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www.tef-project.eu

The TEF project aims to innovate tourism VET provision in the participating organizations thanks to the development of upskilling activities for teachers and trainers and innovative learning activities for students. Moreover, the project aims to equip schools, teachers, trainers and students with the knowledge, skills and competences to provide training aligned to labor market needs and EDU-VET policies.

The specific objective of the project is to reduce skills gap between schools and tourism industry through three results:

- Improved digital competences of teachers and students
- Improved soft skills of students
- Improved professional competences of students and professionals

The project will lead to a better quality of VET provision, to an increased employability of students and professionals, and to an improved quality of the tourism offer in the partners' tourism ecosystems.

Pact for Skills Initiative in Tourism Sector - INSIGNARE

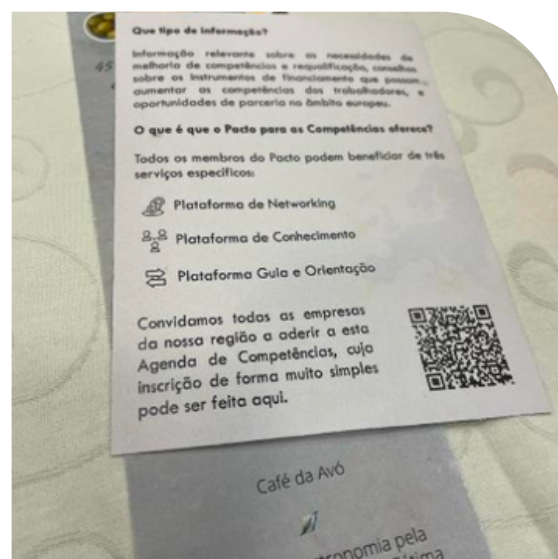


The 45th Meeting of Hoteliers and Heads of Religious Houses that Welcome Pilgrims was organized at Pope Paul VI Center, Fátima, on February 8th, with 124 participants. This annual event gathers regional Hospitality companies' owners, general managers, public local and regional policy makers. It is the regional and local biggest event for that target audience, due to the organization that promotes it - the Sanctuary of Fátima, the key player for regional and local Tourism.

The event aims to help improve reception conditions for the millions of visitors who choose Fátima as their destination each year. It also provides detailed information concerning the incoming markets to Fátima, and their stay in the region, which is of utmost importance for the marketing of both public and private Tourism sector.

Its agenda included an official dinner afterwards, held at Fátima Hospitality School, owned by INSIGNARE. After the session, the participants were invited to have dinner at Fátima Hospitality School, where they attended a short presentation about the Pact for Skills Initiative: "Pact for Skills - the Qualification of today's and tomorrow's Hospitality Workers", by Carina Oliveira, CEO of Insignare. INSIGNARE is part of an EU co-funded project - "TEF-Tourism Education of the Future", in which several activities to promote it were held: for example, pointed out that several companies that are present in the dinner answered a survey developed by the project, to find the training needs those companies have now and in the future, namely to face the Digital and Green Transitions, and that will lead to the development of free training courses for their staff.

Mrs. Carina João Oliveira pointed out that SONAE, on the biggest Portuguese conglomerates, has been appointed as the leader of this Initiative in Portugal, and invited all the company managers to follow its example, scanning the QR code of the flyer that could be found next to their seat, and register themselves.



Tourism Teachers Students Wellbeing

In April a workshop was hosted by our partner Insignare in Fatima, Portugal and among other presentation mainly related to teachers' digital skills in Tourism and beyond, the presentation on Students' Burnout resulted of great interest to the participants.

There is always talk and support on teachers' burnout but what about the students?

Recognizing and addressing student burnout not only benefits the individual student but also contributes to a healthier, more productive educational environment for all students and teachers.

It is very important for teachers to identify burn out symptoms in their students and as early as possible as it allows teachers to intervene before burnout leads to more severe academic or psychological issues; it can help students regain their focus and improve their overall academic performance and students who feel supported are more likely to participate actively in class and engage with the material.

Teaching students how to cope with burnout can equip them with skills to manage stress and challenges in the future and it can help maintain students' interest in learning and promote a positive attitude toward education throughout their lives.



Below there is a summary of the presentation of José Carlos Rodrigues Gomes an Associate Professor| Politécnico de Leiria; An Integrated member | CiTechCare and a National Health Council Expert in Portugal.

What Is Academic Burnout?

Academic burnout can be defined as a negative emotional, physical and mental reaction to prolonged study that results in exhaustion, frustration, lack of motivation and reduced ability in school.

It is the culmination of many weeks or months studying the same material or working on the same project, or from continuous years of schooling. This is not to be confused with the occasional feeling of frustration when you have been studying for hours on end, or tiredness from pulling an all-nighter. It is rather more of a chronic condition from long-term study or schoolwork.

Main signs of the students' **Academic Burnout** are:

- Feeling exhausted no matter how much sleep you get, resulting in fatigue and insomnia
- Lacking motivation to attend classes or start assignments
- Lashing out at others and increased irritability due to frustration
- Lacking inspiration and creativity to bring to projects and class discussions
- Loss of confidence in academic abilities
- Incapability to meet important deadlines

WHAT CAN TEACHERS DO TO HELP STUDENTS WITH BURNOUT?

