



slowing down

a new face of European education

THE RESEARCH 2018-2020



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THE INTRODUCTION

This analysis is a result of 2 years project practice and many worked out methods of partner schools from 6 countries: Greece, Italy, Latvia, Poland, Portugal and Turkey. Those institutions participated in “Slowing down, a new face of European Education’ Erasmus + project in years 2018-2020.

All participants had an influence on the educational system in partners’ schools and increased the competences of the teachers, students and related participants like social community. They promoted innovative way of thinking, use of alternative methods in the learn-teach process to be more attractive for students, but also enriched the qualifications of all involved groups. Project objectives were concerned on the raising the level of education built on our observations, ideas or even demands of students, their parents and some educators. The authors of the project believed and proved that enjoying life, living in harmony with nature, discovering relations with older generations and being open to old customs or taking part in workshops, had a big impact on creating active citizenship and promoted healthy lifestyle. In our schools there is a visible and audible opinion about need to change the school educational system.

All analysis were created by Greek team from the 9th High School of Kalamaria in Thessaloniki. Special thanks to Aphrodite Toufexi and Christina Laspa for your great effort.

THE FIRST SURVEY RESULTS FOR STUDENTS 2018

N° of responses per participating country

Poland: 22, Latvia: 48, Turkey: 37, Greece: 36, Portugal: 33, Italy: unknown number

1st question: The Greek and the Turkish students, on nearly equal in number responses on “how to deal with the stress at school”, show that 64,4% of them know how to handle it. Italy (100%) and Latvia (89,6%) show forth very high percentages of knowledge (94,8% on average), in opposition to Poland and Portugal, where students give correspondingly only 50% and 27,3%.

2nd question: The Latvian, Turkish and Greek students present resembling percentages on “the ideas that would allow them to reduce stress” on an average of 67,43%. At the peak, we meet Italy once again with the percentage of 85,7, in opposition to the much lower percentages of Poland and Portugal on an average of 35,35%.

3rd question: Italy is the first on “the healthy way of living” with the perfect percentage of 100, while Latvia (91,7%) and Greece (86,1%) follow on the average of 88,9%. The rest of the participating countries, that is Turkey (64,9%), Portugal (60,6%) and Poland (50%) gather the average 58,5%.

4th question: On the question “if students relax regularly...” Italy, Latvia and Greece share the average percentage of 80,4, while Portugal, Turkey and Poland fall short, holding the 60,83% on an average.

5th question: Greek parents (80,6%) and Portuguese ones (78,8%) seem to “control the time” their children “spend in the virtual world” more than the Turkish and Latvian ones, who gather an average of 56,85%. 'Chiefs of the rear guard' or parents who put their children's interests into their own hands are the Polish and the Italian parents on an average of 29,95%.

6th question: The Greek, Latvian, Polish, Turkish and Portuguese students more or less “would like to involve active ways of spending time into their life much more” on an average of 85,5%, while Italian students' percentage goes up to 57,1%.

7th question: In favour of “slowing down” the rhythms “in requiring knowledge through education”, the Polish students keep in hand the reins with 100%,

whereas the Greek ones follow with 75%. Turkish, Portuguese and Latvian students seem to be more moderate on an average of 57.87%. Italian students content themselves with the percentage of 42,9.

Nº of responses per participating country

Poland: 09 from 22 (13 similar), Latvia: 16 from 48 (32 similar), Turkey: 05 from 37 (32 identical), Greece: 20, Portugal: 07 from 11 (04 similar), Italy: 04

8th question: Common axis of all the participating in the project students' responses, on the question “What is worth or needed for you?”, is definitely the need for them to share more time with their families and friends.

The common resultant among the Polish, Greek and Portuguese students lies in the reduction of school work at home, whereas the Polish and the Greek ones long for longer breaks, more group work at classes and less teacher-centred way of teaching, as it holds them back from learning.

Moreover, the Polish students desire eagerly the diminution of tests or exams at school or their better preparation from teachers' part in case the tests or exams will not be cut down.

Greek students meet with the Portuguese ones at the need of having longer holidays, more sleep, more free time to give their attention to their hobbies and friends, more music and fun at school.

Additionally, the Greek students yearn for more spare time in order to be well acquainted with their city or country.

The Latvian students brought to light their need for keeping away from the modern ways of communication (mobile devices, etc), for being in closer contact with nature. They also believe that through “slowing down” at school and in everyday life they will be able to discover on whom or what their time should be worthily spent.

The Italian students mainly focus on family, friends and sports. They declare that human beings are responsible for how fast the world runs, by adding that “maybe we have this perception of fastness because everything in the past 'walked' slower”.

It has to be marked the fact that only (04) out of the (37) responses of the Turkish students are slightly different. The huge majority brings into notice the importance of spending more time with one's family.

Nº of responses per participating country

Poland: 08 from 22 (14 similar), Latvia: 10 from 48 (38 similar), Turkey: 05 from 37 (32 identical), Greece: 16, Portugal: 04 from 11 (07 similar), Italy: 04

Note: Exactly the same responses for Turkey as in question Nº 8

9th question: All students, irrespective of their nationality, consider that “slowing down” in everyday life is essential. In their opinion, it is necessary for both students and parents to slow down correspondingly at their fields (school/work), as they desire earnestly the vital contact and communication with their family members, relatives, and friends by sharing precious moments through talk, hobbies, sports, trips. They support that activities of this kind give meaning to their lives by relaxing them. “Today's fastness in life gives birth to anger; and anger always leads to negative acts or situations”, the Latvian students say.

THE FIRST SURVEY RESULTS FOR PARENTS 2018

Nº of responses per participating country

Poland: 34, Latvia: 43, Turkey: 42, Greece: 42, Portugal: 39, Italy: unknown number

1st question: Portugal (87,2%), Italy (85,7%) and Poland (81,1%) mark the highest percentages by gathering the average percentage of 84,67. Latvia and Greece, on nearly equal in number responses, present resembling percentages on “knowing how to help their children to deal with stress at school” on an average of 76,45%, while the Turkish parents' percentage goes up to 64,3.

Poland and Greece missed the 2nd question, probably due to the daemon of printing work

2nd question: The Italian parents (100%) and the Portuguese ones (84,6%) give the highest percentages on “knowing methods or ways that help their children to reduce negative stress” on an average of 92,3%, whereas Turkey and Latvia gather an average percentage of 68,35.

3rd question: Italy is the first on “the healthy way of living” with the perfect percentage of 100, while Turkey follows closely with 97,6%, by gathering both an average percentage of 99,8. Latvian, Polish and Greek parents present resembling percentages on an average of 83,5%, while the Portuguese parents' percentage goes up to 69,2.

4th question: The Italian (100%), Polish (91,9%) and Turkish (90,5%) parents believe that “their children regularly relax” by showing forth very high percentages on an average of 94,13%. The Portuguese, Greek and Latvian parents fall short by holding the 80,77% on an average.

5th question: The Greek, Turkish and Polish parents seem “to control” more their children's time spent “in the virtual world”, by presenting resembling percentages on an average of 83,27%, in opposition to the Italian, Portuguese and Latvian ones, who claim that they trust more their children on an average of 50%.

6th question: The great majority of parents, irrespective of their nationality, long for “involving active ways of spending time into their life much more” on an average of 90,02, with Portugal at the top (100%) and Latvia at the bottom (74,4%).

7th question: In favour of “decelerating” the rhythms “in requiring knowledge through education”, the Polish parents overbid up 97,3%. The Greek (76,2%), Turkish (64,3%) and Latvian (51,2%) ones, through differential but closer one to the other's percentages, uphold that teaching-learning process should slow down its pace on an average percentage of 63,9. Contrary to the above, the average percentage of 69,05 of the Italian and Portuguese parents desires earnestly education continue to keep up with its present pace.

In conclusion, the 58,48% of them need “education to slow down”, whereas the 41,52 wish this not to be done.

Nº of responses per participating country

Poland: 15 from 34 (19 similar), Latvia: 14 from 43 (29 similar), Turkey: 22 from 41(19 similar), Greece: 27, Portugal: 11 from 25 (14 similar), Italy: 04

8th question: On the question “What is worth or needed for you?”, the parents' thoughts are outlined as follows:

The Latvian parents' common denominator is their children's well-being, the pursuit of which holds the first place in the value scale. However, most of them, due to the great many problems in their everyday life, cannot manage to give their attention towards their children to a high degree. Some of them admit that they cannot handle time-sharing for their own benefit, by saying “If children have satisfied parents, they themselves will be happier”.

The Polish, Latvian and Greek parents agree that they should have been more organized in time distribution. From all participating countries, parents suggest

as restraining factors against negative stress the avoidance of the mobile devices and the Internet (Social Media) use and the more intensive occupation with their families through various activities, which make man better, gentler and happier as they gift him/her with spiritual and corporal health. Some of the suggested activities are reading books, listening to music, going to cultural events, having lunch/dinner altogether as a family, meeting relatives and friends, doing outdoor activities or sports, performed especially in nature.

The Polish, Greek, Portuguese and Italian parents are clearly in favour of reducing the work-time for both themselves and their children, correspondingly in each one's field.

On a philosophical basis, the Portuguese parents declare that all parents should delight in the query “if the intention beyond the goal of acquiring knowledge” through education “is to get a better job with a more satisfying salary”. They strongly believe that if parents break this connecting ring of the chain, they will realize that knowledge and learning, which help man in leading a healthy and well-balanced life, have nothing to do with budget.

Nº of responses per participating country

Poland: 09 from 34 (25 similar), Latvia: 13 from 43 (30 similar), Turkey: 07 from 41 (34 similar), Greece: 22, Portugal: 11 from 26 (14 similar), Italy: 04

9th question: On the question, if “slowing down is essential for your family”, all parents give a positive answer. Their notions converge on the necessity of cutting the work hours down for both parents and students and the increase of communication among the members of the family, as it helps family ties to become stronger. They consider as their primary aims to filter the needs that should come first, limit the virtual world/Social Media use and make greater the family interaction through dialogue and mutual help with the housework.

The great majority thinks that the institution of family helps everyone to have better spiritual and corporal health and get to know himself/herself better through various activities, such as dining out or at home together, spending more quality time with relatives and friends, relaxing over a drink under the candle lights, creating common experiences and memories, reading books, listening to music, playing an instrument or board games, watching films or TV series together, going to cultural events, doing sports or outdoor activities in nature, travelling together to get familiar with other ways of thinking, other cultures and traditions, sharing common hobbies, taking part in community charities and volunteering. On the last two mentioned activities, the Polish

parents point out “the need for raising man's awareness of co-existence and inter-dependence between the Earth and the man”.

On a deeper approach of the matter, part of the Polish parents brings into notice that nowadays' “life race shows the lack of respect towards the fellow-men, as everyone is boosting it. Parents, because their child must be the best; teachers, because they must be promoted in rank; parents and teachers, because they aim to the awards at the end of the school year, without caring about the second..., or the weaker or the oppressed student”. These thoughts lead the specific Polish parents to the conclusion that “stress, associated with the increasing pace of life, should not become an inseparable element of children's lives”. They strongly believe that all parents should stick to the old saying 'A sound mind in a sound mind', as “the increasing amount of depression and suicides among children and adolescents is a sufficient signal”.

Some other Polish parents put the blame for nowadays' life race on the parents themselves, as they load their children with excessive mass of extra-curricular activities, because they yearn for the fulfillment of their own unrealized desires or dreams through their children.

