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THE CHARTER OF COMMON VALUES OF AN ERASMUS HIGH SCHOOL STUDENT

Erasmus + project 2022-1-RO01-KA220-SCH-000089307

WISH: We Internationally Share Happiness

RELATIONSHIPS

DIVERSITY

COMMUNITY

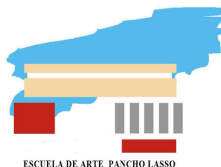
COOPERATION

MINDFULNESS

**SELF
IMPROVEMENT**



Liceo delle Scienze Umane ed Economico Sociale
Sofonisba Anguissola



Waar leren werkt!
Centrum duaal Leren en Werken Kortrijk



Alternative
Learning
Programme





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WISH: We Internationally Share Happiness

**GLOBAL
AWARENESS**

RATIONALITY

RESPONSIBILITY

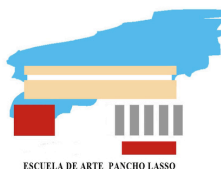
CONFIDENCE

INGENUITY

MEMORIES



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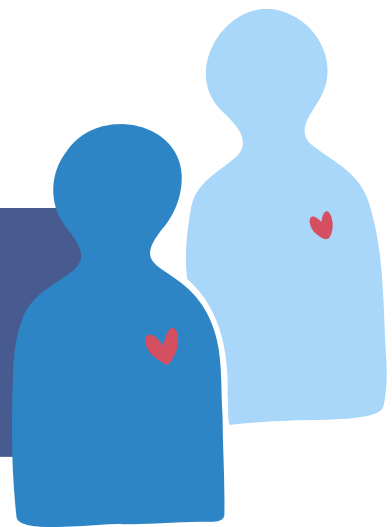
RELATIONSHIPS

Erasmus is like jumping into a place where you're trusted, welcomed, and encouraged to adapt. It's about feeling at home, supported, and ready to embrace new adventures and cultures.



Trust

In Erasmus, trust is a key word. Trust yourself to handle these changes, trust your school to help you and trust the friends you'll make.



Welcoming

Be friendly and try to make yourself understood in all ways not only with words but with gestures, smiles, and phrases that can make people feel comfortable.



Adaptation

Adapting to life during Erasmus might feel tricky, especially if you're not used to it. Take it step by step, be patient with yourself, and don't be afraid to ask for help if you need it.

DIVERSITY

Diversity is a word that includes cultural heritage, because it's about discovering how different cultures can stay "United", it includes respect, because it's about respecting our differences and it includes safety, because approaching new places means following differing recommendations and guidelines.



Cultural heritage

Are you ready to discover new but enriching costumes, food, music, religion, values different from yours? Our Cultural heritage is all about feeling "united in diversity."

Respect

Do you want people to respect your culture and yourself? That's right, but remember to be respectful too if you want to live a peaceful and enjoyable experience abroad.



Safety

Live a great experience by following new and different rules decided by your hosts and don't be afraid. They ensure your safety, you don't want to get in troubles, do you?

COMMUNITY

Erasmus is all about taking the lead, staying curious, and feeling at home. It's an experience where you're encouraged to explore, ask questions and be part of a welcoming community.



Spirit of initiative

Be proactive, fully engaged, and embrace every moment. Seize new opportunities, connect with diverse people, and make the most of this adventure. Let's go out there and make it count!

Curiosity

Learn about new cultures, and feel part of them as much as you can. So to step out of your comfort zones and adapt to new situations.



Sense of belonging

Being part of Erasmus is like joining a big European family. It's about becoming aware of the world around you and develop bonds with something bigger than just yourself.

COOPERATION

Erasmus centers on teamwork, knowledge exchange, and mutual support. It's an opportunity to collaborate across borders, learn from different perspectives, and achieve more as a team.

