



Let's Stop Bullying Together
2018-2020

Erasmus+

SCHOOL TO SCHOOL-STRATEGIC PARTNERHIP

2018-1-AT01-KA229-039251

“LET’S STOP BULLYING TOGETHER”

An overview of project activities and a compendium on
how to act/react in case of bullying/cyberbullying/violence.

Guidebook from students for students



Figure 1 <https://beaufortlifestyle.com/2018/08/09/beaufort-county-school-district-cracks-down-on-bullying/>



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1 Disclaimer

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Project website: <https://lets-stop-bullying-together.eu/index.php>

eTwinning: <https://twinspace.etwinning.net/37649/home>

Facebook: <https://www.facebook.com/letsstopbullyingtogether2018>

Instagramm: <https://www.instagram.com/letsstopbullyingpt/>

YouTube: <https://www.youtube.com/channel/UCs8be3az-issdJDD6LR24Fg>

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2 Introduction

The school bullying is a common problem in all EU states. Bullying in schools today are present in many forms, verbal, physical, psychological, cyberbullying, etc. Schools can provide a place where young people learn the skills and competencies that will help them resolve conflicts and problems peacefully and learn to live with diversity on a daily basis. Therefore, schools from 6 countries decided to set up this project « Let's stop bullying together » 2018-1-AT01-KA229-039251, whose aims were to investigate about these manifestations and to realize and apply new and effective strategies to prevent them, to create a tolerant culture and to promote a democratic school attitude. The project was implemented in the years between 2018 and 2021.

The objectives of the project were to:

- acquire social, civic and intercultural competences and energetically promote democratic values, fundamental rights as well as active citizenship;
- enhance critical thinking and media literacy to develop resistance to all forms of discrimination and violence;
- promote intercultural dialogue and encourage cooperation through all forms of learning in cooperation with other relevant policies and educational stakeholder and building on student's sense of initiative and engagement to strengthen social ties as well as generate a sense of belonging;
- promote the acquisition of skills and key competences (digital competences, languages)
- strengthen the professional and educational profile of teachers;
- trigger modernisation/internationalization and reinforce the response of education and training systems and youth policies to the main challenges of today's world.

To achieve these objectives, we worked with the experts: social worker, educator, authorities (police, judge, town hall). The work was done with parents and young people from our schools. Several productions have been published: power point, videos, intervention protocol, etc.

This project allowed young people to discover new cultures and experiences. Friendship relationships were created and incredible memories. Our young people had the opportunity to discover another way of trans-national work and to improve their language skills.

3 Bullying and Cyberbullying: a complementary problem

According to Cambridge Dictionary bullying is defined as “The behaviour of a person who hurts or frightens someone smaller or less powerful, often forcing that person to do something they do not want to do”; if bullying happens with the help of computers and social media, it is called cyberbullying. Even if they have different names they are both dangerous and we have to stop their diffusion.

Bullying: it is when an individual or a group of people, repeatedly and intentionally, carry out aggressive acts which cause hurt or harm to another person or group of people who cannot easily defend themselves.

Cyberbullying: it is similar to bullying, but it involves the use of new communication technologies.

COMMON FEATURES

Behaviour: **hostile, aggressive**

Intention: **awareness** of harming others

DIFFERENCES:

Context

Bullying:

Face-to-face bullying implies a higher physical or psychological strength of the bully (or group of bullies)

Cyberbullying:

Digital bullying implies rude or nasty comments online, rumors spread on social media, threatening or aggressive comments in chat rooms or video chats.

The most common places where cyberbullying happens are:

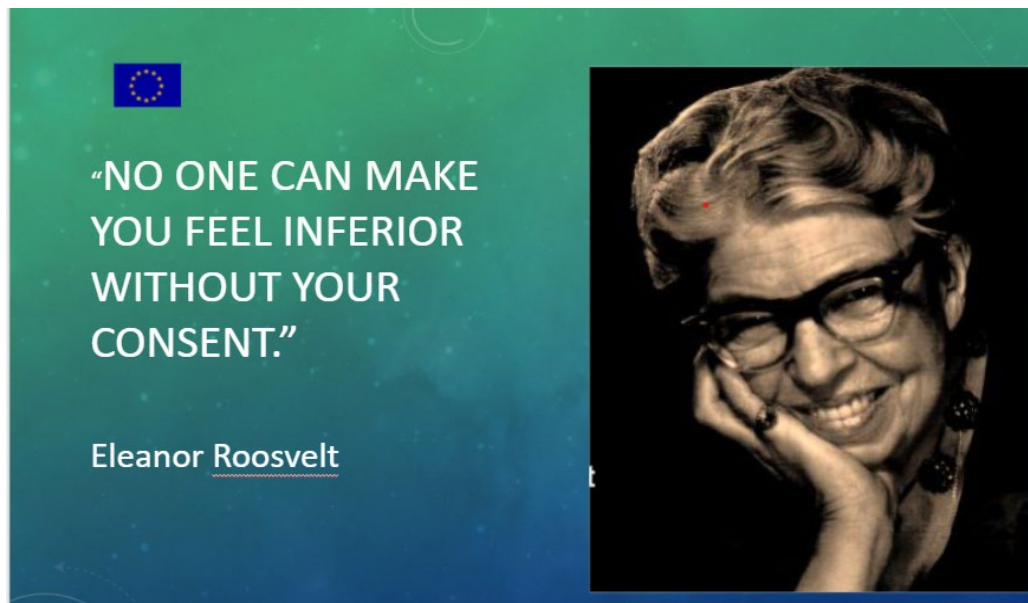
- Social Media, such as Facebook, Instagram, Snapchat, and Tik Tok.
- Text messaging and messaging apps on mobile or tablet devices.
- Instant messaging, direct messaging, and online chatting over the internet.
- Email.
- Online gaming communities.

The Causes of Bullying and Cyberbullying:

- The causes of bullying are different, but, mainly, they come from familiar models in which the bullies live.
- An important role also depends on the boy's temperament and the influence of the mass media.
- People generally become bullies because they are unhappy.

Effects Of Bullying

- The effects of bullying are serious and can often be permanent.
- The victims of bullying usually suffer from depression, they feel stressed and are afraid to report their attacker.
- Sometimes the loneliness and depression may lead them to tragic events.
- The bullies tend to get involved in problematic behaviours such as smoking, alcohol and drug abuse.



5 Activities to prevent and tackle Bullying inside and outside schools

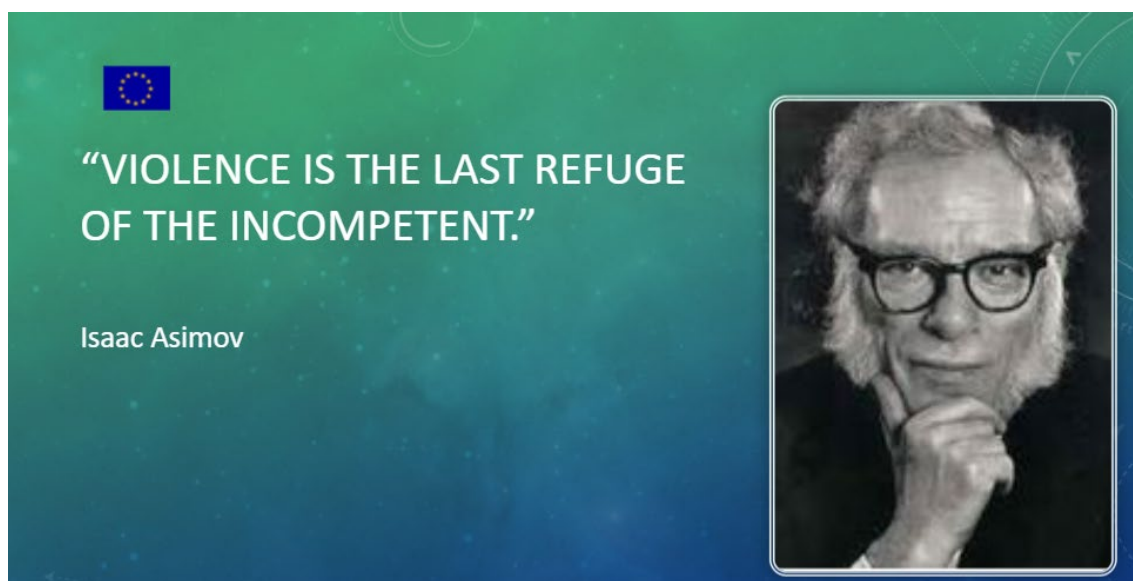
Today the problem of bullying is widespread especially at school. Studies say that in a group of five guys almost a child leaves school for bullying.

There are many different kinds of bullying:

- *Physical*: when bullies do everything that can hurt you, for example they hit you or pull your hair or they push you.
- *Verbal*: when bullies hurt you with words. We think it is one of the most dangerous kind of bullying, because sometimes words can hurt you more than a sword.
- *Psychological*: When bullies influence your life with their sneaky provocations and make you, feel like a useless and wrong person.

Usually, if you are a victim of bullying, you are not strong enough to face the situation; maybe you don't want to go out of your bedroom or you don't want to go to school anymore because bullies make you feel hurt, afraid and hopeless.

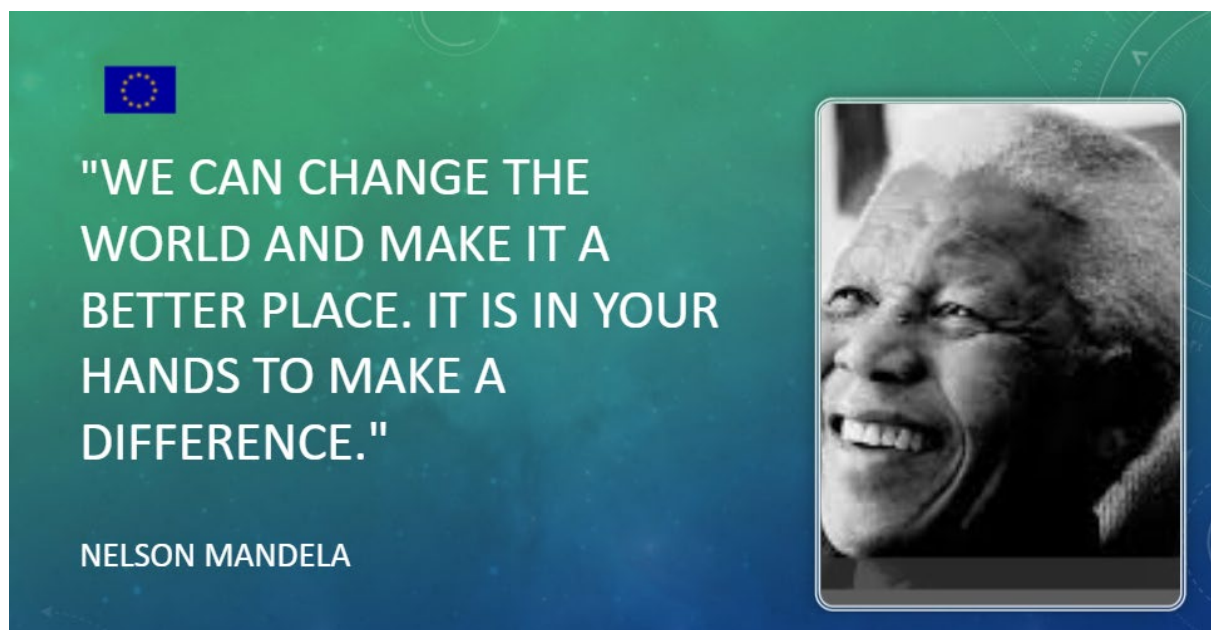
Everyone thinks that bullies are big and tall people, like film characters, but in our experience bullies are people who haven't got a lot of friends who love them; maybe they are conditioned by a bad past or they haven't got a good family; they usually try to forget their emotions hurting the victim or making racial and bad comments about people.



