



# **Overcoming Pandemic: Coming Together Virtually**

## **GENERAL INFORMATION**

**Title:** Overcoming Pandemic: Coming Together Virtually

**Ages:** Students aged 14-18

**Number of Participants:** For the project, considering the number of the partners may change, at least four students are required and there can be ten students at maximum.

**Project Language:** English

**Subjects Related:** Psychology, Physical Education, Health, ICT

**Key Skills:** Language, Digital Tools, Communicative Skills

**Duration:** The project is intended to last in six months, starting from October/November to April/May.

## **AIMS**

The project aims:

- to increase awareness of self-care for psychological well-being.
- to decrease the negative psychosocial effects of Covid19 .
- to increase the quality of distance learning .
- to discover the responsibilities of the students to improve distance learning.
- to encouraging the use of Web 2.0 tools.
- to encourage interest in European projects.
- to practice the English language.
- to know digital tools and use them when necessary.
- to be responsible.
- to cooperate and work parallel to other schools, colleagues and students in accordance with the deadlines.

## **WORK PROCESS**

### **Communication between partners:**

The communication between teachers has to be continuous. For this, we will use different tools, as Google Docs, emails, eTwinning meetings, Whatsapp or other means if necessary.

We will also have video conferences by Skype, Zoom, Adobe Connect or eTwinning meetings.

### **Activities:**

The students will be working in groups or as individuals depending on the activity.

All the work will be announced and uploaded on TwinSpace.

Some of the activities will be shaped after being discussed and voted by the teachers on the first meeting.

Here is the timeline of the activities:

### ***October***

- Teachers decide on the list of participant students.
- User IDs and passwords are given to the students.

### ***November***

- Online Meeting: Teachers have online meetings to get to know each other and to go over the activities together. They ultimate the details of the project and specify dates.
- Pre-survey: A pre-survey is applied (via Google Forms or other online means) on all participant students to check the present state of the students related to the objectives of the project. The results are shared as diagrams on TwinSpace.

### ***December – Boredom and Loneliness***

- Webinar: The responsible teacher/s organise a webinar on “Boredom and Loneliness”. They preferably include their students both for preparation process and the presentation process. The students and the teachers share their opinions, ask and answer questions at the end of the webinar. The webinar aims to increase awareness of what boredom and loneliness is and to demonstrate ways of taking action.
- Activity: The responsible project team organise an activity to overcome “Boredom and Loneliness” during pandemic. The activity should encourage the students to take action to overcome boredom and loneliness.
- Sample Activity: Watching Movies Together Alone!

On TwinSpace, the responsible project team offer a list of movies to watch. The most voted movie is watched by the participants at the same scheduled time. Later on, the participants share their opinions about watching movies online together with a group on digital platforms like Zoom, Adobe Connect or eTwinning Meetings. They share photos of the activity on TwinSpace board.

### ***January – Sports and Nutrition during Pandemic***

- Webinar: A webinar is organised by the responsible project team (including the students). They represent the importance of Sports and Nutrition to overcome “anxiety”. They also represent examples of doing sports keeping the social distance and tips on nutrition. The webinar should aim increasing awareness on the effects of sports and nutrition on mental health.
- Activity: The project group/s offers an activity to encourage doing sports or/and caring about nutrition.
- Sample Activity: Cooking at Home!

All the participant project teams work on a traditional/original healthy recipe. They share their traditional recipe on TwinSpace Board. Later on, the participants pick one of these recipes. They do it individually at home. They share videos of process or the photos of final on TwinSpace. The participants vote for the best product.

### ***February - Bullying***

-Webinar: At the beginning of the webinar, the responsible project group give information on what pandemic bullying is and how to behave towards an infected person. The webinar goes with the share of experiences of a previously infected Covid-19 host. The participants ask and answer questions at the end of the webinar.

-Activity: The project team offers an activity to increase empathy with the infected people.

### ***March-Distance Learning***

-Webinar: A webinar is prepared by the responsible project team on the problems that the students face and the teachers face during distance learning. Participants also share their experiences during distance learning. The webinar ends up with a brainstorming on how to improve the quality of distance learning.

-Activity: The project team offers an activity to improve the quality of distance learning. They aim to increase self-awareness.

-Sample Activity: The project team prepares a checklist for the students. The checklist includes statements that are expected to improve the quality of distance learning like "I had my breakfast before my online sessions", "I tidied up my bed and my room before my online session" etc.

The students work on the checklist for a week or two. Then, they share their opinions reflecting their improvement on TwinSpace Board/Discussion.

### ***April***

April will be the month for conclusion and farewells.

-The participants will attend a survey about the activities and the expected outcomes of the project.

-The results will be shared on TwinSpace.

-Online Meeting: There will be an online meeting for all participants to have a farewell. The teachers and the students will evaluate the project.

### **FINAL RESULTS EXPECTED**

As a result, we expect to observe an active effort for an improved mental health on the participants. Thanks to the webinars and the activities, the participants will better understand their emotions and the project will be a start to take action in overcoming these negative emotions. What is more, the works related to distance learning will increase awareness on the responsibilities of the students.

### **DISSEMINATION**

The webpage of the project in eTwinning will be the main means of informing about the activities and the topics. All the work will be shared online for the participants and the wider public.

We will also be using the School Noticeboards and the school websites about our participation of the project and the activities we will carry out each month.