solid self-esteem and greater resilience.

#### **Goals for students:**

- improvement of English language
- comparison with a cultural and scholastic reality different from one's own
- conscious use of technology
- improvement of problem-solving skills
- increasing of self-awareness
- inclusion

#### **Stages:**

##### **1. Preparatory activities:**

A package of about 10 meetings is expected to take place (face-to-face and online with dates to be defined based on the participants' school commitments).

The activities will be in English aimed aimed at creating a better knowledge of emotions.

##### **2. Mobility to Italy:**

- activities at IC Valmorea, visits to places of interest.

##### **3. Mobility in Alicante:**

- the Italian students, accompanied by teachers of the IC Valmorea, will be hosted by the families of the Spanish correspondents, will carry out activities at the Colegio Santa Faz, will visit places of cultural interest.

We've started scheduling the actions to be taken:

November 1st week	Select mobilities date
November 2nd week	Select students
November 3rd week	Create groups
November 4th week	Start preparatory activities
December	. Definition of the project title. Go on with activities and start posting in social media
January 2024	Match students pairs
February 2024	Preparatory visit Italy to Spain
March 2024	Logo of the project, create a T-shirt with schools and project Logo
April 2024	Students mobility ( Spain to Italy)
May 2024	Students mobility (Italy to Spain)

We've already selected the Italian students who are taking part to the mobilities according to the criteria established by the Erasmus + Commission. There are three girls and three boys from Binago and three girls and four boys from Valmorea.

These students have started the preparatory activities of the project that we decided to name **Anxiety Thermometer**

This is the beginning of a new fruitful collaboration towards the internationalization of our Institute

Renata Roncoroni