COMPARING THE STUDENTS' RESULTS TO THE PARENTS' ONES ON THE FIRST SURVEY QUESTIONS 2018

Nº of students' "YES" responses per participating country

Poland: 22, Latvia: 48, Turkey: 37, Greece: 36, Portugal: 33, Italy: unknown number

Nº of parents' "YES" responses per participating country

Poland: 34, Latvia: 43, Turkey: 42, Greece: 42, Portugal: 39, Italy: unknown number

1st question

to students: "Do you know how to deal with the stress at school?"

to parents: "Do you know how to help your child to deal with the stress at school?"

	Students' percentage	versus	Parents' percentage
POLAND	50%		81,1%
LATVIA	89,6%		76,7%
TURKEY	64,9%		64,3%
HELLAS	63,9%		76,2%
PORTUGAL	27,3%		87,2%
ITALY	100%		85,7%

The Polish students fall short up to 31,1% in comparison with their parents.

The Portuguese students fall short up to 59,9% in comparison with their parents.

The Italian students know 100% how to deal with stress at school, whereas their parents know less with a difference up to 14,3%. (see questions 2, 4 & 7)

2nd question

to students: "Do you know some ideas that allow you to reduce stress?"

to parents: "Do you know some methods/ways that help your child to reduce the negative stress?"

	Students' percentage	versus	Parents' percentage
POLAND	31,3%		missed
LATVIA	70,8%		60,5%
TURKEY	67,6%		76,2%
HELLAS	63,9%		missed
PORTUGAL	39,4%		84,6%
ITALY	85,7%		100%

The Portuguese students fall short up to 45,2% in comparison with their parents.

The Italian parents know 100% how to help their children in dealing with stress at school, whereas students know less with a difference up to 14,3%. (see questions 1, 4 & 7)

3rd question

to students: “Do you live healthily (e.g. healthy food, family time, sports, hobbies)?”

to parents: “Do you and your family live healthily (e.g. healthy food, family time, sports, hobbies)?”

	Students' percentage	versus	Parents' percentage
POLAND	50%		81,1%
LATVIA	91,7%		88,4%
TURKEY	64,9%		97,6%
HELLAS	86,1%		81%
PORTUGAL	60,6%		69,2%
ITALY	100%		100%

The Polish students fall short up to **31,1%** in comparison with their parents.

The Turkish students fall short up to **32,7%** in comparison with their parents.

Absolute concurrence between Italian students and parents.

4th question

to students: “Do you relax regularly (outside home, practising any sports, walking, etc)?”

to parents: “Does your child relax regularly (e.g. being active outside home, playing any sports, walking, etc)?”

	Students' percentage	versus	Parents' percentage
POLAND	56,3%		91,9%
LATVIA	83,3%		76,7%
TURKEY	59,5%		90,5%
HELLAS	72,2%		81%
PORTUGAL	66,7%		84,6%
ITALY	85,7%		100%

The Polish **students** fall short up to **35,6%** in comparison with their parents.

The Turkish **parents** fall short up to **31%** in comparison with their children.

The Portuguese students fall short up to **17,9%** in comparison with their parents.

The Italian **parents know 100%** believe that their children relax regularly, whereas students fall short up to **14,3%**. (see questions 1, 4 & 7)

5th question

to students: “Do your parents control the time you spend in the virtual world (PC games, X box, phones, pads, Play Station, the Internet, etc)?”

to parents: “Do you control the time that your child spends in the virtual world (PC games, X box, phones, pads, Play Station, the Internet, etc)?”

	Students' percentage	versus	Parents' percentage
POLAND	31,3%		78,4%
LATVIA	54,2%		44,2%
TURKEY	59,5%		85,7%
HELLAS	80,6%		85,7%
PORTUGAL	78,8%		48,7%
ITALY	28,6%		57,1%

The Polish students fall short up to 47,1% in comparison with their parents.

The Turkish students fall short up to 26,2% in comparison with their parents. The Portuguese parents fall short up to 30,1% in comparison with their children.

The Italian parents fall short up to 28,5% in comparison with their children.

6th question

to students: “Would you like to involve active ways of spending time into your life much more?”

to parents: “Would you involve the active ways of spending time into your family life much more?”

	Students' percentage	versus	Parents' percentage
POLAND	87,5%		91,9%
LATVIA	91,7%		74,4%
TURKEY	78,4%		97,6%
HELLAS	97,2%		90,5%
PORTUGAL	72,7%		100%
ITALY	57,1%		85,7%

The Latvian parents fall short up to 17,3% in comparison with their children.

The Turkish students fall short up to 19,2% in comparison with their parents.

The Portuguese students fall short up to 27,3% in comparison with their parents.

The Italian parents fall short up to 28,6% in comparison with their children.

7th question

to students/ to parents: "Should education 'slow down' in requiring knowledge?"

	Students' percentage	versus	Parents' percentage
POLAND	100%		97,3%
LATVIA	54,2%		51,2%
TURKEY	64,9%		64,3%
HELLAS	75%		76,2%
PORTUGAL	54,5%		33,3%
ITALY	42,9%		28,6%

The Portuguese **parents** fall short up to **21,2%** in comparison with their children.

The Italian parents fall short up to 14,3% in comparison with their children. We also have to mark out the low percentages on the "YES" responses of both students and parents.

8th question

to students/ to parents: "Could you give some own suggestions for 'slowing down' in you life, please? What is worth or needed for you?"

Nº of students' responses per participating country

Poland: 09 from 22 (13 similar), Latvia: 16 from 48 (32 similar), Turkey: 05 from 37 (32 identical), Greece: 20, Portugal: 07 from 11 (04 similar), Italy: 04

A. Students

Common axis of all the participating in the project students' responses, on the question "What is worth or needed for you?", is definitely the need for them to share more time with their families and friends.

The common resultant among the Polish, Greek and Portuguese students lies in the reduction of school work at home, whereas the Polish and the Greek ones long for longer breaks, more group work at classes and less teacher-centred way of teaching, as it holds them back from learning.

Moreover, the Polish students desire eagerly the diminution of tests or exams at school or their better preparation from teachers' part in case the tests or exams will not be cut down.

Greek students meet with the Portuguese ones at the need of having longer holidays, more sleep, more free time to give their attention to their hobbies and friends, more music and fun at school.

Additionally, the Greek students yearn for more spare time in order to be well acquainted with their city or country.

The Latvian students brought to light their need for keeping away from the modern ways of communication (mobile devices, etc), for being in closer contact with nature. They also believe that through “slowing down” at school and in everyday life they will be able to discover on whom or what their time should be worthily spent.

The Italian students mainly focus on family, friends and sports. They declare that human beings are responsible for how fast the world runs, by adding that “maybe we have this perception of fastness because everything in the past 'walked' slower”.

It has to be marked the fact that only (04) out of the (37) responses of the Turkish students are slightly different. The huge majority brings into notice the importance of spending more time with one's family.

Nº of parents' responses per participating country

Poland: 15 from 34 (19 similar), Latvia: 14 from 43 (29 similar), Turkey: 22 from 41(19 similar), Greece: 27, Portugal: 11 from 25 (14 similar), Italy: 04

B. Parents

The Latvian parents' common denominator is their children's well-being, the pursuit of which holds the first place in the value scale. However, most of them, due to the great many problems in their everyday life, cannot manage to give their attention towards their children to a high degree. Some of them admit that they cannot handle time-sharing for their own benefit, by saying “If children have satisfied parents, they themselves will be happier”.

The Polish, Latvian and Greek parents agree that they should have been more organized in time distribution. From all participating countries, parents suggest as restraining factors against negative stress the avoidance of the mobile devices and the Internet (Social Media) use and the more intensive occupation with their families through various activities, which make man better, gentler and happier as they gift him/her with spiritual and corporal health. Some of the suggested activities are reading books, listening to music, going to cultural events, having lunch/dinner altogether as a family, meeting relatives and friends, doing outdoor activities or sports, performed especially in nature.

The Polish, Greek, Portuguese and Italian parents are clearly in favour of reducing the work-time for both themselves and their children, correspondingly in each one's field.

On a philosophical basis, the Portuguese parents declare that all parents should delight in the query “if the intention beyond the goal of acquiring knowledge” through education “is to get a better job with a more satisfying salary”. They strongly believe that if parents break this connecting ring of the chain, they will realize that knowledge and learning, which help man in leading a healthy and well-balanced life, have nothing to do with budget.

9th question

to students/ to parents: “Do you think that 'slowing down' is essential for your family? Would you give some ideas, please?”

Nº of students' responses per participating country

Poland: 08 from 22 (14 similar), Latvia: 10 from 48 (38 similar), Turkey: 05 from 37 (32 identical), Greece: 16, Portugal: 04 from 11 (07 similar), Italy: 04

Note: Exactly the same responses for Turkey as in question Nº 8

A. Students

All students, irrespective of their nationality, consider that “slowing down” in everyday life is essential. In their opinion, it is necessary for both students and parents to slow down correspondingly at their fields (school/work), as they desire earnestly the vital contact and communication with their family members, relatives, and friends by sharing precious moments through talk, hobbies, sports, trips. They support that activities of this kind give meaning to their lives by relaxing them. “Today's fastness in life gives birth to anger; and anger always leads to negative acts or situations”, the Latvian students say.

Nº of parents' responses per participating country

Poland: 09 from 34 (25 similar), Latvia: 13 from 43 (30 similar), Turkey: 07 from 41 (34 similar), Greece: 22, Portugal: 11 from 26 (14 similar), Italy: 04

B. Parents

On the question, if “slowing down is essential for your family”, all parents give a positive answer. Their notions converge on the necessity of cutting the work hours down for both parents and students and the increase of communication among the members of the family, as it helps family ties to become stronger. They consider as their primary aims to filter the needs that should come first, limit the virtual world/Social Media use and make greater the family interaction through dialogue and mutual help with the housework.

The great majority thinks that the institution of family helps everyone to have better spiritual and corporal health and get to know himself/herself better through various activities, such as dining out or at home together, spending more quality time with relatives and friends, relaxing over a drink under the candle lights, creating common experiences and memories, reading books, listening to music, playing an instrument or board games, watching films or TV series together, going to cultural events, doing sports or outdoor activities in nature, travelling together to get familiar with other ways of thinking, other cultures and traditions, sharing common hobbies, taking part in community charities and volunteering. On the last two mentioned activities, the Polish parents point out “the need for raising man's awareness of co-existence and inter-dependence between the Earth and the man”.

On a deeper approach of the matter, part of the Polish parents brings into notice that nowadays' “life race shows the lack of respect towards the fellow-men, as everyone is boosting it. Parents, because their child must be the best; teachers, because they must be promoted in rank; parents and teachers, because they aim to the awards at the end of the school year, without caring about the second..., or the weaker or the oppressed student”. These thoughts lead the specific Polish parents to the conclusion that “stress, associated with the increasing pace of life, should not become an inseparable element of children's lives”. They strongly believe that all parents should stick to the old saying 'A sound mind in a sound mind', as “the increasing amount of depression and suicides among children and adolescents is a sufficient signal”.

Some other Polish parents put the blame for nowadays' life race on the parents themselves, as they load their children with excessive mass of extra-curricular activities, because they yearn for the fulfillment of their own unrealized desires or dreams through their children.

THE SECOND SURVEY RESULTS FOR STUDENTS 2019

After having been involved in this project,

1st question: do you know better how to deal with the stress at school?"

The Polish, Greek, Portuguese and Italian students show that 64,4% of them knew better how to handle the stress at school. Latvia (100%) and Turkey (81%) show forth very high percentages of knowledge (90,5% on average). 'Maybe' gathers the average percentage of 22,74 from all countries, Latvia excepted.

2nd question: have you found some methods/ways that allowed you to reduce stress?"

The Polish, Turkish and Greek students present resembling percentages on "the methods/ways that allowed them to reduce stress" on an average of 90,9%. At the peak, we meet Latvia and Portugal holding the percentage of 100, in opposition to the much lower percentage of Italy (61,5%).

