

W.I.S.H. Newsletter



W.I.S.H.

We internationally share happiness

About the project

Since the pandemic caused huge damages in our lives, with the WISH project, we mainly want to minimise its effects by equipping teachers with practical tools to deal with students' wellbeing in the school environment so that they can recognize the power of emotions in their lives. With the help of the techniques and the activities, teachers will easily cope with the problems related to the issue and students will learn to regulate their emotions and find happiness within themselves.



Implementation

There will be 2 types of transnational activities: training for teachers and learning activities for students. First of all, teachers will receive training on the topic of positive emotions, EFT and happiness along with many workshops focusing on specific techniques. On the other hand, learning activities will focus on students' recognition of their emotions to develop social and emotional competence in four different fields to be organised: relations, creativity, flying high and happiness.

Results

- ☒ Methodological guide (MANUAL)
- ☒ Website

Meeting Istanbul

12/05/24 - 18/05/2024

Day 1: Sunday, May 12

All the countries arrived in Istanbul. Some of us were able to have something to eat together in the evening before crawling into bed for a full week of activities.



WDay 2: Montag, May 13

After the official welcome ceremony, there were all kinds of Ice Breaking Games (Nail it!, Draw it!, Feel it!) It was a very pleasant way to break the ice among the students of the different countries.

After that, the students were given a tour of school premises, while the teachers paid a visit to the Beşiktaş Governor

After lunch, the students were divided into 3 workshops:

- Video Editing: They explored happiness across countries with 1-3 minute joy-filled videos. Students got editing tips from Kabatas Cinema Club, led by Mr. Hakan Sümer.

- Gastronomy (Mantı) - Led by the music teacher Ms Aysun Açıkallyngit, This session aims to spread happiness through cooking and sharing food.

- Drone - Led by Physics Teacher Mr. Iziyen Toprak and his team. Students learned to assemble dromes and take flight, while also exploring 3D technology.

As a surprise, we got a photo shoot in traditional costume. This was a very nice ending to a first fantastic day at school. Welcome dinner!



Meeting Istanbul

12/05/24 - 18/05/2024

Day 3: Tuesday, May 14

Tuesday became a water field day at Marmara Yelken Sport Club.

Workshops:

- General Theoretical Maritime Training - Learning essential techniques to navigate safely on the water and prevent collisions.
- Seamanship Knots Workshop
- Basic training in sailing a gabron boat.



In the afternoon, Teachers visited the Historical Peninsula.

Free evening!



Meeting Istanbul

12/05/24 - 18/05/2024

Day 4: Wednesday, May 15

Wednesday was all about the Prince Islands Trip (Heybeliada).

A hike took us to the local monastery which we visited briefly.

After lunch the island was explored by mountain bikes or hiking.

Finally, we were able to enjoy some local street food.



Day 5: Thursday May 16

Thursday we spent in a nature/sports park, Spx Park Meeting Merrell One Team. We started with a trail walk through the nature reserve. After that the students did all kinds of activities like tent pitching and wilderness survival workshop, relaxation session and crossfit competition.

After lunch there was pickleball training and a pickleball tournament. In the evening, there was an optional Guided Bosphorus Boat Tour Music and Dance.



Meeting Istanbul

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Day 6: Friday May 17

Then on Friday came the official farewell Happiness Oscar Ceremony with all the trimmings; a red carpet moment, fancy dress, paparazzi and fans for the foreign students and teachers. Following 3 hours of intensive video editing on Monday, the participants were honored within their respective categories, marking the culmination of their creative efforts.



Erasmus+ Family Photo Shoot With Drone in school front yard. Afterwards there was a students' meeting about the values of the project and what they mean for them. While the teachers had a short meeting.

After lunch, we took the students on a tour of the Historical Peninsula and the Grand Bazaar.

Farewell dinner!

Day 7: Saturday May 18

Departure all countries

Some extra pictures

