



Co-funded by the
Erasmus+ Programme
of the European Union

**„DEVELOPING EMOTIONAL
INTELLIGENCE AND
COMMUNICATION SKILLS”, PROJECT
CODE 2025-1-R001-KA121-SCH-
000317355**

ERASMUS+ ACCREDITATION
2026



Course: Emotional Intelligence

MAY 2026



Participants:

- Gheorghe Tatiana
- Iovanovici Letiția
- Țițeica Luminița

DAY 1 – THE BEGINNING OF AN ERASMUS+ JOURNEY

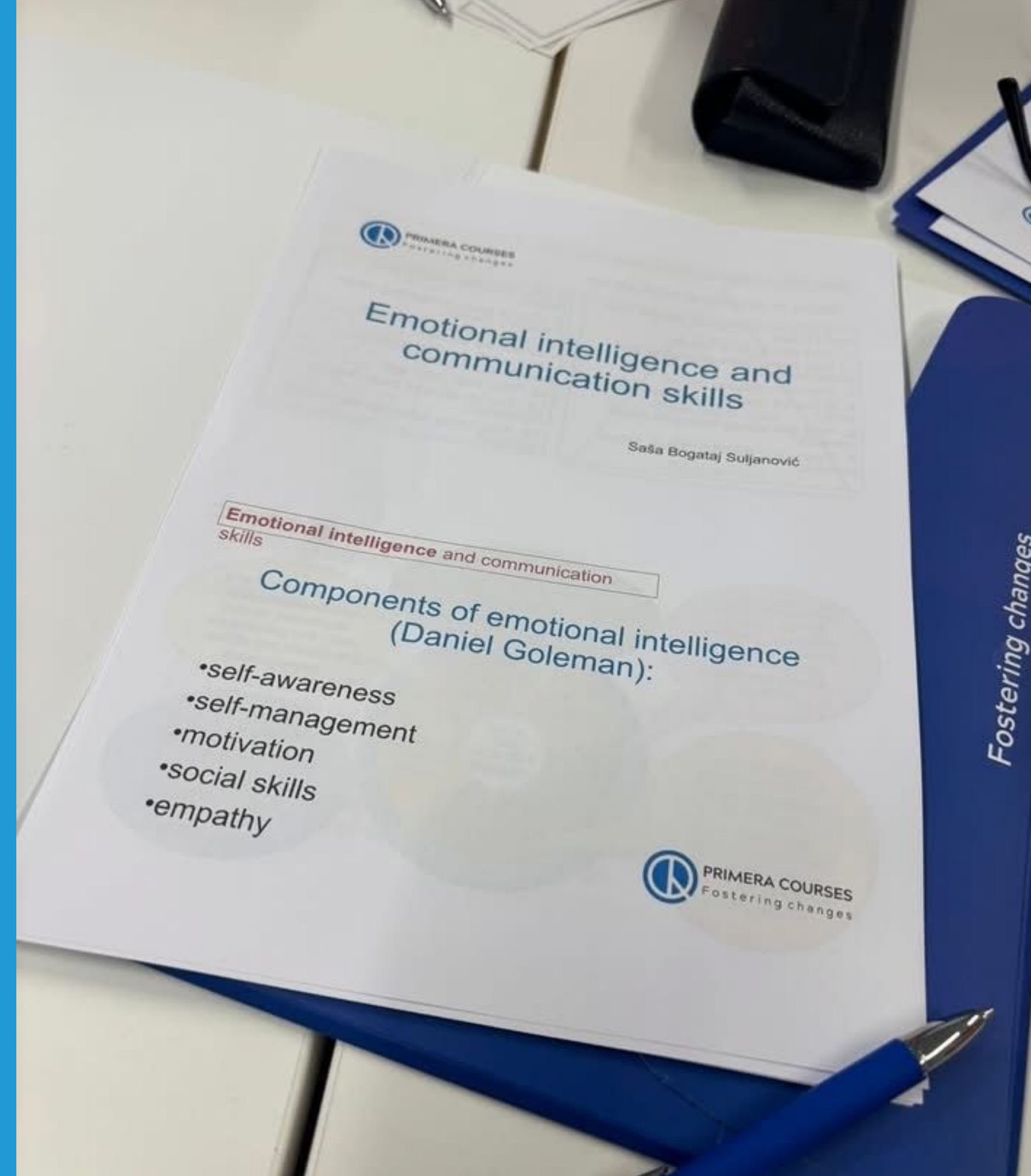
The first day of our Erasmus+ mobility marked the beginning of an inspiring educational and cultural experience. After arriving in Slovenia, we had the opportunity to meet participants from various European countries, each bringing their own educational background, professional experience, and cultural identity. The welcoming atmosphere encouraged communication and collaboration from the very beginning. During the introductory activities, participants presented their schools, educational systems, and motivations for joining the course. These presentations offered valuable insights into different educational realities across Europe and highlighted the common challenges and goals shared by teachers.

