

Discover the 7Cs: Learning for Life and Work in the 21st Century

Schedule – Prague 2024



Sunday 14/01/2024

We began from Ioannina, Martha, Giota, and Panagiotis, with good mood and enthusiasm, guided by Giota and destination the "MACEDONIA" airport in Thessaloniki. We flew to Vienna and then to Prague, where we arrived in the evening. The seminar was starting the next day.

Monday 15/01/2024

1st Lesson

We arrived at 8:00 in the morning at the Work Center where the Europass Teacher Academy is located. Our first lesson was quite interesting and unprecedented, as we all participated for the first time in an Erasmus program.

Initially, there was an introduction among the participants with a quiz featuring various



personality elements. In total, there were nine educators: three from Greece, two from Estonia, two from Croatia, one from Spain, and one from Germany teaching in a school in Italy. One by one, each briefly introduced themselves, emphasizing some elements of their personality.

Then, we divided into three groups in order to discuss the topic: "If we teach today's students as we taught yesterday's, we rob them of tomorrow."

Introduction to the Course

A video presentation follows, and a discussion about the content is taking place.

"The Arts are victims of this mentality, (Divergent thinking, Creativity, etc.)"

- Sharing Education Paradigms' discussion
 - i. What is the result of this and how can we improve it?
 - ii. Is this true for your school?
 - iii. What do groups give us that we cannot get as individuals?
 - iv. How can we encourage more divergent thinking?

Suggestions were given regarding the questions such as:

- i. Adjustments
- ii. Other interests
- iii. To have choices
- iv. Acceptance of diversity
- v. Self-knowledge

Conclusion → collaboration, teamwork, different work topics, discussions, activities, interests, and students' choice options.

Presentation of the 7Cs of Education

1. Creativity
2. Critical Thinking
3. Communication
4. Collaboration
5. Cross-cultural Understanding
6. Career and Life Skills
7. Computing and Digital Literacy

Activity: What's the biggest difference between education when I was young in school compared to today?

(Listener – Observer – Speaker)

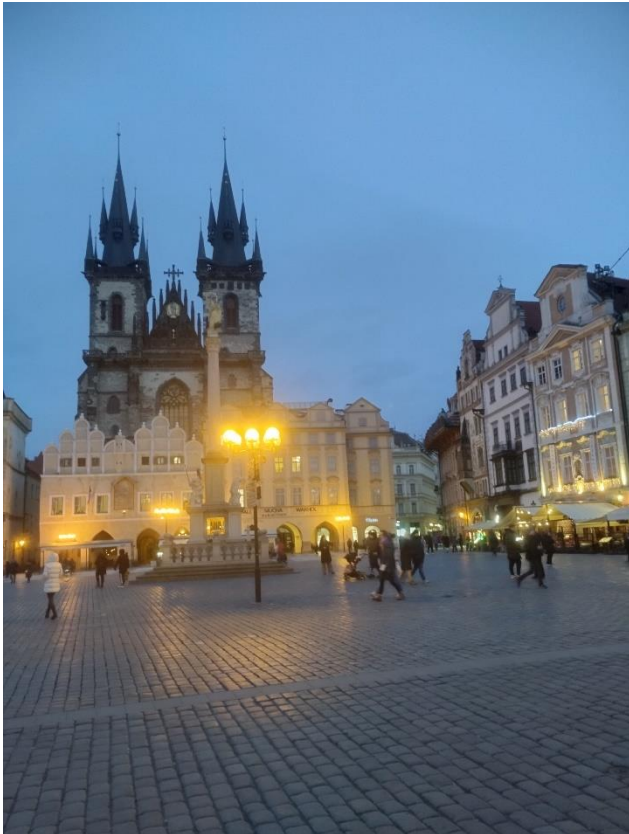
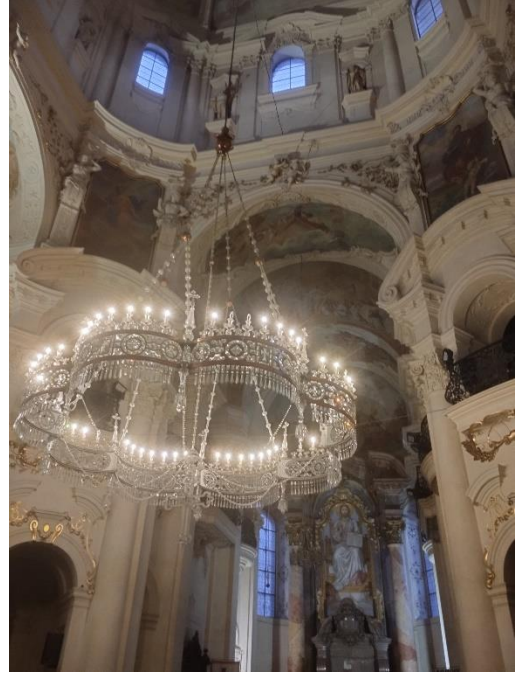
Following are the conclusions drawn from the above activity, (for example the Speaker owes to speak without yelling, the Listener shows with their body language that they pay attention, the Observer stands alone indifferent...). This is how a student feels when they don't participate in the learning process.

