

## D6.4 8<sup>th</sup> EUROPE article

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<b>Author</b>	Ruta Grigaliunaite
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## With the EUROPE project we achieve greater peace, happiness and satisfaction in schools

The **EUROPE project** uses an innovative approach for promoting inclusive education and reducing violence at school: **the Quiet Time based on Transcendental Meditation Programme for schools**. This new approach to improve social inclusion, is based on an initiative started at **primary and secondary schools**, and especially involving schools with students who are disadvantaged, ethnic minorities or migrants. The objective is to make young people more tolerant and open to cultural, ethnic and religious differences, in order to improve social cohesion. Furthermore, the project supports teachers and educators in handling conflicts and dealing with diversity.

A seminar on **“Social Inclusion and Tolerance – Education as key to Social Inclusion”** took place on May 15<sup>th</sup>, 2018 at the Utrecht University of Applied Science in The Netherlands.



The purpose of this special event was to present the evaluation process and first results of the EUROPE project (Ensuring Unity and Respect as Outcomes for the People of Europe), coordinated by Foundation Villa Montesca and co-funded by the Erasmus+ Programme of the European Union.

**The evaluation** of the groups of teachers and students applying the Quiet Time/TM programme in the course of these first 18 months of the project **aimed to analyse**:

- The effect of psychological measures such as resilience, self-confidence, coping with stress, tolerance, ability to deal with diversity and job satisfaction for teachers, and measures such



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as anxiety, tolerance, resilience, moral reasoning, self-esteem, non-discrimination, respect and understanding, and academic performance, for students, before and after learning Transcendental Meditation.

- Analyse the differences between students in a group who learned Transcendental Meditation and a control group who did not.
- Analyse the effects of frequency and regularity of Transcendental Meditation.

In this seminar, initial scientific results of the EUROPE project were presented and teachers from participating schools throughout Europe shared their experiences.



**What was achieved in schools** that have been engaged in testing Quiet Time/ TM programme?

1. A more peaceful school environment.
2. Greater tolerance among students.
3. Increased students focus.
4. Increased creativity.
5. Greater happiness and satisfaction in the school.
6. Better health.
7. Increased academic attainment.



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*“It was with great pleasure that I learned the Transcendental Meditation technique. The benefits announced, and all the studies carried out, motivated me from the first moment the project was presented to the school community. I must say that I have been practicing other meditation techniques for some time and I noticed that, given the simplicity of the TM technique, I automatically dived within, because it is so easy and safe to practice and, above all, without any effort, compared to other techniques. I feel happy and very grateful to have the privilege of being able to participate in this project. I recommend it without hesitation to all: students, parents and teachers.”*

*Carla Santos, mother and a member of the Parent Association of the Dr. Alberto Iria group of schools in Portugal*



The project, which involves a total of **12 partner organisations**, is co-funded by the Erasmus+ Programme **Key Action 3 – Initiatives for policy innovation – Social inclusion through education, training and youth.**

Look at the **EUROPE website (europe-project.org)** and follow us on **EUROPE Facebook** to find out more about the EUROPE project and the Quiet Time/TM programme. Send an email to Mrs Nicoleta Susanu at [europrojects@montesca.it](mailto:europrojects@montesca.it) to learn more about the activities implemented in schools across Europe.



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