We think that bullies are very weak people, maybe more than their victims are, but they hide their fears behind a fake identity in order to appear bullies are fearless and powerful. Bullies usually attack their victims when they are with other people, because in this way they feel popular and important.

In cyberbullying, bullies hide their identity behind fake profiles or websites and with their messages, their insults and their threats they gradually destroy the victims' life.

Maybe bullies can easily hurt victims behind a computer when they are at home in their bedrooms, because at home they feel powerful and invincible.



6 Austrian school



Öffentliches Stiftsgymnasium der Benediktiner in St. Paul

Hauptstrasse 1

A-9470 St. Paul im Lavanttal

Contact person: Prof. Giovanni Santoro

Tel: +43 4357 2304

Email: sang@stiftsgym-stpaul.at

Website: www.stiftsgym-stpaul.at



Video 1 <https://www.youtube.com/watch?v=vCCQw3aqiHU>

6.1 Austrian working group

ADLBRECHT Luca

ESTERL Laura

JÖBSTL Saphira

PRAPROTNIK Elena

STRÄUBNIGG Birgit

TATSCHL Milene

JÖBSTL Katharina

KREUZER Alexandra

LIPUSCH Lea

OBERTAUTSCH Hannah

SCHOBBER Isabella

THONHAUSER Alisa

DREIER Martin

GRUNDNIG Jakob

POTOTSCHNIG Magdalena

SCHRATTEL Hannah

HORACEK Laura



Video 2 <https://youtu.be/YDVWcm9J3Lc>

6.2 Activities

6.2.1 3rd Cross student exchange

Topic: Promote a culture of dialogue and respect among potential bullies

Date: 10/11/2019 – 16/11/2019

Hosting school: Öffentliches Stiftsgymnasium der Benediktiner zu St. Paul (Austria)

Sending schools: Aristotelio College (Greece) & I.I.S.S. Concetto Marchesi Mascalucia (Italy)

The third cross student exchange was hosted by Öffentliches Stiftsgymnasium in St. Paul im Lavanttal and took place from 10th to 16th of November 2019.

Sunday, 10th November 2019

Sunday was the day we had been looking forward to for almost a year now. The arrival of our Greek and Italian exchange partners. All 16 of us either went to the train station in Klagenfurt to pick up the Italians or to the airport in Graz to meet the Greek pupils. We had prepared colourful posters for an extra-warm welcome. Since their flight was a bit delayed, we had to wait for some time but once they arrived, it was definitely worth it. Some drama also occurred because three of the Greek students lost their luggage on their way to Austria. Still, this nuisance didn't affect our mood and the excitement we all felt. After exchanging greetings, we all went our separate ways to grab dinner and to meet the families of the host students. All in all this was an amazing evening packed with joy.



Monday, 11th November 2019

On Monday all Erasmus groups met at the entrance of the grammar school for an introduction of the project and to get to know all the members who are involved.



After the introduction the groups played two games. In the first one we talked about ourselves, about our hobbies, family and interests. In the other one we sat in a circle with one person in the middle, and this person pointed to someone who had to either guess the name of the person on the left or on the right side.



Once the game was finished, we went to the monastery of St. Paul where a police officer talked about the topic of "bullying". There was also a group workshop, and we spoke about the reasons and consequences of bullying. Afterwards we heard a presentation of the Greek students and watched a video of the Austrian group.



After a tasty lunch in the dining room of the school, we met at the school gym and played a basketball tournament. It was an incredibly exhausting experience but everyone gave their best and had a lot of fun. This lesson marked the end of our first school day together.

Later in the evening, we came together for a welcome dinner at “Hotel Freitag”. There we also celebrated a surprise birthday party for one of the Erasmus students, called Saphira. We sang birthday songs in four different languages, showing the diversity of the students. We ate a cake made by Saphira’s grandmother and ended the evening by dancing to various songs from all the different countries.





Tuesday, 12th November 2019

On Tuesday, we left St. Paul at 8 a.m. and arrived at the chocolate factory Zotter at 10 a.m. There we watched a video about the making of the Zotter chocolate, and after that we were shown how the chocolate is produced, and we could also taste every kind they have. All of us ate a lot of different kinds of chocolate like for example one with the taste of flowers, a special one with hemp or one with pumpkin taste.



After the tour, we bought some chocolate for our families, left the factory and went to Graz, the capital city of Styria. When we arrived, we spread out to have some lunch and got together again at a special building, where we met our tour guide. The guide, Helena, showed us a little bit of the city, even

though it was raining all the time. We saw the city cathedral, where she told us the story of Saint Francesco.



She led us to a strange building full of art where we could see the clocktower of Graz and a small island in the middle of the river right in front of us. Then we crossed the river and had some free time, which we used to buy souvenirs for the families we left in Sicily and Thessaloniki. We had to leave Graz at 6 p.m. and

arrived again in St. Paul, where we were allowed to go home. Even after the long day, everyone of us did something in the evening, like for example going to a coffee shop to talk and laugh or just watching a movie at home.

Wednesday, 13th November 2019

On Wednesday in the morning, we went to school by train. There our day started with three music lessons with Prof. Thomas Zdravja. At first, we did some exercises to warm up our voices, and then we formed different groups and started writing our own song. Each group



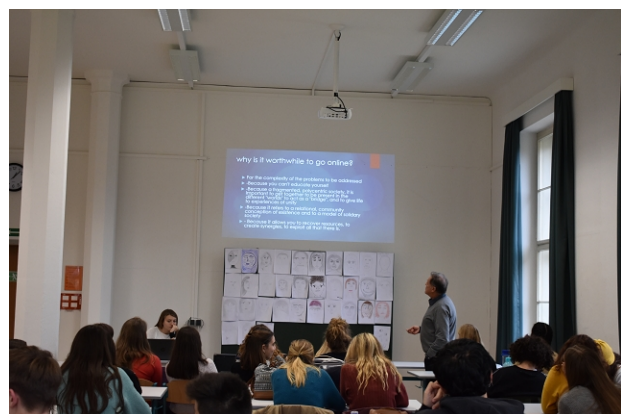
wrote one verse, and at the end, we put them together. After that, the teacher composed the music for our text. We decided to call the song “Let’s stop bullying together”.



After a little break, we enjoyed two art lessons with the Greek teachers Prof. Nana Diamandi and Prof. Melina Gialama. First, we had to draw a face that reflects the consequences and feeling of bullying. Later the Greek group gave a presentation about the artistic aspects of bullying. They presented us “The Bully Project Mosaic”. In this project, 16 different artworks represent

feelings and statements about bullying. Furthermore, they showed us different kinds of artworks like music, films and paintings, which related to the main topic bullying.

For this school day, the Italian group had also prepared a presentation. Prof. Eleonora Militello explained the challenges that students with special needs have to face, and that they are prone to bullying. Additionally, the other teacher Prof. Enrico Savuto told us about cyber-bullying and how the law can protect the victims. Moreover, he described the differences between the law in Austria, Greece and Italy. The Italian students provided an example for behavioural disorders from both the victims and the bullies.



When the school day ended all students went home and had lunch. Dario and I tried self-made “Wiener Schnitzel” with the traditional cranberry jam. Later we went to a sports hall with Luca and Valerio to play squash. Afterwards we went to a gambling hall where we played billiard, darts and table-football. At the end, we ate some pizza and then we went home. We all had a very nice day together and we enjoyed it a lot.

Thursday, 14th November 2019

On Thursday, we went to Klagenfurt by train. We were accompanied by Prof. Melina Gialama and Prof. Nana Diamandi from Greece, Prof. Eleonora Militello and Prof. Enrico Savuto from Italy and Prof. Andreas Kirsits from Austria. Our first stop in the city was the Carinthian Government. There we met three employees, and they showed us the office of Peter Kaiser, the governor of Carinthia. They talked about different duties of politicians in Austria, about the cooperation of the three participating countries Austria, Italy and Greece in the European Union, and we were shown the meeting room where important decisions for Carinthia are made. After the tour, we took some pictures and they provided something to eat, like “Schnitzelsemmel” and chocolate cake.



Prof. Andreas Kirsits lead us through the city to a Christmas market and to the “Alter Platz” in the city-centre of Klagenfurt. It was a beautiful place and we took lots of pictures together. It was also our final meeting point and from there we went along in separated groups to do as we pleased. Many of us went to the Harry Potter Café to enjoy “Butterbeer” and “Harry’s Birthday cake”. A must on our to-do-list was also a visit to the “City Arkaden Klagenfurt”, the biggest shopping centre in the city. There we bought clothes, beauty products and souvenirs for the families of the exchange students.

At 13:30, we met again with our teachers at the south exit of “City Arkaden” in order to make sure that everyone was okay. Then we were officially released. Some of us went to eat sushi, while others preferred Italian food like pizza, and in the afternoon most of us stayed in Klagenfurt to either continue shopping or go sightseeing. The Italian group went to play bowling and the Greek group had a get-together at Kathi’s place, where we rehearsed the “cup song”. Overall, it was a great day, everyone had a lot of fun and a good time, and together we experienced things that we will surely never forget.



Friday, 15th November 2019

As this was our last full day together, it can also be described as one of the most eventful days of the week. In the morning, we had an ICT- class with Prof. Lena Tomitz in which we digitalised the progress we had made during this week. We either did videos, word- documents, power- point presentations or word- clouds. Then we went to the school’s celebration- hall and prepared for the farewell event which would take place the same evening.



In our granted free time, most of us went to the Koralpe to show our friends the magnificent Carinthian mountain view and, of course, snow. We did a bit of hiking and had a snowball fight before we refreshed ourselves with hot chocolate, tea and Christmas cookies. Again,

it was time to leave and before we all headed back to St. Paul, we had about an hour to get ready for the Farewell- event.



The event started with us singing our own song “Let’s stop bullying together” which we had written with Prof. Thomas Zdravja on Wednesday. Then the two Austrian- students Lea and Alexandra took over who did the moderation and led the audience through the evening. This included the so called “Intercultural interview”, national Italian and Greek dances, watching the “Erasmus- video” made by Robert Grundnig, exchanging the gifts for the foreign teachers and last but not least, everyone receiving a certificate of attendance.



Before we could even blink twice, it was time for dinner at Poppmeier's where we got traditional Austrian dishes served. At the end of the day, we separated in groups and had an individual goodbye- party. I believe we all stayed up quite late, because none of us wanted this magical day and week to end.

