



GRUNDTVIG PARTNERSHIP

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ENGAGING DISADVANTAGED PARENTS TO ACQUIRE PARENTING SKILLS EDPAPS



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ROMANIA

GRU -13 – C – LP – 216 – TM – RO ----- GRU – 13 – P – LP – 185 – TM – RO

10 tips to improve the relationships with your child

One of the most important things we can give our children is our time. Regardless of age, children need parents time and attention in order to grow up healthy and develop fully and harmoniously. Spending time with your child means more than being physically present to supervise the child or give food and shelter, and clothing.

1. **Be available for your children.** Notice the times when your children would like to say or show something to you, and be available to them in those moments.

Start the conversation, so you will show your child that you care about what is happening in his life.



2. **Be honest.** For your child, you are a model. Your child will learn from you to lie or tell the truth. It is therefore important to be honest with your child. In cases where it considers that it is better for your child to not know some things better tell that than to lie.

3. **Show your child that you are listening.** When children speak about their problems, stop whatever you are doing and listen to him. Show him that you care about what he says to you without being intrusive. Listen to their point of view, even if you find it difficult to hear. Let him finish what he has to say before intervening.

4. **Encourage your child.** Do everything in your power to sustain his self-esteem (matters a lot for a child to know he is respected, this leaves its mark on his development).



5. Answer your child in a way that he would understand it.

Smooth your strong reactions; children will withdraw if they see you angry or defensive. Express your opinion without disassembling theirs and recognizes that it is normal to have different opinions. Resist the temptation to see who is right and who is wrong.

6. Have meals with all the family. Parents need to create a habit of eating, at least once a day along with their loved ones. This increases the communication between family members. Eating the favorite food in a pleasant environment makes children and adolescents to openly discuss problems and successes.

7. Have a pleasant atmosphere at home. For example, children and young people introduce a distance between themselves and family when they feel that the misunderstandings between them and their family are becoming more frequent. Furthermore, a normal tone of voice will support the problem solving.

8. The desire to be supported. Don't compare your child with others his age. This will only make them loose confidence. Usually inferiority complexes decreases the efficiency and the desire of children and young people to get involved in school activities, creativity and communication level.

9. Activities with loved ones. Children and young people love to travel and do different activities with the loved ones. So before the weekend, plan common activities supported by the entire family.

10. Being a parent is not easy. Parenting is hard work and maintaining good connections with children can be challenging, especially when parents also have to face other pressures. If you have problems on a extended period of time, you might consider consulting a mental health professional to see how you can improve the well being of your family.

TURKEY 2013-1-RO1-GRU06-29493-5

“10 steps for improving my relationship with my child.”

Parenting is among the most significant and meaningful part of an individual's life and his responsibilities. Parenting is a vital responsibility as giving a birth to a child , monitoring his or her growth, and providing a suitable environment to help his or her personal existence are quite challenging. If information about child development and parenting is thought to be increasing, maternal and paternal tenderness is also naturally increasing.

Parenting skills are not inborn but later learned skills. Therefore, both the responsibility of individual development and the requirements of being a parent mean contributing to the quality of family relations by making use of these skills.



1. Manners of Parents

Parents prefer protective, intrusive and perfectionist attitudes towards their children while bringing them up. This type of behavior undermines their self-esteem. They cannot start a task on their own. They cannot have a healthy communication with their parents. Performing democratic family attitudes is the best way to apply while educating them.

- Not being oppressive, concessive, preservative, interfering and perfectionist
- Regarding the kids as individuals and understanding the child's World
- Having a positive interaction and thinking positively

2. Communication Barriers

Communication is a process which two people interact mutually verbally or non-verbally.

Communication Barriers

- Giving orders, dominating others and threatening, menacing
- Preaching, giving moral lectures and comparing them with others
- Calling a name, making fun of them, and embarrassing them,



3. The Ways of Effective Listening

If we want to listen to our children effectively, we should give up our tasks to listen to them. Because, these children are happy and comfortable. They are able to express themselves effectively and have self-confidence.

- Using body language while listening and Using eye-contact
- Content reflection: Telling the child that you understand what he or she says
- Sense reflection: Being aware of the child's feelings and naming the child's feelings

4. Self Expression Skills

We, parents, sometimes do not know what we want. Knowing ourselves and naming the feeling we live are very important. We should express what we want and use I statement without blaming them thereby undermining the child's self-confidence.