Just before the end of the first lesson, the educators from Estonia presented their school.

The whole team, along with our trainers, had lunch together and then walked around the historic center of the city all afternoon, where there was also a guided tour with historical and contemporary elements of the city. (State Opera, Jewish Synagogue, Central Square - Prague Astronomical Clock, Kafka's Square, the Church of Saint Nicholas, the National theatre, the Mayorships of the Old Town, Vaclav Square, etc.)







Tuesday 16/01/2024

2nd Lesson

Subject: “Ways of working: Communication and Collaboration using digital tools”

How to create our own podcast

Types of Podcast Formats:

- i. **Solo:** one host talking about the topic
- ii. **Interview:** one host talking to guests
- iii. **Conversational:** Multiple Hosts speaking about one topic
- iv. **Narrative:** Fiction or Non-fiction storytelling

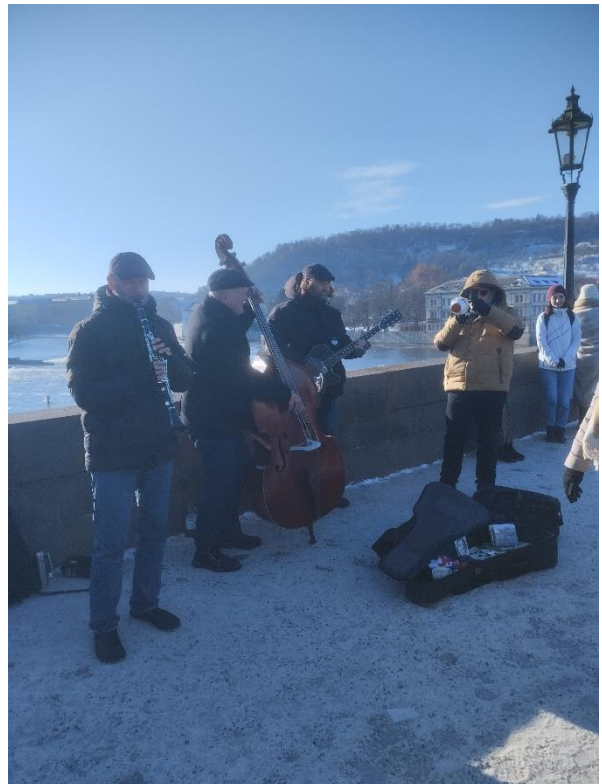
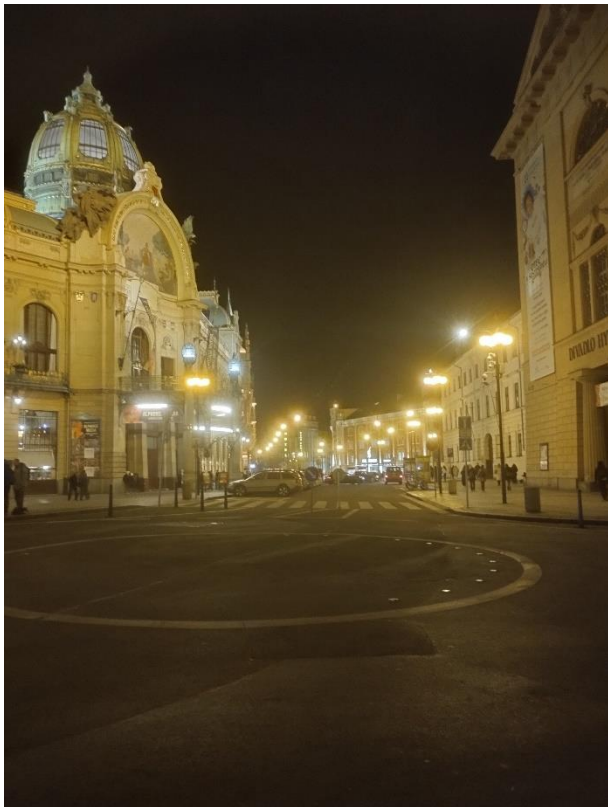
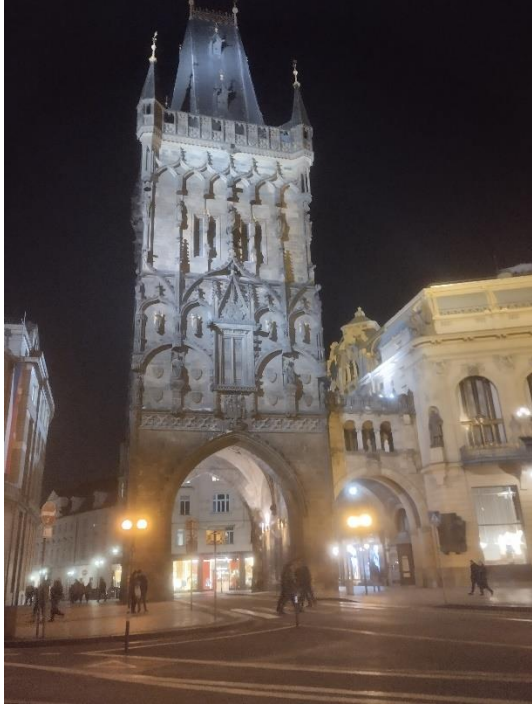