Saturday, 16th November 2019

This day was by far the most emotional day of the week. It was the day of departure for our newly found friends. It is quite understandable that a lot of tears were shed and a lot of bear hugs given. Never could we have imagined that saying goodbye would be so hard after just one week. Maybe the fact that we all had to get up quite early, also added to our level of emotional stress. But thankfully our teachers and parents were present to calm us down a bit and they patiently waited while we said our tearful goodbyes. When they finished checking in their luggage and went through the security check, it felt like we had lost life-long friends, although we'd only known each other for a short period.



But that's exactly what Erasmus is supposed to be and this week proved the importance of this project. Namely that no matter where you're from and what your personal background is, you can connect with other people around the globe who are, at first look, completely different, but when looking more closely, the same.



Video 3 <https://youtu.be/lf2aWRlvQRQ>

6.3 Student testimonies

Kreuzer Alexandra

Two years ago, I took part in an Erasmus+ exchange program called “Let’s stop bullying” which was seriously one of the best experiences I have ever had in my life. Before the exchanges took place, we did some work on the topic beforehand. At St. Paul, we did so with



short films about bullying. It was fun to create something together and then see the finished product after all our hard work during the writing and filming process. Finally, in November 2019, we had the chance to each host one student from either Thessaloniki, Greece or Italy. Even though the weather in Austria was rather cold and rainy that week, we still managed to do loads of exciting things, like an excursion to the Zotter chocolate factory or to Graz. When we were in school, we worked together on different projects concerning



bullying, my personal favorite was definitely writing a song about the issue which we also performed in front of our parents and teachers on the last evening. After a tearful goodbye we, thankfully, only had to wait a few more months before we got to meet our exchange students again. In February 2020, eight of my fellow students had the chance to visit their friends in Italy and the rest of us got to fly to Thessaloniki in March. In fact, we were lucky that we were even able to go there, because shortly after our return to Austria, everything shut down due to the Covid- 19 pandemic. But I will be forever grateful to have had the opportunity to go there, since it was one of the best weeks of my life. I got to meet so many new, cool people with whom I have forged long lasting friendships. I got to see the beautiful town of

Thessaloniki and just got to experience the life in Greece for a week. My host family was the sweetest, and the activities the Greeks had planned were simply superb, ranging from a night at the bowling alley, to watching the sunset, sitting on the wall of an old castle, and to going to a karaoke bar. Plus, we learned even more about bullying by creatively expressing ourselves through drawing and even performing our own little plays.

Overall, I can say that this experience has allowed me to connect with people from different cultures and countries in a unique way, to forge long lasting friendships and to also broaden my own horizon.

I wouldn't have missed it for the world and given the chance, I would definitely do it again!

Lea Lipusch

When I think about the Erasmus project, I participated in I am immediately taken back to the carefree and incredibly fun time I spent working on it with my Greek friends right before the Covid- crisis hit us hard. "Let's stop bullying together" didn't seem to be all too interesting of a topic to me at first. However, after I concerned myself with it for nearly a year, I figured that it hits much closer to home than I initially thought. Erasmus isn't all about travelling and making new friends (even though it's one of the biggest and certainly most amazing parts of it), it also encourages young people to broaden their horizons and think outside of the box. Whether we want to acknowledge it or not, bullying starts and ends with every single one of us and to come together with other teenagers from different countries and cultural backgrounds to discuss that was truly an eye-opening experience for me. An experience that, in my opinion, should be given to as many students as possible and that's why I'm forever grateful for the time I got to spend with all of them.

6.4 Videos about bullying at school

6.4.1 Bullying and bullying behaviours in EU

1st Cross student exchange

Date: 17/02/2019 – 23/02/2019

Hosting school: IES Joaquín Turina (Spain)

Sending schools: Lycée D' Alembert (France) & ENSINUS (Portugal)

Video: Bullying and bullying behaviours in EU

Austrian working group



Video 4 <https://youtu.be/F311kNNd5eA>

6.4.2 Empower bullying victims in EU schools

2nd Cross student exchange

Date: 19/05/2019 – 25/05/2019

Hosting school: Lycée D' Alembert (France)

Video: Empower bullying victims in EU schools

Austrian working group



Video 5 <https://youtu.be/seocyQrL8yU>

6.4.3 Promote a culture of dialogue in EU schools

3rd Cross student exchange

Date: 10/11/2019 – 16/11/2019

Hosting school: Stiftsgymnasium St. Paul (Austria)

Sending schools: Aristotelio College (Greece) & IISS Con. Marchesi (Italy)

Video: Promote a culture of dialogue in EU schools

Austrian working group



Video 6 https://youtu.be/uTw_vnZul_U

6.4.4 Cyberbullying in EU schools

4th Cross student exchange

Date: 02/02/2020 – 08/02/2020

Hosting school: I.I.S.S. Concetto Marchesi, Mascalucia (Italy)

Sending schools: Stiftsgymn. St. Paul (Austria) & Aristotelio College (Greece)

Austrian working group



Video 7 <https://youtu.be/efAcaYmf8GI>

7 French school



Lycée Polyvalent d'Alembert

22 Sente des Dorées.

FR-75019 Paris

Contact person: Prof. Isabela Duc

Tel: +33 1 42 08 04 10

Email: misabela.duc@ac-paris.fr

Website: www.lyceedalembert.paris



Video 8 <https://www.youtube.com/watch?v=brx-E4PxTug&t=7s>

7.1 French student group

ARREAOU Gaëlle

AUGUSTE Laurent

BEAUNOM Niki

BENOUDA Myriam

DEFRANCE Simon

DHAINAUT Oriane

DIAKHABI Fantafoundé

GOMES-POUPIN Emeline

HALLOUCHE Lisa

JOUANDON- DARRAMBIDE Lison

KARMOUS Sofiane

KHETIB Lola

LEBLANC Léa

LIN Marie-Christine

THOMAS Hubert



Video 9 <https://www.youtube.com/watch?v=K4KV0v49k-U&t=1s>

7.2 Activities

7.2.1 1st - Short-term exchanges of groups of pupils

Topic: Define, identify and recognize bullying and bullying behaviours in EU schools

Date: 17/02/2019 – 23/02/2019

Hosting school: IES Joaquin Turina (Spain)

Sending schools: Lycée D'Alembert (France) et ENSINUS - Estudos Técnicos e Profissionais SA ENSINUS – ETP (Portugal)



Video 10 <https://www.youtube.com/watch?v=EKVKoHRBsnU>

The first short-term exchange was hosted by IES Joaquin Turina (Spain) from 17/02/2019 to 23/02/2019.

French team

Students : Gaëlle Areou, Simon De France, Fantafoiné Diakhaby, Léa Leblanc, Lison Jouandon, Emeline gomes, Lisa Hallouche, Oriane Dhainaut.

Adults : Ms. Dimitra Erouart and M. Cyril Hebrard

Sunday, February 17th, 2019

Pupils and chaperones met at 5:00 am at CDG airport in Paris. The group flew to Seville and arrived at 11:00. Each student was expected to be supported by his Spanish correspondent with his family. The escorts were taken care of by Ramon Borreguero who took them to the hotel. Everyone could put their luggage, rest and settle. In the evening the guides dined with the Portuguese and Spanish colleagues. The welcome of the Spanish partners was warm and benevolent.



Monday, February 18

Mr. Simon, Director of IES Joaquin Turina hosted the entire Erasmus group in a large hall of the school. He presented in detail the program of the week and offered T-shirts as welcome gifts.

The rest of the morning was led by Ramon Borreguero and Paco Padilla who proposed various activities to "break the ice" between Spanish and French Portuguese students. At 11am a sandwich break was planned. Ms. Teresa Rivera then proposed an activity related to student harassment. At 2:30 pm the group ended up in the school class to enjoy the welcome meal, a Paella. After the meal a football game was held in the school class and the students returned to their hosts at 17h.



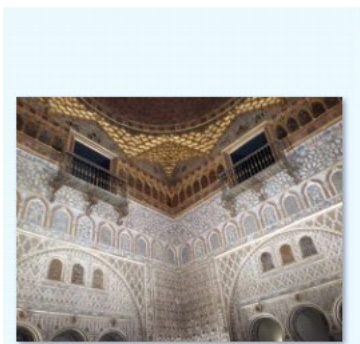
ICE BREAKER BINGO				
FIND SOMEONE WHO:				
HAS A BIRTHDAY THIS MONTH	HAS TRAVELED OUTSIDE THE COUNTRY	CAN PLAY AN INSTRUMENT	HAS A TATTOO	CAN SPEAK A FOREIGN LANGUAGE
IS AN ONLY CHILD	IS A LEFTY	ACTUALLY FLOSSES THEIR TEETH EVERYDAY	HAS A FOOD ALLERGY	PLAYED ON A SCHOOL SPORTS TEAM
WATCHES REALITY TELEVISION	RAN A MARATHON	FREE SPACE	HAD BRACES	HAS BROKEN A BONE
HAS LIVED IN ANOTHER STATE/COUNTRY	HATES MATH	LOVES TO SING KARAOKE	HAS MET A CELEBRITY	HAS NEVER SEEN A STAR WARS FILM
HAS A PET	CAN TOUCH THEIR TOES	HAS A FACEBOOK ACCOUNT	DISLIKES CHOCOLATE	MADE A NEW YEAR'S RESOLUTION AND KEPT IT



Tuesday, February 19

Accompanied and guided by David Sanchez and Fernando Hidalgo the Erasmus group visited Seville. Departure by bus from IES Joaquin Turina then on foot to visit the main monuments and places of the center of Seville.

Plaza de Espana, Santa Cruz neighborhood, Royal Alcazar, Cathedral.



Wednesday February 20

The day started at 8am with a conference on harassment. M. Gonzalez (psychologic) using interactive activities led this work.

The students were supervised by 3 animators to discover, to practice canoe-kayak on a channel of Seville. The activity lasted until the end of the day.



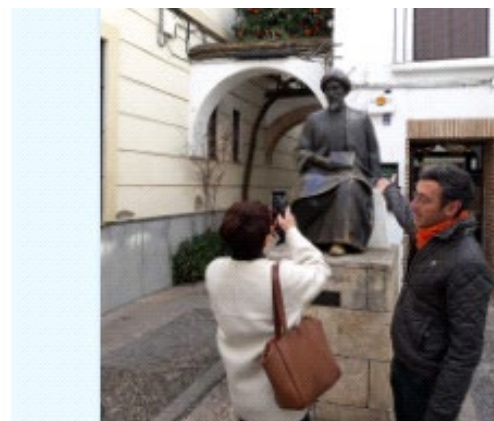
Thursday, February 21

Meet at 8am to take a bus to Cordoba.

After an hour of traveling, visit the city of Cordoba, its cathedral, its Romanesque bridge.

M Fernando Hidalgo and David Sanchez guided the group during this excursion. Following the visit of the cathedral, a meal in a small restaurant was planned for the whole group.

Return by bus to Seville at 17h.



Friday, February 22

At 8:00 am at IES Joaquin Turina School M Paco Padilla and Juan Montes proposed an activity on cyber-harassment.

At 9:00 accompanied by Mr. Cespedes, primary school principal, the group was able to visit and intervene with children in 3 primary schools. The group was expected and questions were prepared by the children.

At 11:30 am back to the IES students produced a video summary of the week in Seville. There was an evaluation (computerized survey) and the French team ended up for a small meal.