Self expression= The child's behavior,+ its effect on us + the feeling we experience

5. Ways to Developing a Positive Behavior

Mothers and fathers, must be guides for their children in order to prepare them for life. Education begins at home. Education cannot be achieved by giving punishments and beating. If we want them not to swear, we should not swear. We should be models. We should encourage the correct behaviour by appreciating their behaviour. Children should not be criticized in front of people because they can make mistakes.

- being a model and making a preventive statement
- determining the rules and the boundaries

6. Child's development areas

Our children do not come into the World like a butterfly's evolution . Our children's physical, mental, social, emotional development areas develop all at once from infancy. If the parents know the characteristics of these development areas can support the development of children.

7. Solutions to Misbehaviour

Determining the reason why the child behaved negatively is a right method and it saves time.

- Ignoring the negative behaviour, appreciation and encouragement
- Providing options to the child and explaining the result of the behaviour
- Suggesting different solutions and giving opportunity the child to live the results of the behaviour

8. Children's Rights

All children have the right to have a healthy growth, be grown in a positive environment, receive a qualified education, freedom of self-expression, in short, have the right to be prepared for the future with the best way regardless of their language, race and religion. Children should be protected from all kinds of neglect and abuse and should be dealt with in all matters more specifically than adults. Parents should be informed to prevent from child neglect, lack of self-care, deprivation of education, shortage of housing, lack of love and interest .



To achieve this,

- Teach your children how to protect themselves,
- Establish a trusting relationship with your child and listen to your child,
- Be aware of the games they play and have an idea about their environment

9. Children and Game

Games are important for children. As the child plays games, all development areas also improve. Games and development go hand in hand. Therefore, parents should be aware of the importance of the games.

Parents;

- Let your children play indoor and outdoor games with their friends or on their own.
- Provide them with different toys to play different games.
- Play games with your children such as chess, cards, and dominos

10. Stress and trauma

There are different occasions in our life and we can face with stress and trauma at every moment. Losing someone, having an accident, violence, war, terrorism, natural disasters, illnesses, divorce and unemployment can cause stress and trauma. These have physical, emotional and mental symptoms. Our children also undergo these situations like us.

While explaining these situations to your children, your statements should be consistent and persuasive. Try to be honest and try not to hurt them.





GERMANY GRU-13-C-LP-216- TM-RO

In terms of modernization the most of the people concentrate on their job-related future and their career – a child does not always fit in this picture. But especially the German government and many German companies are on the right path to establish a good compatibility of family and job. The generation of today asks for a balance between operating requirements and private needs. Flexible working hours and a family-friendly working model are the new guidelines companies follow. This modern culture and organization of working time enable especially the new generation a family-conscious work-life-balance. Also the opportunity of mobile working and home office are more and more offered by companies. Another helpful trend for a family-friendly workplace is a kindergarten or rather a child care inside a company. But also phases with special familial challenges could be managed easier, when the best possible consideration and support of companies is guaranteed.

These points are essential and the base for improving parenting skills. With the support of the government and the employers parents can use more time for their children and have the possibility to coordinate a good and healthy work-life-balance, which is the condition for positive parenting

10 Steps for improving my relationship with my child:

1. Show love to your child.

Don't be afraid to just say, "I love you". Children believe what they hear, therefore say frequently that you love them. Verbal and physical expressions of love and care make kids believe that parents are always with them. The knowledge that parents remain with them throughout the life will help them grow more confident and smarter. Hugs, kisses, and cuddles can be a perfect cure - all studies show that affection may boost kids' mood, health, and have big impact in maintaining better relationship with kids. Maximize the power of touch and warmth in parenting and it can lead to a cooperative child, who is well-developed socially and emotionally.

2. Spend time with your child.

Your children need to know that you make them a priority in your life. Try to find time in your schedule to do things with your child. Pick a certain day of the week or time of the day for example a special bedtime ritual. For younger children, reading a favorite bedtime book or telling stories are essential quality times. It's good to do it in the same time so you can remember when your special time together is, and you will be more likely to be free. Summer is a great time to do things together because your child will likely be out of school. If you are still working in summer, try to find time on the weekends to spend with your child. Also eat meals together as a family gives children a clear structure in their everyday life and it sets the stage for conversation and sharing. Turn the TV off, and don't rush through a meal. Rituals like this can become a quality time most remembered by young and old alike.



3. Give your child enough free time.

Children reach out for independence at a young age, and parents can help to develop those decision-making skills by being supportive and even looking the other way on occasion. You should respect their choices. Promoting independence is the job of parents who are to take the lead in teaching their children to do things for themselves. The most important guideline is here: Learning by doing. So let your child make mistakes, but it will educate itself and do self-development.