3rd question: do you lead a healthier life (eg. healthy food, family time, sports, hobbies)?"

Latvia and Portugal are the first on "the healthy way of living" with the perfect percentage of 100, while Poland (95,5%), Greece (87,5%) and Turkey (85,7) follow on the average of 89,56%. Italy falls short, holding the 76,9%.

4th question: do you relax more regularly (eg. being more active outside your house by practising sports, walking, etc.)?"

At the peak, we meet Latvia and Portugal once again holding the percentage of 100, while Poland (85,7%), Turkey (90,5%) and Greece (95,8%) share the average percentage of 90,66. Italy fall shorts, holding the 61,5%.

5th question: do your parents control more the time that you spend in the virtual world (PC games, mobiles, pads, X-box, Play Station, Internet)?"

The Turkish parents (81%) and the Portuguese ones (80%) seem having controlled the time their children "spend in the virtual world" more than the Polish (63,6%) and Greek ones (50%), who gather an average of 56,8%. The Latvian (25%) and the Italian students (38,5%), on an average of 31,75%, show that their parents trust them more than the other ones, although the Latvian parents' percentages do not correspond to those of their children.

6th question: have you involved more active ways of spending time in your family life?"

Latvia comes first with the perfect percentage of 100. The Polish, Latvian, Turkish and Portuguese students more or less have involved more active ways of spending time into their family life on an average of 92%, while Italian (84,6%) and Greek (79,2%) students' average percentage goes up to 81,9%.

7th question: has education 'slowed down' in requiring knowledge?"

In favour of 'having slowed down' the rhythms in requiring knowledge through education, the Polish (95,5%), the Turkish (90,5%), the Portuguese (90%) and the Greek (87%) students gather the average percentage of 90,75. Latvian (50%) and Italian (69,2%) students content themselves with the percentage of 59,6.

8th question: could you give some of your previous suggestions that you have put into practice for 'slowing down' in your life?"

The Polish, Latvian, Turkish, Greek and Portuguese students, the Italian ones excepted, have spent more active time with their families and the people they love, trying together new or older hobbies and interests, when they were in stress. They have spent time on indoor or outdoor activities such as reading, listening to music, drawing, playing board games, dancing, walking, cycling, jogging, taking photos, being more time in nature, doing sports, having family holidays or fun with their old/new friends.

The Polish students and the Turkish ones have tried to lead a healthier life by waking up earlier, having more quality sleep, quitting junk food, being more energetic without getting stressed.

The Turkish and the Greek students have given a try to play less computer and video games and avoid the excessive use of social media.

The Greek students have become more organized and stopped feeling so stressed at school. They state that they paid more attention in class; in this way, they needed less time for studying at home. They also mentioned that their parents have stopped putting much pressure on them about school. Concluding, they point out the importance of participating in this project, which has led them to a more relaxed and creative way of living that has made school more likable to them than before.

The Italian students claim that they have become more impulsive and positive. By focusing more on people, they have learnt how to serve and create value. They have tried to live with simplicity, to relax and take as much as possible

from each amazing place they were visiting. In conclusion, they have started seeing school and life with a smile.

9th question: do you think that the 'slowing down' aspect has been proved essential for your family? Would you explain why, please?"

The great majority (78,71%) of all students, irrespective of their nationality, consider that the "slowing down" aspect in everyday life has been proved essential for their family.

The 75% of the **Polish** students are less stressed and nervous about school, while the time spent for the family has been increased by all the family members. (Don't know: 08,33%, No: 08,33%, Irrelevant: 08,33%)

Half of the **Latvian** students have learnt doing things in another way, in order to spend more time with their family. The other 50% declare that the "slowing down" aspect hasn't been really proved essential, as they need time to accept new things due to being shy as a nation.

The **Turkish** students respond positively on an average percentage of 75, whereas the 25% of them respond negatively, with no further argumentation.

The **Greek** students, on an average percentage of 94,5, have led a healthier, more productive and creative family life. They uphold that their relationships are better now with more relaxed, beautiful and funny moments. They mention that their parents have become more open and less stressed and this has led them all to get closer, understand and love each other more. (No: 05,5%)

At the peak of the positive responses we meet the **Portuguese** students, holding the percentage of 100, with no further commentaries.

The 77,78% of the **Italian** students state that this interesting experience (the project) has involved their families. (No: 22,22%).

THE SECOND SURVEY RESULTS FOR PARENTS 2019

After having been involved in this project,

1st question: do you know better how to help your child to deal with the stress at school?"

Poland (81%) and Portugal (76,2%) mark the highest percentages by gathering the average percentage of 78,6. Greece, Latvia and Italy present resembling percentages on "knowing better how to help their children to deal with stress at school" on an average of 60,33%, while the Turkish parents' percentage goes up to 53,8. 'Maybe' gathers the average percentage of 24 from all countries, with Turkey (43,6%) and Greece (39%) holding the highest percentages.

2nd question: have you found some methods/ways that helped your child to reduce the negative stress?"

The Turkish (92,3%), the Polish (90,5%) and the Greek (90,2%) parents give the highest percentages on "having found methods/ways that helped their children to reduce negative stress" on an average of 91%, whereas Italy (70%) and Portugal (66,7%) gather an average percentage of 68,35. Latvia falls short by holding the 60% on an average.

3rd question: do you and your family lead a healthier life (eg. healthy food, family time, sports, hobbies)?"

Poland is the first on "a healthier way of living" with the percentage of 90,5, while Turkey follows closely with 87,2%, by gathering both the average percentage of 88,85. Latvian (80%), Italian (80%), Portuguese (73,8%) and Greek (73,2%) parents present resembling percentages on an average of 76,75.

4th question: does your child relax more regularly (eg. being more active outside your house by practising sports, walking, etc.)?"

We meet Latvia at the top with a perfect 100%, whereas Turkish (87,2%), Greek (85,4%) and Polish (81%) parents believe that "their children relax more regularly" by showing forth the high percentage on an average of 84,53. The Italian and Portuguese parents fall short by holding the 69,5% on an average.

5th question: do you control more the time that your child spends in the virtual world (PC games, mobiles, pads, X-box, Play Station, Internet)?"

The Turkish, Portuguese and Polish parents seem to continue to control more their children's time spent in the virtual world, by presenting resembling

percentages on an average of 74,7%, in opposition to the Latvian and Greek ones, who claim that they trust more their children on an average of 58,05%. Italian parents have put their children's interests into their own hands on an average of 30%.

6th question: have you involved more active ways of spending time in your family life?"

The great majority of parents, irrespective of their nationality, have involved more active ways of spending time into their family life on an average of 86,89%, with Latvia at the top (100%) and Portugal at the bottom(70,7%).

7th question: has education 'slowed down' in requiring knowledge?"

In favour of having decelerated the rhythms in requiring knowledge through education, the Turkish (89,7%), Greek (87,8%), Polish (85%), Latvian (80%) and Italian (80%) parents gather the average percentage of 84,5. The Portuguese parents' percentage goes up to 66,7.

8th question: could you give some of your previous suggestions that you have put into practice for 'slowing down' in your life?"

The majority of the parents, the Latvian ones excepted, declare that they have spent more quality time with their families.

Only the Polish, Turkish, Greek and Portuguese parents have put limits in using their own computers and the various multimedia devices. More specifically:

- The 76,47% of the Polish parents respond positively. They have started meeting as a family and talking to each other more often, going out and playing games together, doing sports or having long walks or bike trips as a family, leading a healthier life. (*No*: 25,53%)
- The Latvian parents, on an average percentage of 75, have tried not to rush and managed to reduce stress in their family life. (*No*: 25%)
- The Turkish parents' responses were all positive. The activities they have put into practice are: cooking, reading books, listening to music, watching a movie, walking on the beach, doing sports or having holidays. All these have made them think less and relax more; as a result they have learnt to deal more easily with stress.
- Some Greek parents have realized through this project that there are funnier ways for their children to get knowledge than being only in the school classrooms. So, they have supported their children in learning alternatives and allowed them to involve in more activities that make them happier and more

relaxed. Some others, having organized their time better, have stopped worrying about chasing it and thinking about their work at home. The activities they have put into practice are more or less the same with the previous ones, with the addition of spending more time in nature and learning about it.

- The 77,17% of the Portuguese parents responded positively. They have tried to enjoy life in the open air by practising sports and activities such as cycling, swimming, walking, going to the beach or onto the mountains. (No: 22,83%)
- The Italian parents have focused on living the moments day by day, by paying attention to small, simple things, without thinking about tomorrow. What is important for them is spending time with the people they love, facing work and life with a smile and caring about how to serve and create value.

9th question: do you think that the 'slowing down' aspect has been proved essential for your family? Would you explain why, please?"

For the 92,31% of the **Polish** parents the 'slowing down' aspect has been proved essential and vital for their family, as their family life is healthier now and their relationships have been improved. (No: 07,69%)

Latvia: The 33,33% of the parents have tried to do things slowly but it hasn't been always proved to work out. Another 33,33% of them believe that there is *no* need to 'slow down'. The last 33,33% say '*Maybe*', as they need to work on it.

Turkey: Yes: 75%, No: 16,67%, *Maybe*: 08,33%

The 96,78% of the **Greek** parents point out that it is very important for the family to guarantee a more relaxed and peaceful environment because relationships become healthier, closer and stronger. 'Slowing down' has helped the contact and communication among their family members to be reinforced and become more solid as all, parents and children, have felt more energetic and happier by sharing more quality time together and making only positive thoughts.

The 66,67% of the **Portuguese** parents maintain that their children have realized that there is something more outside and not just shopping Malls. (No: 11,11%, *Maybe*: 22,22%).

At the peak of the positive responses we meet the **Italian** parents, holding the percentage of 100, with no further commentaries.

COMPARING THE STUDENTS' RESULTS TO THE PARENTS' ONES ON THE SECOND SURVEY QUESTIONS 2019

“After having been involved in this project,

1st question

to students: do you know better how to deal with the stress at school?”

to parents: do you know better how to help your child to deal with the stress at school?”

	Students' percentage	versus	Parents' percentage
POLAND	63,6%		81%
LATVIA	100%		60%
TURKEY	81%		53,8%
HELLAS	62,5%		61%
PORTUGAL	70%		76,2%
ITALY	61,5%		60%

The Polish students fall short up to 17,4% in comparison with their parents.

The Latvian students know better how to deal with stress at school, whereas their parents know less with a difference up to 40%.

The Turkish students know better how to deal with stress at school, whereas their parents know less with a difference up to 27,2%.

2nd question

to students: have you found some methods/ways that allowed you to reduce stress?”

to parents: have you found some methods/ways that helped your child to reduce the negative stress?”

	Students' percentage	versus	Parents' percentage
POLAND	86,4%		90,5%
LATVIA	100%		60%
TURKEY	90,5%		92,3%
HELLAS	95,8%		90,2%
PORTUGAL	100%		66,7%
ITALY	61,5%		70%

The Latvian parents fall short up to 40% in comparison with their children.

The Portuguese parents fall short up to 33,3% in comparison with their children.

3rd question

to students: do you lead a healthier life (e.g. healthy food, family time, sports, hobbies)?"

to parents: do you and your family lead a healthier life (eg. healthy food, family time, sports, hobbies)?"

	Students' percentage	versus	Parents' percentage
POLAND	95,5%		90,5%
LATVIA	100%		80%
TURKEY	85,7%		87,2%
HELLAS	87,5%		73,2%
PORTUGAL	100%		73,8%
ITALY	76,9%		80%

The Latvian parents fall short up to **20%** in comparison with their children.

The Greek parents fall short up to **14,3%** in comparison with their children.

