



InterAct



A Model for Life Long Learning and International Cooperation

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Project coordinates

- Leonardo da Vinci project
- coordinator:
 - VOX, Norwegian Institute for Adult Education, Oslo
- international:
 - Norway, UK, Spain, Romania, Sweden
- timeframe:
 - October 2004 - September 2006

Project partners

- Country TRIO partnership: educational, Health&Care, Tourism&Accommodation

- **invited guests**
 - “Gr. T. Popa” University of Medicine and Pharmacy, Iasi
 - The Territorial Inspectorate for Labour

Project objectives



- To develop, test and release a model of non-formal/informal education for Life Long Learning aimed at
 - increasing motivation at the workplace
 - improving the New Basic Skills (NBS)
 - ICT skills
 - foreign language skills
 - communication and negotiation skills
 - teamwork
 - intercultural awareness

Relevance of NBS

- Required by the work environment nowadays
- Framework for a successful career:
 - international contacts
 - public presentations
 - teamwork and negotiation
- Transferable to most work situations
- Not specific to a certain job description
- Lack of NBS - risk of marginalization

Target groups

- Two fields of activity focused on communication:
 - Health&Care
 - Tourism&Accommodation
- Employees risking marginalization, who in the past did not benefit from:
 - foreign language courses (English)
 - access to computers/internet
 - close cooperation in a team
 - contact with people from other countries

Beneficiaries – Health & Care and Tourism & Accommodation



■ **Internationally:**

- nurse assistants, nurses, secretaries (especially immigrants)
- PR, receptionists, waiters, maids, cleaning staff

■ **Country specific participation:**

- geriatric helpers (Old people's home in Norway)
- social workers, psychologists (General Direction for Social Security and Child Protection, Iasi County)
- interns, nurses (Diabetology and Gastroenterology Clinics, "St.Spiridon" University Hospital – Iasi)

Method and tools

- Identify target group beneficiaries from several interested partners
- Build a scenario with roles, steps and tasks
- Use an online platform for creation/ exchange of files and mail conferences
- Agree a common schedule
- Act out the scenario (tutor-assisted)











Simulation calendar

- Round 1 – Spring 2005, a scenario was played out during 5 weeks
 - 1 meeting / week (approx. 6 hours), on a day previously agreed by all partners
 - 1 simulation step / week
- Round 2 - May 2006, a new scenario
 - same template, different theme
 - improvement based on lessons learned

Round 1

- Scenario
- Tasks and activities
- Skills practiced
- Developed products and materials
- Overall learning and motivation?

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Welcome to the InterAct environment!

In the next four weeks your group will be interacting with colleagues in other European countries. We hope that you will learn a lot and that you also will have a lot of fun and get motivated to learn more about the Internet, about Europe, and about the way people in other countries think and learn.

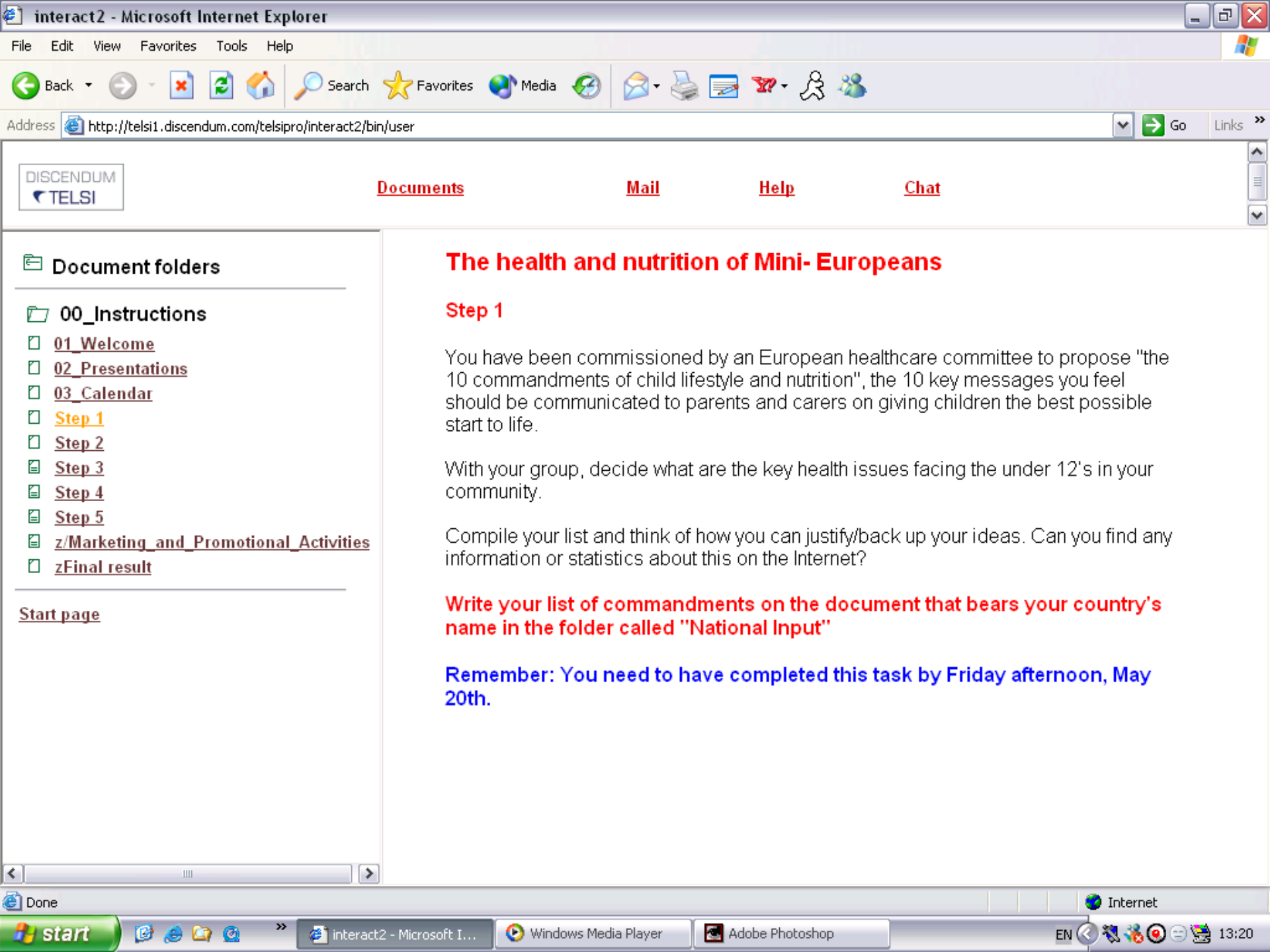
The purpose of the InterAct module is to provide you with an enjoyable international activity through which you can