At 17h the group ended up at the IES for the projection of the 3 videos, the graduation and many small gifts.

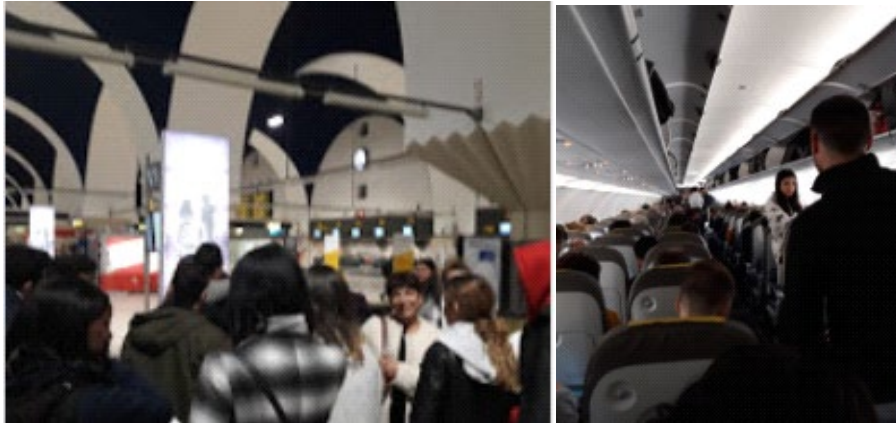
Families were invited and present and the day ended with a drink in the school class.



Saturday, February 23

Meet at 7am at Seville airport to fly to Paris. In tears the French, Spanish and Portuguese students had to leave each other.

Back to Paris via Barcelona. Arrival in Paris around 13h. Everything went well except for luggage that arrived only much later.



7.2.2 2nd - Short-term exchanges of groups of pupils

Topic: Empower bullying victims in EU schools

Date: 19/05 – 25/05/ 2020

Hosting school: Lycée D'Alembert (France)

Sending schools: IES Joaquin Turina (Spain) and INETE Lisboa (Portugal)

The 2nd short-term exchange was hosted by our school from 19th to 25th May 2019.

So we welcomed 8 students from the Spanish school IES Joaquin Turina of Seville accompanied by their director Simón Pérez González and a Borreguero Ariza Ramon.

The program proposed by the d'Alembert Erasmus team was dense and rich.

Working and exchange time in high school:

- Writing workshop using the pedagogy of the game on the theme of harassment (Ms. Gatouillat: adaptation of the tools of the device Mastery of language and learning to produce a text in English)
- Presentation by groups of students of their work on the theme of empowerment of the victim in a situation of harassment. Exchanges about productions.
- shoe customization workshop by Mrs. Erouart (nod to the specificity of our high school, presentation of a particular subject of the vocational high school: the applied arts)

- geography history course with explanation of how these subjects are taught in France. Presentation also of the EMC and the principle of secularism that governs our school: French specificity.
- visit of some workshops (Ms. Brigot) limited visit due to exams: shoe repair, podology, treatment room care, SPVL and MDC. But she was very interested in the students and raised questions.
- workshop with the Respect Zone association which impressed our students a lot thanks to the intervention of a witness of bullying.

Working topics: Paris Global City - in connection with the Bac Pro final program.

Objective: Allow students to better read the landscape during their afternoon visit.) The reconversion of an industrial space (following our visit to the Grande Halle: history of the slaughterhouses of La Villette and the transformation of the Park). Mrs. Gatouillat.

- Presentation of an aspect of Parisian intangible heritage: the songs of Paris (Mme Gatouillat)
- Review of the project, production students and writing in the manner of: "I remember" Georges Perec (presentation of a French literary movement, the new novel). Mrs. Gatouillat.

Teachers who helped and supervised: Mrs Duc as local coordinator of the project, but also Mrs Matter, Mrs Brigot, Mrs Prévot, Mr Hébrard came to help during their spare time during the activities in class.

The times of cultural discoveries:

- Visit of the Toutenkamon exhibition at the Grande Halle.
- Day in Versailles (Mrs Duc and Mrs Prévot)
- Visit of the gardens of the Royal Palace and the Louvre (Mrs. Duc, Mrs. Erouart and Mrs. Gatouillat)
- Picnic at the Tuilleries and cruise on the Seine (Mrs Duc and Mrs Gatouillat)

Gastronomic discoveries:

The first day during the meal of welcome of the dishes of different corners of the world to sensitize the taste buds of our hosts: traditional products French, Lebanese, Tunisian and Romanian.

The foreign students were very happy to also discover the dishes offered in the school canteen.

The dissemination results (turn our Erasmus project to actors outside of high school)

- Visit of the town hall of the 19th arrondissement. Welcome by Andrea Fuchs Deputy Mayor in charge of anti-discrimination missions. (Presentation of actions of the town hall, the particular functioning of municipal institutions in our city). Mr. Hebrard and Ms. Gatouillat

The sports meeting!

Sports tournament organized by Mr. Malafosse.

Closing of the week:

Review of the Erasmus week. In the presence of parents, teachers and staff of the Lycée D'Alembert, the students presented in English, the report of the week.

The imposed content: Introduce yourself, present the host family or the correspondent, report the most important moment of the week for them.

Obtaining the High School label Respect Zone. Four students from our high school pledged following the association's conference to become ambassadors for the fight against bullying. They commit to training next year to organize and implement actions against cyber-harassment.

Conclusion. This week we have therefore advanced on our thinking regarding the theme of our project. We were also able to introduce our guests to aspects of French tangible and intangible heritage. Students have developed European bonds of friendship. They were able to discover different ways of living and thinking about education. Finally, everyone was able to practice speaking a foreign language in a real situation.

Regarding the reception of correspondents, everything went very well. Our correspondents are delighted by the welcome of families.

On free time our students have introduced aspects of Parisian life to their correspondents and even to teachers.



Figure 2 Welcome speech by Mr. Sabatier, the Headmaster of the Lycée D'Alembert



Figure 3 Writing workshop



Figure 5 Project work presentation



Figure 4 Shoes customization



Figure 6 Visit of Paris



Figure 7 Visit of the Palace of Versailles



Figure 8 Lunch to school restaurant



Figure 9 Sports tournaments



Figure 10 Workshop with the association Respect Zone - Testimony of exceptional bullying

Welcome to the Town Hall of the XIX borough, Ms. Fuchs - Deputy District Councilor, responsible for gender equality, the fight against discrimination and human rights and Ms. Baranda (Intergenerational Relations Officer)





Figure 11 Evaluation sheet meeting



Figure 12 Respect Zone Labeling



Figure 14 Assignment of certificates



Figure 13 Departure

7.2.3 3rd - Short-term exchanges of groups of pupils

Topic: Current schools' policies on preventing bullying at EU schools

Date: 02/02 – 08/02/ 2020

Hosting school: INETE Lisboa (Portugal)

Sending schools: Lycée D'Alembert (France) and IES Joaquin Turina (Spain)

The 3rd short-term exchange was hosted by INETE Lisboa (Portugal) from 02/02/2020 to 08/02/2020.

French team:

Students: Lola Khetib, Niki Beaunom, Emeline Gomes-Poupin, Laurent Auguste, Hubert Thomas, Sofiane Karmous, Myriam Benouda and Marie-Christine Lin

Teachers: Isabela Duc and Cyril Hebrard

Departing on Sunday February 2nd, we agreed to meet at 9 am at Terminal 1 at Orly Airport. The students all arrived on time. The flight went well. Arrival in Lisbon, the Portuguese team welcomed us with kindness. The pupils were taken care of by the families until Monday 3 at 8:30 am.



Monday February 3th.

Go to "INETE" the host school. There was a welcoming ceremony and presentation of the teams + visit to the school. At the end of the morning, the psychologist came to animate an activity on harassment. We had lunch in the INTE canteen and then went to "Praça De Comercio" to visit the "Lisbon Story Center". A museum that describes Lisbon's past. At the end of the afternoon, after visiting and photographing the surroundings of the Tagus, the students returned to the host families.



Tuesday February 4th .

Departure by bus at 9am for Jamor-Jardim. After a 30-minute drive, we were offered a tree climbing activity. It was supervised by 3 animators who insisted on safety. The activity went well. Outdoor lunch at noon followed by a visit to BELEM. A paper questionnaire was offered to the students. End of the day at 5 p.m., the students returned to the host families after having returned the questionnaires and debriefing the visit.



Wednesday February 5th

Departure by bus for Nazaré. City with several interests: fishing, tourism, surf spot, traditional market. After 2 hours on the road, visit the premises with a paper questionnaire. Return to the bus at 12:30 p.m. for the restitution and debriefing of the visit. We then had an appointment at a vocational high school in Nazaré to present our project. Each team spoke. A meal was served to us in the school refectory. The end of the day was spent visiting Odivelas. A fortified city which is on the return journey. A questionnaire was used to support the visit. Return to Lisbon at 6 p.m. Meeting with host families followed by a small snack.



Thursday February 6th

From 9h to 11h a videoconference with the Austrian, Italian and Greek teams was proposed. There were some technical problems but some exchanges could take place. From 11 a.m. to 1 p.m. Mr. Losego of Amnesty International presented an activity on harassment. The meal was taken in the canteen of INETE. In the afternoon, class work was offered to the group on the same subject. End of the day at 4 p.m.

Friday February 7th

Meet at 9am at INETE. Restitution of different works. Photo sharing work using an application. Week evaluation. At the end of the morning was held the ceremony of delivery of certificates and exchange of gifts and snacks.

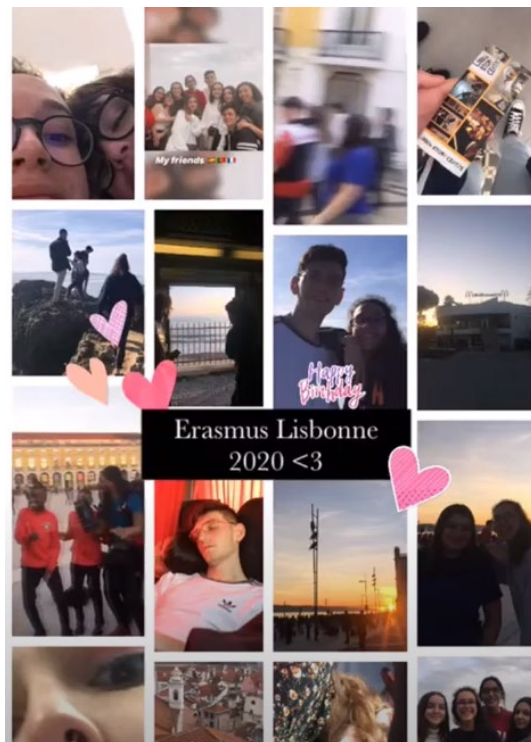
Free time in the afternoon to visit Lisbon.



Saturday February 8th .

Meet at 9:00 am at Terminal 1 of Lisbon Airport. The students were on time with the families. The return to Paris went well.

Mobility has been very rich in many areas including "living together", communication, personal culture, organization. The students showed interest and motivation. They had a good attitude and were able to showcase many skills.



