

Erasmus+ Group mobility of school pupils

12/01/2026 – 17/01/2026

SENDING

ORGANISATION	COUNTRY AND CITY
Institut Celestí Bellera	Spain, Granollers

HOST ORGANISATION	COUNTRY AND CITY
Polva Kool	Estonia, Põlva

PARTICIPANTS' PROFILE

Ten Spanish and ten Estonian students aged 15-16 of secondary. The project name is Self-Expression with Art in Põlva. The students study English. The mobility aims to promote creativity, intercultural awareness and personal expression through artistic, cultural and collaborative activities carried out in Estonia. Students will participate in structured workshops, cultural visits, outdoor experiences and joint artistic production alongside Estonian peers.

FIELD	MODE
School Education	Blended mobility

Accompanying persons and contacts

ACCOMPANYING PERSONS

ACCOMPANYING PERSON 1	JOB TITLE	NUMBER	EMAIL AND PHONE
Eulalia Duran Brugada	Catalan Teacher	+34671816441	eduran@bellera.cat
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OTHER CONTACT PERSONS AT THE SENDING ORGANISATION

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CONTACT PERSONS AT THE HOST ORGANISATION

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Timetable

TIMING	SESSION / ACTIVITY
Day 1	One way trip
Day 1 – Morning	Welcome and tour school; Ice-breaking activities; Folk dances and traditional costumes
Day 1 - Afternoon	Art workshop; Animation workshop in Computer Lab
Day 2 - Morning	Visit to the Vanemuine Theatre; Introduction to the theatre art
Day 2 - Afternoon	Visit to the Tartu Art Museum; Painting workshop
Day 3 - Morning	Activities at the art school; Youth centre: Sandwich art; Traditional Estonian food
Day 3 - Afternoon	TYPA letterpress and Paper Art Centre; Tartu Art House workshop
Day 4 - Morning	Outdoor activities
Day 4 - Afternoon	Project results exhibition; Feedback summarizing the week; Farewell dinner with families
Day 5	Visit of Tallinn
Day 6	Return trip

Description of activities and learning outcomes

ACTIVITY 1: Welcome and tour school

Learning methods:

- Welcome protocol and introductory briefing
- Non-formal interaction between participants and staff
- Guided school tour
- Experiential and observational learning while exploring facilities

Learning outcomes:

- Students feel oriented and integrated into the hosting school
- Increased sense of safety, motivation and program awareness
- Improved communication between host and visiting students
- Understanding of the Estonian school environment and daily routines

ACTIVITY 2: Ice breaking activities

Learning methods:

- Creative expression using collage techniques
- Non-formal education and group-building dynamics

Learning outcomes:

- Development of self-expression and artistic confidence
- Stronger group cohesion and intercultural interaction

ACTIVITY 3: Folk dances and traditional costumes

Learning methods:

- Demonstration and guided participation
- Cultural immersion through movement and costume exploration

Learning outcomes:

- Increased knowledge of Estonian cultural heritage
- Improved body coordination, teamwork, and openness to cultural diversity

ACTIVITY 4: Art workshop

Learning methods:

- Hands-on artistic practice supported by art and music teachers
- Collaborative creation in small groups

Learning outcomes:

- Development of artistic techniques and creativity
- Strengthened collaboration and problem-solving abilities

ACTIVITY 5: Animation workshop in Computer Lab

Learning methods:

- Digital media learning
- Step-by-step creation of simple animations
- Guided ICT practice

Learning outcomes:

- Basic mastery of animation tools
- Enhanced digital literacy and visual storytelling skills

ACTIVITY 6: Visit to Vanemuine Theatre

Learning methods:

- Guided cultural visit
- Observational learning

Learning outcomes:

- Increased appreciation for performing arts
- Understanding of theatre as a cultural and creative space

ACTIVITY 7: Introduction to theatre arts – Workshop

Learning methods:

- Drama exercises, role-play and stage work
- Collaborative improvisation

Learning outcomes:

- Boosted confidence in public expression
- Enhanced communication, creativity, and teamwork through drama

ACTIVITY 8: Tartu Art Museum: Painting and art therapy workshops

Learning methods:

- Guided museum-based learning
- Art therapy techniques for self-reflection
- Practical painting activities

Learning outcomes:

- Improved artistic awareness and emotional expression
- Increased ability to use art as a tool for well-being

ACTIVITY 9: Activities at the art school

Learning methods:

- Specialized instruction from art school teachers
- Hands-on experimentation with materials and techniques

Learning outcomes:

- Advanced artistic skills
- Motivation to continue artistic learning beyond the project

ACTIVITY 10: Youth centre – Sandwich art & traditional Estonian foods

Learning methods:

- Creative food design activities
- Cultural learning through gastronomy

Learning outcomes:

- Enhanced creativity in unconventional artistic contexts
- Broader understanding of Estonian culinary traditions

ACTIVITY 11: TYPA Letterpress and Paper Art Centre

Learning methods:

- Workshops in printmaking and paper art
- Hands-on manipulation of traditional printing tools

Learning outcomes:

- Knowledge of historical and contemporary printing techniques
- Increased manual dexterity and creative problem-solving

ACTIVITY 12: Tartu Art House workshops

Learning methods:

- Guided creative sessions led by professional artists
- Exploration of contemporary artistic practices

Learning outcomes:

- Expanded artistic repertoire

- Greater exposure to real artistic environments and methodologies

ACTIVITY 13: Outdoor activities: Sledding, skiing, ice skating

Learning methods:

- Learning by doing in outdoor physical activities
- Peer support and instructor guidance

Learning outcomes:

- Improved physical coordination and resilience
- Increased cultural understanding of winter traditions in Estonia

ACTIVITY 14: Summary joint activity – Mural, digital art and animation

Learning methods:

- Collaborative project-based creation
- Integration of digital and traditional art forms

Learning outcomes:

- Creation of a collective artwork symbolizing the exchange
- Strengthened teamwork, creativity, and practical artistic skills

ACTIVITY 15: Science theatre

Learning methods:

- Demonstrations and interactive experiments
- Inquiry-based learning

Learning outcomes:

- Increased scientific curiosity
- Understanding of basic physics or chemistry through visual experiments

ACTIVITY 16: Exhibition of weekly projects

Learning methods:

- Public presentation of student work
- Peer feedback and reflective learning

Learning outcomes:

- Improved presentation and communication skills
- Sense of achievement and recognition of learning progress

ACTIVITY 17: Joint evening, farewell dinner and disco

Learning methods:

- Informal intercultural interaction
- Social learning environment

Learning outcomes:

- Strengthened intercultural friendships and social skills
- Emotional closure of the exchange experience

ACTIVITY 15: Visit of Tallinn, the capital of Estonia

Learning methods:

- Cultural immersion
- Guided cultural visit
- Observational learning

Learning outcomes:

- Increased knowledge of Estonian cultural heritage
- Understanding European diversity

Participant list

#	FIRST AND LAST NAME(S)	ORGANISATION
1	Ainara Rebollo Castillo	Institut Celestí Bellera
2	Ainhoa Martín Aguilera	Institut Celestí Bellera
3	Biel Fernández Muñoz	Institut Celestí Bellera
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10	Romà Sánchez Fernández	Institut Celestí Bellera
11	Mariliis Lasting	Põlva Kool
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19	Emma Liblik	Põlva Koo
20	Karl Mägi	Põlva Koo

The signatories confirm that the information in this document is correct and complete.

FOR THE SENDING ORGANISATION
MÍRIAM CABERO FONTANET

DATE

08 | 01 | 2026

SIGNATURE

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FOR THE HOST ORGANISATION
JANEK RIIVA

DATE

12 | 01 | 2026

SIGNATURE

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