

1st Free Seminar

Education For Inclusion through Quiet Time / Transcendental Meditation

Lusófona Library

Auditório Armando Guebuza

Campo Grande, 376 - Lisbon

9th May 2019 / 2:00 pm



Co-funded by the
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of the European Union



FRIENDS

Fostering Resilience-Inclusive Education and Non-Discrimination in Schools

Free Seminar

Education for Inclusion through Quiet Time / Transcendental Meditation

An innovative approach to promote resilience, inclusion and intercultural understanding
through education

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13.30	Registration
14.00 – 16.30	Welcome and introduction to the conference <i>Fabrizio Boldrini – Fondazione Hallgarten Franchetti – Centro Studi Villa Montesca (Italy)</i>
	Address from Ministry of Education of Portugal – Direção Geral de Educação (DGE) <i>José Sousa - Director of Educational Projects Services - Direção Geral de Educação (DGE)</i> <i>Ivete Azevedo - Follow-up and Monitoring Curriculum Development - Direção Geral de Educação (DGE)</i>
	FRIENDS PROJECT - Objectives of the call, overview of project implementation and future perspectives <i>Implementation Coordinators</i>
	What is Quiet Time with Transcendental Meditation (QT/TM) Programme for schools? References to Brain Research <i>Ashley Deans - Professor of Education and Physics</i> <i>Eduardo Espirito Santo – Cooperativa Cultural Ciencia Tecnologia Vedica Maharishi (Portugal)</i>
	Panel discussion: experiences of schools implementing the programme in the FRIENDS project with participants from Portugal, Italy, UK and Belgium

	<p>Preliminary scientific report from implementing countries</p> <p>Sérgio Vieira and Joana Vieira dos Santos – <i>University of Algarve (Portugal)</i></p> <p>Annet te Lindert – <i>Radboud University (The Netherlands)</i></p>
	<p>Question and Answers</p>
	<p>Policy recommendations and prospectives - practical guidelines for upscaling the QT/TM Programme</p> <p>Alberto Bramanti – <i>Bocconi University (Italy)</i></p> <p>Frans Van Assche - <i>University of Leuven (Belgium)</i></p>
	<p>Conclusions and invitation to the following face to face dissemination meeting</p> <p>Fabrizio Boldrini, Maria Rita Bracchini - <i>Fondazione Hallgarten Franchetti – Centro Studi Villa Montesca (Italy)</i></p>
<p>16.30 – 16.50</p>	<p>Coffee break and Networking</p>

2nd FRIENDS Face to face Dissemination Meeting of local learning communities

<p>16.50 – 18.00</p>	<p>Face to face Dissemination Meeting of FRIENDS learning communities on the implementation of Quiet Time / Transcendental Meditation Programme in schools</p> <p>Exchange of experiences of implementation, interested schools and future prospectives, Q/A, possible application of policy recommendations.</p> <p>Dissemination: presentation of FRIENDS platform and facebook groups</p>
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