- * learn more about how to use the Internet
- * learn more about how to communicate with people in other countries
- * learn more about how to work in a team, take initiative, negotiate, and arrive at a compromise
- * increase your language skills.

Your group will get one or more tasks each week. For each task you will need to first discuss things over in your group, and then one of you will have to write the group's response on Telsi (our Internet environment, where you are reading these instructions). You may have to write a document in a folder, or discuss things with the other groups through one of the Mail conferences.

If you are writing as a representative of your group, you will log in as UK, Norway, Spain, or Romania. If you want to communicate with the other "players" as yourself, outside the simulation, you can at any time log in with your own user name and write on the conference called "Café". You can also use the conference called "Helpdesk" if you have technical questions about how to use the environment.

These are your tasks for the first week:



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The health and nutrition of Mini- Europeans

Step 1

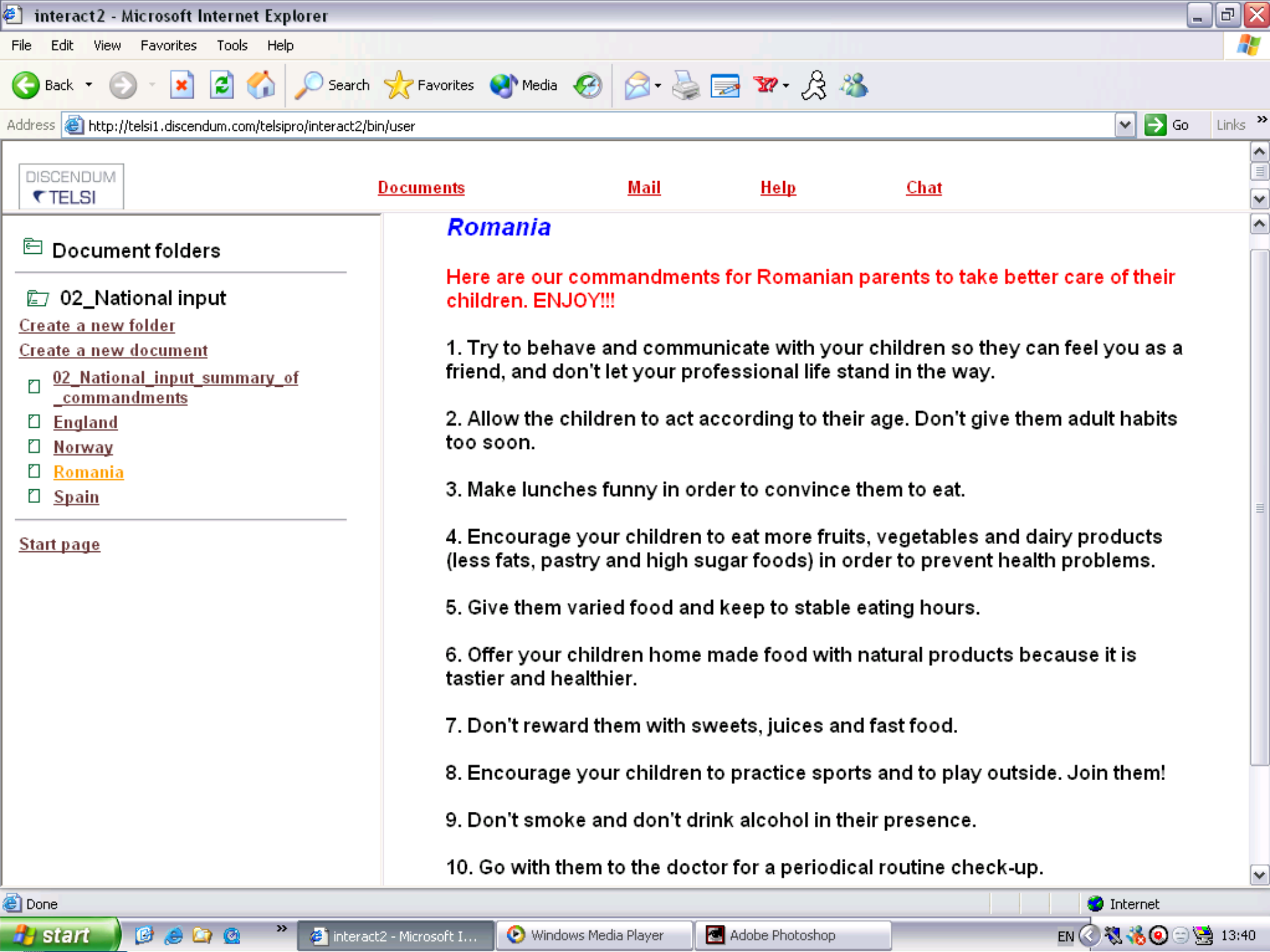
You have been commissioned by an European healthcare committee to propose "the 10 commandments of child lifestyle and nutrition", the 10 key messages you feel should be communicated to parents and carers on giving children the best possible start to life.

