

# 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 Malta

11/11/24 - 15/11/2024

Monday 11th November

After the safe arrival of all groups we started our week with a warm Welcome Meeting at Cerviola Hotel Hall: with introduction by Head of School and the presentations / videos of the participating schools/countries. Students engaged in Ice-breaking activities with as end result a nicely decorated reusable water bottle.



After a coffee break we were picked up for our first visit of the week to Marsaxlokk Fishing Village. We got a small guided tour and then we were free for lunch and explored the village ourselves. We witnessed some very bad weather which isn't so frequent in Malta. (see picture) Free evening.

Tuesday 12th November

We were picked up from the hotel to Isla Gardjola for a guided walking Tour through the 3 Cities. We took a ferry to Valletta and then lift to Barrakka

In Valetta city centre we got a guided tour; Tritoni - Parliament - Teatru Mwaqqa - Kastilja - Barrakka - Katidral - Palazz.

And then we got a free afternoon in Valletta. But not without getting an assignment for the rest of the week: take photos/videos of historical/ heritage vues, but also simularities or differences in Malta and our countries to make a comparative video at the end of the week.

# Meeting Malta

11/11/24 - 15/11/2024

Wednesday 13th November

We started the day with a walk in Buskett, a nature park. We engaged in a mindfulness - meditation activity about happiness, happy places, happy thoughts and coping with stress. After the activity, students collected their thoughts about happiness and coping with stress in a poster; they drew their happy places, thoughts, ...

After lunch in the park we set off to visit Rabat & Mdina. First we had some delicious traditional Maltese snacks, Pastacci, from Serkin. We had a walking Tour Mdina; Natural History Museum, Dungeons, Katidral, View from Fontanella Tea Rooms, Photos with Doors. We spend our free time in Mdina and Rabat.



A short ride brought us to Mosta with the visit to Mosta Rotunda Visit, a magnificent building, inside and out. And from there we went to our Welcome Dinner at Ta Marija - Mosta with Traditional Folklore & Entertainment.



# Meeting Malta

11/11/24 - 15/11/2024

Thursday 14th November

At the outskirts of the Majjistral Park we visited an organic farmer who told us about the specific way of agriculture on Malta due to the rocky and dry land; very interesting.

Then we walked the Majjistral Park Trekking up to the Golden Beach/Bay. Where after some swimming and sun bathing, the students did some beach games. And had a workshop on Photography - Poster - Mixed Groups to create Posters on this learning activity using Canva

Free evening



Friday 15th November

The last day, students followed 2 lessons in the classes while teachers had a Project Meeting.

Then we had the closure activities at the Local Council Hall in Paola; charter activity

filling surveys and presenting posters. With as climax the awarding of the certificates and take frozen group pictures.

After the lunchbreak - Something traditional to share - we visited Tarxien Temples.

Then we took the bus Sliema Torri to walk along the coastline from Sliema Torri to Sliema Ferries for some shopping/view of Valletta.

We ended the week with a Farewell Party - Food + Disco Party at Surfside Sliema.

There we also watched comparative videos & posters created by students. That was the end of an extraordinary week in Malta.