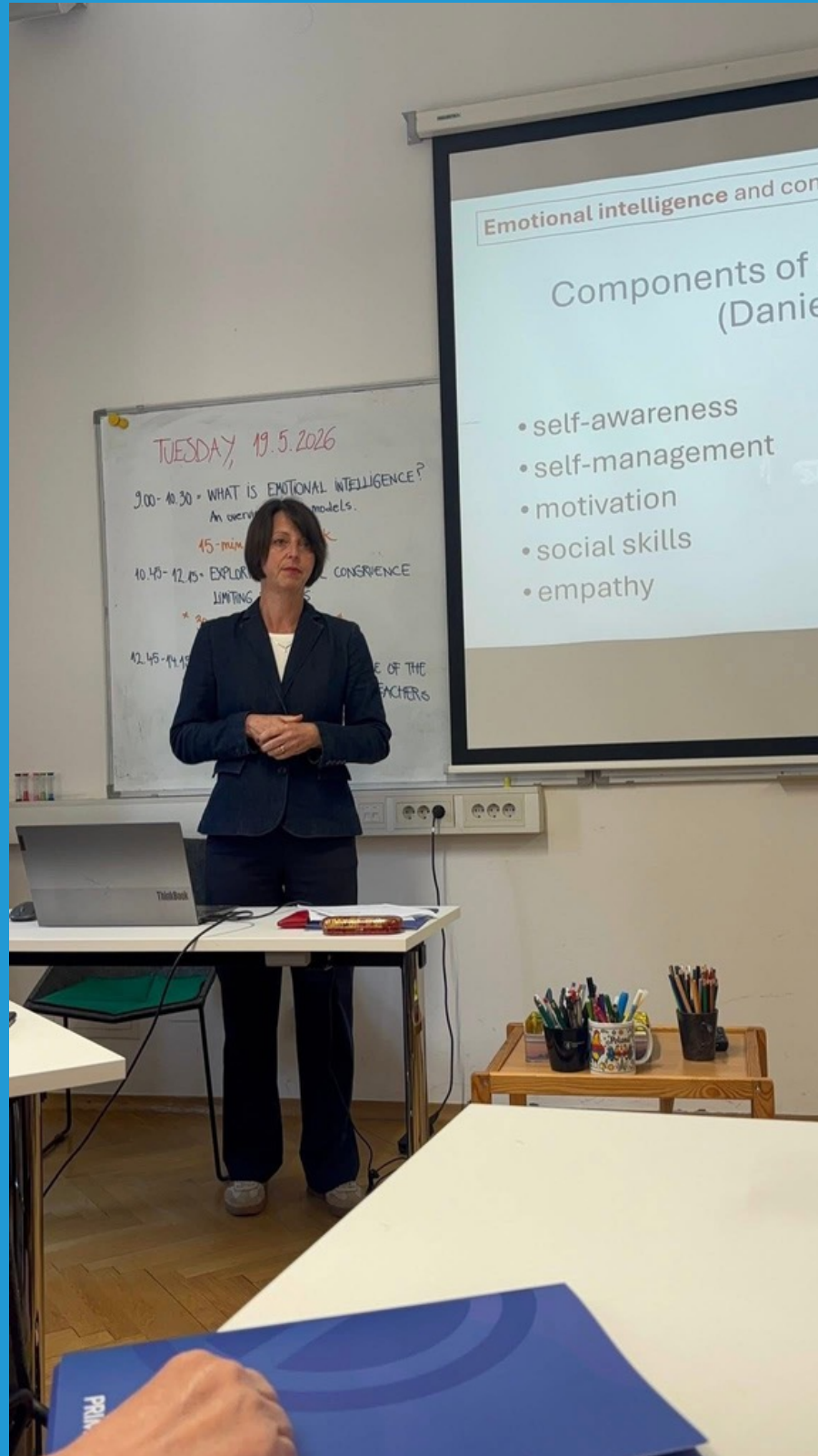




DAY 2 – EXPLORING EMOTIONAL INTELLIGENCE IN EDUCATION

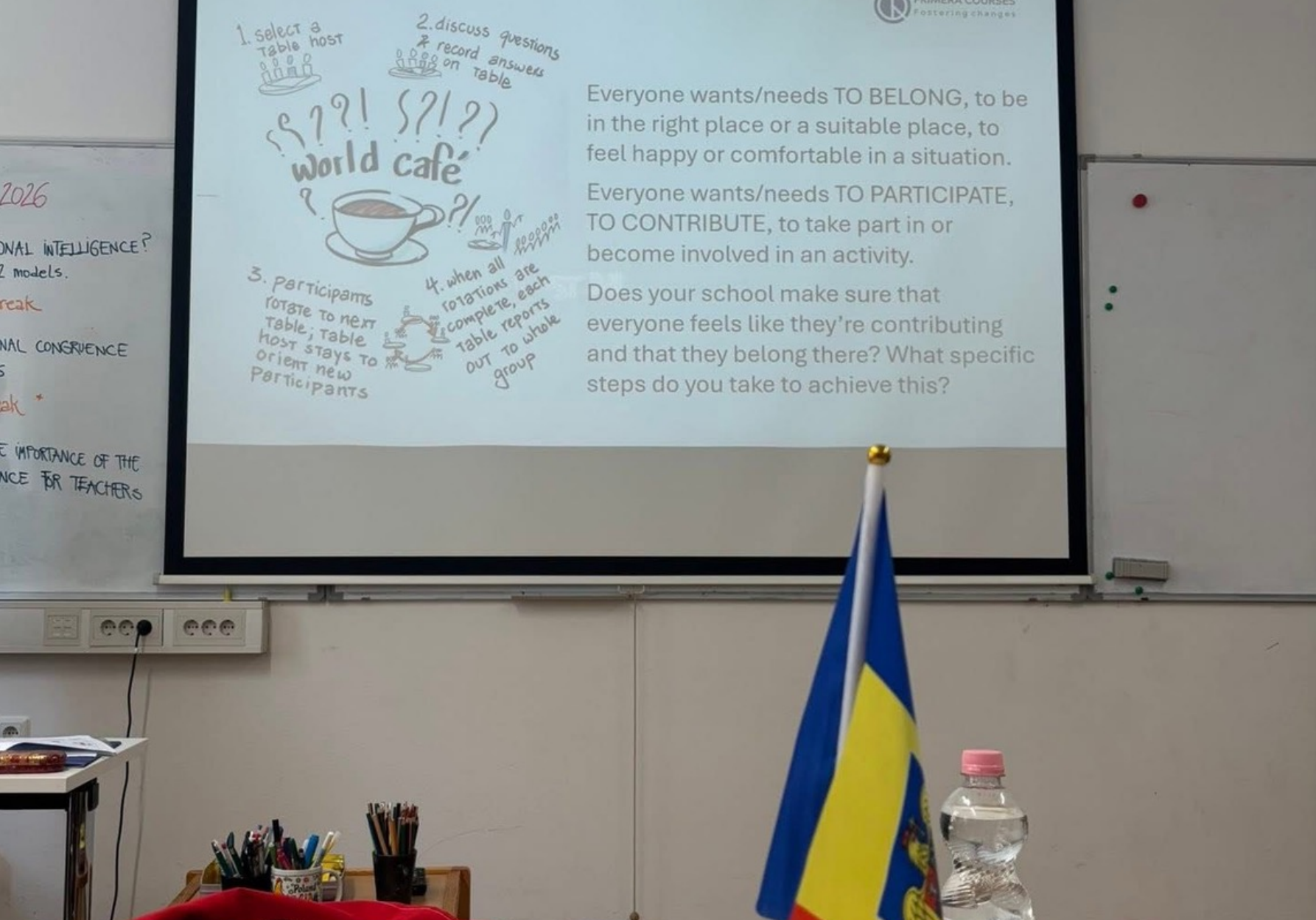
The second day focused on understanding the importance of emotional intelligence in both personal and professional life. Through interactive workshops, group discussions, role-playing activities, and practical exercises, we explored how emotions influence communication, decision-making, relationships, and overall well-being.