With your group, decide what are the key health issues facing the under 12's in your community.

Compile your list and think of how you can justify/back up your ideas. Can you find any information or statistics about this on the Internet?

Write your list of commandments on the document that bears your country's name in the folder called "National Input"

Remember: You need to have completed this task by Friday afternoon, May 20th.



- Document folders

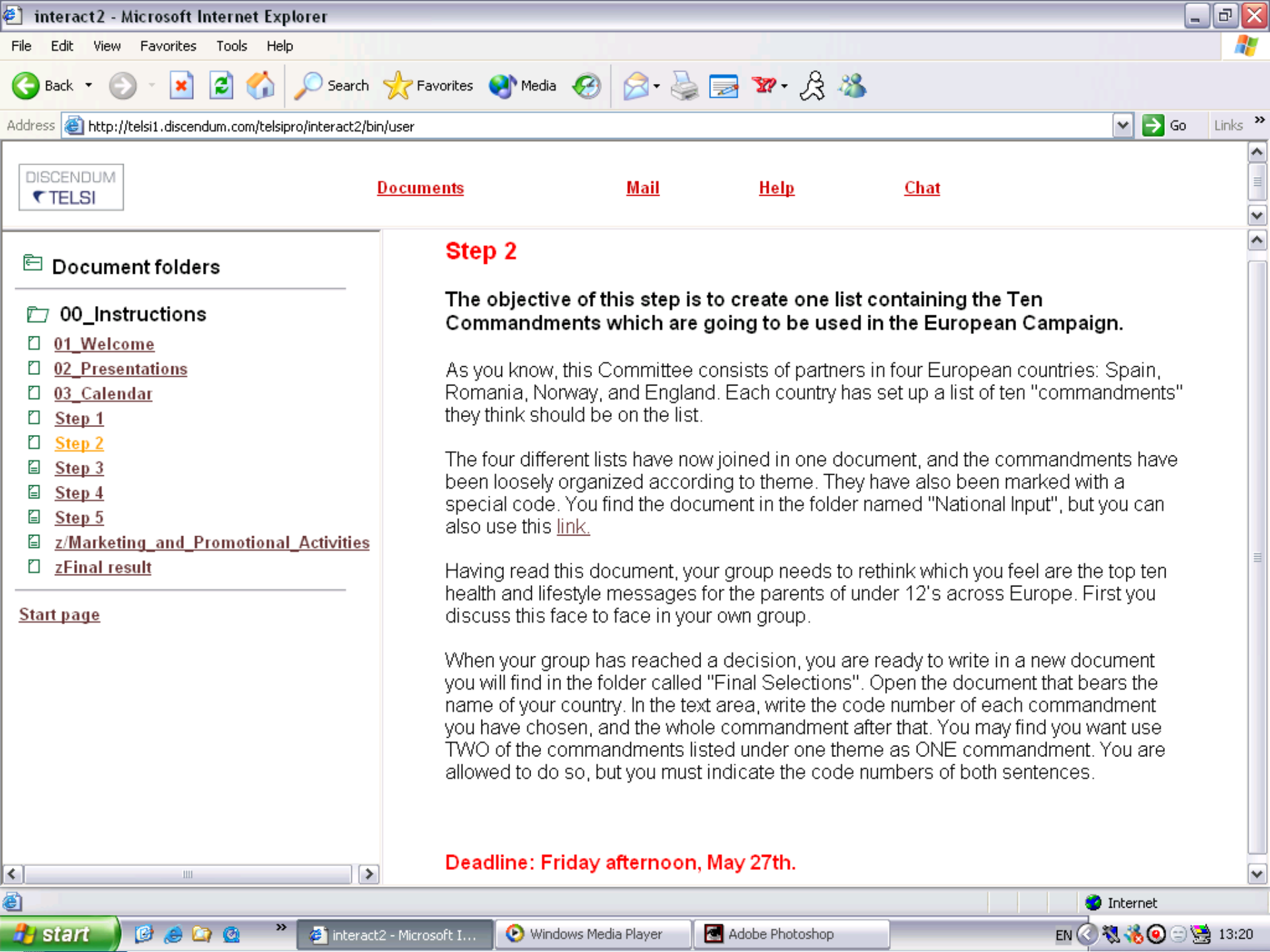
- 02_National input
- [Create a new folder](#)
- [Create a new document](#)
- [02_National_input_summary_of_commandments](#)
- [England](#)
- [Norway](#)
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Romania