Video 11 <https://www.youtube.com/watch?v=-AbXY19PaZ0>

7.3 Student testimonies

Niki Beaunom



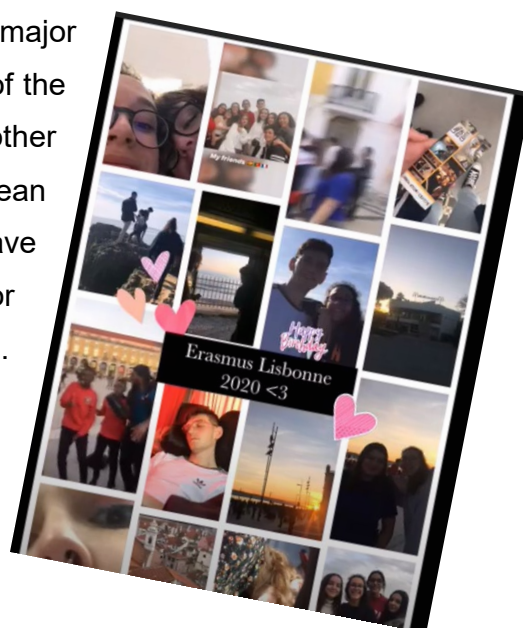
« ... an unforgettable experience ! I loved! I discovered a country and new friends! In addition I learned portuguez»



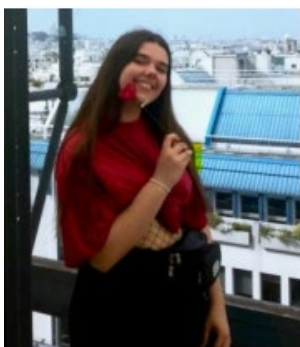
Lola Khetib



« ... a very interesting project, of major importance today in all schools of the world. I enjoyed working with other young people from European countries. I am happy to have participated in the search for solutions for combat bullying. Thank you Erasmus ! »



Gaelle Arreaou



« The activities planned by our correspondents were very good, we often went out in groups and were able to discover a lot of the city and its habits.

The atmosphere of the Erasmus group was great, everyone got along perfectly, no single person, it was really a pleasure to be part of this adventure with such a group.

The activities planned for the school were good, I really enjoyed the excursions and the canoeing. I have excellent memories of this first Erasmus experience »



Simon De France



« It was my first exchange experience with a foreign country. I have traveled abroad many times on school trips but never in exchange. My family was really lovely and couldn't do enough for me and the Portuguese correspondent. At each meal they tried to make us discover new typical Spanish or Brazilian dishes because they have Brazilian origins to which they are very attached. As soon as we arrived, they established rules to be observed in the house to which we obviously complied. In the school of the Spaniards we discovered a school system very different from ours. The Sevillian

students are a little less disciplined than we are in the lessons but work quickly and efficiently. When we arrived they had planned fun lessons, tours and activities. This week was truly an unforgettable week. The program was really very well organized with a balance between lessons, tours and activities. We visited old Seville with Ottoman

influence, Cordoba the ancient city of Andalusia, we canoed, went shopping, ate ice creams, visited the King's Palace in Seville and shared many other moments with our correspondents.



8 Greek school



Aristotelio College

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Contact person: Prof. Maria Papachristou

Tel: +30 2310 471 711

Email: mpapachristoumary@hotmail.com

Website: www.aristotelio.edu.gr



8.1 Greek student group

ALLEN Angelina

ALLEN Christina

BATZOLI Maria

BOUTSOUKI Elena

DRAMPA Charis

GIOVANOUDI Melina

GRAMMATIKAKI Christina

AIKATERINI Kasapidou

CHARALAMPOS Kyriakou

MAURIDOU Stella

PORFRYIDOU Ariadne

SALMA Lefkothea

SARANTAKI Evridiki

THOMAIDOU Elisavet

VASILEIADOU Stergiani

VALSAMOPOULOU Valentini



Video 12 <https://youtu.be/hAY5QsJ8yF0>

8.2 Activities

8.2.1 6th Cross student exchange

Topic: Help: legal framework and protective agents to tackle bullying and violence in EU schools

Date: 01/03/2020 – 07/03/2020

Hosting school: Aristotelio College (Greece)

Sending schools: Stiftsgymnasium St. Paul (Austria)

The sixth cross student exchange was hosted by Aristotelio College in Thessaloniki and took place from 01st to 07th of March 2020.

Sunday/Monday, 1st - 02nd March 2020

The Austrian team arrived at the airport of Thessaloniki on Sunday. The hosting families and students picked up their guests-students. The teachers were welcomed by the teachers of Aristotelio College and the Headmaster and they were transferred to the hotel. The afternoon was a free time for the teachers while the students had the chance for activities with the hosting families. Clean Monday was holiday in Greece and students experienced traditional and cultural activities with the families.





Tuesday, 3rd March 2020

First day at Aristotelio College for the guest students who moved to school by the private school buses. Firstly, they were welcomed by the Headmaster and then, according to the agenda that was presented, ice breaking activities took place organized by students and teachers. Project work about the topic of the exchange was presented in front of other Erasmus students and teachers also from Belgium, Cyprus and the Headmaster.



After, a small break, two very interesting classroom immersions took place by an external educator and the hosting teachers. The first classroom was a Creative writing classroom immersion entitled “Little layers against bullying. A drama workshop!”, where the students were wrote scenarios about bullying and also tried to presented also in a theatrical way. There were also a prize ceremony since all this was also a competition. The second classroom immersion concerned “Art against Bullying” occurred by the art teacher from

hosting school. The students created colorful messages enhancing bullying victims and decorated Aristotelio college.



Before the end of the day all students and teachers had a group photo at Erasmus corner of hosting school. At the end all teachers of two Erasmus+ programs had a group photo in front of Erasmus+ corner of Aristotelio college. The final classroom immersion involved physical education and it was organized by teachers from the hosting school and from Belgium. At the afternoon the students had activities with the families and teachers enjoyed the welcome lunch.



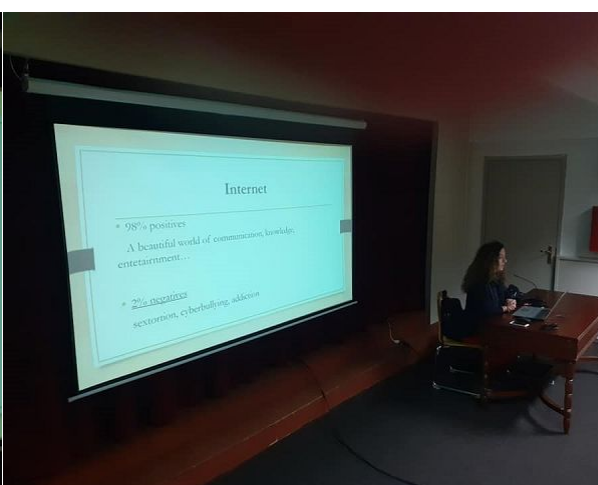
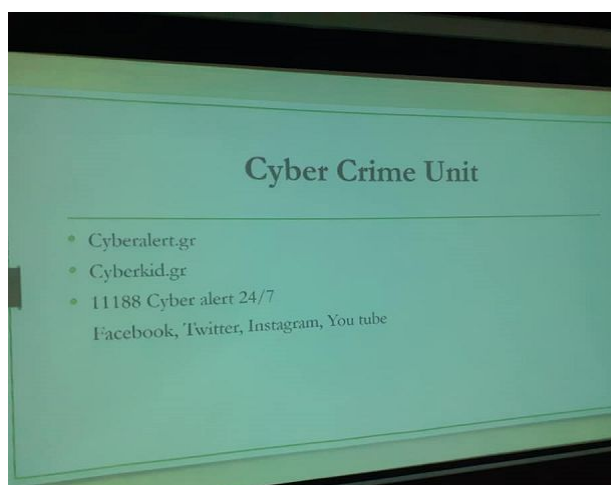
Wednesday, 4th March 2020

Wednesday was the day for excursion and visited Vergina near Aigai the first capital of Macedon. A guided tour was planned by an archeologist to the place that Manolis Andronikos claimed that these were the burial sites of the kings of Macedon, including the tomb of Philip II, father of Alexander the Great and also Alexander IV of Macedon, son of Alexander the Great. Then the students and the teachers visited mount Olympus, the tallest mountain in Greece famous from Greek mythology as it was hosting the Palace of Zeus and all ancient Gods.



Thursday, 5th March 2020

The day started by a conference with S. Patsi, Police Lieutenant Colonel, Head of Innovative Actions and Strategy Cybercrime Subdivision of Northern Greece concerning 'Cyberbullying'. The officer discussed with the students about the topic and also gave important information about the procedures that should be followed in Greece, from the legal point of view, in order to report a crime of bullying. After a small break students visited the Town Hall of Thessaloniki where a representative of Europe Direct had spoken about Thessaloniki, the culture, the history and the tourism of Thessaloniki.





To end this day, the student and the teachers visited the Byzantine museum of Thessaloniki. The museum is a scientific institution, of a broader cultural and educational nature, aiming to collect, preserve, protect, conserve, exhibit and study the works and objects of the early Christian, Byzantine, medieval in general and post-Byzantine periods, mainly from the geographical area of Macedonia and the excavation material of the territorial scope of the 9th Ephorate of Byzantine Antiquities, with which it is in close collaboration.



Friday, 06th March 2020

The Erasmus+ MUN committee operated in a rather unique way, since the opening ceremony was canceled for precaution reason. From traditional General Assembly (GA) committee process started straight away, and encouraged values such as respect and cooperation between delegates. The chairs after some ice breaking activities, and the mandatory roll call, the delegates were split into teams and had a debate. The topic was about digital tools used in education/school or not. The two teams, one in favor and one against, had supported with strong arguments each side and a strong debate occurred. After that the delegates of the committee proposed solutions and products about the topic. After the end of the committee the dissemination event took place in front of the HeadMaster, teachers of the school, parents but also other advisors of the English language. A summary of the events was presented, while emotional moments spread out the theatre room. At night the Farewell event in a restaurant of the famous area of Ladadika occurred among the teachers and the Headmaster.





Saturday/Sunday, 7th - 8th March 2020

A fruitful week came to end and it was the time for the guest students and teachers to departure. The airport was full of hugs, a lot of laughing but also flood of tears came out from their faces. Promises to keep in touch were made and strong friendships were born due to the Erasmus+ program.



8.3 Student testimonies

Students who participated in the Erasmus+ program have been asked to describe their experience. Their destinations were the two following to **Öffentliches Stiftsgymnasium der Benediktiner zu St. Paul (Austria)** with the presence also students from **I.I.S.S. Concetto Marchesi Mascalucia (Italy)**. The topic was **“Promote a culture of dialogue and respect among potential bullies”** between **10/11/2019 –and 16/11/2019**.

to **I.I.S.S. Concetto Marchesi, Mascalucia (Italy)** with the presence also students from **Öffentliches Stiftsgymnasium der Benediktiner zu St. Paul (Austria)**. The topic was **“Cyberbullying: facts, prevalence rates and impact on teenager in EU schools”** between **02/02/2020 – 08/02/2020**.

