

# KA1 COURSES



Greece - Levadia

Diefthinsi Defterovathmias Ekpaidefsis Viotias

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## Diefthinsi Defterovathmias Ekpaidefsis Viotias

<b>Name of the course</b>	<b>Stress management and Burnout</b>
<b>Dates of the course</b>	the whole year
<b>Duration of the course</b>	Depends on the requests
<b>Minimum number of places</b>	10
<b>Maximum number of places</b>	20
<b>Type of course</b>	<ul style="list-style-type: none"> <li>• Mix of Training Course and Job shadowing</li> </ul>
<b>If mixed, what is the balance between the activities?</b>	80% course - 20% school visits
<b>The target group is...</b>	<ul style="list-style-type: none"> <li>• Primary teachers or /and</li> <li>• Secondary teachers</li> <li>• Pupils</li> </ul>
<b>Summary of the activity</b>	<p>The course is based on an energy approach which delivers tangible effects into and out of the class. Participants will</p> <ul style="list-style-type: none"> <li>- develop stress management strategies</li> <li>- increase their self-confidence, vitality to be strongly committed to class teaching.</li> <li>- strengthen their relationship with students</li> <li>- understand their own emotions and body better</li> <li>- enhance clarity and focus</li> <li>- experience more enjoyment in everyday life</li> <li>- communicate more effectively with students</li> <li>- be helped to build community</li> </ul>

<b>Objectives, skills &amp; competencies</b>	<p>Content and pedagogical skills to deliver the content:</p> <p><b>Skills for better life</b></p> <ul style="list-style-type: none"> <li>• They learn to approach and make use of the inner forces we all have for peace, knowledge, change and growth while at the same time beginning to experience more enjoyment in everyday life.</li> <li>• Set up a positive learning environment</li> <li>• Increase their self-confidence and concentration.</li> <li>• Slow down when they need to</li> <li>• Anger and emotional crisis management</li> <li>• Training in how to integrate WELLNESS into existing or renewed practices/The role of teachers (facilitators, guiding investigations and encouraging discussion)</li> <li>• Assessment and evaluation activities to measure what students are learning</li> </ul>
<b>Schedule - brief description</b>	<p><b>Accommodation</b></p> <p>Levadia: hotel in the city centre (5 nights)</p> <p><b>Sunday Evening:</b> Arrive Levadia</p> <p><b>Monday</b>–Get to know each other and the place</p> <p>Ice-breaking games</p> <p>Training: Thinking mind and body feeling</p> <p>AM: Stress management-- An overview</p> <p>PM: Practical activities for the primary/secondary classroom</p> <p>Evening: Group farewell dinner</p>

	<p><b>Tuesday</b>– Training: The energy flow as an antidote to stress</p> <p>AM: Transforming body feeling to energy feeling of Wellness and happiness</p> <p>PM: Practical activities for the primary/secondary classroom</p> <p>Evening: Free</p> <p><b>Wednesday</b>– The complete hexagram of energy flow</p> <p>The day will be spent observing stress management lessons and meeting with CFQ group of Livadia (they are specialized in deep relaxation techniques). Evening: Free</p> <p><b>Thursday</b>-Blend education with mindful and stress management subjects</p> <p>AM: Concentration vs Presence, how the brain works</p> <p>PM: Practical activities for the Presence achievement.</p> <p><b>Friday</b> - build community</p> <p>AM: School – family – community approach of well being</p> <p>PM: Practical activities for stress management spreading on community</p> <p>At the end of every day we will reflect on what have we done during the sessions, what was the purpose and how can the participants use this back home.</p> <p>All five days of the programme will be held in the premises of 9th primary school in Levadia.</p> <p><b>Saturday</b> Depart</p>
<b>Any further details about the activity</b>	The NGO “Union of the Art of Wellness and Happiness” will be the receiving organization and provide the training in Levadia.
<b>Cost breakdown</b>	<ul style="list-style-type: none"> <li>● Course = 400 €</li> </ul>

	<ul style="list-style-type: none"> <li>meals, accommodation and cultural visits upon request</li> </ul>
<b>If any other costs, please detail below:</b>	

## PACKAGES (for a group of 10 people or more)

### TRAINING COURSE FEE: 80 euros / per participant / per day

- Tuition fee and training materials
- Certificate of attendance
- Welcome dinner
- Coffee Breaks
- Administration costs

### HALF BOARDING FEE: 550 euros per participant

- Airport to Levadia transfer (two ways)
- Accommodation in a **single room** in 3 stars hotel (5 nights)
- Breakfast (5 days)
- Lunch (5 days) in selected restaurants to taste the variety of Greek cuisine

### FULL BOARDING FEE: 670 euros per participant

- Airport to Levadia transfer (two ways)
- Accommodation in a **single room** in 3 stars hotel (5 nights)
- Breakfast (5 days)
- Lunch (5 days) in selected restaurants to taste the variety of Greek cuisine
- Dinner (5 days) in selected restaurants to taste the variety of Greek cuisine

CULTURAL VISIT TO DELPHI (transport and tickets): **35 euros per participant**

CULTURAL VISIT TO ANTIKYRA SEASIDE (transport): **25 euros per participant**

### Recommended:

Full boarding plus cultural visits to delphi and Antikyra seaside: 720 euros per participant.