Here are our commandments for Romanian parents to take better care of their children. ENJOY!!!

1. Try to behave and communicate with your children so they can feel you as a friend, and don't let your professional life stand in the way.
2. Allow the children to act according to their age. Don't give them adult habits too soon.
3. Make lunches funny in order to convince them to eat.
4. Encourage your children to eat more fruits, vegetables and dairy products (less fats, pastry and high sugar foods) in order to prevent health problems.
5. Give them varied food and keep to stable eating hours.
6. Offer your children home made food with natural products because it is tastier and healthier.
7. Don't reward them with sweets, juices and fast food.
8. Encourage your children to practice sports and to play outside. Join them!
9. Don't smoke and don't drink alcohol in their presence.
10. Go with them to the doctor for a periodical routine check-up.



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Step 2

The objective of this step is to create one list containing the Ten Commandments which are going to be used in the European Campaign.

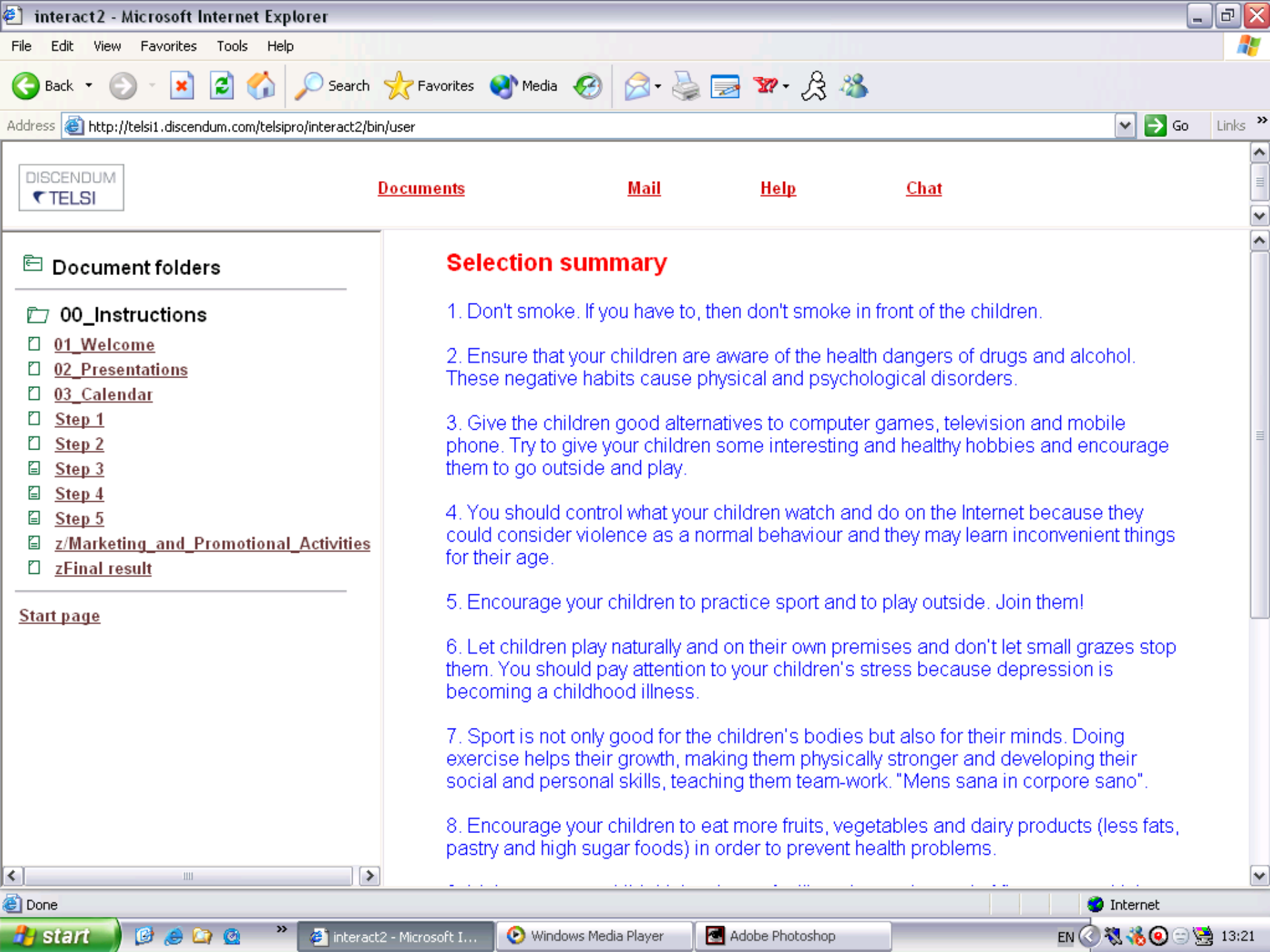
As you know, this Committee consists of partners in four European countries: Spain, Romania, Norway, and England. Each country has set up a list of ten "commandments" they think should be on the list.