Key topics included:

- * Self-awareness;
- * Emotional self-regulation;
- * Empathy;
- * Conflict management;
- * Effective communication;
- * Building positive relationships in the classroom.



A PARTICULARLY MEMORABLE MOMENT OF THE DAY WAS THE CULTURAL EXCHANGE EVENT. EACH PARTICIPATING COUNTRY PRESENTED TRADITIONAL FOOD PRODUCTS AND SHARED INFORMATION ABOUT ITS CUSTOMS, TRADITIONS, AND CULTURAL HERITAGE.



This activity transformed the learning experience into a true celebration of European diversity and intercultural understanding. Through food, stories, and conversations, participants discovered new cultures and strengthened friendships that extended beyond national borders.



DAY 3 – EDUCATIONAL VISIT AND EXCHANGE OF GOOD PRACTICES

On the third day, we visited Škofja Loka Ljudska Univerza, the institution where the training activities took place. The visit offered an excellent opportunity to learn about the organization of the educational environment and to observe how the institution supports lifelong learning and international cooperation. During the training sessions, participants exchanged experiences and discussed innovative teaching methods, educational challenges, and successful practices implemented in their schools.

The collaborative activities encouraged dialogue, critical thinking, and the sharing of ideas related to inclusive education, student well-being, and emotional development





Working alongside colleagues from different countries allowed us to gain new perspectives and discover approaches that can be adapted and implemented in our own educational contexts.

In the afternoon, we had the pleasure of visiting the breathtaking Lake Bled, one of Slovenia's most famous and picturesque destinations.

Surrounded by mountains and forests, the lake offered a peaceful and inspiring setting for relaxation and reflection.



Funded by the
Erasmus+ Programme
of the European Union

DAY 4 – LEARNING, REFLECTION, AND PERSONAL GROWTH

The fourth day was dedicated to deepening our understanding of emotional intelligence through practical workshops and reflective activities.

Participants worked in international teams to analyze real-life educational situations and identify effective strategies for managing emotions, fostering empathy, and supporting students' social and emotional development.



The collaborative atmosphere encouraged open discussions and the exchange of ideas, allowing everyone to learn from the experiences of colleagues from different educational systems.

This day reinforced the importance of emotional intelligence as a key competence for teachers and highlighted its impact on creating positive learning environments.





DAY 5 – CLOSING CEREMONY AND CERTIFICATE AWARD

The final day of the Erasmus+ mobility was filled with emotions, gratitude, and a sense of accomplishment. Participants reflected on the knowledge gained, the friendships formed, and the experiences shared throughout the course. The closing ceremony provided an opportunity to celebrate achievements and recognize the commitment of all participants.



Receiving the certificates was a meaningful moment, symbolizing not only the successful completion of the training course but also the personal and professional growth achieved during the mobility.

Although the course came to an end, the connections established and the lessons learned will continue to inspire future collaboration and educational innovation.

We left Slovenia with valuable knowledge, renewed motivation, and unforgettable memories.



PARTICIPANTS' REFLECTIONS

Participating in this mobility gave me the opportunity to learn from colleagues across Europe and to explore innovative educational approaches. The exchange of ideas, experiences, and cultural perspectives inspired me to continue developing as a teacher and lifelong learner."

(Iovanovici Letiția)

"Erasmus+ is much more than a training course. It is a journey of discovery, growth, and connection. This experience helped me broaden my horizons, strengthen my professional skills, and appreciate the richness of cultural diversity within Europe."

(Țițeica Luminița)

"This Erasmus+ course was one of the most enriching experiences of my professional career. I gained valuable knowledge about emotional intelligence and discovered new ways to support students' emotional development. Beyond the educational aspect, I met wonderful people and built friendships that I will always cherish."

(Gheorghe Tatiana)

1838

MĂGURA - BUZĂU

PARTICIPANTS'

Gheorghe Tatiana

Iovanovici Letiția

Țițeica Luminița

