

MADEIRA

MADEIRA OUTDOOR – Inclusion, Emotional Intelligence,
Team Building, Wellbeing & Outdoor Learning

Course Duration: one week, from Monday to Saturday, 30 hours

Location: Madeira | Portugal

Number of Participants: Min. 6 – Max. 20



COURSE DESCRIPTION

This Erasmus+ structured course promotes inclusive education and emotional wellbeing through experiential learning in Madeira's stunning landscapes. Teachers explore how empathy, collaboration, and positive communication can transform classroom dynamics — learning both indoors and outdoors, surrounded by the island's natural and cultural beauty.

LEARNING OUTCOMES

Participants to the course will learn to:

- Foster inclusion and empathy in multicultural classrooms.
- Apply emotional intelligence strategies to improve classroom relationships.
- Develop teamwork and trust among staff and students.
- Manage stress and strengthen wellbeing practices.
- Use outdoor and experiential learning to support social connection.

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**Pedagogical
Innovation
Centre**

DAY 1 Monday – Inclusion & Emotional Intelligence (Indoor, Escola do Louro, Funchal)

- Welcome session and course overview.
- Ice-breaking and trust-building activities.
- Workshop: “Empathy and Emotional Intelligence in Education.”
- Reflection circle on inclusion and wellbeing.

DAY 2 Tuesday – Team Building & Perspective (Field Trip, Cabo Girão, Câmara de Lobos)

- Visit to Cabo Girão Skywalk, one of Europe's highest sea cliffs.
- Group activities to develop confidence and mutual support.
- Reflection: changing perspectives in teaching and leadership.
- Journaling: balance and self-awareness as educators.

DAY 3 Wednesday – Wellbeing & Emotional Balance (Field Trip, Pico do Areeiro)

- Guided walk around Pico do Areeiro viewpoint.
- Outdoor mindfulness and breathing practice.
- Reflection on emotional resilience and stress management.
- Sharing circle: maintaining calm in complex classroom contexts.

DAY 4 Thursday – Outdoor Learning & Cultural Inclusion (Field Trip, Santana – Traditional Houses and Cultural Heritage)

- Visit to Santana's traditional thatched houses and cultural park.
- Discussion: local culture as a tool for inclusion and identity.
- Creative workshop: storytelling for empathy and belonging.
- Reflection: valuing diversity in our communities.

DAY 5 Friday – Dolphin Watching, Flow & Teamwork (Catamaran, Marina do Funchal)

- Dolphin and whale watching tour along Madeira's south coast.
- Reflection on teamwork, flow, and emotional connection inspired by marine life.
- Group discussion: “What does cooperation look like in education?”
- Journaling: emotional flow, self-care, and strategies for wellbeing in school contexts.

DAY 6 Saturday – Reflection, Gratitude & Moving Forward (Outdoor, Jardim Municipal do Funchal, Avenida Arriaga)

- Group reflection and guided mindfulness in the garden.
- Sharing best practices and personal insights.
- Workshop: action planning for inclusion and wellbeing at school.
- Certificates ceremony and group photo under the palm trees.