The four different lists have now joined in one document, and the commandments have been loosely organized according to theme. They have also been marked with a special code. You find the document in the folder named "National Input", but you can also use this [link](#).

Having read this document, your group needs to rethink which you feel are the top ten health and lifestyle messages for the parents of under 12's across Europe. First you discuss this face to face in your own group.

When your group has reached a decision, you are ready to write in a new document you will find in the folder called "Final Selections". Open the document that bears the name of your country. In the text area, write the code number of each commandment you have chosen, and the whole commandment after that. You may find you want use TWO of the commandments listed under one theme as ONE commandment. You are allowed to do so, but you must indicate the code numbers of both sentences.

Deadline: Friday afternoon, May 27th.



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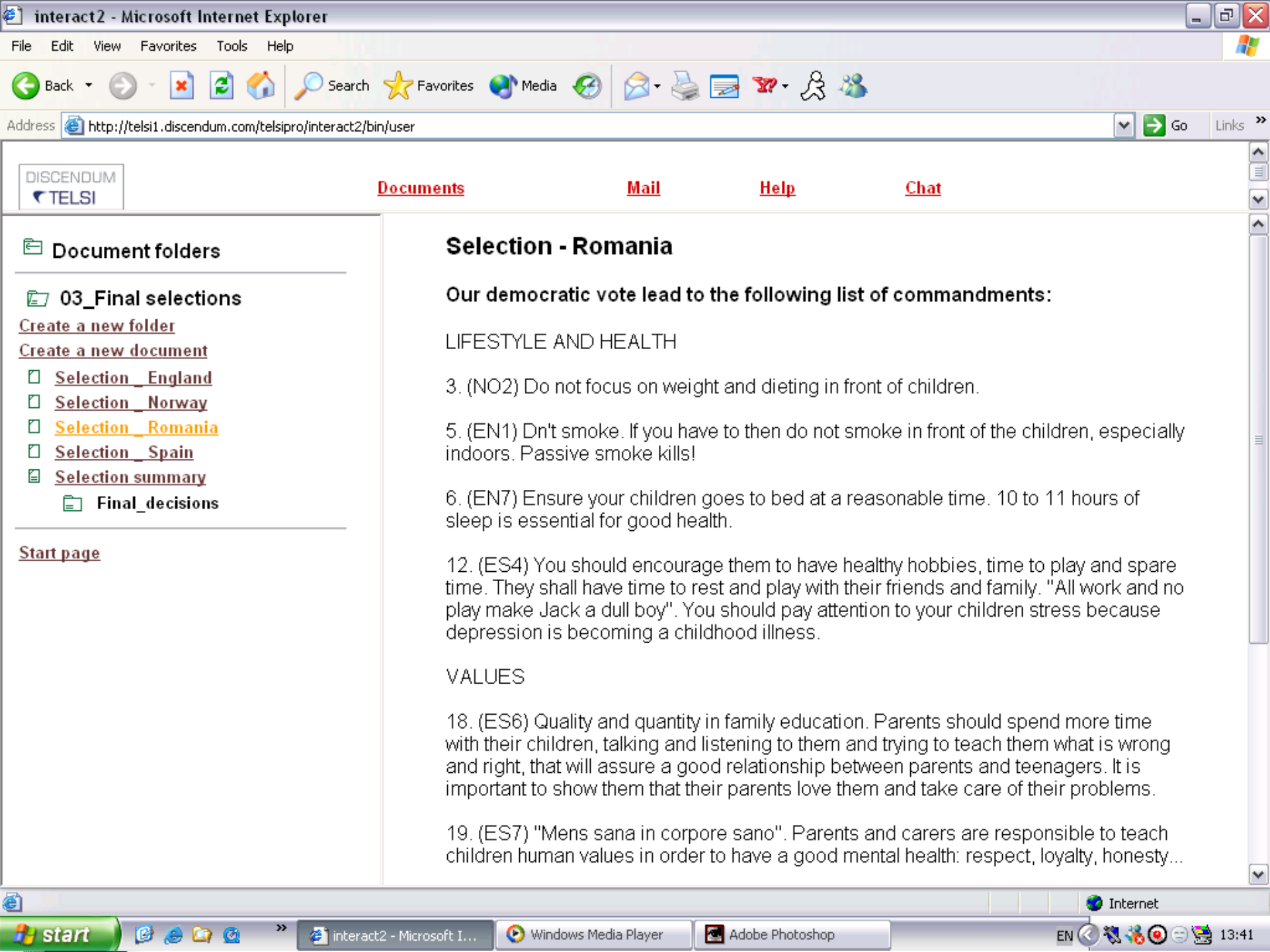
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Selection summary

