

Invitation to UPWELL project¹

Dear colleague,

T-HAP, a consulting agency involved in EU projects in the field of education, with a focus on the optimization of mental health and wellness in work and other environments of life, is addressing you with this mail. We would like to invite your teachers and students to participate in the activities foreseen by the “**UPWELL - Teachers UPskilling for WELL-being in multicultural classrooms**” Erasmus + project that aims to supporting teachers in their teaching task.

Specifically, the objectives of the project are to improve self-efficacy in multicultural and diverse classrooms and support the well-being of school teachers by developing training models, a joint Curriculum, specialization courses, and training materials for the upskilling of teachers as well as to promote their wellbeing.

In addition, during the project, teachers from the involved countries (CY, GR, IT, KR, ES) will have the chance to meet each other during the pilot mobility training, which will be set to test the functioning of the above-mentioned educational tools.

Thus, in this initial phase, to implement the most suitable and efficacious curricula and training tools, and to fulfill the objectives of the project, we want to **investigate teachers’ current state of the skills and training in managing a multicultural classroom**, together with the perceptions and **desires related to the workplace of the teachers**.

Therefore, we are writing you to ask for your precious contribution to our survey, by finding one or more of **your teachers specializing in second language instruction, and students**, who can spend a few minutes to answer to **three/four open questions** (either the English or the Greek version), that you can find below by email.

The collection of your answers will be closed the latest by midst **February 2024, but if you could address these question earlier we will appreciate**. At the end of the data collection process, we will be glad to share with you the report (national and global) by sharing it with you through email.

For more information, please feel free to contact:

Mrs scatizza@ T-HAP.com ; Mrs markouizougica@t-hap.com

You can follow also the project on this [Facebook](#) page.

Warm wishes,

T-HAP LTD team

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STUDENTS

- 1- Thinking about your school experience, how welcomed did you feel?
 - 2- In your opinion, how could your teachers have involved you more in class?
 - 3- Share an episode in which you felt valued within your class group.
- 1- Σκεπτόμενοι τη σχολική σας εμπειρία, πόσο ευπρόσδεκτοι νιώσατε;
 - 2- Κατά τη γνώμη σας, πώς θα μπορούσαν οι καθηγητές σας να σας εμπλέξουν περισσότερο στην τάξη;
 - 3- Μοιραστείτε ένα επεισόδιο κατά το οποίο αισθανθήκατε ότι σας εκτιμούν στην ομάδα της τάξης σας.

TEACHERS

- 1- In your opinion, what is the well-being status of teachers in multicultural classrooms?
 - 2- What kind of specific training could help teachers effectively manage a multicultural classroom?
 - 3- In your view, what should be included in the teacher's "toolbox" in terms of more operational tools?
 - 4- Share a success story where you applied your intercultural skills and observed positive outcomes.
- 1- Κατά τη γνώμη σας, ποια είναι η κατάσταση ευημερίας των εκπαιδευτικών στις πολυπολιτισμικές τάξεις;
 - 2- Τι είδους ειδική κατάρτιση θα μπορούσε να βοηθήσει τους εκπαιδευτικούς να διαχειριστούν αποτελεσματικά μια πολυπολιτισμική τάξη;
 - 3- Κατά την άποψή σας, τι θα πρέπει να περιλαμβάνεται στην "εργαλειοθήκη" του εκπαιδευτικού όσον αφορά πιο λειτουργικά εργαλεία;
 - 4- Μοιραστείτε μια επιτυχημένη ιστορία όπου εφαρμόσατε τις διαπολιτισμικές σας δεξιότητες και σημειώσατε θετικά αποτελέσματα.