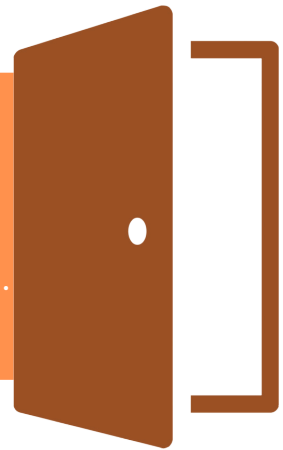


Teamwork

Working together allows us to achieve greater results. Embrace each other's strengths, support each other's weaknesses, and make every moment count with shared experiences.

Openness

Being open to new ideas and perspectives enriches our experience. Listen actively, stay curious, and welcome diverse opinions from everyone around you.



Mutual Respect

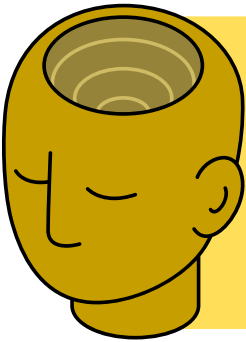
Respect the differences in background, culture, and ideas. Value each person's input and make sure everyone feels heard and appreciated in the journey.

MINDFULNESS

Mindfulness in Erasmus means being fully present in each moment, whether you're exploring a new city, engaging in cultural exchanges, or learning in a classroom. It's about embracing the experience with openness, reflection, and respect for yourself and others.

Entertainment

Entertainment encourages engaging with activities that promote relaxation and joy. It helps you enjoy the present moment while fostering a sense of balance and well-being.



Empathy

Empathy in mindfulness involves understanding and sharing the feelings of others. This connection fosters deeper relationships and enhances your ability to engage with diverse perspectives.

Respect

Respect in mindfulness means valuing the thoughts, feelings, and differences of others. This attitude fosters a harmonious environment and encourages open dialogue in diverse settings.



SELF IMPROVEMENT

Erasmus+ fosters self-improvement by providing opportunities for personal and professional development through learning mobility, volunteering, training courses, and reflective practices.



Independence

Erasmus+ fosters independence by encouraging study, training, or volunteering abroad, empowering participants to become self-reliant and adaptable.



Experience

Erasmus+ provides unique experiences that broaden horizons and foster personal growth. Participants gain invaluable insights into diverse cultures by studying, training, or volunteering abroad.



Courage

Erasmus+ fosters courage by pushing participants outside their comfort zones, encouraging them to embrace challenges and new experiences.

GLOBAL AWARENESS

Participating in Erasmus+ student mobilities fosters global awareness by exposing us to diverse cultures, languages, and perspectives, helping us develop intercultural competence.

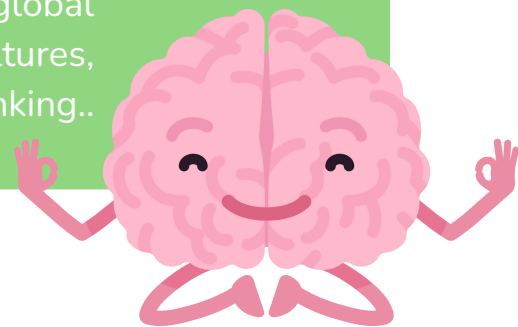


Knowledge

Erasmus+ mobilities extend beyond academics, as students develop a deeper understanding of global issues, cultural diversity and international collaboration.

Consciousness

Through these programmes we learn about global diversity as participants engage with new cultures, perspectives, and ways of thinking..



Curiosity

Erasmus+ stimulates our curiosity in learning about different countries, different cultures and the different challenges that other countries face. It could also give you insight to different ways to solve common challenges.



RATIONALITY

Rationality is crucial for Erasmus+ students as you navigate new academic and cultural environments, requiring you to think critically, make informed decisions, and adapt logically to challenges abroad.

