

NEWSLETTER

NUMBER 3

TETRAS

Enhancing transfer of transversal skills for social inclusion

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THE EDUCATIONAL FRAMEWORK, DEVELOPING TRANSVERSAL SKILLS The relevance of educational approaches



Évora University

THIS ISSUE'S FEATURED ARTICLES:

- **Editorial:** where are we in the project, and the learning potential of adults with cognitive needs.
by Johan Warnez, Groep Ubuntu.
- **Focus on:** the University of Évora, **TETRA-S third Transnational meeting, 22-24 May 2023**, University of Évora, Portugal.
The first project results.
by Professor Adelinda Candeias and Adriana Felix, University of Évora.
- **Interview** with Dr. Lúcia Amaral, Psychomotrician at APPACDM of Évora and Invited assistant in the Hydrotherapy Curricular Unit of the University of Évora.
- **EU and related partners news:**
NARHU, National Association of Professionals Working with People with Disabilities, Bulgaria;
IVASS Valencia Institute of Social Services, Spain;
EUROCY Innovations Ltd, Cyprus;
ENSA European Network of Social Authorities.



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1. EDITORIAL

by Johan Warnez, Groep Ubuntu.

Welcome to the third edition of TETRA-S Project Newsletter!

The **TETRA-S** project has sent out a midterm report to the national agency! We are half way – already! Time flies... but a lot of work has been done by the dedicated partnership.

A first set of project results is ready for being integrated in the MOOC, we have in mind to finalise them by the end of next year. This set includes a self-assessment app for educators to reflect on:

1. their beliefs regarding learning potential of people with cognitive needs
2. their readiness to take advantage of digital technologies in their educational efforts.

For each topic, **webinars** are developed to help educators overcome hindering beliefs and reluctance towards technologies. **A handbook** for the educator with frameworks and self-study activities on both topics, both referring to critical conditions for training transversal skills and supporting the transfer of these skills for successful social inclusion.

The second set builds on these first realisations. More conditions for successful training and education are at stake and are in the process of development: powerful learning environment, supporting the social network and evidence based cognitive educational methodologies with specific tools for promoting transfer. All of them will be the content of more self-assessment apps and webinars.

A very successful transnational meeting has lately been held at the **University of Evora** – Portugal, hosted by professor **Adelinda Candeias** and **Adriana Felix**, excelling in hospitality. This meeting gave the partnership the opportunity to link the project to people with an acquired brain injury – a specific target group we address in the project. **The latest meeting** has just been held from the 4th to the 7th of September, **hosted by the Cypriot partner** being responsible for the IT-challenges of the project.

I was lucky to find the **very positive midterm internal evaluation report**; very few challenges were mentioned, qualitative progress is found and satisfaction was reported. Happy coordinator! We all are convinced that this project has the potential to significantly contribute to the social inclusion of people with cognitive needs. The tools developed will empower the educators and the organisations to realize a **main goal** : **quality of life of all citizens.**



Third Transnational Meeting Évora, 23-24/05/2023 -
Team Group in front of Portuguese Association of Parents and Friends of Mentally Handicapped Citizens

2. TETRA-S THIRD TRANSNATIONAL MEETING 22-24 MAY 2023

by Professor Adelinda Candeias and Adriana Felix, University of Evora.

On the 23rd and 24th of May, the team of the University of Évora, represented by Professors **Adelinda Candeias**, **Gabriela Almeida**, **Catarina Pereira**, and **Guida Veiga**, along with research fellow **Adriana Félix**, hosted the 3rd Transnational Project Meeting for the TETRA-S project. The meeting brought together **partners from Groep Ubuntu (Belgium), EUROCY (Cyprus), European Network of Social Authorities (Italy), IVASS (Spain), and NARHU (Bulgaria).**

The main objective of the meeting was to evaluate the project's results, particularly the transfer and powerful learning environment tools, and to plan for the construction of a MOOC. The discussions led to the establishment of new deadlines and a clearer collective understanding of the project's outcomes.

During the first day of the meeting, the project coordinator welcomed the partners and outlined the agenda. The quality assurance meeting highlighted positive feedback and stressed the importance of meeting deadlines. The project timeline, **Learning, Teaching, Training Activities** options, finances, and impact strategy were also discussed. An overview of the work in progress regarding tools assessment and improving the beliefs of adult educators was done specifically the finalization of the general framework.

On the second day, the partners reviewed the work done on the framework for improving skills for Adult educators to realise transfer and successful social inclusion, while discussions revolved around the related webinars and apps.

Communication and dissemination plans were also addressed, including scheduling the next newsletter.