A few things can be done in order to avoid burnout and teachers can follow up with students on their completion if possible. What they can advise their students on is to:

1. **Make Time for Enjoyable Activities and not just on the weekend!**

As a student sprinkle your calendar with things you love to do throughout the week, and you'll feel start to feel more motivated to start your school days.

2. **Get Plenty of Physical Exercise.**

Try to exercise at least three times a week, stay hydrated and eat healthy to keep your mind and body active and healthy.

3. **Get Outside.**

Studies have shown that time spent in nature can reduce stress levels so spend some of your free time in some greenery!

4. **Make Time for Social Activities**

Not only friends and family provide you with a positive support system, but time spent in fun social environments will make you happier and give your mind a break.

5. **Develop Good Relationships with Professors (and classmates!).**

This will make it so that you don't feel like going to class or study hall is a chore.

6. **Set Reasonable Goals and stick to them**

Use a calendar and daily reminders to stay motivated to achieve deadlines.

7. **Avoid Procrastination**

When you are feeling stressed, putting off assignments and projects is tempting, but ultimately this will lead to sleep deprivation, frustration and end in more stress.

8. **Get Better at Time Management**

This is a key factor in making sure you stay on track with deadlines, avoid procrastination and end up with a more positive relationship with your studies.

9. **Take a Step Back**

Look at your school situation as a whole. Ask yourself, have you chosen the correct field, school or program? Is there another direction you need to take to make this better align with your career path or interests?

10. **Have a Work-Life Balance**

Work-life balance is just as important for students as it is for workers. Set up your schedule for equal parts school and fun or social activities. And don't forget to make time for just YOU.



Pact4skills initiative Orizon- Ekpaideftiria Bouga

On June 27th, 2024, Orizon – Ekpaideftiria organized a meeting – presentation on the premises of Ekpaideftiria Bouga – Orizon so that our Erasmus+ project TEF (Tourism Education Future) and the Pact for skills initiative would be presented. Our main aim was to make teachers, trainers and stakeholders aware of the project results but to also be informed about the Pact of skills initiative.

During the presentation the aims and objectives of the project were discussed and a timeline of the activities implemented was shown and their results presented.

This event was a great opportunity to present the Pact for Skills initiative and its importance. After the presentation links for registration were also sent to the participants of this event.

Generally an analysis of what the benefits the participants have after having taken part in an Erasmus+ project was made so that more can be motivated in taking part in projects like these. The meeting – presentation also focused on the importance of Erasmus + projects, of why there should be internationalization of VET education, why the teaching process should be innovative and should emphasize on the project-based learning approach and the use of digital tools.

It also focused on all the TEF project products

- 1 Course catalogue
- 6 Masterclasses
- 2 Thematic workshops
- 1 Community of practice
- 2 Blended skills competitions for students
- 2 Online contests for students
- 2 Guides on how to develop blended skills competition and online contests
- 1 Toolkit to analyse skills/ trends of the tourism sector
- 9 C-VET courses for students and professionals
- 6 Pact for Skills on tourism initiatives at regional level (VET, industry, stakeholder) and how they will be used to benefit more people.

All the students and teachers at our school were thanked for their support and cooperation in the implementation of the TEF project activities.

Thanks to the TEF project, we all discovered, teachers, trainers and students a whole new world of knowledge, creativity and skills – aiming at promoting the tourism of the future.



Last Transnational Project Meeting in Alba, Italy

From 11 to 13 June, the 7 partner organisations of the European project Tourism Education of the Future met in Alba, at the Apro Formazione headquarters, to complete the last joint work session before the closure of the project.

Work began on Tuesday 11 June with a morning work session dedicated to the drafting of a guide to realise transnational online contests, built on the concrete experience developed in the previous months by the partner schools: then a second afternoon session has been dedicated to finalise the analysis questionnaire to map trends and skills gaps in the tourism sector, which was circulated in the past few days.

The second day started with a session held by Furio Bednarz, the external evaluator pinned on the project, who followed the work of the partners during the two years of duration. The session served to collect data on the effectiveness of the collaboration between partners, the quality of the results produced and the impact of the activities of the different organisations. The session also served as a moment of reflection on how to improve and refine the working dynamics between partners. This was followed by a working session on dissemination and a finalisation and review of the online course catalogue and the CVET training course catalogue.

After lunch, the representatives of the various partners were involved in a cultural visit to learn about the tourism ecosystem, strengths and characteristics of the Roero, Langhe and Monferrato area. The group first participated in a guided tour of Govone Castle, the summer residence of the Solaro family, followed by a visit to the Albino Rocca winery in the Barbaresco area. The day ended with a social dinner at a traditional restaurant in Diano d'Alba.

On 13 June, the last half-day was dedicated to project management and finalisation of the Exploitation plan, to organise the mainstreaming and multiplication of results at the end of the project. Free afternoon for the partnership.

The project will formally end on 31 August 2024.