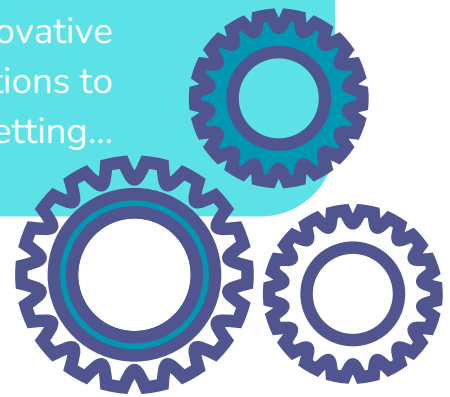


Problem Solving

When facing challenges abroad, you must analyze situations objectively and make well-reasoned decisions to adapt to new academic and cultural environments.

Innovation

Erasmus+ mobilities encourage us to be innovative allowing you to develop creative yet logical solutions to real-world problems in an international setting...



Logical Thinking

Visiting a new country requires Erasmus+ students to use logical thinking to navigate unfamiliar systems, manage resources effectively and make informed choices about their education and daily life.

RESPONSIBILITY

Responsibility is essential for Erasmus+ students as we must stay organized, meet deadlines and actively participate in activities. In just one week, we represent our home institutions, collaborate with peers from different cultures, and adapt to a new environment.



Tolerance

During mobilities every student must respectfully engage with different cultures, perspectives and working styles, ensuring a collaborative and inclusive environment.

Helpfulness

Supporting peers, sharing knowledge, and collaborating effectively contribute to a positive and productive international experience.



Discipline

Discipline will help you stay committed to your responsibilities, ensuring you respect schedules, adhere to program rules, and contribute meaningfully to group activities.

CONFIDENCE

Erasmus helps you grow as a person. Being in a new place, making new friends, and studying in another language builds your inner strength. It teaches you to believe in yourself and your abilities.

Self-esteem

The more you try new things during Erasmus, the more you realize what you're capable of. Overcoming fears and challenges boosts your self-esteem

Independence

Living away from home teaches you to rely on yourself. You'll become more responsible, organized, and proud of how far you've come on your own

Courage

Speaking in a different language, meeting people from other cultures, or joining new activities takes courage. Erasmus gives you the chance to be brave and step into the unknown



INGENUITY

Erasmus is full of unexpected situations, and ingenuity helps you face them with creativity, flexibility, and problem-solving. It's about finding your own way in a new environment and turning challenges into learning opportunities.

Creativity

Erasmus pushes you to think differently. Maybe you'll have to find new ways to express yourself or try new skills— your creativity will shine when you step out of your comfort zone.

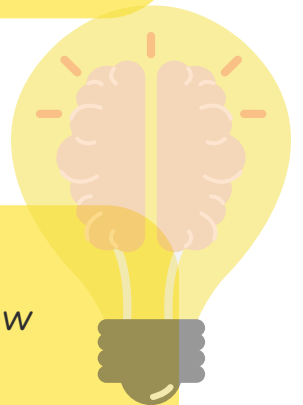


Flexibility

Things won't always go as planned. Plans may change, activities may be different, or communication may be hard. With flexibility, you can adapt and enjoy the experience, no matter the obstacles.

Problem-solving

From learning how to use public transport in a new city to managing your budget or group projects, Erasmus will develop your problem-solving skills every day. You'll become more independent and resourceful.

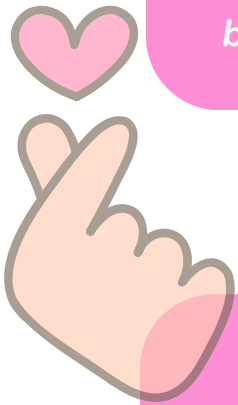


MEMORIES

Erasmus is not just a period of time, it becomes a part of your life. The memories you make will stay with you — full of laughter, friendship, and discovery.

Friendship

The people you meet can become lifelong friends. Sharing this experience creates strong bonds that go beyond borders and languages.



Discovery

Every day brings something new — places, food, traditions, or even parts of yourself you didn't know. Erasmus is a journey of discovery.

Nostalgia

Once it's over, you'll look back with a smile (and maybe a tear). The adventures, the people, and the moments will become precious memories you'll treasure forever.