The meeting concluded with a visit to APPACDM Évora, a Portuguese Association of Parents and Friends of Mentally Handicapped Citizens, where the partners learned about the institution's support and rehabilitation approaches for Traumatic Brain Injury.

-APPACDM Évora, the Portuguese Association of Parents and Friends of Mentally Handicapped Citizens, is a non-profit institution providing personalized personal, social, and professional rehabilitation services to People with Disabilities and Incapacities. The partners had the opportunity to explore the facilities and gain insight into their work.

-For more information about APPACDM Évora and their services:
<https://appacdmevora.wixsite.com/sede>

The University of Evora appreciated the active participation of all partners during the meeting and looks forward to further progress in the TETRA-S project.

Stay tuned for more updates in our upcoming newsletters and continue supporting our mission of enhancing the lives of individuals with Traumatic Brain Injury.

TETRA-S in our research center :
<https://www.chrc.pt/pt/investigacao-e-desenvolvimento/projetos/erasmus-training-of-educators-for-transfer-of-transversal-skills>



3. INTERVIEW WITH DR. LÚCIA AMARAL

Psychomotrician at APPACDM of Évora and Invited assistant in the Hydrotherapy Curricular Unit of the University of Évora

What are your expectations regarding the products of the TETRA-S project, in particular regarding the creation of a MOOC?

“We are living through a social, scientific, political, educational and digital transformation. We live with an abundance of knowledge and information, with almost unlimited access to information. Digital technologies are a very present future and are responsible for much of the information we consume.

There are no longer barriers of time and space for people to communicate and learn. On the other hand, promoting social inclusion of people with disabilities is a fundamental axis of the European and national strategy. I believe that there is a great desire for training in this area and that, the platform as it is designed can meet these needs.

The creation of this MOOC is an added value in empowering and promoting autonomy, enabling its users to develop skills appropriate to their needs and which, I am convinced, will contribute to the promotion of good practices. Society is increasingly heterogeneous, so the population with disabilities is increasingly diverse, in this sense, the need for guiding tools and action strategies is undoubtedly an asset in improving skills to promote social inclusion.”



4. EU AND RELATED PARTNERS NEWS

Synergies with other projects:

Diversasia Project Opens New Opportunities For Students In Asia To Access The Higher Education System

by Petya Grudeva, NARHU National Association of Professionals Working with People with Disabilities.

Higher Education Institutions, NGOs and ICT companies from Europe and Asia are working together to improve accessibility in higher education. (618615-EPP-1-2020-1-UKIPPKA2-CBHEJP)

DIVERSASIA project aims to make HE OERs (Open Education Resources) and MOOCs (Massive Open Online Courses) in India and Bangladesh accessible, and ensure personalisation using AI (Artificial Intelligence), that will enable better provision of open distance learning for those who experience various types of barriers hindering their access to higher education courses.

Partners from the DIVERSASIA project are happy to share one of the key outcomes of the project - **DIVERSASIA Toolkit for transfer of best practices** on implementation of inclusive education in HEI.

The idea of the DiversAsia Toolkit is to bring together a wide range of tutorials, some developed by the project consortium, some by others, that prepare HEI staff to welcome students with disabilities in their educational institutions' community. The focus lies hereby on the educational accessibility in terms of administrative processes and overall readiness of (teaching) staff to accommodate students with disabilities; communication overall; course provision whether printed and/or online; and the physical accessibility in terms of actual access to the educational premises.

What the Toolkit provides?

- Tutorials on establishing accessible inclusive communication;
- Concrete guidelines towards creating accessible printed/online courses;
- How to create alternative formats based on accessible source material;
- Provision guidelines towards inclusive online course creation and provision;
- Assessment of accessibility SCORM package;
- How to measure overall engagement of students when applying inclusive approaches.

The partners have applied a modular approach, supported with many references to third parties' initiatives, videos, etc., thus making the learning experience engaging.

The full toolkit can be accessed by the official DIVERSASIA website following this link: <https://diversasia-accessible-he.eu/toolkit/>

More about the project and its other outcomes: <https://diversasia-accessible-he.eu/>





The **MOVE IT** Erasmus+ Project and **SELF-IN** project Erasmus + project by *María Sorzano Castellón*, European Project Manager IVASS Valencia Institute of Social Services.

MOVE IT: Improving physical activity levels in persons with intellectual disabilities through exergames and technology.

The project just went successfully through the risk management framework and is working on the app's development. The partners are developing an AGA and Sorterius, apps done specially for persons with intellectual disabilities to promote better lifestyles through exercise. The apps will be ready soon and tested after the summer in several pilots that will be done in Spain and Portugal.

Stay tuned to keep informed about the next actions and results. Website: www.moveit.upv.es

SELF-IN: developing self management programs for people with intellectual disabilities.

