

# 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 Lanzarote

## 5/5/2025-9/5/2025

5th May

We started this project week in the Escuela de Arte Pancho Lasso with the official reception of all participants. Then every school presented its institution, country of origin and an artistic presentation of its culture. After some short musical performances by the students of Lanzarote and an international coffeebreak we started the hands-on workshops exploring different artistic techniques - painting, wood, drawing, printing, dying, photography, design, etc



After lunch we had a guided tour through the Museo Internacional de Arte Contemporáneo and reflective activities connecting contemporary art with personal and emotional expression.

On the way from the Castillo de San José to the hotel students did challenges related to monuments, murals and key cultural elements to discover the city's artistic and historical heritage. Welcome dinner!

6th May

On Tuesday we had a day filled with excursions and activities. We started with a guided tour at La Casa de Los Volcanes and Jameos del Agua. We got to know the famous artist and architect of Lanzarote who created the iconic place of Jameos del Agua. Students had a music and drawing activities: participants created spontaneous sketches or visual representations inspired by the natural acoustics, the music and aesthetics of the Jameos.

We stopped at Mirador del Rio, the breathtaking panoramic view of the Chinijo Archipelago. Here the students created visual poetry, translating their emotions and sensations into artistic compositions that combine words and images.





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6th May

At the village of Teguise we had lunch and an interactive treasure hunt in small groups, exploring historic landmarks, art, and architecture.

To end the day, we had a relaxing walk along the shore of Famara Beach to observe and appreciate the sensations of the surroundings.



7th May

Wednesday was also a day full of visits and activities. Parque Nacional de Timanfaya was our first stop, we had a guided visit to the volcanic landscapes and geothermal demonstrations. The ride through the national park was a good observation of the textures, colors, and contrasts of the landscape as sources of artistic inspiration.





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7th May

The next stop we took a short walk to a volcano crater, Volcán del Cuervo. After a mindful observation of natural elements in the crater's interior, students made a charcoal sketching of textures, forms, and shadows to translate emotions into visual expression.

At the Monumento al Campesino, San Bartolomé we enjoyed a meal in an iconic setting that celebrates Lanzarote's rural culture and heritage. Then we took a scenic drive through La Geria, the Traditional Vineyards of Lanzarote.



We concluded the day at the school to have some more hands-on workshops exploring different creative technics, including: collage, painting & natural dyeing, photography and mixed media.

8 th May

Our first stop on Thursday was a guided tour at Cueva de los Verdes, an immersive and impressive tour of the volcanic cave system. Next, we visited the Jardin de Cactus, designed by César Manrique. Students had a photo hunting activity to capture artistic details of the garden.

We had lunch at Haria Village and some free time to explore the artistic and cultural atmosphere of Haria.



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8th May

In the afternoon teachers had a teachers' work meeting while the students did an observation and interpretation of selected artworks using visual thinking strategies (VTS) at the Local Contemporary Art Gallery. Afterwards they had a group dialogue to explore emotions, narratives, and personal connections inspired by art. Finally, we walked around Islote de la Fermina, Arrecife.



9th May

Closing event at Escuela de Arte Pancho Lasso  
First, we walked through an exhibition of workshop creations. Afterwards the students worked on the Erasmus Charter, they contributed words that represent their Erasmus+ experience to the collaborative posters.

9th May

Then there was collaborative evaluation session to have a quick visual feedback using drawings, post-its or digital tools. To end the official program with the Certificate Ceremony and a final concert of live music performance.

In the eve, there were some beach games at Playa del Reducto, Arrecife.

Farewell diner!

