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FRIENDS

Interim Report Card Day

25 August 2021

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FRIENDS

- 24 months project co-funded by the Erasmus+ programme of the European Union.
- Social inclusion through education, training and youth.
- Foster social inclusion and intercultural understanding in educative systems.

General Objectives

To disseminate and replicate on a wider European scale an innovative but well-researched whole-school approach known as Quiet Time based on the Transcendental Meditation programme (Quiet Time/TM programme) for schools.

Specific Objectives

- TO PROMOTE INCLUSIVE EDUCATION
- TO DISSEMINATE AND SCALE-UP OUR GOOD PRACTICE
- ESTABLISHING SOLID EVIDENCE-BASED POLICY RECOMMENDATIONS ON THE QUIET TIME/TRANSCENDENTAL MEDITATION PROGRAMME IMPLEMENTATION
- TO FOSTER THE ROLE OF EDUCATION

THANK YOU