The 28th, 29th and 30th of June 2023 the learning and training activity for educators of the SELF-IN project took place hosted by the University of Padova, (Italy). 18 front-line disability professionals from the host organization, GROEP UBUNTU and IVASS met during these 3 days to learn and exchange experiences of how to develop self-management programs for people with intellectual disabilities from a metacognitive approach. The objective of this course was to improve the educator skills about metacognition and self-management and self-advocacy programs previous to the implementation by the same educators of the self-management programs.

The development of these programs was designed with a double objective:

- a) to improve the Self-In project impact
- b) to improve the final version of the two first educational resources produced by the project (Handbook for educators, and exercises for people with intellectual disabilities) which will be published at the end of 2023.



SELF-IN Project team

Enhancing outreaching efforts

By *Dr George Milis* Director and Innovations Manager and *Marianna Gregoriou* EUROCY Innovations Ltd, Cyprus.

Effective dissemination of our project's results to all relevant stakeholders is a key priority for our partnership.

Our primary objective was to ensure that the community understands the project's scope and can gain immediate access to the results as soon as they become available, thus allowing a larger audience to benefit.

Among our target audience there are professionals the beliefs of whom we aim to challenge, since studies have demonstrated the significant influence of beliefs of professionals on the effectiveness of interventions for individuals with cognitive difficulties.

Additionally, a recent study we have conducted has highlighted the pivotal role of professionals in determining whether individuals adhere to or abandon interventions.

Pampoulou, E., Loizou, M., Efthymiou, G., & Gregoriou, M. 2021.

Exploring the Views of Cypriot Professionals and Caregivers on Augmentative and Alternative Communication (AAC) Systems: Acceptance, Rejection or Abandonment. Paper presented at the CM2021 International AAC Virtual Conference, September 2021.

Our objectives were threefold:

1. Increase awareness of Project TETRA'S among relevant stakeholders.
2. Gauge the response to our initiative.
3. Determine the level of interest and engagement from individuals wishing to participate.

Thus far, the response to our initiative has been overwhelmingly positive, with individuals eagerly anticipating the project's completion to assess and benefit from its results.

We employed various strategies to raise awareness about the project. Our initial efforts were focusing on contacting key decision makers, such as administrators in rehabilitation or day-care centers, who could drive action within their respective organizations.

We also engaged professionals involved in supporting individuals with cognitive needs, as they stand to benefit directly from the project.

By challenging their beliefs regarding the abilities of individuals and the role of technology in this process, we aimed to trigger a positive change. Moreover, we recognized the importance of extending awareness beyond current professionals to university students studying fields related to rehabilitation, education, and inclusion.

These students represent the future workforce that needs to be equipped with effective methodologies for supporting individuals with cognitive disabilities. To this end, we arranged meetings with professors from the rehabilitation department to devise appropriate actions for raising awareness among students.

To disseminate information about our project, we employed diverse channels. These included face-to-face communication with key individuals, attending workshops and networking events, and leveraging social and other media platforms. We maintained an informative website and Facebook page, as well as distributed newsletters via mail to important stakeholders.

Subsequently, we established collaborations with stakeholders such as the Rehabilitation department of the University to conduct workshops where we will present the project's results to professionals and university students. Finally, we have agreements with rehabilitation centres to give them presentations of the project results and discuss how professionals can benefit from them, as well as evaluate the project's overall effectiveness.



Exchanges with the TETRA-S project in AMEA Center, for children with special needs.
Larnaca, Cyprus 6 September 2023

ENSA Working Groups Older Adults and Disability, Youth, Child, and Family - June 27 2023, Brussels – Flemish Agency Growing Up.

On June 27th June 2023, the ENSA Older Adults and Disability working groups met in Brussels hosted by the **Flemish Agency Growing Up** with the coordination of the **City of Rotterdam** and the support of **Ville de Créteil France**. The focus was on the exchange of experiences, practices projects and innovative answers to face new health and social societal changes. The development of Transversal skills with the approaches on social inclusion from the TETRA-S project were successfully presented by Eurocy representative, **Dr. George Milis**.



INTERESTED TO LEARN MORE ABOUT THE PROJECT?

Visit our website at: <https://tetras.ensa-network.eu/>

EVORA GREETINGS FROM THE TETRA-S PARTNERSHIP



Supporting Union of equality Strategy for the rights of persons with disabilities 2021-2030

This new and strengthened Strategy takes account of the diversity of disability comprising long-term physical, mental, intellectual or sensory impairments which are often invisible. **The TETRA-S project is orienting its work towards EU's intention to deliver on that Strategy, offering tools for equal participation aiming at real social inclusion.**

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