

EUROPE

Ensuring Unity and Respect as Outcomes for the People of Europe

What is EUROPE?

EUROPE is a 24-month project that aims to foster social inclusion, tolerance and other factors that prevent violence in schools. EUROPE focuses on the implementation of the Quiet Time based on the **Transcendental Meditation (TM®)** programme for students and teachers, aiming at reducing stress, in order to increase positive pro-social outcomes, emotional intelligence, creativity and academic performance.

Who is it aimed at?

The methodology of the EUROPE project is being tested and evaluated in Holland, Sweden and Portugal in at least 1 school per country, involving at least 150 students. The EUROPE project directly targets students and teachers.

However, it foresees the engagement of the wider school community, including parents, school services providers, civil society organisations, policy-makers / decision-makers in school education and scientific communities.

What are the expected outcomes?

🕒 **Reports of the evaluation of benefits** of Quiet Time/Transcendental Meditation programme:

- for students, with measures of: stress, anxiety, negative behaviour, violence, non-discrimination, respect and understanding, positive pro-social outcomes, such as tolerance, moral reasoning, resilience, coping ability, and academic performance.
- for teachers: self-confidence, motivation, tolerance and flexibility, perceived stress, levels of anxiety and mental health problems, job satisfaction and levels of teacher burnout.
- for the whole school community: atmosphere at school, inclusive learning environment, violence and bullying.

🕒 **Scientific Articles** published in specialized journals, websites and presentations in seminars and congresses for bringing awareness of the Quiet Time/TM programme and the project results and evaluation.

🕒 **Manual of best practices and road map** to guide policy makers in the implementation of the Quiet Time/Transcendental Meditation programme in other contexts.

🕒 **Online support infrastructures and interest communities** involving teachers, head teachers, pedagogical co-ordinators, parent representatives from schools, students' associations, heads associations, parents associations, policy makers and other interested stakeholder at the grass root level to keep them up-to-date about the results and get them acquainted with the approach of implementing Quiet Time/Transcendental Meditation within schools.





How can you contact us?
If you want to learn more about the EUROPE project, please visit us at:

-  europe-project.org
-  [Erasmus + project results bit.ly/2gdtBZc](https://bit.ly/2gdtBZc)
-  facebook.com/europeproject.eu

On behalf of the project coordinator you can contact the Project manager
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or the national project manager

europe-project.org/contacts

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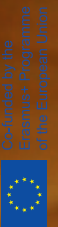
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