The Portuguese parents fall short up to **26,2%** in comparison with their children.

4th question

to students: do you relax more regularly (eg. being more active outside your house by practising sports, walking, etc)?"

to parents: does your child relax more regularly (eg. being more active outside your house by practising sports, walking, etc)?"

	Students' percentage	versus	Parents' percentage
POLAND	85,7%		81%
LATVIA	100%		100%
TURKEY	90,5%		87,2%
HELLAS	95,8%		85,4%
PORTUGAL	100%		69%
ITALY	61,5%		70%

Absolute concurrence between Latvian students and parents.

The Portuguese students believe 100% that they relax more regularly, whereas their parents fall short up to **31%**.

5th question

to students: do your parents control more the time you spend in the virtual world (PC games, mobiles, pads, X-box, Play Station, Internet, etc)?”

to parents: do you control more the time your child spends in the virtual world (PC games, mobiles, pads, X-box, Play Station, Internet, etc)?”

	Students' percentage	versus	Parents' percentage
POLAND	63,6%		71,4%
LATVIA	25%		60%
TURKEY	81%		79,5%
HELLAS	50%		56,4%
PORTUGAL	80%		73,2%
ITALY	38,5%		30%

The Latvian students fall short up to 35% in comparison with their parents. It's impressive **how low** is the “Yes” percentage of the students.

The low percentages of both Italian & Greek students' and parents' “Yes” responses are impressive.

6th question

to students/ to parents: have you involved more active ways of spending time into your family life?”

	Students' percentage	versus	Parents' percentage
POLAND	95,5%		90,5%
LATVIA	100%		100%
TURKEY	90,5%		89,7%
HELLAS	79,2%		80,5%
PORTUGAL	90%		70,7%
ITALY	84,6%		90%

Absolute concurrence between Latvian students and parents.

The Portuguese parents fall short up to 19,3% in comparison with their children.

7th question

to students/ to parents: has education 'slowed down' in requiring knowledge?"

	Students' percentage	versus	Parents' percentage
POLAND	95,5%		85%
LATVIA	50%		80%
TURKEY	90,5%		89,7%
HELLAS	87%		87,8%
PORTUGAL	90%		66,7%
ITALY	69,2%		80%

The Latvian students fall short up to **30%** in comparison with their parents.

The Portuguese parents fall short up to **23,3%** in comparison with their children.

8th question

to students/ to parents: could you give some of your previous suggestions that you have put into practice for 'slowing down' in you life?"

A. Students

The Polish, Latvian, Turkish, Greek and Portuguese students, the Italian ones excepted, have spent more active time with their families and the people they love, trying together new or older hobbies and interests, when they were in stress. They have spent time on indoor or outdoor activities such as reading, listening to music, drawing, playing board games, dancing, walking, cycling, jogging, taking photos, being more time in nature, doing sports, having family holidays or fun with their old/new friends.

The Polish students and the Turkish ones have tried to lead a healthier life by waking up earlier, having more quality sleep, quitting junk food, being more energetic without getting stressed.

The Turkish and the Greek students have given a try to play less computer and video games and avoid the excessive use of social media.

The Greek students have become more organized and stopped feeling so stressed at school. They state that they paid more attention in class; in this way, they needed less time for studying at home. They also mentioned that their parents have stopped putting much pressure on them about school. Concluding, they point out the importance of participating in this project, which

has led them to a more relaxed and creative way of living that has made school more likable to them than before.

The Italian students claim that they have become more impulsive and positive. By focusing more on people, they have learnt how to serve and create value. They have tried to live with simplicity, to relax and take as much as possible from each amazing place they were visiting. In conclusion, they have started seeing school and life with a smile.

B. Parents

The majority of the parents, the Latvian ones excepted, declare that they have spent more quality time with their families.

The Polish, Turkish, Greek and Portuguese parents have put limits in using their own computers and the various multimedia devices. More specifically:

- The 76,47% of the Polish parents respond positively. They have started meeting as a family and talking to each other more often, going out and playing games together, doing sports or having long walks or bike trips as a family, leading a healthier life. (No: 25,53%)
- The Latvian parents, on an average percentage of 75, have tried not to rush and managed to reduce stress in their family life. (No: 25%)
- The Turkish parents' responses were all positive. The activities they have put into practice are: cooking, reading books, listening to music, watching a movie, walking on the beach, doing sports, or having holidays. All these have made them think less and relax more; as a result they have learnt to deal more easily with stress.
- Some Greek parents have realized through this project that there are funnier ways for their children to get knowledge than being only in the school classrooms. So, they have supported their children in learning alternatives and allowed them to involve in more activities that make them happier and more relaxed. Some others, having organized their time better, have stopped worrying about chasing it and thinking about their work at home. The activities they have put into practice are more or less the same with the previous ones, with the addition of spending more time in nature and learning about it.
- The 77,17% of the Portuguese parents responded positively. They have tried to enjoy life in the open air by practising sports and activities such as cycling, swimming, walking, going to the beach or onto the mountains. (No: 22,83%)

- The Italian parents have focused on living the moments day by day, by paying attention to small, simple things, without thinking about tomorrow. What is important for them is spending time with the people they love, facing work and life with a smile and caring about how to serve and create value.

9th question

to students/ to parents: do you think that the 'slowing down' aspect has been proved essential for your family? Would you explain why, please?"

A. Students

The great majority (78,71%) of all students, irrespective of their nationality, consider that the “slowing down” aspect in everyday life has been proved essential for their family.

The 75% of the Polish students are less stressed and nervous about school, while the time spent for the family has been increased by all the family members. (*Don't know: 08,33%, No: 08,33%, Irrelevant: 08,33%*)

Half of the Latvian students have learnt doing things in another way, in order to spend more time with their family. The other 50% declare that the “slowing down” aspect hasn't been really proved essential, as they need time to accept new things due to being shy as a nation.

The Turkish students respond positively on an average percentage of 75, whereas the 25% of them respond negatively, with no further argumentation.

The Greek students, on an average percentage of 94,5, have led a healthier, more productive and creative family life. They uphold that their relationships are better now with more relaxed, beautiful and funny moments. They mention that their parents have become more open and less stressed and this has led them all to get closer, understand and love each other more. (*No: 05,5%*)

At the peak of the positive responses we meet the Portuguese students, holding the percentage of 100, with no further commentaries.

The 77,78% of the Italian students state that this interesting experience (the project) has involved their families. (*No: 22,22%*)

B. Parents

For the 92,31% of the **Polish** parents the 'slowing down' aspect has been proved essential and vital for their family, as their family life is healthier now and their relationships have been improved. (*No: 07,69%*)

Latvia: The 33,33% of the parents have tried to do things slowly but it hasn't been always proved to work out. Another 33,33% of them believe that there is no need to 'slow down'. The last 33,33% say 'Maybe', but they need to work on it.

Turkey: Yes: 75%, No: 16,67%, Maybe: 08,33%

The 96,78% of the **Greek** parents point out that it is very important for the family to guarantee a more relaxed and peaceful environment because relationships become healthier, closer and stronger. 'Slowing down' has helped the contact and communication among their family members to be reinforced and become more solid as all, parents and children, have felt more energetic and happier by sharing more quality time together and making only positive thoughts.

The 66,67% of the **Portuguese** parents maintain that their children have realized that there is something more outside and not just shopping Malls. (No: 11,11%, Maybe: 22,22%)

At the peak of the positive responses we meet the **Italian** parents, holding the percentage of 100, with no further commentaries.

	Students' percentage	versus	Parents' percentage
POLAND	75%		92,31%
LATVIA	50%		33,33%
TURKEY	75%		75%
HELLAS	94,5%		96,78%
PORTUGAL	100%		66,67%
ITALY	77,78%		100%

The Latvian parents fall short up to 16,67% in comparison with their children.

The Portuguese parents fall short up to 33,33% in comparison with their children.

The Italian students fall short up to 22,22% in comparison with their parents.

THE THIRD SURVEY RESULTS FOR STUDENTS 2020

“After having been involved in this project, now that it has been completed,

1st question: do you know even better how to deal with the stress at school?”

Yes | No | Maybe

Nº of responses per participating country

Poland: 20, Latvia: 19, Turkey: 20, Greece: 22, Portugal: 22, Italy: 20

The Polish (75%), Latvian (79%), Greek (81,8%) and Italian (85%) students show that 80,2% of them know even better how to handle the stress at school, now that the project has been completed. Turkey ranks first in the list of percentages with 90%, in contrast to Portugal which is in the last place with only 59.1%.

'Maybe' gathers the average percentage of 14,55 from all countries. The 'No' average percentage is 10,7% for the Polish, Latvian, Greek and Portuguese (18,2%) students.

2nd question: have you found some methods/ways that allowed you to reduce even more stress?”

Yes | No | Maybe

Nº of responses per participating country

Poland: 20, **Latvia: 19**, Turkey: 20, Greece: 22, Portugal: 22, Italy: 20

Latvia missed the 2nd question

The Polish (90%), Latvian (88,2%), Greek (86,4%), Italian (85%) and Turkish (85%) students present resembling percentages on “the methods/ways that allowed them to reduce even more stress” on an average of 86,92%. Portugal gives a much lower percentage (68,2%).

The 'No' average percentage is 9,55% for the Polish, Greek, Italian and Portuguese students, while 'Maybe' goes up to 11,8% from Portugal (22,7%), Turkey (15%), Latvia (11,8%), Italy and Greece.

3rd question: do you lead an even healthier life (eg. healthy food, family time, sports, hobbies)?”

Yes | No | Maybe

Nº of responses per participating country

Poland: 20, Latvia: 19, Turkey: 20, Greece: 22, Portugal: 22, Italy: 20

Poland is the first on “the even healthier way of living” with the perfect percentage of 100, while Portugal (86,4%), Turkey (77,8%), Greece (72,7%) and Italy (70%) follow on the average of 76,72%. Latvia falls short, holding the 57,9%.

'Maybe' gathers the average percentage of 22,16 from all countries, Poland excepted. The 'No' average percentage is 8,13 for the Latvian, Italian and Portuguese students.

4th question: do you relax even more regularly (eg. being more active outside your house by practising sports, walking, etc.)?”

Yes | No | Maybe

Nº of responses per participating country

Poland: 20, Latvia: 19, Turkey: 20, Greece: 22, Portugal: 22, Italy: 20

At the peak we meet Poland (100%) and Greece (95,5%), holding the average percentage of 97,75. They are followed by Italy (80%), Latvia (73,7%), Turkey (68,4%) and Portugal (68,2%), which share the average percentage of 72,57 as they show similar percentages in terms of the difference between the units.

'Maybe' gathers the average percentage of 17,1 from all countries, Poland excepted, while the 'No' average percentage falls short holding the 9,67% from Latvia, Italy (10%), Portugal (18,2%) and Turkey.

5th question: do your parents control even more the time that you spend in the virtual world (PC games, mobiles, pads, X-box, Play Station, Internet)?”

Yes | No | Maybe

Nº of responses per participating country

Poland: 20, Latvia: 19, Turkey: 20, Greece: 22, Portugal: 22, Italy: 20

The Polish students (70%), the Italian (70%) and the Turkish ones (60%) seem to believe that their parents have been controlling even more the time their children “spend in the virtual world”. The Portuguese (36,4%), the Greek (31,8%) and the Latvian students (31,6%), on an average of 33,27%, show that their parents

trust them more than the previous ones, although the Portuguese parents' percentages do not correspond to those of their children.

'*Maybe*' gathers the average percentage of 20,41 from all countries, while the 'No' percentage (29,61% on average) is higher.

6th question: have you involved even more active ways of spending time in your family life?"