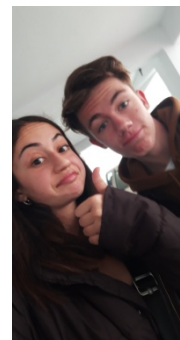
Aristotelio college hosted a meeting with the topic of **“Help: legal framework and protective agents to tackle bullying and violence in EU schools”** between **01/03/2020 – 07/03/2020**. However, due to pandemic regulations the meeting attended only by the students from **Öffentliches Stiftsgymnasium der Benediktiner zu St. Paul (Austria)**, since students from Italy were not allowed to travel.

The experience from the Greek student had only positive impact in several levels as students themselves write.

DRAMPA CHARIS

During the last years we had the opportunity to be a part of the Erasmus world! Under the theme “Let’s stop bullying together” we cooperated with other Europeans, we shared opinions, facts and solutions and we expressed our feelings via videos, posters and texts for such a problem. Not only was it an extraordinary exchange program for us but it was also an ideal chance to improve our soft skills, boost our European identity and cultivate our minds in terms of the social phenomenon known as bullying. I, personally, found that I got to reconsider my mindset regarding verbal violence and both the victim’s and the bully’s behavior by analyzing the multiple aspects of the problem. The fact that the topic is a real life situation in the school life all around the world helped me-as a student- “approach” it in a different-almost experiential- way. On the other hand, getting to know all the EU policies on the matter provided me with a spherical knowledge and concerned me about the ways that this social phenomenon could come to an end. Do I even have to mention that getting in touch with this problem, understanding it and trying to fight it would not be that efficient with the “traditional”-by the book type of learning? I honestly gained a lot of knowledge – we even get to understand paintings portraying bullying- and I always did that with a smile on my face, with the help of two hard-working teachers and an amazing group of students.

Unfortunately, due the pandemic some exchanges could not happen but the project never really stopped as we were producing work and presenting it via the e-twinning platform. I was lucky enough to both host my amazing Austrian friends on March 2020 and be hosted by them on November 2019. Our visit in Austria was composed of expert talks, discussions about the problem, some guide tour and amazing experiences with the other kids! I got to meet my wholesome Austrian brother, Martin, learn about the Austrian cuisine and tradition and have numerous activities with the others such as but not limited to; chocolate tasting, mountain walk, escape rooms, movies, pizza day and parties.



In March, actually some days before everything shutted down here in Greece we got to see our friends again. The schedule was full of presentations, museum visits, traditional huge Greek dinners, a picnic, a visit of Hagios Panteleimonas and Meteora, a bowling game, bicycle races and sightseeing! The weather really

helped us that days and I can definitely state that our group of Austreeks had an amazing time!

It is really not easy to describe how a group of people that stayed only 2 weeks together was able to come along that well. Kathi, Martin, Jacob, Alexandra, Hannah, Isa, Lea, Alisha and my classmates went from just being the exchange students to being a second family for me. I am beyond grateful that I got to experience the whole Erasmus feeling from my school years and I can definitely state that I am willing to participate in other Erasmus programs during my years in uni! Thank you Erasmus, thank you “let’s stop bullying together”!



PORFYRIDOU ARIADNE

My experience with Erasmus was amazing to say the least! First of all, I got the opportunity to get to know new people from foreign countries and create long lasting friendships till this day that actually helped me through a lot during quarantine. My classmates and I were fortunate enough to travel to Austria in November and accommodate our Austrian friends in March before the corona virus had spread. Both here and there, we got to touch upon several topics concerning the catastrophic phenomenon of bullying, through different



interesting activities each time. Rather than just presenting a monotonous powerpoint, we had the opportunity to observe paintings, to listen to and write songs, to briefly become actors and actresses and prepare our own play, to share our experiences and beliefs about this alarming issue and so much more!

Apart from all of that though, realising that we are not alone and that teenagers from other countries deal with the same problems that we do was quite comforting. All in all, I had a wonderful time participating in this program, I

learned so many interesting things and I sure would do it all over again without changing absolutely anything.

KYRIAKOU CHARALAMPOS



Erasmus was one of the greatest experiences I ever had. Although we were kids from different countries and, more importantly from different cultures, we managed to communicate and have fun for the limited time that we had together. We learned a lot, played a bunch of new games together. Our trip to Italy was fascinating as we saw an amazing firework show that only happens once a year. We also traveled a lot around Sicily and admired plenty of different old churches and archeological sites which made the trip more exciting. What I loved the most

, was the hospitality of the family that I stayed to. They were always there for me for whatever I needed and although the parents didn't actually know English, they still tried their best to talk to me and make me feel like it was my home. In the end of the program we exchanged gifts so I gave them a taste of our culture and they gave me a taste of theirs. I actually wanted them to come to Greece to hang out so it is a shame that they couldn't, but I still enjoyed the week that we spent there to the fullest!!!



BOUTZOUKI ELENA



Except from the activities and the road trips we really bonded with the Austrian students that now are good friends of ours. Making such good friends and talking with them even after two years that we haven't seen each other, is one in a lifetime experience. Both in Austria and Greece we learnt what teamwork means and that brought us even closer.

Erasmus... The Erasmus program that I participated in was one of the best experience in my life. Our topic was about stopping bullying, and we had lots of activities to discuss about it. My favorite was the song that we compose all together in the music lesson that we had.



The Erasmus program can give such a great opportunities to everyone the all the students should experience. Because after some years maybe we won't remember exactly what we did, but we will still have our friends by our side.

ALLEN ANGELINA

Hello I'm Angelina Allen and I participated on the Erasmus+ Program, it was a magical experience. Participating in this program It gives you the opportunity to make new friends and adapt to different environments and learn about different cultures. Our theme on this project was about bullying and how it can change your life in a negative way. It's a matter

that affects everyone. If we suspect any kind of violence and cannot help the victim, we should report it to someone that has the power to stop this kind of behavior.



ALLEN CHRISTINA

Hello I am Christina Allen and my experience in the Erasmus+ Program was an adventure I will never forget. I was so lucky to meet so many new people and making such unique experiences with them. This experience was super useful for me because it helped me improve both my English and Greek as well as my communication skills. I also saw so many new places in Austria but my favorite was Gratz I loved the design of the houses and how they were preserved through time. The chocolate factory was a nice experience too we had the chance to eat so many different kind of chocolates it was amazing.

From the program “Let’s stop bullying together” I learned how much harm can a bully create to another person’s life and the importance of people helping out the victim. Bullying involves more than just a bully and a victim and we need to understand the reasons the person resorts to violence.



SARANTAKI EVRIDIKI

Two years ago i had the opportunity to be a part of an amazing program called Erasmus with the topic "let's stop bullying together". Me and my classmates had to work together - with the help of our teachers- at multiple projects such as songs and shorts movies under this topic. "Let's stop bullying together" aims not only to inform students about this important topic but the goal is to actuate students to take actions that will help to eliminate it.



Except the above, this program gave me and my classmates the chance to be hosted by families in Italy and spent there a whole week. I can tell without a doubt that it was one of



the best weeks in my life! I made new friends that I still keep in touch with, I ate lots of Italian food and experienced Sicily in the best way possible! The family there treated us like we were their children and were very interested to learn facts about our homeland. The kids tried to teach us some Italian words and facts about their country too. Unfortunately, due to covid pandemic our Italian friends didn't have the opportunity to visit Greece. Although we didn't see our friends from Italy we had the chance to meet the exchange students from Austria when they came to Greece.



We had several activities together such as the MUN congress, a trip to Vergina and other activities to bond with each other. I am very thankful for my Erasmus experience and I wouldn't change a thing. I hope that in the future we will be able to host and meet all our friends again.

GIOVANOUDI MELINA



At the beginning we were all a little nervous about the whole idea of participating in the Erasmus project, because we had to communicate with people from other countries in a language different than our mother one, but when we started working on the project, we were really excited that we were going to make our ideas reality. In my opinion this project was of utmost importance, because we had the chance to get to know a new culture and discuss about bullying which is a major topic in our generation. We learned



that there are always ways to stand up against the bullies and there is no need to suffer through bullying all by oneself, acknowledging that we are much stronger as a team.

Moreover, with all these presentations about bullying and having to make these conclusions all together, we developed friendships that became really special because we were together all day for those seven wonderful days, we became family. Furthermore, we expanded our social skills by participating in the group projects and of course our language skills. All in all, Erasmus is a lifechanging experience that I would strongly suggest to everyone and I would love to participate in a project like this again.

KASAPIDOU KATERINA

Hello! I'm Katerina Kasapidou. I'm lucky enough to say that two years ago I participated in an international exchange program called Erasmus+. This program gave me and my classmates a chance to travel to European countries and be hosted by foreign high schoolers. We, the aristoteleio college students from Greece, specifically went to Italy and Austria.

I personally traveled to catania of Sicily (in Italy) where I met my long lost italian sister, Irene. She and her family were really good hosts and played a significant role on my trip and the week I stayed there. Her mom and dad somehow became my parents too. Irene and the rest of the Italian team are my friends and the Erasmus experience will be unforgettable. We went sightseeing across Sicily, organized parties, went out for pizza and bowling and had a great time together.

When we arrived at Italy and while we stayed there we visited lots of archeological monuments and places. For instance, we visited and saw a presentation about the etna volcano, went to Siracusa and taormina, saw their churches and visited a beautiful university in catania (monastero dei benedettini). I learned a lot through this experience. I admired the Sicilian culture, tasted their unique cuisine, started learning their language and made Sicilian friends.



Throughout the Erasmus program we worked on the topic of bullying and discussed the issue over workshops. Every group of each country had to make some videos and presentations for us to



share with each other while we were together. The Greek team created a video in which we showed how common bullying in schools is and wrote a song about the psychological implications that bullying can cause to its victims. The Italian and Austrian team also presented their creative projects. These different approaches of bullying that each team showed helped us understand the issue. We shared awareness about bullying, understood the feelings of the victim and the predator and found solutions. We did a workshop with a psychologist and discovered the psychological aspects of bullying. Also, a maker of short films opened a conversation about bullying.



Unfortunately, the Italian team couldn't visit Greece in March of 2020 due to the pandemic. The Austrian team, though, came and the program in Greece happened without the Italians. We visited Vergina and the tomb of King Philip, Alexander's dad, and several museums in Thessaloniki. The Austrians also participated in a MUN conference we organize every year at our school! Although I missed a lot the Italians, I got to know better the Austrian team.

This whole program couldn't have happened without the help of our teachers and our school and I'm really thankful!

I am grateful I got to go on this trip and I really feel connected with the Italians. Even though we live in different countries we still talk to each other every other month. I really miss every one of them and would love to plan a reunion in a few years! My Italian family will have forever a special place in my heart. Irene, Santi, Giorgio, Gaetano, Jada, Matteo, Alessia and Caterina I miss you and I am looking forward to see you again!



VASILEIADOU STERGIANI

Last year I had the opportunity to participate to Erasmus+ and I can say with no hesitation, that it is the best experience I have ever had. I was really scared to travel to a foreign country and stay in a house with people I didn't know, but all these worries vanished when I met the girl that hosted me, Caterina, and her family. They made me feel welcomed from the beginning, they always treated me like I was their own daughter and so did all the people that we were meeting and associating with. I and the rest of the Greek team as well, felt instantly comfortable with the Italian students and within a week we became best friends and we didn't want to say goodbye. They were heartwarming, caring, funny and open-minded. Therefore, we had an extremely good time there and memories that we will never forget. They gave us the opportunity to experience a unique form of communication that could overcome cultural differences, and I am grateful for that.