1. Don't smoke. If you have to, then don't smoke in front of the children.
2. Ensure that your children are aware of the health dangers of drugs and alcohol. These negative habits cause physical and psychological disorders.
3. Give the children good alternatives to computer games, television and mobile phone. Try to give your children some interesting and healthy hobbies and encourage them to go outside and play.
4. You should control what your children watch and do on the Internet because they could consider violence as a normal behaviour and they may learn inconvenient things for their age.
5. Encourage your children to practice sport and to play outside. Join them!
6. Let children play naturally and on their own premises and don't let small grazes stop them. You should pay attention to your children's stress because depression is becoming a childhood illness.
7. Sport is not only good for the children's bodies but also for their minds. Doing exercise helps their growth, making them physically stronger and developing their social and personal skills, teaching them team-work. "Mens sana in corpore sano".
8. Encourage your children to eat more fruits, vegetables and dairy products (less fats, pastry and high sugar foods) in order to prevent health problems.



Document folders

03_Final selections

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[Create a new document](#)

- [Selection_England](#)
- [Selection_Norway](#)
- [Selection_Romania](#)
- [Selection_Spain](#)
- [Selection summary](#)
- [Final_decisions](#)

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Selection - Romania

Our democratic vote lead to the following list of commandments:

LIFESTYLE AND HEALTH

- 3. (NO2) Do not focus on weight and dieting in front of children.
- 5. (EN1) Dn't smoke. If you have to then do not smoke in front of the children, especially indoors. Passive smoke kills!
- 6. (EN7) Ensure your children goes to bed at a reasonable time. 10 to 11 hours of sleep is essential for good health.

12. (ES4) You should encourage them to have healthy hobbies, time to play and spare time. They shall have time to rest and play with their friends and family. "All work and no play make Jack a dull boy". You should pay attention to your children stress because depression is becoming a childhood illness.

VALUES

- 18. (ES6) Quality and quantity in family education. Parents should spend more time with their children, talking and listening to them and trying to teach them what is wrong and right, that will assure a good relationship between parents and teenagers. It is important to show them that their parents love them and take care of their problems.
- 19. (ES7) "Mens sana in corpore sano". Parents and carers are responsible to teach children human values in order to have a good mental health: respect, loyalty, honesty...



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Step 3

Final decision on commandments!

Each group has now selected among the 40 commandments presented in Step 1, the 10 they think are most important. Your new selections have been put together into a new document, called "[Selection summary](#)", but as you can see, there is still a job to do, because the groups have to agree on a list of only 10 commandments.