Yes | No | *Maybe*

Nº of responses per participating country

Poland: 20, Latvia: 19, Turkey: 20, Greece: 22, Portugal: 22, Italy: 20

The Polish students come first with the highest percentage of 95. All the rest, namely the Italian, Turkish, Greek, Portuguese and Latvian students more or less "have involved even more active ways of spending time into their family life" on an average of 73,76%.

'*Maybe*' gathers the average percentage of 17,62 from all countries, Poland excepted. The 'No' average percentage falls short, holding the 8% from all of them.

7th question: do you think that the knowledge you got, due to the new "Slowing down" methods you have practised so far, is more or less?"

More | *Less* | *The same*

Nº of responses per participating country

Poland: 20, Latvia: 19, Turkey: 20, Greece: 22, Portugal: 22, Italy: 20

In favour of gaining "*more* knowledge, due to the new 'Slowing down' methods they have practised so far", the Greek (100%) and the Polish (95%) students gather the average percentage of 97,5. The Turkish (85%), the Portuguese (81,8%), the Latvian (78,9%) and the Italian (70%) students follow with 78,92% on an average.

A percentage of 12,88% -Greece excepted- stated that their knowledge remained at *the same* level. However, there is a percentage of 6.22% of those who claim that their knowledge *has diminished* through these methods.

8th question: could you give some of your previous suggestions that you have put even more into practice for 'slowing down' in your life?"

Nº of responses per participating country

Poland: 03, Latvia: 17, Turkey: 17, Greece: 13, Portugal: 10, Italy: 16

All students from the six participating countries spent even more active time with their families and the people they love, trying together new or older hobbies and interests, when they were in stress. They spent time even more regularly on indoor or outdoor activities such as reading, listening to music, drawing, making hand-made crafts, tile painting, playing board games, cooking healthy food, doing sports, walking, hiking, cycling, jogging, being more time in nature, watching the sunsets, having fun with their family or their old/new friends.

The Latvian, Italian and Portuguese students point out that, as long as the project's actions took place, they became more open either to acquaintances or to complete strangers. This socialization led them to form new friendships much easier, which made them feel much better. More specifically, some of the Latvians confessed that, before this project, they had no friends or were afraid to express their views with vigour, while now they often talk to their new friends from Greece or defy what others will think when they say what they believe. Moreover, the Italians state that in this way they got to know and accept new cultures, different from their own.

The Italian students and the Turkish ones tried harder to lead an even healthier life by waking up earlier, having more quality sleep, quitting junk food, being more energetic without getting stressed.

The Turkish and the Latvian students put greater effort on playing less computer and video games and avoided the excessive use of the social media and of their mobile phones as well.

Some Latvian students say that they stopped thinking about tomorrow and just enjoy every moment, while others meditated and tried to “listen to silence”.

Some of the Italians found more time for them and felt much more relaxed on stressful occasions, whereas others strongly recommended that those who have not yet participated in Erasmus programmes do so without a second thought, because only then they will have the opportunity to visit new places, meet new people and cultures.

Finally, some of the Portuguese pointed out that they are now living an even more peaceful life, without negative thoughts and by applying breathing exercises more often.

So, the general conclusion from the students' answers is the exceptional importance of their participation in the “Slowing down” project, as it has led them to an even more relaxing, but creative and energetic way of living.

One of the Greek students and two of the Italian ones did not give their suggestions.

9th question: do you think that the 'slowing down' aspect has been proven even more essential for your family? Would you explain why, please?"

N° of responses per participating country

Poland: 04, Latvia: 17, Turkey: 18, Greece: 13, Portugal: 13, Italy: 17

The **vast majority (87.67%) of all students**, regardless of their nationality, considered that the aspect of "slowing down" in their daily life has been proven to be even more essential for their family.

— 100% of the **Polish students** claimed that, as long as this project was carried out, the time they spent with their family was constantly increasing. Another 25% of these students reported that their family activities outside home were increased significantly.

(Positive with justification: 75%; Positive without justification: 25%)

—For the 58,82% of the **Latvian students**, who justified their answers, the "Slowing Down" project turned out to be a cool and fun experience because, through its activities, they learnt how to slow down the pace of their lives. They also learnt to use their mobile phones less and not to waste too much time on the social media and in the virtual world. Moreover, they pointed out that now their parents are more interested in discussing about how their children are feeling, just as one of the host mothers did on one of the educational trips. As a result, they themselves and their family members spent much more time with each other as a family in joint activities, which led to the improvement and strengthening of their relationship.

(Positive with justification: 58,82%; Positive without justification: 11,75%; Negative: 23,52%)

—The top of the table of positive answers is held by the **Turkish students** with a 100% percentage, who redefined how important it is to spend as much time as possible with your family, doing things together and sharing the same interests. Previously, their parents did not have any free time due to work and related obligations, but, through this project, they revised their priorities and slowed down their work rhythms. This slowing of their pace had a positive effect on all members of the family and, now, everyone feels more comfortable with each other, but also believes that life is fun.

(Positive with justification: 100%)

—For the **Greek students**, at a rate of 92.3%, it turned out that, by slowing down their pace, it became possible for parents and children to unravel what is most essential in human life and set priorities. As this programme progressed, they realized that the most important thing is to spend as much time with your

family as possible, to share hobbies, activities and interests, to have conversations, to laugh with them.

Another finding of the Greek students was that both their collaboration with their compatriots and that with the foreign students brought them all closer, with the result that they now treat life as fun, despite the hard work and effort.

(Positive with justification: 92,3%; Negative: 7,7%)

—For the 69,23% of the **Portuguese students**, who justified their answers, this project proved to be helpful because they learnt as a family to dedicate most of their time to each other, to share their thoughts, concerns and feelings. The result was that they felt more at ease with each other and enjoyed every family moment.

In addition, the Portuguese claimed that during the educational trips they felt more independent, but at the same time they became more responsible as individuals. They met new people; they respected both them and their cultures, so now they definitely feel more open-minded.

It should be also noted that, although we had a negative percentage, it was nevertheless recorded that the experience was lovable and the knowledge gained was much.

(Positive with justification: 69,24%; Positive without justification: 15,38%; Negative: 15,38%)

For the 70% of the **Italian students**, who justified their answers, this project has contributed to both the improvement of communication within the family and the joint organization of their time. They carried out joint actions and activities, such as the 'discovery' of their city together as a family.

Another finding was that, on the one hand, they became more responsible individuals and, on the other hand, that they had significantly improved their knowledge of English and its use.

It should be also noted that, although we had a negative percentage, it was nevertheless recorded by the specific students that the experience was lovable.

(Positive with justification: 64,7%; Positive without justification: 17,64%; Negative: 11,76%; Don't know: 5,88%)

10th question: how would you characterize the cooperation between you and your native school teachers, who participated in this programme?"

Amazing | Very good | Fairly good | Poor

Nº of responses per participating country

Poland: 20, Latvia: 19, Turkey: 20, Greece: 22, Portugal: 22, Italy: 20

Greece holds the reins occupying the first place, as Greek students characterized as *'amazing'* (95,5%) their relationship with their participating in this project native teachers, while another 4,5% of them say it was *'very good'*. It is followed by Poland (80%), the percentage of which with that of Greece gives an average of 87.75%. Italy (65%), Portugal (63,6%) and Turkey (60%) gather an average rate of 62.86%, while Latvia has the lowest rate of all (42.1%).

52.6% of the Latvian students describe their relationship with their teachers as *'very good'*, with the Portuguese, Italian, Polish and Turkish ones following with an average of 29,98%.

20% of the Turkish students and 5.3% of the Latvian ones (12,65% on average) describe their relationship with their native teachers as *'fairly good'*, while 9.1% of the Portuguese students find it *'poor'*.

11th question: did you enjoy the cooperation between you and your other European students-partners?"

Very much | *Sufficiently* | *Little* | *By no means*

Nº of responses per participating country

Poland: 20, Latvia: 19, Turkey: 20, Greece: 22, Portugal: 22, Italy: 20

Greece (100%), Portugal (100%), Poland (90%) and Italy (89,5%) show forth very high percentages (94,87% on average), which confirm that these students enjoyed *'very much'* the collaboration with the other European partners in this project. They are followed by Turkey (80%) and Italy (70%) averaging 75%, while Latvia holds the lowest percentage of all (47,4%).

With another 47.4%, Latvians show *sufficient* satisfaction from their cooperation with the other students -partners, as do 30% of the Italians, 15% of the Turks and 10% of the Poles (18,33% on average). Only 5,1% on an average show *'little'* enjoyment, specifically from Latvia and Turkey.

12th question: would you take part in another programme of this kind?"

Yes | *No* | *Maybe*

Nº of responses per participating country

Poland: 20, Latvia: 19, Turkey: 20, Greece: 22, Portugal: 22, Italy: 20

At the peak we meet Poland and Greece with the perfect percentage of 100. They are followed by Portugal, Italy and Turkey with very high percentages (95,5%, 95% and 95% respectively). The overall average of these five countries

is 97.1%. If we add the lowest percentage that Latvia holds (68,4%), the average drops to 92.31%.

'*Maybe*' gathers the average percentage of 11,93 from Latvia (26,3%), Italy (5%) and Portugal (4,5%), while the '*No*' average percentage falls short, holding the 5,15% from Latvia and Portugal.

THE THIRD SURVEY RESULTS FOR PARENTS 2020

“After having been involved in this project through your child, now that it has been completed,

1st question: do you know even better how to help your child to deal with the stress at school?”

Yes | No | *Maybe*

Nº of responses per participating country

Poland: 39, Latvia: 20, Turkey: 40, Greece: 40, Portugal: 42, Italy: 43

Poland (97,4%) and Turkey (95%) mark the highest percentages by gathering the average percentage of 96,2. Latvia (85%), Italy (83,7%) and Portugal (83,3%) present resembling percentages on “knowing even better how to help their children to deal with stress at school” now that this project has been completed, on an average of 84%, while the Greek parents' percentage goes up to 70.

'*Maybe*' gathers the average percentage of 11,38 from all countries, with Greece (30%), Italy (16,3%) and Portugal (11,9%) holding the highest percentages. The '*No*' average percentage is 5,76% for the Latvian, Portuguese and Turkish students.

2nd question: have you found some methods/ways that helped your child even more to reduce the negative stress?”

Yes | No | *Maybe*

Nº of responses per participating country

Poland: 39, Latvia: 20, Turkey: 40, Greece: 40, Portugal: 42, Italy: 43

In this question, the declared percentages per country vary considerably, compared to each other. At the peak, we meet Poland (97,4%), while Portugal follows with 88,1% (92,75% on an average). The Italian (78,6%) and the Greek (75%) parents give slightly lower rates on “having found methods/ways that helped their children even more to reduce negative stress” on an average of 76,8%, whereas Latvia and Turkey share the same percentage of 65.

"*Maybe*" gives some notable percentages, that is Turkey 32,5%, Latvia and Greece 25%, Italy 19% (average 25.37%). Poland and Portugal give the lowest

ones on the average percentage of 6,05. The 'No' average percentage falls short by holding the 4,32% from Latvia (10%), Italy, Portugal and Turkey.

3rd question: do you and your family lead an even healthier life (eg. healthy food, family time, sports, hobbies)?"

Yes | No | Maybe

N° of responses per participating country

Poland: 39, Latvia: 20, Turkey: 40, Greece: 40, Portugal: 42, Italy: 43

Poland is the first on "an even healthier way of living" with the percentage of 97,4, while Turkey follows closely with 90%, by gathering both the average percentage of 93,7. Italian (79,1%), Portuguese (76,2%) and Latvian (75%) parents present resembling percentages on an average of 76,76, whereas Greece falls short holding the 57,5%.

"Maybe" collects an average of 25,02% from all participating countries, Poland excepted, while the average percentage of "No" is only 4,85% recorded by Portugal and Poland.