Activity involving collaborative creation of podcasts and presentation of the results
Discussion about the benefits of podcasting in the classroom, (e.g., communication, creativity, use of digital media, collaboration, potential tasks, how can we improve the process of learning...).

We conclude with presentations from schools from Croatia, Spain, and finally, Giota presented our own school, the 5th General Lyceum of Ioannina.

In the afternoon, we visited the Charles' Bridge, walked around the city, had coffee, and tasted dessert at the cafe-restaurant "Louvre." Later on, we stopped by a brewery, ate while discussing our experience and impressions.





Wednesday 17/01/2024

Today in Ioannina is a holiday, whereas at the same time, we were getting ready for the...

3rd Lesson

Ways of Thinking/ Creativity

Activity: Tallest Tower Challenge (skill game)

Conclusion → The Positives of Teamwork

Creative Blocks:

i. What?

Overwhelming feeling of being stuck and unable to move forward

ii. Causes?

How can we overcome creative blocks?

1. Take a break
2. Inspire your mind
3. Take “me time”
4. Creative Writing Prompts
5. PLAY!
- 6.

Activity: PowerPoint Karaoke (for presentations)

How can we use this in the classroom?

- i. When we want the students to feel relaxed,
- ii. after a difficult day (public speaking),
- iii. for communication,
- iv. for empathy.



Insight: Much higher energy compared to when prepared.

Alternative: See the Slides one minute before, give theme before the slides (topic...).

How can we add the following in the classroom?

- i. Constructive Breaks:
Playing games relative to the topics being taught in the classroom, quiet time – reading, self-study, singing, etc.
- ii. Inspiration:
A poem, a picture, something they lived or saw, something they read, an experience of them.

Techniques to solve problems and generate ideas

- i. Question
- ii. Reverse Brainstorming
- iii. Brainwriting
- iv. Things



Senses – Associations – Comparisons - Why

Activity (description): How can we promote an object, emphasizing its positive characteristics?

We note the positives of this activity.

Then: Reverse brainstorming → How to demotivate students from learning

6 Thinking Hats to Solve a Problem

Facts Feelings Cautions Benefits Creativity Process

Brainwriting / Other problem solving and brainstorming techniques.

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Then followed other activities that foster communication ("Yes!", "Home Shopping", "Potato", "Party Time!", "Press Conference").

