

2023 Erasmus+ programme

## **Irish Culture and Integrative Transformative Practice for teachers**

This innovative 2 -week programme takes place in Cahersiveen, a small town on the 'Ring of Kerry', the 'Wild Atlantic Way' and the famous 'Skellig coast'.

Cahersiveen was the home of Ireland's most well- known historical figure, Daniel O Connell, (O Connell Street in Dublin is named after him) and in many ways is a perfect place to learn about heritage and modern Irish culture. Famous Gaelic football players are from Cahersiveen, Irish traditional music and dance are taught at local schools, and can be experienced in the pubs at night, and festivals of culture, history, music and the arts abound.

Our morning programme for teachers is **practical**. Teachers will have an opportunity to participate in a series of holistic, interdisciplinary, and transformative *classroom activities* alongside Asana teachers. Visiting teachers will be encouraged to create and try out classroom activities or research projects about Irish culture with Asana's international teenage students. There will be plenty of opportunities for teacher self-reflection, peer feedback, discussion and collaborative projects.

The afternoon programme will consist of outdoor **workshops** in the stunningly beautiful Southwest Kerry.

Using Irish mythology and storytelling as a container for exploration and discovery, we will be looking at Asana's pillars of holistic transformative education: Self; Other and Place, within the context of Irish culture.

Teachers will also have an opportunity to work on an Irish culture-based EU project.

## **SELF**

### **Relationship with Self: *Teacher well-being and presence*** ***Integrative Transformative Practice (ITP) for teachers***

As part of this double programme, we will be offering you an introduction to ***Integrative Transformative Practice*** (ITP). This programme has been especially designed for teachers and involves designing and implementing a series of daily practices for yourself, which support and develop **five** important aspects of your psyche, leading to 'wholeness' and enhanced well-being. We will be committing to these practices, both individually, and collectively, for the duration of the programme.

<b><i>Cognitive:</i></b>	Learning to use the mind in more efficient and creative ways.
<b><i>Physical:</i></b>	Embodied learning through a series of movement base activities.
<b><i>Emotional:</i></b>	Learning how to feel, express, and let go of our emotions.
<b><i>Interpersonal:</i></b>	Learning how to relate and communicate better with others.

***Intrapersonal:*** Learning about 'ourselves'.

## **OTHER**

### **Relating to others**

Exploring our own culture, Irish culture and other cultures through multiple lenses.

Developing leadership, team building, and communication skills in school/work and community spaces.

Envisioning together the pathways and evolutionary processes from tribal to transformative communities.

Active listening in our relationships.

Co-creativity as a tool for problem solving.

## **PLACE**

### ***Connecting with the earth: Past / Present/ Future***

We discover, acknowledge, and respect the place in which we find ourselves, 'Southwest Kerry Ireland, through field trips exploring Kerry's landscapes (fields and hills), waterscapes (ocean, lake and river) and skyscapes (S.W. Kerry is an international Dark Sky reserve).

The outdoor learning part of the programme promotes embodied, experiential, place and nature-based learning.