4th question: does your child relax even more regularly (eg. being more active outside your house by practising sports, walking, etc.)?"

Yes | No | Maybe

N° of responses per participating country

Poland: 39, Latvia: 20, Turkey: 40, Greece: 40, Portugal: 42, Italy: 43

At the top we meet Latvia with 95% and Poland with 94.9%, followed by Greece with 90%, giving all three a total of 93,3% as an average. The Italian (81,4%), Portuguese (78,6%) and Turkish (76,9%) parents believe that "their children relax even more regularly" by projecting an also high percentage of 78.96%.

"Maybe" gathers an average of 12,79% from all participating countries, Latvia excepted, whereas the 'No' average percentage falls short holding the 5,32% from Portugal (9,5%), Latvia, Poland and Italy.

5th question: do you control even more the time that your child spends in the virtual world (PC games, mobiles, pads, X-box, Play Station, Internet)?"

Yes | No | Maybe

N° of responses per participating country

Poland: 39, Latvia: 20, Turkey: 40, Greece: 40, Portugal: 42, Italy: 43

The Polish (88,1%) and Portuguese (76,2%) parents seem to continue to control even more their children's time spent in the virtual world, by presenting resembling percentages on an average of 79,15%, in opposition to the Turkish (55%), Latvian (50%) and Italian (48,8%) ones, who claim that they trust more their children on an average of 51,26%. Greek parents seem to have put the interests of their children in the hands of their own children, as only 20% of them give a positive answer.

In the choice of parents between "Maybe" and "No", "No" prevails with 23,28% compared to 21,36%. Greece gives the highest percentages in "Maybe" (37,5%) and in "No" (42,5%), and it is followed with declining rates by Turkey (25% | 20%), Latvia (20% | 30%), Italy (18,6% | 32,6%), Portugal (14,3% | 9,5%) and Poland (12,8% | 5,1%).

6th question: have you involved even more active ways of spending time in your family life?"

Yes | No | Maybe

N° of responses per participating country

Poland: 39, Latvia: 20, Turkey: 40, Greece: 38, Portugal: 42, Italy: 43

The great majority of parents, regardless of their nationality, have involved even more active ways of spending time into their family life on an average of 81,03%, with Poland at the top (94.9%) and Latvia at the bottom (60%). Apart from the last two, the percentages of the other four countries range from 81% to 85%, averaging 82,77%.

"Maybe" gathers an average of 15,68% from all participating countries, with Latvia (35%), Portugal (16,7%), Greece (15,8%) and Italy (14%) holding the highest percentages. The 'No' average percentage falls short holding 3,94% from Italy, Portugal, Greece, Latvia (5%) and Turkey (7,5%), Poland excepted.

7th question: do you think that the knowledge your child got, due to the new "Slowing down" methods he/she has practiced so far, is more or less?"

More | Less | The same

N° of responses per participating country

Poland: 39, Latvia: 20, Turkey: 40, Greece: 40, Portugal: 42, Italy: 43

In favour of gaining "more knowledge, due to the new 'Slowing down' methods their children have practised so far", the Polish (97,4%) and the Greeks (95%)

parents gather the average percentage of 96,2%, while the Italian (81,4%), the Portuguese (81%) and the Turkish (77,5%) parents follow with 79,96% on an average. The Latvian parents' percentage goes up to 70.

The average percentage of 13,78% of the parents from all participating countries stated that their children's knowledge remained at *the same* level. Nevertheless, in the table of percentages per country, we observe that 10% of the Latvian parents and 5% of the Turkish ones believe that their children have 'lost' in terms of acquiring knowledge through these methods.

8th question: could you give some of your previous suggestions that you have put into practice even more for 'slowing down' in your life?"

Nº of responses per participating country

Poland: 09, Latvia: 20, Turkey: 34, Greece: 22, Portugal: 19, Italy: 12

The **majority of all parents** declared that they have spent even more quality time with their families. More specifically:

—The 88,89% of the **Polish parents** responded positively. Admitting at first that they have devoted more time to themselves till now, they stated that at the same time they spent much more time listening to their children. Their tactics included much more regular activities, such as running, going out together, or relaxing together. Some others recorded that they eat much healthier and consume their food much more slowly.

One of the Polish parents did not give his/her suggestions (11,11%).

—The great majority (80%) of the **Latvian parents** tried not to rush and managed to reduce more the stress in their family life. They dealt with creative works related to art, such as painting, collage constructions, hand-made constructions and handicrafts. They were also engaged in either board games or various sports and outdoor activities, such as yoga, trampoline, jumping, slow walks in parks and nature, travel. Some of them watched programmes and films around the countries, where their children were hosted. And some others took things more slowly and carefully, without worrying about the slightest thing, thinking twice before doing something and focusing on the beauty of nature and the people around them, the beauty of which no one can enjoy if he/she is not calm and relaxed to spot it and notice it.

Of all the Latvian parents' responses three were off topic (15%). One of the parents did not give his/her suggestions (5%).

—The **Turkish parents'** responses were all positive. The indoor activities they have put even more into practice together were cooking healthier food, trying

new recipes, reading books, listening to music, watching films, doing puzzles and playing chess, while their outdoor activities together were walking or hiking, going shopping, biking, trekking, doing sports and going fishing.

Some of them consciously avoided the excessive use of technology, as well as the constant preoccupation with household chores. Others quit smoking, followed a healthier diet and increased their rest time and their social contacts with their neighbours as well. And, when some of them felt pressured and anxious, they were engaged in gardening, vegetable growing or farming.

All these made them think less and relax more; as a result they have learnt till now to deal even more easily with stress.

—The **Greek parents**, at a rate of 90,9%, once again stated that they have prioritized the well-being of their family and a prerequisite for achieving it is the quality of time they spend together. How did they manage to increase the quality time together as a family? One way, according to the 31,81% of parents, was to adjust home work hours and reduce work time at home.

The other way was to increase joint activities. Half of the Greek parents claimed that, after parents and children having reduced their time on social media, they talked a lot more, tried new hobbies and interests together, played various games either inside or outside home and went out much more together, going on excursions in nature.

The combination therefore of both tactics, applied during this project, improved their relationship even more, resulting in a much healthier family life.

—The 89,48% of the **Portuguese parents** responded positively. Of these, some were active in outdoor activities, such as walking or hiking in nature, in various sports or traditional games, as well as in board games or yoga. Some others sought a healthier diet, greater relaxation, mindfulness, calmness and peacefulness in their family moments, whereas few of them preferred being more with their friends or meeting new people.

Of all the Portuguese parents' responses one was off topic (5,26%).

One of the parents did not give his/her suggestions (5,26%).

—The **Italian parents** were focused on living their life more slowly to enjoy its moments more. They devoted even more time to their children, had conversations, and really listened to what they had to say to each other. Together they pursued hobbies and a healthy diet, watched movies or walked together.

Of all the Italian parents' responses two were off topic (16,66%). Two of the parents did not give their suggestions(16,66%).

9th question: do you think that the 'slowing down' aspect has been proven even more essential for your family? Would you explain why, please?"

N° of responses per participating country

Poland: 09, Latvia: 20, Turkey: 32, Greece: 22, Portugal: 20, Italy: 09

—**All Polish parents** believe that the 'slowing down' aspect has been proven even more essential and vital for their family, as their relationships have been improved much more. 33,3% of them focused on the fact that their children spent even more time outdoors, while the remaining 66,7% of them said that they spent more time as a family by being more energetic in activities such as playing board games, trying new hobbies and walking into nature, which led them to build an even better and closer relationship.

(Positive with justification: 100%)

—70% of the **Latvian parents**, regardless of whether or not their answers were justified, admitted that the 'slowing down' techniques have played a more important role in their family.

By spending more time together as a family and appreciating the moments they were sharing together, 55% of those who justified their responses found out that, as this project progressed, their image as a family improved significantly, that they were much calmer in their busy daily lives and understood and dealt much better with the course of events.

They considered and still consider that it is necessary to take advantage of the opportunities presented to their children, as many of them will not reappear during their children's lifetime. Despite their concerns, especially when their children were travelling on educational trips, and the fact that they felt strongly about each other's absence, they found out that their children, getting to know other teaching methods, new people and different national cultures, discovered 'peace and joy within them', they became more open-minded and active, they gained greater self-confidence and made new friends from other nations with whom they still have relationships, as they became close friends.

A fairly high percentage of the Latvian parents (30%), who gave a negative answer, claimed that this project did not prove to be even more essential for their family, whereas 16,66% of them stated that "It is customary in our family not to rush; we do everything slowly and prudently".

(Positive with justification: 55%; Positive without justification: 15%; Negative: 30%)

—A very high percentage of 93,75% of the **Turkish parents** positively supported the even more important role of this project for their families.

The 90,63% of those who justified their responses recorded that spending even more time together as a family, doing activities that interested all members of the family, highlighting the importance of nature in their lives, implementing a more well-designed and organized schedule of their daily lives by reducing both work stress, as well as the extensive use of technology, their family ties were strengthened. Now that this project has been completed, they listen to each other much more, there is a much greater understanding between them and they have become much more patient with each other, as everyone feels more relaxed, calmer and happier.

(Positive with justification: 90,63%%; Positive without justification: 3,12%; The lexical and syntactic wording of the answers invalidates the positive evaluation that is attempted: 6,25%%)

—The **Greek parents**, in the absolute 100% of their justified answers, stated that they themselves have felt much better physically and mentally, as together with their children they spent much more time slowing down their pace from every aspect. They stressed that they came much closer as a family; they had conversations and small talks with each other and all laughed together; they did not miss a single dinner with everyone present, and had fun with their children in common in-house and outdoor activities. Thus, they charged their batteries with joy and strength to move forward in their daily lives.

31,81% of them claimed that they stopped feeling pressured and putting pressure on their children, as they got rid of all the negative energy that was either coming out of them or surrounding them.

Finally, the Greek parents overstated this project, as their family life has become much better, more balanced and fun with their new experiences, memories and additional knowledge about the new and different customs and traditions they have acquired through these educational exchanges.

(Positive with justification: 100%)

—The 95% of the **Portuguese parents** positively supported the even more important role of this project for their families. 75% of those who justified their responses, emphasizing the importance of the family being united, testified that through this project they became more aware of life and even more ready to face its difficulties. With the discussions among their family members and the joy and appreciation for the moments they were sharing with each other, they felt more relaxed against the pressures of everyday life and thus were led to an even healthier diet and life through the 'slowing down' techniques.

A very low percentage of the Portuguese parents (5%) said that the ‘slowing down’ techniques, which were implemented, did not prove to be more essential for their family life.

(Positive with justification: 75%; Positive without justification: 20%; Negative: 5%)

—70% of the **Italian parents**, regardless of whether or not their answers were justified, recorded that the ‘slowing down’ techniques played a more important role in their family.

A percentage of 44,44% from the 77,78% of those who justified their responses claimed that spending more time with their family united them even more, strengthened their bonds and greatly improved their relationship, concluding that being with your own people is the best thing in the world.

The remaining 33,34% from the 77,78% put emphasis on the importance of hosting unknown children of other nationalities with different cultures. They stressed their efforts to fulfill their obligations towards these children, making them feel at home. However, these unprecedented situations gave them more knowledge and endowed them with new experiences.