4. Help your child with the schoolwork.

As a parent, it is important that you support your child in its education. Always try to help with homework if it asks for it. Don't give the answer, just help your child.

For example, if it is struggling on a math problem, don't just give the result. Go through the steps and so it will know what to do next time. Also try to help your child even if it doesn't ask for it, but you get a sign that help is needed, when they maybe need a long time for the homework or a bad grade. Make learning fun and turn studying for a spelling or vocab test into a game.



5. Communicate with your child.

Lack of communication is a common challenge with parents and children. Because both of them aren't mind readers, be clear and calmly state how you're feeling or what you want. Also, speak your mind in a very heartfelt but clear manner.

When you talk to your child, make sure that you have eye-contact. Tell it, "I need you to listen" but in a calm, friendly way. Leave the key point for the first sentence, and keep it simple, using non-confusing and/or shorter words. You should also occasionally talk casually. When the two of you talk, it shouldn't all be serious. Talk about school e.g. What's going on in school? How was school today?



6. Be an active listener.

Active listening is reflecting back what the other person is saying, instead of assuming you already know. When you reflect back what your child is saying, you're telling that you understand. Also, listen to the feelings underlying the message, which is often the real message. To show that you are listening, ask her questions that you have. Also, paraphrase. Paraphrasing is putting something in your own words so you can clarify what your child just said to you or if you understand it correctly

7. Put yourself in your child's shoes.

You have to realize that your child is born and raised in a different generation with different values and difficult family relationships and issues. So it is important when you as a parent understand how children see the world. As such, address your child's feelings with empathy and offer a compromise.

8. Celebrate your child's talents.

This is another form of encouragement, and it will make your child feel so happy inside when you recognize the talents. Another thing to do is to participate in the activity your child's trying out elsewhere. Play a game or soccer, hold a concert at home, or have teach you some dance moves. It will make him or her feel great, you will learn something new, and the two of you will bond more.

9. Be there for your child.

It's important for your child to know that it can always come and talk to you if it needs anything. Just being there, without distraction, is where they learn that you care about them. It's not the same sitting beside them with phone in hand, scrolling through Facebook. They know when they have your attention.

You should share your feelings with it as well. Tell your child how you really feel about something, and sometimes, you can ask her for advice.

10. Trust your child.

Sometimes it may be hard to trust, but you have to be trusting. The reason why you may not trust your child is because she or he might lie often. This may be because you lie. It is time to start being a good role model for your child and to be honest yourself - keep promises, and don't break them. However, if something comes up, be sure to tell that. Say the reason, as she probably would be wondering. When you see your daughter do something responsible, like homework or band practicing, or an A on a test, you can trust her more.



Parent-child relationships are complex and diverse. There also are ups and downs, no matter how positive and intensive the relationship.

In each relationship there will always be primary complaints that children have about their parents: They try to parent them and are overly critical and demanding. From parents' perspective, children don't listen to them, make poor choices and have no time for them.

Whatever, parents play an irreplaceable role in the lives of their children. This vital relationship positively impacts a child's physical, mental, and emotional well-being. The right of parents to maintain a strong involvement in their children's lives is valued by millions of families.

In conclusion parents may have in mind that every parenting style impacts the child's development. Children raised in loving homes often thrive. When parents focus on their child's needs, show that they love and value their child and strive to be good role models, they are implementing positive parenting skills.



GREECE GRU-13-C-LP-216- TM-R

“10 steps for improving my relationship with my child”.

Family is a live “system” which keeps developing continuously. It can take various forms, sometimes be in unbalance and then again find its balance. The basic prerequisite for this are flexibility and cohesion between its members. Furthermore, there should be effective communication as well as stability, clear limits and agreed obligations and rights.

10 steps (good practices) to improve the daily communication and promote the relationship between parents and children:

1. Active listening

It is important to listen to our children carefully and patiently, giving them time and space to express themselves. In this way, we can infer the emotions hidden behind the words uttered. It is necessary to take our children’s “place” as we should never forget that: whatever seems of no importance to us may be extremely important for our children. We function as a mirror that decodes the child’s feelings, a kind of living feedback, so as to help them see their problems more clearly and reconsider them. In this way, children:

- Learn to express and not be afraid of negative feelings.
- Learn to think for themselves.
- Feel that we trust them, so their self esteem is reinforced.
- Are helped to solve their problems, so they learn to take initiatives and prepare for their adult life.