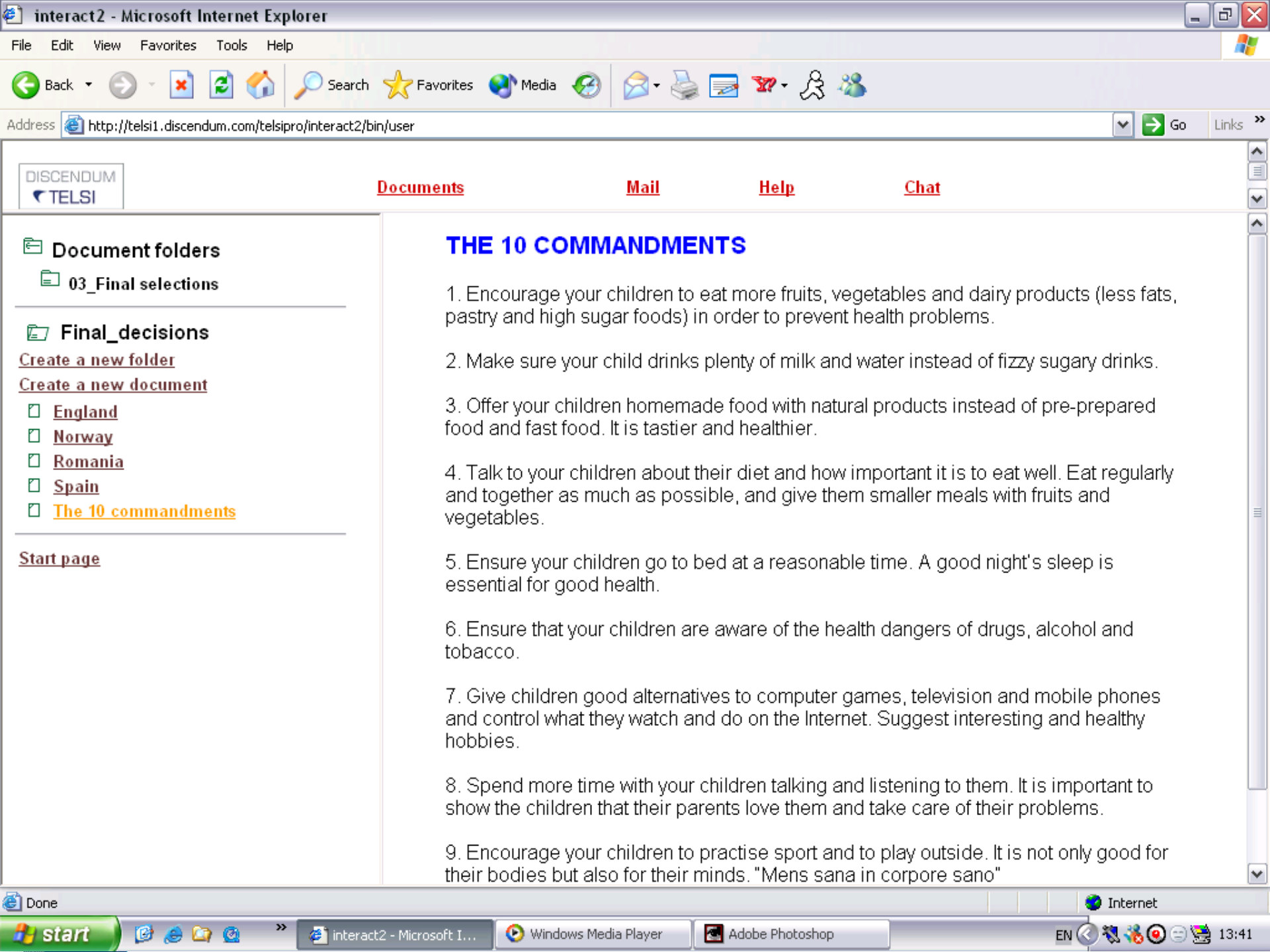
How can you do this?

First you need to discuss within your own group. Then you can use the mail list called DISCUSSION (remember to use your country's username and password). Read the comments from the other groups and add your own. Discuss again within your group. Which commandments can be deleted from the list, so that the final list can be limited to 10 commandments?

When you have reached a decision in your group...

... you write it down in the document bearing you country's name in the subfolder called "Final decisions", which you will find in the folder "03_Final selections".

The Spanish group, which will be the last group on line, will write the final document, based on the decisions taken by the four groups. This document, called "The 10 commandments", needs to be written before 6 p.m. on Saturday, June 4th.



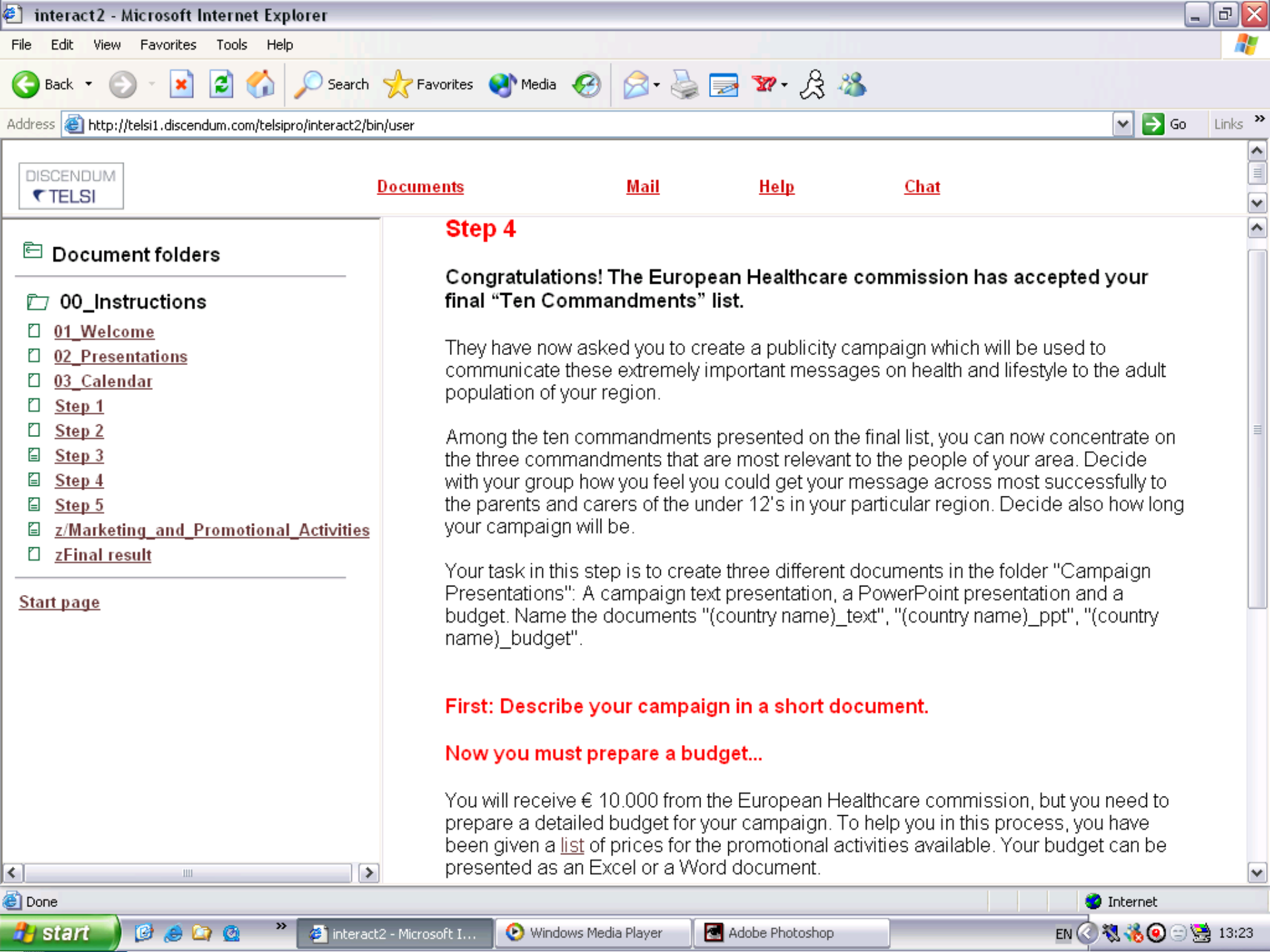
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THE 10 COMMANDMENTS