(Positive with justification: 77,78%; Positive without justification: 22,22%)

10th question: how would you characterize the cooperation between your child and his/her native school teachers, who participated in this programme?”
Amazing | *Very good* | *Fairly good* | *Poor*

Nº of responses per participating country

Poland: 39, Latvia: 20, Turkey: 40, Greece: 40, Portugal: 42, Italy: 43

Greece and Poland hold the reins occupying the first places, as Greek and Polish parents characterized as ‘*amazing*’ (97,5% and 89,7% respectively) their children’s relationship with their participating in this project native teachers, while the remaining 2.5% for the Greeks and a percentage of 8% for the Poles goes to the ‘*very good*’ category. It is followed by Portugal (76,2%) and Italy (72,1%) with lower percentages, averaging 76.85%. Latvia (40%) and Turkey (42.5%) have the lowest rates, averaging 41.25%.

At exactly the same rate of 45%, Latvian and Turkish parents described their children's relationship with their teachers as ‘*very good*’, with Italy (25.6%), Portugal (21.4%) and Poland (15.8%) to follow with an average of 20.93%.

15% of the Latvian parents and 12,5% of the Turkish ones as well as 2,4 % and 2,3% of the Portuguese and the Italian parents (8,05% on average) described

their children's relationship with their native teachers as *'fairly good'*, whereas 2,3% of the Polish parents found it *'poor'*.

11th question: how would you evaluate the cooperation between your child and the other European students-partners?"

Amazing | Very good | Fairly good | Poor

Nº of responses per participating country

Poland: 39, Latvia: 20, Turkey: 40, Greece: 40, Portugal: 42, Italy: 43

Greece ranks first with 90%, followed by Italy (74,4%), Portugal (69%) and Poland (63,2%), with the average rate of 74,15% of these parents to evaluate their children's cooperation with the other European students-associates as *'amazing'*. Next in the list of percentages is Turkey with 46.2%, while Latvia is in last place with only 20%.

75% of the Latvian parents rated the cooperation between students and teachers as *'very good'*, while the parents of the other countries also considered it *'very good'*, with rates ranging from 10% (Greece) to 31,6% (Poland), with overall average 33,2%.

In terms of the degree of evaluating this cooperation as *'fairly good'*, the Turkish parents give a percentage of 23.1%, whereas the Latvian, Polish and Portuguese parents recorded lower percentages of 5%, 2,6% and 2.4% respectively.

Finally, 2.6% of the Polish parents and another 2.4% of the Portuguese ones described this cooperation as *"poor"*.

12th question: would you allow your child to take part in another programme of this kind?"

Yes | No | Maybe

Nº of responses per participating country

Poland: 39, Latvia: 20, Turkey: 40, Greece: 40, Portugal: 42, Italy: 43

At the peak, we meet Greece with the absolute 100%. It is followed by Poland (94,7%), Turkey (95%), Italy (90,7%), and Portugal (88,1%), which show very high rates, averaging all five 93,7%, while Latvia holds the lowest percentage of all (37,5%).

'Maybe' gathers the average percentage of 20,17 from Latvia (54,2%), Portugal (11,9%), Italy (9,3%) and Poland (5,3%), whereas the 'No' average percentage falls short holding the average 6,65% from Latvia (8,3%) and Turkey (5%).

COMPARING THE STUDENTS' RESULTS TO THE PARENTS' ONES ON THE THIRD SURVEY QUESTIONS 2020

Nº of students' "YES" responses per participating country

Poland: 20, Latvia: 19, Turkey: 20, Greece: 22, Portugal: 22, Italy: 20

Nº of parents' "YES" responses per participating country

Poland: 39, Latvia: 20, Turkey: 40, Greece: 40, Portugal: 42, Italy: 43

"After having been involved in this project, now that it has been completed,

1st question

to students: do you know even better how to deal with the stress at school?"

to parents: do you know even better how to help your child to deal with the stress at school?"

Yes | No | Maybe

	Students' percentage	versus	Parents' percentage
POLAND	75%		97,4%
LATVIA	79%		85%
TURKEY	90%		95%
HELLAS	81,8%		70%
PORTUGAL	59,1%		83,3%
ITALY	85%		83,7%

The Polish students fall short up to 22,4% in comparison to their parents.

The Portuguese students fall short up to 24,2% in comparison to their parents.

2nd question:

to students: have you found some more methods/ways that allowed you to reduce even more stress?"

to parents: have you found some more methods/ways that helped your child to reduce even more the negative stress?"

Yes | No | Maybe

	Students' percentage	versus	Parents' percentage
POLAND	90%		97,4%
LATVIA	88,2%		65%
TURKEY	85%		65%
HELLAS	86,4%		75%
PORTUGAL	68,2%		88,1%
ITALY	85%		78,6%

The Latvian parents fall short up to 23,2% in comparison to their children.

The Turkish parents fall short up to 20% in comparison to their children.

The Portuguese parents fall short up to 19,9% in comparison to their children.

3rd question

to students: do you lead an even healthier life (e.g. healthy food, family time, sports, hobbies)?"

to parents: do you and your family lead an even healthier life (eg. healthy food, family time, sports, hobbies)?"

Yes | No | Maybe

	Students' percentage	versus	Parents' percentage
POLAND	100%		97,4%
LATVIA	57,9%		75%
TURKEY	77,8%		90%
HELLAS	72,7%		57,5%
PORTUGAL	86,4%		76,2%
ITALY	70%		79,1%

Students are 17,1% behind their parents.

Students fall short up to 12,2% in comparison to their parents.

The Greek parents fall short up to 15,2% in comparison to their children.

4th question

to students: do you relax even more regularly (eg. being more active outside your house by practising sports, walking, etc)?”

to parents: does your child relax even more regularly (eg. being more active outside your house by practising sports, walking, etc)?”

Yes | No | Maybe

	Students' percentage	versus	Parents' percentage
POLAND	100%		94,9%
LATVIA	73,7%		95%
TURKEY	68,4%		76,9%
HELLAS	95,5%		90%
PORTUGAL	68,2%		78,6%
ITALY	80%		81,4%

There is a disagreement between the Latvian students and parents, with the difference being 21,3%.

5th question

to students: do your parents control even more the time you spend in the virtual world (PC games, mobiles, pads, X-box, Play Station, Internet, etc)?”

to parents: do you control even more the time your child spends in the virtual world (PC games, mobiles, pads, X-box, Play Station, Internet, etc)?”

Yes | No | Maybe

	Students' percentage	versus	Parents' percentage
POLAND	70%		82,1%
LATVIA	31,6%		50%
TURKEY	60%		55%
HELLAS	31,8%		20%
PORTUGAL	36,4%		76,2%
ITALY	70%		48,8%

The Latvian students fall short up to 18,4% in comparison to their parents. It's impressive **how low** the “Yes” percentage of the students is.

The low percentages of both Greek students' and parents' “Yes” responses are impressive.

The Portuguese students fall short up to 39,8% in comparison to their parents. It's impressive **how low** the “Yes” percentage of the students is.

The Italian parents fall short up to 21,2% in comparison to their children.

6th question

to students/ to parents: have you involved even more active ways of spending time into your family life?"

Yes | No | Maybe

	Students' percentage	versus	Parents' percentage
POLAND	95%		94,9%
LATVIA	68,4%		60%
TURKEY	75%		85%
HELLAS	72,7%		81,6%
PORTUGAL	72,7%		81%
ITALY	80%		83,7%

7th question

to students: do you think that the knowledge you got, due to the new "Slowing down" methods you have practised so far, is more or less?"

to parents: do you think that the knowledge your child got, due to the new "Slowing down" methods he/she has practiced so far, is more or less?"

More | Less | The same

Nº of students' "**More/The same**" responses per participating country

Poland: 20, Latvia: 19, Turkey: 20, Greece: 22, Portugal: 22, Italy: 20

Nº of parents' "**More/The same**" responses per participating country

Poland: 39, Latvia: 20, Turkey: 40, Greece: 40, Portugal: 42, Italy: 43

	Students' percentage	versus	Parents' percentage
POLAND	95%		97,4%
LATVIA	78,9%		70%
TURKEY	85%		77,5%
HELLAS	100%		95%
PORTUGAL	81,8%		81%
ITALY	70%		81,4%

8th question

to students/ to parents: could you give some of your previous suggestions that you have put into practice even more for 'slowing down' in your life?"

Nº of students' "**Yes**" responses per participating country

Poland: 03, Latvia: 17, Turkey: 17, Greece: 13, Portugal: 10, Italy: 16

Nº of parents' "**Yes**" responses per participating country

Poland: 09, Latvia: 20, Turkey: 34, Greece: 22, Portugal: 19, Italy: 12

Students & Parents

Students and parents from all the participating in the project countries confirmed that they spent even more time as a family and together they practised even more regularly various indoor and outdoor activities, such as reading, listening to music, drawing, making hand-made crafts, tile painting, playing board games, cooking healthy food, doing sports, walking, hiking, cycling, jogging, being more time in nature, watching the sunsets (*students*), running, going out together or relaxing together, painting, doing collage constructions or hand-made constructions and handicrafts, doing yoga or trampoline, jumping, taking slow walks in parks and nature, travelling (*parents*). Other common parameters for parents and students were to make new friends or to meet more often with their friends, to adopt a healthier lifestyle and to consciously avoid the overuse of the virtual world and mobile telephony.

Students also stressed that they found more time for them and felt much more relaxed on stressful occasions. They pointed out that they are now living an even more peaceful life, without negative thoughts and they strongly recommend that those who have not yet participated in Erasmus programmes do so without a second thought, as the “Slowing down” project has led them to an even more relaxing, but creative and energetic way of living.

Their parents, on the other hand, said that they took things more slowly and carefully, without worrying about the slightest thing, thinking twice before doing something and focusing on the beauty of nature and the people around them, the beauty of which no one can enjoy if he/she is not calm and relaxed to spot it and notice it. They sought a healthier diet, greater relaxation, mindfulness, calmness and peacefulness in their family moments and all these, including joint activities, improved and strengthened their relationship even more, resulting in a much healthier family life.

9th question

to students/ to parents: do you think that the 'slowing down' aspect has been proven even more essential for your family? Would you explain why, please?”

Nº of students' “Yes” responses per participating country

Poland: 04, Latvia: 17, Turkey: 18, Greece: 13, Portugal: 13, Italy: 17

Both students and parents, irrespective of their nationality, considered that the 'slowing down' aspect in their daily life as well as its techniques has been proven even more important and essential for their families.

A. Students

The **Polish** students claimed that, as long as this project was carried out, the time they spent with their family was constantly increasing as well as their family activities outside home.

The **Latvian** students pointed out that their parents cared more about how their children felt, which led to the improvement and strengthening of their relationship.

The **Turkish** students noted that their parents revised their priorities, slowed down their work rhythms, and became more active with each other, making all family members feel more comfortable and happy.

The **Greek** students recorded that their parents and they themselves made it possible through this project to clarify the most important thing in human life and to set priorities, that is, the family must always precede everyone else. Another finding of the Greek students was that both their collaboration with their compatriots and that with the foreign students brought them all closer, with the result that they now treat life as fun, despite the hard work and effort.

The **Portuguese** students felt more at ease with each other and enjoyed every family moment. They became more independent and responsible as individuals. By meeting new people and respecting both them and their cultures, now they definitely feel more open-minded.

The **Italian** students noted that this project has contributed to both the improvement of communication within the family and the joint organization of their time. Another finding was that, on the one hand, they became more responsible individuals and, on the other hand, that they had significantly improved their knowledge of English and its use.

Nº of parents' "Yes" responses per participating country

Poland: 09, Latvia: 20, Turkey: 32, Greece: 22, Portugal: 20, Italy: 09

B. Parents

The **Polish** parents, after having followed the requirements of the project 'slowing down', built an even better and closer relationship, devoting much more time listening to their children and doing much more regular activities together.

The **Latvian** parents admitted that through the 'slowing down' techniques their image as a family improved significantly, that they were much calmer in their busy daily lives and understood and dealt much better with the course of events. They found out that their children, by getting to know other teaching

methods, new people and different national cultures, discovered 'peace and joy within them', they became more open-minded and active; they gained greater self-confidence and made new friends from other nations.

