

# **REPORT ERASMUS+ MOBILITY - TRAINING COURSE**

## **ART AND NATURE: A SUSTAINABLE APPROACH FOR ALL TEACHERS**

### **TENERIFE (SPAIN)**

#### Mobility activity

The mobility was related to the theme of art and nature with a sustainable approach. The objectives we pursued as teachers were:

- Explore and develop an understanding of the history of environmental art;
- Increase our awareness of sustainability and of the importance of helping students become aware of this issue;
- Experiment with various nature-inspired activities based on sustainable practices;
- Design a project for the school community or plan ways to integrate art and nature activities into lessons;

To achieve these goals, we took part in different activities and we made several artworks.

The first day, after getting to know the participants from different parts of the world through playful, movement-based, and outdoor activities, and after presenting our schools, we fully engaged in the course activities.

During the mobility period, we worked with natural and recycled materials, using different techniques to create a personal funzine, that was a small booklet. Afterwards, at beginning we worked individually and then in groups to create a collective drawing representing the nature of the local area as we perceived it. In addition, we created small land art works using natural materials provided by the environment, without damaging it.

The last day we made a paired chalk drawing on the school floor, where we had been working throughout the week, focusing on the theme of sustainability. At the end, we planned in pairs a concrete project about the theme of art, nature and sustainability to be carried out in school with our classes.

After every activity we reflected about our feelings or ideas and we shared them all together either by speaking or by writing them down.

The general approach was to become sustainable people by connecting with nature and respecting it, but also by changing our mindset: if we think our life is composed by linked systems we can implement to be more positive, open-minded, flexibles and free as the nature and it is important to pass on this way of thinking to the students.

After taking part in this course, we can say that it proved to be truly interesting, stimulating, and creative and it allowed us to increase other valuable elements to our professional experience and teaching skills.

## Receiving organisation

The host organisation of the Erasmus+ course provided a well-structured and high-quality learning experience. The programme was carefully organised, combining theory, practical activities, and group work in an effective way.

The staff were professional, supportive, and welcoming, creating a positive and inclusive atmosphere where all participants felt comfortable and engaged. They encouraged collaboration and intercultural exchange, making the experience both enriching and meaningful.

Overall, the organisation played a key role in making the mobility experience valuable, inspiring, and well balanced.

The teachers

Di Mare Maria – Pessina Linda