At the end, there was a presentation of the European School of Parma by Yvonne.

After the lesson, it started snowing, and it was very beautiful as we walked through the city with its imposing buildings and large illuminated streets. We sat down for food, coffee, and the evening came...

Thursday 18/01/2024

In the morning at 09:30, our whole team met with our trainer, Deppy, and we took a hike to explore the Visenhard hill where an old medieval castle dominates. The road was snowy, slippery, and uphill. The view from above was amazing. You could see the Moldava River crossing Prague with its beautiful bridges. The cold, however, was stronger, but we enjoyed the castle, the walls, the temple of the Apostles Peter and Paul (vasilika minor), and the museum in the same area. We made a stop to drink something warm. Deppy suggested we drink a beverage made from ginger, apple, rosemary, and lemon. We took photos and descended to the city center. There we saw some sights such as the Charles Square, the Church of Saints Cyril and Methodius, where a historic resistance battle against the Germans took place in 1942, the "Dancing" House, etc.







Then we stopped for lunch at a nice restaurant with Czech dishes and beer, of course. Later, we took the metro and reached the building where the Europass Teacher Academy is located, and at 15:00 we started the lesson.

4th lesson

Today, in this and tomorrow's lesson, our trainer is Loukas. We started with a ball communication and collaboration game. It was very fun.

Then, we talked about what culture means:

Values, history, tradition, language

Activity: Each of us designed a mask, half reflecting elements of ourselves and the other half characteristics of our country.

- We wrote a Haiku poem inspired by the mask we had previously made.
- We talked about what makes a teacher competent: to gather elements: knowledge, ability - skill, Values, Attitude.

It was 19:00 and we returned to the hotel quite tired. We stayed for a while and later went for a walk and dinner.

Friday 19/01/2024

5th lesson

We made a connection with the previous lesson and continued about the values - principles that each one considers important and tries to put into practice in our lives.

Activity: we used Lego to build something that represents a value, the most important one for each of us, that we care about in our lives. (e.g., Freedom, Health, Meaning in life...)



Then we were asked within a time frame to make a lesson plan.

After presenting them one by one for Feedback, we did an activity using various cards, indicating through them what we gained, what we learned from the whole week. We uploaded them to Padlet and filled out an online questionnaire. Then followed the certificate awards, we took photos, said goodbye, and left the building.



Immediately after, we visited the National Museum of Prague, a beautiful historical building that houses exhibits of all kinds and from every era from Prehistoric times to World War II (paintings, natural history, rocks, bones,

tools, weapons, Baroque art, jewelry, folklore content, and visual and acoustic documents from World War II). We spent almost three hours in the museum, walked to the Powder Tower, bought souvenirs, and ended up in a restaurant that served an amazing mushroom soup. In the evening, we enjoyed dessert with melodic piano sounds.

Saturday 20/01/2024

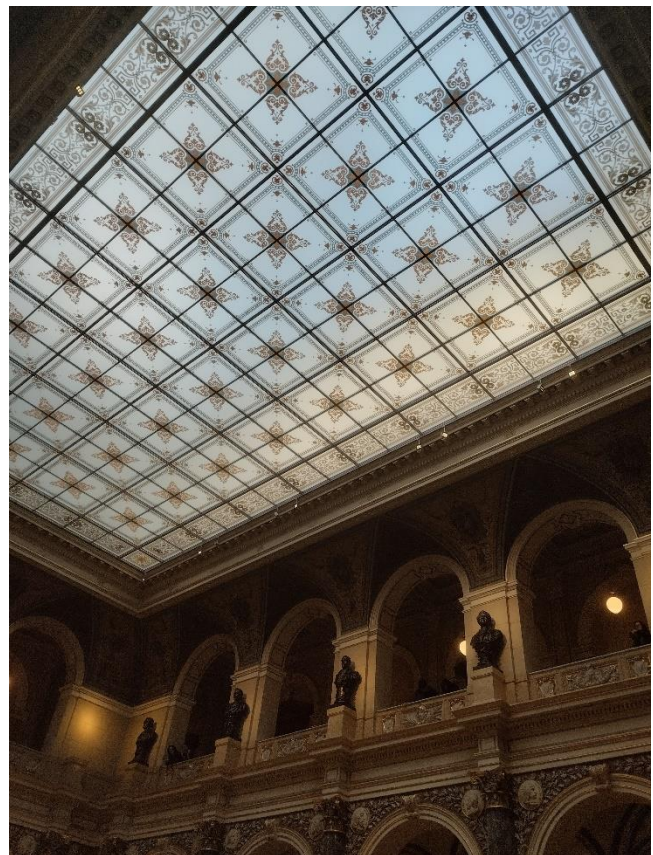
Last day in Prague. We tried to see whatever we hadn't seen since the day was sunny, ideal for walks and photos.