According to the **Turkish** parents, their family ties were strengthened. Now that this project has been completed, they listen to each other much more, there is a much greater understanding between them and they have become much more patient with each other, as everyone feels more relaxed, calmer and happier.

The **Greek** parents stated that they themselves have felt much better physically and mentally, as together with their children they spent much more time slowing down their pace from every aspect. They stopped feeling pressured and putting pressure on their children, as they got rid of all the negative energy that was either coming out of them or surrounding them. Emphasizing the benefits of this project, they found that their family life has become much better, more balanced and fun with their new experiences, memories and additional knowledge about the new and different customs and traditions they have acquired through these educational exchanges.

The **Portuguese** parents testified that through this project they became more aware of life and even more ready to face its difficulties. They felt more relaxed against the pressures of everyday life and thus were led to an even healthier diet and life.

The **Italian** parents claimed that spending more time with their family united them even more, strengthened their bonds and greatly improved their relationship. They also stressed that hosting unknown children of other nationalities with different cultures proved to be of great importance as they gained more knowledge and were endowed with new experiences.

10th question

to students: how would you characterize the cooperation between you and your native school teachers, who participated in this programme?"

Amazing | Very good | Fairly good | Poor

to parents: how would you characterize the cooperation between your child and his/her native school teachers, who participated in this programme?"

Amazing | Very good | Fairly good | Poor

N° of students' "Amazing/V. Good" responses per participating country

Poland: 20, Latvia: 19, Turkey: 20, Greece: 22, Portugal: 22, Italy: 20

N° of parents' "Amazing/V. Good" responses per participating country

Poland: 39, Latvia: 20, Turkey: 40, Greece: 40, Portugal: 42, Italy: 43

	Students' percentage	versus	Parents' percentage
POLAND	80% / 20% (=100%)		89,7% / 8% (=97,7%)
LATVIA	42,1% / 52,6% (=94,7%)		40% / 45% (=85%)
TURKEY	60% / 20% (=80%)		40% / 45% (=85%)
HELLAS	95,5% / 4,5% (=100%)		97,5% / 2,5% (=100%)
PORTUGAL	63,6% / 27,3% (=90,9%)		76,2% / 21,4% (=97,6%)
ITALY	65% / 26,3% (=91,3%)		72,1% / 25,6% (=97,7%)

It should be noted here that **the sum of 'Amazing' and 'Very Good'** of both **students' and parents'** responses, ranging from 80% to 100%, **gives very high satisfaction rates** from their collaboration with the participating in the project native teachers.

11th question

to students: did you enjoy the cooperation between you and your other European students-partners?"

Very much | Sufficiently | Little | By no means

to parents: how would you evaluate the cooperation between your child and the other European students-partners?"

Amazing | Very good | Fairly good | Poor

N° of students' "Very much/Sufficiently" responses per participating country

Poland: 20, Latvia: 19, Turkey: 20, Greece: 22, Portugal: 22, Italy: 19

N° of parents' "Amazing/V. Good" responses per participating country

Poland: 39, Latvia: 20, Turkey: 40, Greece: 40, Portugal: 42, Italy: 43

	Students' percentage	versus	Parents' percentage
POLAND	90% / 10% (=100%)		63,2% / 31,6% (=94,8%)
LATVIA	47,4% / 47,4% (=94,8%)		20% / 75% (=95%)
TURKEY	80% / 15% (=95%)		46,2% / 30,8% (=77%)
HELLAS	100%		90% / 10% (=100%)
PORTUGAL	100%		69% / 26,2% (=95,2%)
ITALY	70% / 30% (=100%)		74,4% / 25,6% (=100%)

The Turkish parents fall short up to 18% in comparison to their children.

In this question, we observe that **there is a convergence of views between students and their parents**, regarding the quality of cooperation that students of all nationalities have developed with each other and from which they drew joy and positive emotions.

12th question

to students: would you take part in another programme of this kind?

to parents: would you allow your child to take part in another programme of this kind?"

Yes | Maybe | No

N° of students' "YES/Maybe" responses per participating country

Poland: 20, Latvia: 19, Turkey: 20, Greece: 22, Portugal: 22, Italy: 19

N° of parents' "YES/Maybe" responses per participating country

Poland: 39, Latvia: 20, Turkey: 40, Greece: 40, Portugal: 42, Italy: 43

	Students' percentage	versus	Parents' percentage
POLAND	100%		94,7% / 5,3% (=100%)
LATVIA	68,4% / 26,3% (=94,7%)		37,5% / 54,2% (=91,7%)
TURKEY	95% / 00%		95% / 00%
HELLAS	100%		100%
PORTUGAL	95,5% / 4,5% (=100%)		88,1% / 11,9% (=100%)
ITALY	95% / 5% (=100%)		90,7% / 9,3% (=100%)

The **difference between the absolute certainty** of the Latvian students that they would participate in such a programme again **and the skepticism** of their parents about whether they would allow them to do so is striking, as it reaches **30.9%**.

5% of the Turkish parents **would not allow** their children to participate in another project of this kind.

THE CONCLUSIONS IN SUMMARY FROM ALL SURVEYS 2018, 2019, 2020

Regardless of the variations, observed from the study of the data during the three surveys, on the percentages of both students and their parents, it is briefly concluded that they:

- managed to better deal with stress at both school and work, as well as in their daily lives,
- found out ideas, ways and methods on how to reduce negative stress,
- improved their way of living, having applied these new ideas and methods all together as a family either in their diet or in sports, entertainment, creative pursuits, etc.,
- increased their relaxation time on a more regular basis, either indoors or outdoors,
- controlled the time spent on the use of their mobile phones, computers and social media and consciously avoided overusing them,
- participated in a more active lifestyle, both in their family or/and personal life,
- improved their cognitive level through the deceleration techniques of the project they had implemented,
- enjoyed their collaboration with the native teachers, who led the project,
- were excited and overjoyed by the way all students worked together with both their compatriots and foreign partners,
- built new friendships, which they still keep active,
- enriched their knowledge by having interacted with the culture, manners, mentalities and traditions of their new friends,
- were convinced through the experiences they had acquired and gained during the implementation of this project that its benefits were so many and great that they would look forward to participating in such a project once again.

We could, however, be a little more detailed about what has been achieved by both students and their parents through the implementation of this project and its 'slowing down' techniques.

All **students**, regardless of their nationality, considered that ‘slowing down’ in everyday life is necessary for both students and parents, as they desired earnestly the vital contact and communication with their family members, relatives and friends, sharing valuable moments through conversation, hobbies, sports, excursions in nature, trips.

From the very first research it was clear that the students wanted to slow down the pace of their school life, in order to reduce the stress that negatively affected them both psychologically and physically. To satisfy this need, they sought less teaching-centered teaching systems, more group work in the classroom, less schoolwork at home, fewer tests and examinations, longer breaks, less stress and more fun at school through some different activities or applied differently, longer holidays. As for their family and daily life, they desired to spend much more time with the members of their immediate or extended family, their friends, to dedicate more time to their favourite hobbies or new interests and to have more and closer contact with nature.

In their quest for more free time for what they needed and loved, they got much better organized in all areas and learnt to do things differently. So, they became more attentive in the classroom, requiring less study time at home and have since been less stressed and nervous about school. They reduced the amount of time they spent in the virtual world, also avoiding excessive use of both their mobile phones and social media as well. By having better organized the time students and their parents spent on their work and school obligations, the time they shared with each other increased significantly. As a family they tried old and new interests, hobbies and outdoor activities, thus being even more active in joint activities. They followed a healthier diet and a more relaxed lifestyle, and this new slow-moving lifestyle made them more energetic, positive, spontaneous, and relaxed. Their parents also became more open and less anxious, took much more care to learn how their children felt, and this led them all to approach, understand and love each other more.

As the project progressed, students continued to socialize even more, hanging out with their old friends and having frequent on-line communication with their new friends, thus expanding their knowledge of other nations and their mentality, customs, traditions and culture. Through their collaboration with both their compatriots and foreign students, they came very close to each other, formed new friendships, which they still keep active, enjoying every step of the project that helped them to greatly improve their English and its use. Having travelled on their own to new countries, where they met new people and cultures, and by having respected both of them, they became more

independent and responsible as individuals and now they definitely feel more open-minded, receptive and tolerant of cultural diversity.

In conclusion, now that the project has been completed, the great majority of the students believe that, through the great improvement of their family relationships with more relaxed, beautiful and funny moments, today they lead a healthier, a more peaceful and an even more creative and productive life that is worth living. Despite the great effort and hard work, they have begun to see school more likeable and the world with a smile, to treat life as fun, without making negative thoughts and getting stressed. That is why they unreservedly recommend, with a very high percentage of 92,31% of them, to those who have not yet participated in Erasmus+ projects to seize the opportunity as soon as it is presented to them in the immediate or distant future.

While the students' **parents** having acknowledged, before the project even started, that the first and most important step in the scale of values is the well-being of their family, yet they had failed to give their children the attention they wanted and their children deserved it, as they could not allocate time properly for the benefit of their children. All of these factors, which they had considered deterrent to dealing with their children, made them nervous, impatient, stressed and dissatisfied. Having identified the causes, and wishing everyone in the family to live a healthier life physically and mentally, they started adjusting their working time or reducing their workload at home, in order to save time for finding new ideas, methods or ways through which their family would become more balanced.

Trying to fulfill all their commitments from the very first survey, parents devoted more active time to their family, slowed down their work schedule, controlled their computer use time to work at home and reduced the time spent on household chores. Having achieved all this made them pay attention to small and simple things from which they drew joy and which at the same time drove away stress and pressure. The joint activities that took place either indoors or in nature and their contact with the countryside, through which they re-evaluated the natural environment, made them feel relaxed, balanced and happy. They devoted more time to themselves; they cut old, bad habits and adopted new, healthier ones; they met their old or new friends more often. They increased quality time and honest communication among the family members, listening carefully to what their children had to say and how they felt; they stopped feeling pressured and putting pressure on their children, as they got rid of all the negative energy that was either coming out of them or surrounding them. Thus, by having felt better with themselves and having guaranteed a more relaxed and

peaceful environment, they became more patient with each other, much calmer in their busy daily lives and understood and dealt much better with the course of life events. Through this new way of living, both parents and their children got to know themselves better, resulting in better mental and physical health.

As the project progressed, the parents continued to follow its requirements, intensifying their efforts at all levels as they realized in the process its many benefits. Some of them were that their children, by getting to know other teaching methods, new people and different national cultures, discovered 'peace and joy within them'; that they became more responsible, open-minded and active; that they gained greater self-confidence and made new friends from other nations; that they greatly improved their English and its use. They also stressed that having hosted unknown children of other nationalities with different cultures proved to be of great importance as they gained more knowledge and were endowed with new experiences. Some other benefits were that everyone learnt to feel much better together and each one individually, as family interaction was further enhanced through dialogue, greater understanding, mutual help with household chores, and shared activities.

Concluding, now that the project has been completed, the vast majority of parents are confident that they have become more aware of what is worth more in life and are even more prepared to face its difficulties, as they feel more relaxed and lighter by having been relieved of the burdens of uncontrollable stress. They acknowledge that through the project "Slowing down" and its techniques they have built an even better, closer and stronger relationship by placing more emphasis on contact and communication among their family members and they now lead a much healthier, happier, more energetic and balanced life, making only positive thoughts. The indisputable proof of the above is that 84,33% of parents would allow their children to participate in such a project once again, at the first given opportunity.



slowing down

a new face of European education



Erasmus+



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A new face of European education
2018-2020

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