Additionally, when we went to Italy we had the chance to explore Sicily, as we visited many remarkable cities such as Syracuse, Taormina and Catania. I was startled by their beauty and intrigued by the historical monuments and the things that we learnt during our guided tours there. The most outstanding experience for me was when we went to Mountain Etna, because I had never seen a volcano before and I was able to observe old craters and learn many things about them. I was also amazed by the firework show in Catania

when we attended the Feast of Sant' Agata. In conclusion our visit to Italy was a wonderful, educative and memorable experience.

Every year, this program's goal is to educate students about a different topic. The topic that we had to work on was bullying. We worked on various projects, prepared numerous presentations, created artwork, did long research on this topic, talked with experts and took part in many interesting activities including role play and cooperating with the Italian and Austrian students. As a result we had the chance to learn the factors that cause bullying, the different types of bullying, how to prevent it and how to help our classmates that are being bullied. Most of all we underlined the values that people should have in order to form healthy relationships with others and prevent bullying from happening, such as respect, acceptance, kindness and solidarity. In my opinion we implemented what we learnt and we were a perfect example of people that could communicate, form strong friendships and cooperate despite their differences.



VALSAMOPOULOU VALENTINI

Erasmus is all about friendships and I made a lot. Some still stay strong after 2 years and I'm glad I met these people. Everything was an amazing experience. All the different cultures and different types of people. The feeling of being different is strong but never too strong to make you feel alone. The feeling of showing to new people your culture is amazing and makes you feel proud and I think everyone feels like that for their own country.

Also the food, it can be the same but also different and that's amazing!

It was an amazing experience and I wouldn't mind doing it once again.

Also from erasmus I got to know more about bullying and all the forms it can have, and made me understand when something wrong is happening and how I can prevent it from happening anymore. I learnt there are a lot of people out there that need help and I can help them!

In coclusion, the program was so creative that made everything more understandable and clearer to every and each one of us.



SALMA LEFKOTHEA

The Erasmus+ project was a once in a lifetime experience for me! Not only did I make new friends that will probably last forever but I also learnt much about how to handle or prevent bullying situations since that was the project's subject. The time that was spent for our work's preparation was totally worth it in my opinion because we all got to cooperate and learn firsthand what teamwork means. As for the student exchanges, all I can say is that the memories from our activities and feelings, will never even fade away. It is great news that the Austrian exchange students developed a strong bonding with us and thus we all became friends and a great company. And although almost 3 years have passed since our last meeting, most of us still keep contact with our partners via social media. Sure thing is

that I had a wonderful time during the Erasmus+ project and I cannot wait to meet my Austrian friends again, this time not as an exchange student, but as a true friend.



9 Italian school



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Video 13 https://youtu.be/HZKAqjvDH_A

9.1 Italian student group

CANNAVÀ Beatrice

CONSTANTINO Elisa

D'ALI Gaetano

FARO Ludovica

FRENNA Dario

GUTTADAURO Federica

LA SPINA Andrea

LA SPINA Santi

LEONARDI Clarissa

LONGO Chiara

MAZZAGLIA Caterina

MAZZAGLIA Flavia

SACCONE Allesia

SBEZZI Giada

SCHIERA Matteo

SPADARO Valeria Giovanni

ZAGAMI Giorgio

https://www.youtube.com/watch?v=Vqu1_Go7-6Q

9.2 Activities

9.2.1 4th Cross student exchange

Topic: Cyberbullying: facts, prevalence rates and impact on teenager in EU schools

Date: 02/02/2020 – 08/02/2020

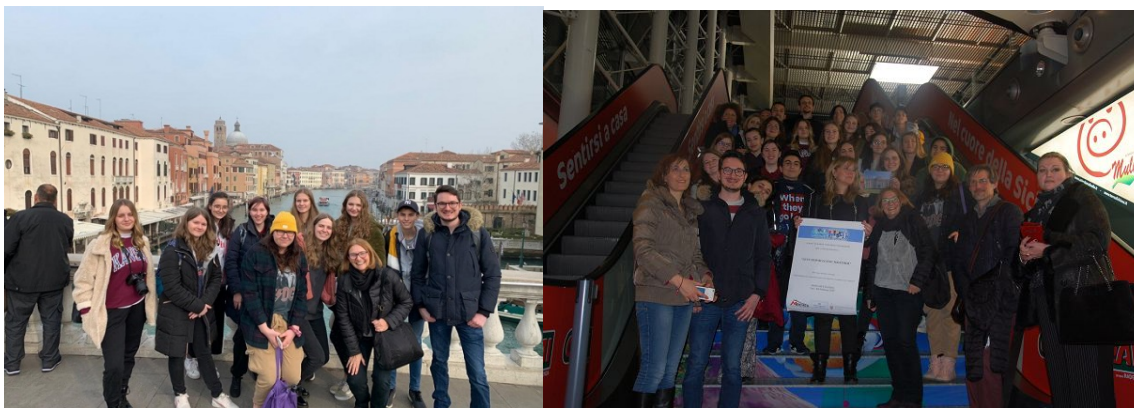
Hosting school: I.I.S.S. Concetto Marchesi, Mascalucia (Italy)

Sending schools: Stiftsgymnasium St. Paul (Austria), Aristotelio College (Greece)

The fourth cross student exchange was hosted by I.I.S.S. Concetto Marchesi in Mascalucia (Italy) and took place from 02nd to 08th of February 2020.

Sunday, February 2nd

Our Erasmus journey to Sicily, took us about 16 hours, started on Sunday the 2nd of February at 7 am in Klagenfurt. First, we travelled to Venice Mestre by Flixbus with an Italian bus driver. Some students were sleeping during the trip and some were chatting or listening to music, but nearly everyone (even the teachers) were talking about the bomb-alert in Venice. Thankfully, nothing happened! When we finally arrived in Mestre, we decided to go to Venice Santa Lucia by train because we had enough time and we were interested in seeing the city on the Lagoon. For some of us it was the first time in Venice and so we were very excited. We took many pictures but then we went out for lunch and ate many different typical Italian dishes, like pizza, pasta or lasagne. Repleted and very excited, we drove back to Venice airport to fly to Catania in Sicily. Two participants were especially nervous, because it was their first flight. „Now I understand what people mean, if they say that humans look like ants from above“, they said with a huge smile on their faces. However, it is unbelievable how time flew by and suddenly after one hour and 45 minutes, we arrived in Catania. Finally, at half past nine we got to meet our Italian host families and friends. After taking a group picture, everyone went home with his or her Italian partner.



Monday, February 3rd (part I)

Today was our first day in Sicily. At 8:30 we all – the Greek, the Italian and the Austrian people – met at school. Most of us were taken there by their host parents and some took the bus. At school, we had a little welcome meeting and we were introduced to the headmistress of the Italian school. Then we played some games to get to know each other. After that, we had an interesting workshop about bullying and cyberbullying with a psychologist. Our “hostsiblings” showed us their school and we ate some typically Sicilian breakfast. Moreover, we had a little presentation of the Saint Agatha Festival, which were celebrated in Catania during the exchange. After that, we had a lunch break. Some of us enjoyed packet lunch others went to a restaurant. After lunch, our host-parents took us to the city centre of Catania where we spent the rest of our day. All in all, this was a very interesting first day. We got to know each other better, learnt something about Catania and visited the school.





Monday, February 3rd (part II)

When we arrived at the meeting point, we started to walk to the underground, which took us to the city of Catania. There, we split into an Austrian and a Greek group. Both had their own tour guides. We walked through the beautiful centre of Catania and watched some sights, for example the „Teatro Romano di Catania“. We also learned about the history of Saint Agatha, a virgin martyr of Christian antiquity, tortured for rejecting a man, who just wanted to possess her. Saint Agatha is the patron of Catania and every year many, many people come to celebrate this festivity, which lasts for three days. After this, we went to an apartment with a big balcony, where we could watch the start of Saint Agatha's Festival including a very big firework and a big crowd of people. We also had dinner while watching this beautiful view. It was very interesting for us to see how the people of Catania celebrated Saint Agatha.





Tuesday, February 4th

The students met at Piazza Abramo Lincoln in the pasticceria and gelateria C & G (Cioccolato e Gelato). At about 9:00 we made our way to the subway station Giuffrida. One stop later, in Borgo, we made our way to the Istituto Nazionale di Geofisica e Vulcanologia (INGV). It is an institute that focuses on the volcano Etna and on all the other volcanoes in Sicily. We saw a presentation about Etna and its recent activities. After that humorous and interesting presentation, we were split into two groups. One went into the surveillance room and the other one heard a bit more about volcanic rocks and geology in general. In the surveillance room, we learned more about the work that the INGV does. Afterwards we had some free time, you could call it a lunch break, until 13:20. We visited a park with a market inside. After that, we used the subway to get back to Giuffrida and a bus to get to Taormina. In Taormina, we visited the Greek theatre where you had a beautiful view of the sea. The city itself looks typically Italian and it is no wonder that it is well regarded as a vacation spot. After the short visit, we had some free time until 18:15: we could look at the city and enjoy the shops. The main quest for a lot of the students was to find a good gelateria but most of them were closed. But eventually we found one and the ice cream was absolutely worth the search. After a stunning sunset, we took the bus home and spent some time with our host families.



Wednesday, February 5th

Wednesday was a very special day because we had a birthday kid, Laura H. Her sweet 17th birthday. Therefore, our trip to Syracuse started in the bus with the birthday song in three languages. After we had arrived in Syracuse, we were surprised by the weather. It was stormy, and it started to rain and stopped and then it started and stopped again and so on. But that didn't make us gloomy because we had a very friendly guide, who was showing us the interesting Greek theatre and the ear of Dionysius. On the way to the centre of the city, we took a funny photo with the statue of Archimedes and we saw the relics of the Temple Apollo. After the city tour, we had lunch and then some free time. Back at the bus there was a surprise for Laura. She got a birthday cake and we sang Happy Birthday again. In the evening, some of us went to play laser games and had dinner.



Thursday, February 6th

Our fifth day in Sicily started at the school of Mascalucia, Concetto Marchesi, where all groups showed their project works they have done in preparation of the exchange. We started with a sort of dialogue from the Italian team which was very personal. The next ones were the Austrians who showed the video they had prepared. It was a real success and everyone liked it. We finished with the Greek students who had prepared a monologue and a song, both symbolising our topic very well. We also saw the product of the Spanish and talked about it. At the end, we had discussed lots of important questions and clarified everyone of them. Now we are all experts about the topic “Cyberbullying”. After that, we listened to two songs, one in Italian (Billy Blue) and the other one in German (Schunder Song). Both represent the topic very well and all of us had a lot of fun explaining some phrases in English. After a ten-minute-break, we started the video conference with the Lisbon team and their exchange students. Although there had been a few complications with the technology, we had a lot of fun talking to them and meeting new people. At 10:30 o'clock, we listened to a lecture by a Sicilian film director who told us about his life in a very motivating and funny way. He gave us some tips for life and in the end, we could watch one of his movies, which had literally been cast by his own hands. The film is called “Handy”. It took until 13:30 o'clock, then every one of us went home to their host families and had lunch. Our next stop was the town hall of Mascalucia where we met the mayor at 16:00 o'clock. He showed us the conference room and we told him

something about our project. After that, we all had free time and went to a playground nearby where we had a lot of fun together, taking silly pictures or playing soccer. Little by little, everyone left the park and enjoyed the evening. Some of us went to a shopping centre or just stayed at home with the families where we ended the evening in a calm way.



