

What is FRIENDS?

FRIENDS is a 24-month project co-funded by the Erasmus+ programme of the European Union. Its aim is to foster social inclusion and intercultural understanding in education systems through the wide-scale implementation of an innovative whole-school approach known as the Quiet Time based on the Transcendental Meditation (TM®) programme.

What is the Quiet Time programme based on Transcendental Meditation (TM)?

It is a programme implemented in schools based on twice-daily "quiet time" breaks, a few minutes at the beginning and at the end of the school day, during which Transcendental Meditation is practiced by students, teachers and other school staff. It has been scientifically proven that this natural and easy to learn whole-school approach has a great impact improving personal and academic achievements of students, creating a general environment of peace and calmness and making social behaviors more tolerant and inclusive.

Who will be involved?

The FRIENDS project will be implemented in Portugal, Italy, Belgium and United Kingdom and will involve at least 1 school or non-formal education institution per country, targeting 150 students per country (children ages 5-18 and adult students) for a total of 600 learners in addition to teachers, school directors, and parents involved. The education systems selected will have a high component of minority students or with a disadvantaged or migrant background to promote inclusive education in all school settings.

What results will be achieved?

The FRIENDS project, through the Quiet Time based on Transcendental Meditation programme, aims at supporting teachers, and educators in dealing with diversity in the classrooms and fostering the education of disadvantaged learners by promoting tolerance, resilience, social inclusion, improving their academic achievements and combating discrimination on all grounds, bullying and violence in schools.

These results will be achieved by improving:

- Learning and personal outcomes of students/learners;
- Teachers' capacity to cope with stress and to deal with diversity in learning environments;
- The creation of more inclusive and harmonious school communities providing the basis for inter-cultural dialogue and understanding

Outcomes:

- The Quiet Time based on the Transcendental Meditation programme is implemented in the schools of the selected countries as a tool to promote more inclusive learning environments
- Reports on the evaluation of the Quiet Time /TM programme's benefits for students, teachers and the whole school community
- Learning communities established at a local level to exchange experiences on the implementation of Quiet Time /TM programme
- Scientific articles published for raising awareness on Quiet Time/TM approach
- A set of policy recommendations developed with practical information for implementing the Quiet Time based on the Transcendental Meditation programme in schools on a wider European scale and contexts.



FRIENDS

Fostering Resilience-Inclusive Education and Non-Discrimination in Schools



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