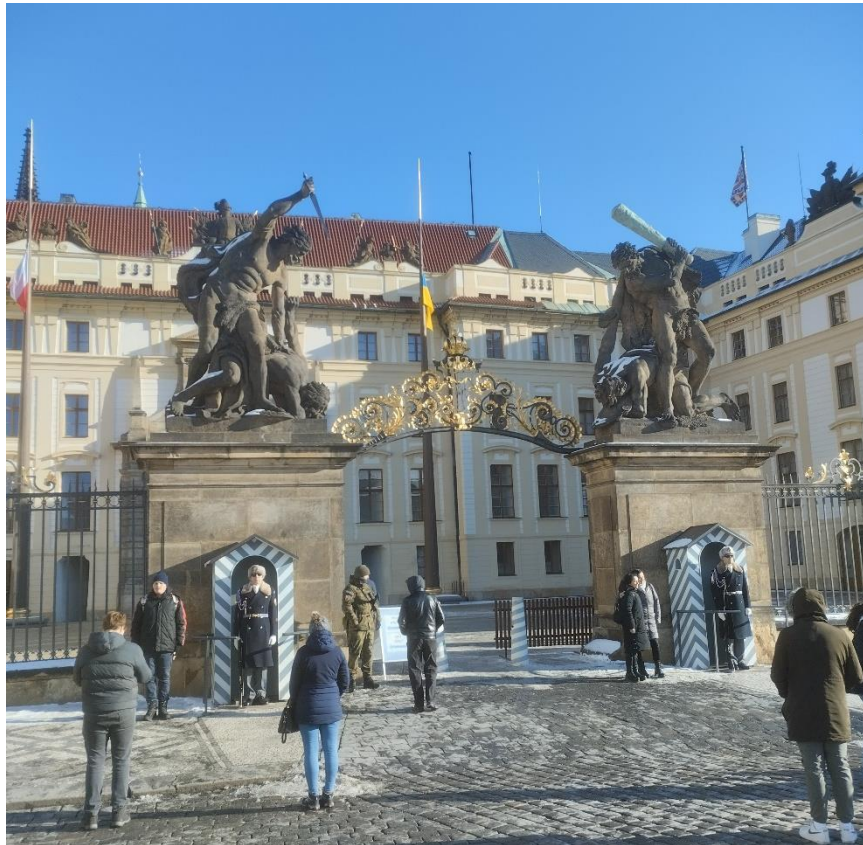
Old Town Square, Charles Bridge, Castle District, Church of St. Bito...