Friday, February 7th

After breakfast, we left early and met the other pupils at the underground in Catania. We got to see the University of Catania, which had been a monastery many years ago. Our tour guide told us that there lived a maximum of 55 monks, which is compared to the monastery in St. Paul today very much. First, there had only been one building, which built by monks, because they wanted to escape the bad conditions of Etna. Later, they built a second building, which is now surrounded by lava stone. After the tour, we were allowed

to go into the church next to the University. In the afternoon, most of the students used their time to go shopping and have lunch but some of them also went on an Etna tour with their hosting families. At 8 p.m., we had to be in a restaurant, to participate at the farewell event, where we got our certificates for participating in this Erasmus+ project. The headmistress of our partner school “Concetto Marchesi” delivered a speech in which she talked about the importance of such a project. She reminded us that we are the future of Europe. We spent the last few hours having fun with our friends, but all in all, it was very sad that we had to leave the next morning.



Saturday February, 8th

Saturday was the day we left. After having packed my things and breakfast, my host family drove me to the airport, where we should arrive at 7:30. There we met our teachers and the other exchange students. The teachers gave us 10 minutes to say goodbye before we checked in our luggage and went through security. The farewell was very emotional with many tears. We promised each other that we would meet again soon. After the goodbye, we went to boarding and finally flew to Venice. Once in Venice we spent two of our four hours waiting at the airport and ate something. Then we got on a bus that should take us to Mestre train station. When we arrived at Mestre train station, we spent the rest of our waiting time at MC Donald's. Finally, at 16:05 we boarded the Flixbus and travelled towards Austria. At 20:20, we finally reached Klagenfurt train station. We said goodbye to the teachers and our friends and went home. We were all a little bit sad that the great adventure Erasmus+ in Sicily had found its end.



9.3 Student testimonies

What Has Being Changing in our school with the Erasmus project “Let’s Stop Bullyin Together”

Bullying has always been a big problem in our society; in the past lot of victims died because of bullies, but today we can try to stop these bad forms of violence.

In our opinion a valid weapon to stop bullying and cyberbullying is school; at school you can find a lot of friends and teachers and if you want to talk to them about your problems they can help you.

At school teachers usually talk of bullying and cyberbullying to their students, and students can take part in conferences and listen.

Almost every time, victims are frail people, who haven’t got a lot of courage but they have to find the strength to talk with their friends and their family. The law tries to help victims and, if they find the courage, they have to report their situation and they can be helped.

Since the project “Let’s Stop Bullyin Together” started, in our school, a task force against bullying and cyberbullying has been working; it is made up of students, teachers and parents who meet together regularly to help both anyone who thinks of being a victim of bullying and those who show bullying behaviours. NO ONE IS ALONE any longer.

As students, we think that respect towards others and themselves is the solution, but maybe it isn’t enough. Surely, if you are a victim of bullying, it’s important to report to the police and talk about it with your parents or an adult. And if you are a witness of bullying against another guy, the first thing to do is to stop the bully and to help the victim, not recording a video to post it on social media. Don’t stand by and watch.



Be kind with others and yourself. Share more love and hate less. Only in this way we can say stop to bullying and cyberbullying.

10 Portuguese school



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Video 14 <https://youtu.be/q8C99u8EOxI>

10.1 Portuguese student group

BELEZA Alexandra

COTRIM Raquel

CUNHA José

FERRINHO Ana

GOMES Márcia

GUJJAR Nirav

MOIÇÓ Constança

NUNES Gabriel

PASSOS Alexandre

PEREIRA Rui

PINTO Lucas

PLÁCIDO Guilherme

REIS Diogo

SANTOS André

SILVA Afonso

SILVA Catarina



10.2 Activities

10.2.1 *Mobility Seville - February 2019*



Figure 15 Mixed team work

This mobility was really engaging either for students or teachers. All the activities were well conceived and developed. A dedicated time table was created for the week considering project work activities and some classroom immersion hours attending lessons that covered the thematic topics of the project. The hosting school organized topic related workshops with experts. Some cultural excursions enriched the week. Students and teachers had the chance to visit very iconic places in Andalucia - Córdoba and Seville - as well as boosting their language, ICT and soft skills. Awards were given for the most creative student products.

10.2.2 *Mobility Paris - May 2019*

The benefit and added value for involved participants was the possibility at a EU level to present their work and optimize their skills and knowledge. Participants communicated through transnational activities and via Blended Mobility by making use of ICTs to exchange views and discuss ideas, using technology to enhance a collaborative pathway. Therefore, both teachers and pupils strengthened their professional and educational profile by acquiring new improved strategies to make each school more competitive to achieve the key goals European citizens must face.

This activity was really important for the development of the topic. It was well planned and all the works presented by students revealed their engagement. It was also crucial for the bonding between the teams which is one of the master goals of an Erasmus project - multiculturalism, the perception of the European Identity, the understanding of the European values. We stayed in Paris during the Ramadan and this religious and cultural event brought our students to another level of acceptance and understanding. some stayed within muslim families and it was quite important.

10.2.3 *Mobility Lisbon - February 2020*



Figure 16 Seminar with International Amnesty

Transnational work and intercultural cooperation was the motto that allowed participants to recognize the significance of the common values and strategies within the EU and understand the different approaches in each country. This has brought not only the perception of belonging to a wide community within international borders, but also intercultural awareness as well as the recognition of similarities and differences amongst EU cultural areas. Students had the time to deepen their bonding and understand by comparison the lives of students and inside the school throughout the EU.

Students and teachers were able to visit Lisbon and other interesting cultural sites like Nazaré and Óbidos. They also had the opportunity to disseminate the project and give their testimony regarding their participation in this Erasmus project in a Vocational school in Nazaré.

10.3 Students testimonies

Mobility in Seville



Figure 17 Seville group in IES Joaquin Turina

Hello everyone! My name is Nirav Gudjar, and I am a student from INETE, Lisbon, in Portugal. From the first Erasmus meeting that I've attended, to the last mobility meeting in February 2020 my experience with the Erasmus project against bullying has been a great experience for me and I have learned a lot with them. For me, bullying was an unknown matter which I never thought of and never had a clue that it was such a predominant thing across worldwide schools, and I learned how to deal with it, how to solve issues related to bullying and so many other things. The Erasmus mobility was such a great experience for me because I suddenly started living in someone's house with this amazing family 300 kilometers from home. It was such a great experience living outside my comfort zone and I learned so many things about Spanish culture. The activities that took place along the project were intense and helpful, and we also had a great time together as a Erasmus team. All in all, it was a memorable experience that I will never forget.

Mobility in Paris

Hi! My name is Rui Pereira and I participated in the Let's stop bullying together Erasmus project. My destination was Paris where we had several meetings and shared opinions about bullying, how we should stop bullying, the different ways to avoid bullying in school grounds Among other things. We also had the opportunity to meet new people and experience different cultures which improved my perspective on France and the French colleagues we live with. From the experiences gained I can say that I developed my social skills, made new friends and above all acquired new knowledge for the future.



Figure 18 Paris group in Versailles

11 Spanish school



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11.1 Spanish working Group

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FERNÁNDEZ GARCÍA Alejandro

GARCÍA GARRIDO Jaime

GARCÍA GARRIDO Javier

GONZÁLEZ FALCÓN Aroa

GONZÁLEZ PRADA Nerea

HERRERO MÁRQUEZ Alejandro

HUANG PLAZA Iván

LANGA SÁNCHEZ Blas Jesús

LULA ALMEIDA Antonio Augusto

MARTÍNEZ CASTELLANO Elena

PEDRAZA NAVALIO Adrián

RUIZ MARTÍNEZ Rocío

11.2 Activities

11.2.1 1st Cross student exchange

Topic: Define, identify and recognize bullying and bullying behaviours in EU schools

Date: 17/02/2019 – 23/02/2019

Hosting school: IES Joaquín Turina (Spain)

Sending schools: Lycée D' Alembert (France) & ENSINUS (Portugal)

The first cross student exchange was hosted by IES Joaquín Turina in Seville and took place from 17th to 23th of February 2019.



Sunday, 17th February

The French team arrived at the Seville airport, and then the Portuguese team by bus. They were picked up and taken home and the teachers to their hotel. A welcome dinner was arranged for the teachers at a restaurant nearby the hotel. They were joined by the headmaster and other teachers participating in the project.



Monday, 18th February

Our guest students were welcomed. They enjoyed all the interesting activities arranged by our school. To start with, we did quite a few icebreaking activities and after that, they took a masterclass in image and Aesthetics given by a history and a French teacher (Mr. Paco and Mr. Ramón). Later on, the students had a break: they went to the playground and had their sandwiches. After this well-deserved break, they resumed their activities with a project work where they were offered PowerPoint presentations and other works. Then, they were given two classroom immersions; a foreign language one by Mr. Ramón and

Mr. David, and a Spanish language one by Mrs. Teresa. Finally, we had a welcome lunch, enjoying a chicken paella together with some drinks.



Tuesday, 19th February

The students went sightseeing on an excursion to the heart of the city, a really stunning cultural visit to Seville, guided by two outstanding specialists in history and art (Mr David Sánchez and Mr. Fernando Hidalgo). They had a first contact with the cultural centre, they walked its streets and visited its main monuments and places (Royal Alcazar, Cathedral, Santa Cruz neighbourhood, Plaza de España, Maria Luisa Park, etc.).



Wednesday, 20th February

Our students made the most of the day with both indoor and outdoor activities; On the one hand, they had a workshop on how to prevent and fight bullying at school (conducted by the psychologist Mr. David J. González). On the other hand, they went canoeing at the Guadalquivir River. They went to the High-Performance-Sports-Centre of Seville and there they learnt and practised canoeing on the river.



Thursday, 21st February

We went by bus to the old city of Cordoba, guided by our best specialist in English and art (Mr. David Sánchez). We visited the Cathedral (Old Mosque), the Calahorra Tower and the Roman Bridge. We had lunch there at a typical restaurant.



Friday, 22nd February

We worked and enjoyed different activities related to English as a foreign language and History. Then, the dissemination activity, where we visited the primary schools nearby in the area and let them know our project. After that, our students returned to our school during the break and started preparing the video of the week and evaluation. Each country chose a group of four students, meanwhile, the other students went with their partners to their class. Every group made a video summarizing all the activities, workshops, conferences they participated in through the week. There was a prize for the best video. Finally, from 5 to 6.30 pm, the farewell event and concluding remarks took place. We displayed the videos, photos and other results related to the activities we carried out. Parents who hosted foreign students were also invited, ending with a little snack together before saying goodbye.



Saturday, 23rd February

After an amazing week, the participants had to return to their countries. We took them to the airport as well as to the bus station and said goodbye.

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Videos

Video 1 https://www.youtube.com/watch?v=vCCQw3aqiHU	10
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