1. Encourage your children to eat more fruits, vegetables and dairy products (less fats, pastry and high sugar foods) in order to prevent health problems.
2. Make sure your child drinks plenty of milk and water instead of fizzy sugary drinks.
3. Offer your children homemade food with natural products instead of pre-prepared food and fast food. It is tastier and healthier.
4. Talk to your children about their diet and how important it is to eat well. Eat regularly and together as much as possible, and give them smaller meals with fruits and vegetables.
5. Ensure your children go to bed at a reasonable time. A good night's sleep is essential for good health.
6. Ensure that your children are aware of the health dangers of drugs, alcohol and tobacco.
7. Give children good alternatives to computer games, television and mobile phones and control what they watch and do on the Internet. Suggest interesting and healthy hobbies.
8. Spend more time with your children talking and listening to them. It is important to show the children that their parents love them and take care of their problems.
9. Encourage your children to practise sport and to play outside. It is not only good for their bodies but also for their minds. "Mens sana in corpore sano"



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Step 4

Congratulations! The European Healthcare commission has accepted your final "Ten Commandments" list.

They have now asked you to create a publicity campaign which will be used to communicate these extremely important messages on health and lifestyle to the adult population of your region.

Among the ten commandments presented on the final list, you can now concentrate on the three commandments that are most relevant to the people of your area. Decide with your group how you feel you could get your message across most successfully to the parents and carers of the under 12's in your particular region. Decide also how long your campaign will be.

Your task in this step is to create three different documents in the folder "Campaign Presentations": A campaign text presentation, a PowerPoint presentation and a budget. Name the documents "(country name)_text", "(country name)_ppt", "(country name)_budget".

First: Describe your campaign in a short document.

Now you must prepare a budget...

You will receive € 10.000 from the European Healthcare commission, but you need to prepare a detailed budget for your campaign. To help you in this process, you have been given a [list](#) of prices for the promotional activities available. Your budget can be presented as an Excel or a Word document.

Conclusions

- Acquisition and development of ICT skills
 - upload/download/manage files, give/take reading rights, search the internet, create html, send/receive emails, create PowerPoint presentations
- Cooperation within the team
 - communication, negotiation, teamwork strategies
- Intense international communication
 - ca 250 messages in English, using appropriate register & tone, tactfulness, awareness of cultural diversity
- A motivational tool: play to learn

Potential for further application



- Total flexibility
 - national or international
 - interdisciplinary
 - targeted skills - general or specific
 - scenario - theme, complexity
 - participants - type, number
 - level of difficulty
 - platform used - e.g. Moodle (freeware, used worldwide)

InterAct International Conference



■ Date

- September 21-23, 2006

■ Venue

- Unirea Hotel, Iasi

■ Participants

- The InterAct partnership, key-note speakers, guests and participants from throughout Europe

■ Highly demonstrative

- also organized as a Grundtvig 3 course

Useful links:

- Project website:
 - www.statvoks/interact
- Moodle platform tutorials
 - wwwa.ucl.ac.uk/moodle