2. Stay available - Prioritize time with your child

The relationship with our children is the most important one and we should make our children realize that we are always available for them. We should always find time to spend with our children, no matter how demanding our everyday activities are. Grocery shopping, carpooling and bath time matter as much as that big talk you have when there's a problem. “In relationships without quantity there’s no quality”.

3. Characterize the behavior, not the child. Use The “I – Statement”

Using the “I – statement” our emotions and intentions can be understood by our children. The “I – statement” is not threatening for the child and it can rarely cause a negative interaction. On the contrary, it creates an honest relationship between parents and children. For example, we may say “It is irresponsible to come home late, without letting us know first” instead of “You are irresponsible” or “Your actions embarrassed me” instead of “You embarrassed me”.

4. Tension control – Opportunity for a friendly discussion – Accepting the child

During the communication with our children it is important to have a calm and positive attitude showing stability and determination. We should keep eye contact with them and we should also keep our voice down. If we are tired or stressed by our problems and we can’t control our reactions, it would be a good idea to have a time-out, withdraw for a while and start talking again when we have calmed down.



We should avoid asking too many questions, nagging, being sarcastic and ironic. We should also try not to make fun of our children or underestimate them and calling them names. We respect and accept our children the way they are and not as we would like them to be. During the conversation we stress out their positive points and we teach them to accept their qualities and vices.

5. Ask open – ended questions

These questions give children the chance to tell us more. Actually, they are a kind of invitation to talk and express themselves. We could use phrases like: "I would like to hear more about this..." Or "I would like to discuss this subject..." Or "I would like to know what you think about this.../what's your opinion about..." In this way children are encouraged to get closer to their parents, to open up and talk to us about their feelings and thoughts. Thus, families cultivate intimacy and promote sincere and constructive conversations.

6. Looking for alternatives

Alternative solutions to problems are effective especially in parent – children conflicts. The parent listens actively to the child who has already freely expressed his/her thoughts on a problem and comes to understand the child's feelings. They cooperate to find alternative solutions to the problems. We could use phrases like "Would you like to tell me the things you could do?" , "How would you like to handle this matter?" By using alternative solutions, children develop their mental skills, are not pressed to react and there is no need for power use. Also, children learn to take initiatives, to become more responsible and independent, while cooperating with parents.

7. We trust and encourage our children

We try to show, through our words and actions, that we trust our children and their abilities. Moreover, we encourage their initiatives so as to reinforce their self esteem, the expression of their thoughts and dealing with difficulties more easily. Children need to know that they have adults by their side.

ATTENTION!!!! We should not be over – protective, because then children become dependent on their parents and as a result, they do not learn to take initiatives and become insecure.

8. Resist the impulse to be punitive

Parents should handle their anger and avoid being punitive by setting effective limits. How would you feel about someone who hurt, threatened or humiliated you, "for your own good?" Children do need our guidance, but punishing them always erodes our relationship, which makes our child misbehave more.

9. Don't take it personally

When your children: slam the door and say: «You never understand me!" or "I hate you!" consider their tangled up feelings, their difficulty controlling themselves, their immature ability to understand and express their emotions. So you must remember not to take it personally and:

- Take a deep breath.
- Let the hurt go.
- Remind yourself that your child does in fact love you but can't get in touch

with it at the moment.

- Consciously lower your voice.
- Try hard to remember what it feels like to be a kid who is upset and overreacting.
- Think through how to respond calmly and constructively.

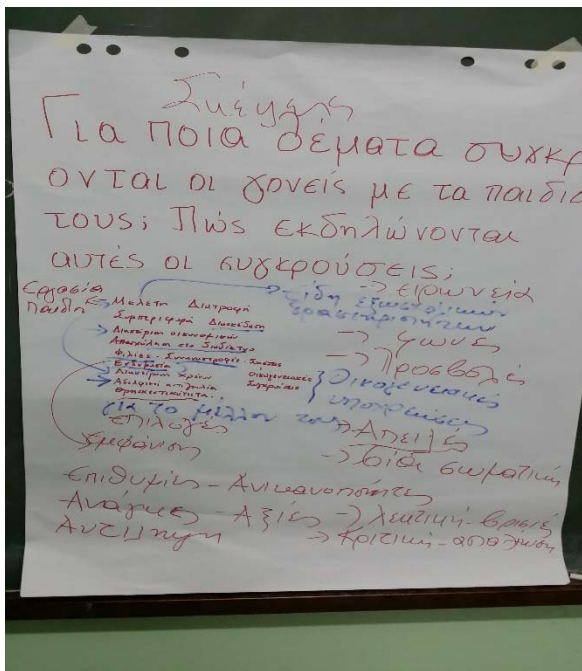
Your child will be deeply grateful, even if he can't acknowledge it at the moment.

