FIRST DAY

Visit to some schools of the school cluster Agrupamento de Escolas de Montemor-o-Novo; “Partner country presentations”; Ice-Breaking (games) for students to get to know each other; Presentations of the results of the survey - How do you manage and spend your time? Conclusions. Meeting - Coordinating Team with partner countries

SECOND DAY

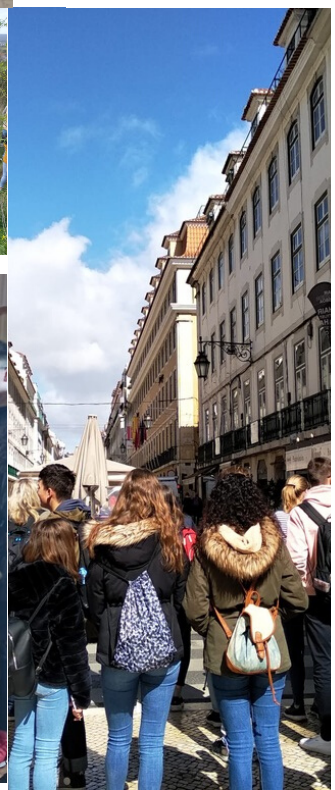
The delegations were received at the town hall; Seminar with a cognitive scientist – How to manage time during the school week?recommendations/ strategies/ management of time in different daily activities; “The Management With Mindfulness” - skills development for better time management, planning/ organization and concentration techniques in life through mindfulness; volunteer activity, challenge launched by Portugal to students in the area of the environment; cultural association “Espaço do Tempo” - AEMN partner. Meeting - Coordinating Team with partner countries

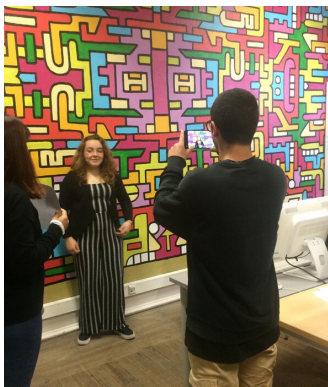
THIRD DAY

Cultural visit to Lisbon, with the aim of getting to know the capital and contacting different places that have marked our historical past and determined our culture.

FOURTH DAY

Producing and editing a video about strategies for young people to learn how to manage time, according to the results of previous day's work; “Using outlook” - Rules for email organization; How to use the follow up tools to define emergencies; The schedule and work planning, with deadlines and alerts; Contact management in Outlook; Treasure Hunt for students and teachers - Discover the emblematic points/places of the town of Montemor-o-Novo.





AGRUPAMENTO DE ESCOLAS DE MONTEMOR-O-NOVO

PORTUGAL MOBILITY

1-6 TH MARCH 2020

Erasmus+

REPÚBLICA PORTUGUESA
EDUCAÇÃO