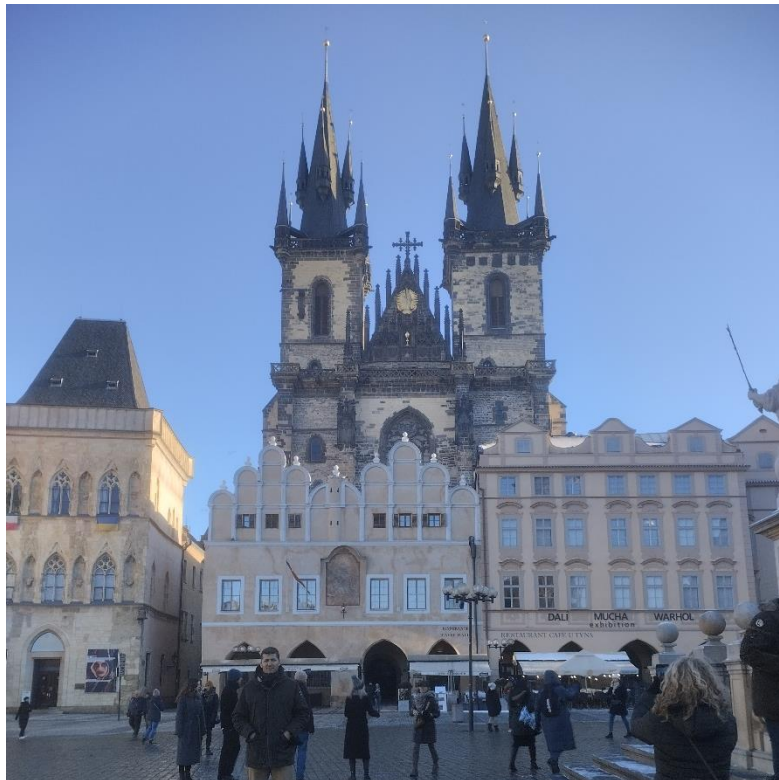
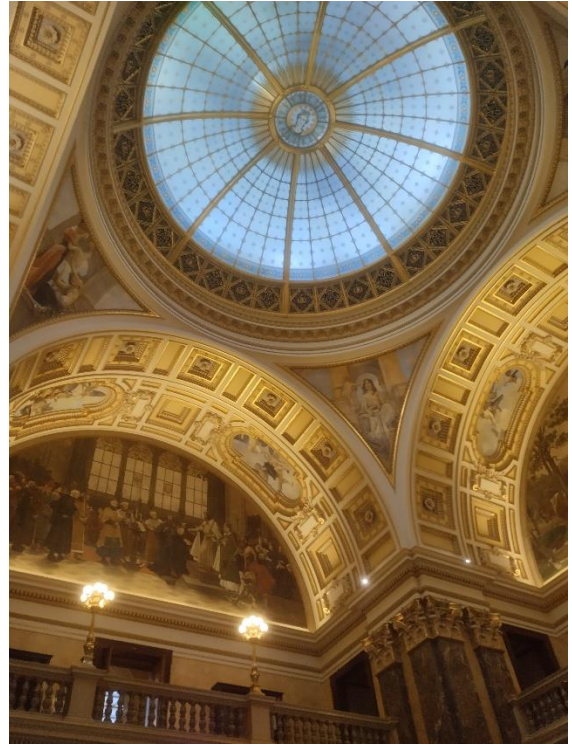
A lot of people, tourists, but also Czechs were walking, some relaxed and others hurried. We returned late and made a stop at Cafe Louvre.

The day ended with a performance at the Prague Black Theatre.

Before going to sleep, we discussed the last details of our trip tomorrow and went to bed.



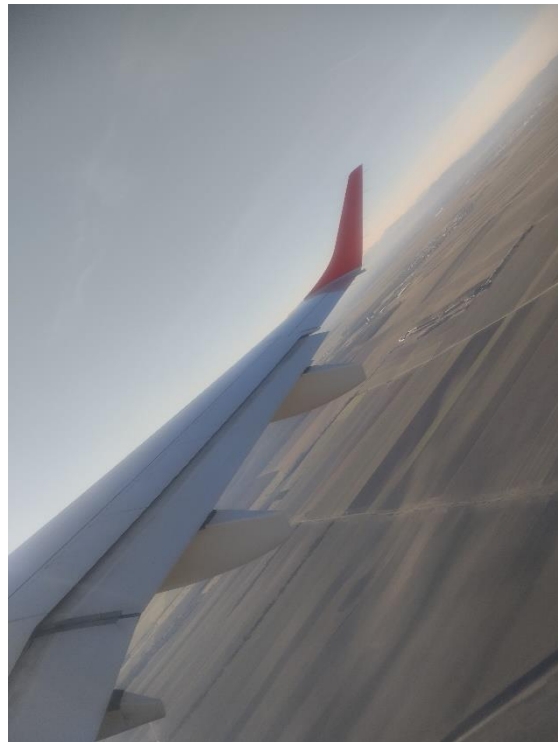




Sunday 21/01/2024

The day of return, ready for our journey. Flights (Prague - Vienna and Vienna - Thessaloniki) went without delays, and we reached our homeland without trouble. From Thessaloniki, Yiota again comfortably brought us to our base. We saw a lot of snow on the road, but there were no problems.

Everything went well, and this unforgettable, beautiful, and interesting week ended. From tomorrow, we return to everyday life, having gained many benefits and wonderful memories!



The End