10. Re - connect after every separation

Parents naturally provide an anchor, or compass for kids to attach to and stay oriented around. When the child is apart from his/her parents he/she needs a substitute, so he orients himself around teachers, coaches, electronics or peers. We know that every difficulty is an opportunity to get closer so when we rejoin with our child physically we need to also rejoin emotionally.

Coming to a conclusion, we can see that there are no magic solutions. Parents should be realistic, meaning, they should well realize their children developmental stage and should also adapt their expectations and attitude to that. They should always be wise and calm enough so as to be able to set limits and be stable in keeping them.

Finally love and genuine interest for our children and their needs (which must be expressed continuously) will promote and improve our relationship with them





ITALY

10 steps for improving relationship with my child

1- Identifying Your Long-Term Goals A key to healthy relationships and effective teaching is to see short-term challenges as opportunities to work toward our long-term goals. Stress and frustration give you opportunities to be a role model for your children. You have an opportunity to teach your child how to: manage stress; communicate respectfully even when frustrated; handle conflict without hitting; consider other people's feelings; achieve your goal without harming others physically or emotionally

2-Providing warmth When children feel afraid, they lose their motivation to try. They can become resentful, anxious, or depressed. Children learn best when they feel respected, understood, trusted, safe, secure and loved.

3- Providing structure If we set rules for children that we do not follow ourselves, or expect them to figure things out and punish them when they make mistakes, they will feel confused and anxious. Structure is information and clear, respectful communication. Structure is not coercion, control or punishment. Structure gives children the tools they need to succeed when you're not there.

4- Understanding How Children Think And Feel A child's development is an ongoing, never-ending process. It is because children change that we are able to teach them new information and new skills. To guide our children effectively, we need to: have realistic expectations of our children's abilities at different ages; understand that they might not have the experiences or information they need in order to; succeed; reflect on what we could do differently to help them learn; recognize that their perspectives could be different from ours.

5. Let Your Children Help You Parents sometimes inadvertently miss out on opportunities to forge closer relationships by not allowing their child to help them with various tasks and chores.

6. Play With Your Children The key is to really play with your children. Play with dolls, ball, make believe, checkers, sing songs, or whatever is fun and interesting. It doesn't matter what you play, just enjoy each other! Let kids see your silly side. Older kids enjoy cards, chess, computer games, while younger ones will have fun playing about anything...as long as it involves you!

7. Eat Meals As A Family You've heard this before, and it really is important! Eating together sets the stage for conversation and sharing. Turn the TV off, and don't rush through a meal. When schedules permit, really talk and enjoy one another. It can become a quality time most remembered by young and old alike.

8. Seek Out One-On-One Opportunities Often Some parents have special nights or "standing dates" with their children to create that one-on-one opportunity. Whether it is a walk around the neighborhood, a special trip to a playground, or just a movie night with just the two of you, it is important to celebrate each child individually. Although it is more of a challenge the more children in a family, it is really achievable! Think creatively and the opportunities created will be ones that you remember in the future.

9-Monitor your child's attitude. Parents should monitor their children's attitude, but that doesn't mean you should poke your nose in their affairs. Remember, ask them question about certain things you need to know always with a mild voice. As a parent, you have every right to know your child's affair and monitor your child's life but that does not imply poke nosing. When a parent pokes nose on its child affair, it will make the latter to be secretive and when your child starts being secretive, he will no longer trust telling you things and will go on trusting their friends, these who will handle him/her wrong advice that will lead to troubles in the future.

10. Make Them A Priority In Your Life Your children need to know that you believe they are a priority in your life. Children can observe excessive stress and notice when they feel you are not paying them attention. Sometimes, part of being a parent is not worrying about the small stuff and enjoying your children. Spend plenty of time with your child. Parents should spend plenty of time with their children because this will later ensure that they know they are being cared for and loved. This will also lead to a nice atmosphere in the house.



POLAND GRU-13-C-LP-216- TM-RO

Relationships parents and educators with children are very important for the proper functioning of the basic unit of society, namely the family. The family is the natural environment for education, because the impact on the child taking place in a variety of everyday situations. Modern families look after the children and educate the young generation very long time, from birth through about 20 years, playing an important role in all stages of development until they reach psychological maturity and economic independence. Friendly relations depend on many factors, including the age of the growing toddlers.

Relationships between parents and children tend to be different. Ideal lifestyle family consists of cordial relations between themselves parents, between parents and children, as well as between the siblings. Family relationships should be based on mutual agreement, respect, trust and loyalty. It happens, however, that the difference of generations or acquired abnormal behavior are impassable barriers - then pathological relationships are devoid of benevolent bond.

Relationships with parents are strongest in the early years of a child's life. Some people believe that parents should give their children everything they have most precious to 9 years of age. Up to this point observation instinct of children is the strongest, automatically absorb not only the knowledge about the environment and the world, but casually observe certain behaviors between people, especially those in their family, accept them and absorb as these correct.

The effect of this over the years gradually becomes smaller. That is why it is very important "healthy" parent-child relationships have established themselves before puberty, which is widely regarded as the period of teenage rebellion. The responsibility of parents is to create so deep and strong ties with the child (children) that during school period they not undergo much influenced by the peers' environment. It is the duty of the parents to raise the child so they consider opinion and views of parents as the most valuable, more than their peers.



10 steps to improve the relationship with your child

1. **Accept your child.**

Accept your child as it is - with advantages and disadvantages. This is the basic condition for the proper system of family relationships, as prejudice the good atmosphere at home. It is characterized by a high degree of empathy, tolerance, trust and understanding of individual needs and development difficulties. As a parent, you should serve your child help, support, genuinely interested in the progress and problems.

2. **Interact with your child.**

As a parent participate in the life of your child, but beware of insistent meddle and excessive control. Depending on the age of this cooperation includes various forms: fun together, conversation, exchange of views, engaging the child in the domestic chores. As a result, the child learns to overcome the difficulties encountered, which will enhance his/her self-esteem.

3. **The attitude of rational freedom.**

Leave the child field to their own of activity and initiative. Remember that the scope of this field will be expanded with age, stages of development and characteristics of the individual child. Discreetly supervise your child, posing the conditions conducive to the development of self-reliance, independence and taking responsibility for their own actions.

4. **Acknowledge the rights of the child.**

This attitude is characteristic for a democratic parenting style. Treat your child as an equal member of the family. Respect his/her individuality, putting demands on them as far as their features.

5. **Do not shout!**

In most cases, the intentions parents are good. Worrying about children, their fears expressed in the form of anger. They shout for irresponsible behavior, keeping yourself no better. You should speak and say what really feels what thought during his absence. Show threats. Calmly, without unnecessary emotions.

6. **Be an example for your child.**

Remember that you're its role model, and the children are excellent observers, and certainly notice the gap between what you declare and what you are doing.



7. **Show your love to them.**

Every child needs to feel that it is loved, understood, and can count on the support of parents. Children need our respect, friendly atmosphere at home - a sense of security.

8. **Be a reliable and assertive person.**

Children want to be sure that we behave as we speak, but also that we are able to admit our own weaknesses, ignorance and error. It should be clearly set boundaries and be assertive on important issues. Children need clear rules and consequences in their observance.

9. **Tell about yourself.**

Such stories approaching to each other, because they remind children that their parents were also young. Talk also about what is going on with you, about your troubles and plans. Ask for a opinion and show that you count with its opinion.

10. **Be a friend of your child!**

If want to make changes, then say so child. Talk to it about what and how you want to change. Explain why and ask for cooperation. A young man needs to know that you care about improving relations. If previous attempts to communicate with the child failed, should be taken new actions. It is not worth resign from proximity. Both of you need it.

If any of your child's behavior is unacceptable to you, try to change it.

Just tell her/him:

- What particular behavior you mean
- What kind of feelings experiencing when the child behaves in the way unacceptable by you
- Why do you think the behavior is inappropriate



If you want to make a serious conversation with your child to make a change in your family:

- Find a quiet moment
- Deal with only this specific case
- Listen carefully to what your child has to say
- Do not preach "sermons" not moralize
- Do not shout. Remember that little can be achieved screaming and often we scream words that we regret later on.

Do not use the advantage that you are a parent and do not use the argument that obedience to the parents of the child should be "ex officio "

- Assume the ability to change your opinion
- Be willing to compromise
- Focus on solving the problem, and not on who wins.





Lifelong Learning Programme



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