

## EUROPE

### Ensuring Unity and Respect as Outcomes for the People of Europe

[europe-project.org](http://europe-project.org)

#### **Objectives:**

- \* To promote social inclusion, tolerance, non-discrimination and other factors that prevent violence in school through an innovative approach known as Quiet Time, which uses the Transcendental Meditation (TM) technique
- \* To adapt and transfer the chosen good practice in 3 countries (Nederland, Sweden and Portugal), targeting schools with minority students and those with disadvantaged or migrant backgrounds
- \* To foster the role of education in preventing bullying and violent radicalisation and promoting intercultural understanding, social cohesion and mutual respect in society

#### **Activities:**

- \* Analysis of the status quo, the Quiet Time method and preparation for partners for the method application
- \* Implementation of the Quiet Time programme in the schools in a European context
- \* Study visit at the 2 schools in England and the Netherlands where partners have already been applying the best practice, involving educational authorities that support the project as well as the school staff and students

#### ***Follow the project IN ACTION***

#### **Results:**

- \* Scientific Articles published in specialized journals, websites and presentations in seminars and congresses
- \* Manual of best practices and road map to guide policy makers in the implementation of the Quiet Time programme in other contexts
- \* Creation of sustained support structures, including a European expert centre for the implementation of the Quiet Time method

#### **Partners:**

- \* Coordinator: Fondazione Hallgarten Franchetti - Centro Studi Villa Montesca (Italy)
- \* Stichting Hogeschool Utrecht [Utrecht University of Applied Sciences] (The Netherlands)
- \* Universidade do Algarve (Portugal)
- \* Agrupamento de Escolas João de Deus [Teacher Training Centre] (Portugal)
- \* Maharishi School Trust Limited (United Kingdom)
- \* Stichting Maharishi Onderwijs Nederland (The Netherlands)
- \* Maharishi Foundation England (United Kingdom)
- \* APEJAA - Associação de Pais e Encarregados de Educação da Escola João Afonso De Aveiro (Portugal)
- \* Cooperativa Cultural Ciencia Tecnologia Vedica Maharishi, CCCT (Portugal)
- \* MIKI - SVERIGE [Maharishi Institut for Kreativ Intelligen] (Sweden)
- \* Stichting Maharishi Vedisch Instituut (The Netherlands)
- \* CESIE (Italy)

Date of project: 31/12/2016 – 30/12/2018

**DG of reference:** DG EAC, Erasmus+ [Key Action 3 - Initiatives for policy innovation - Social inclusion through education, training and youth](#)

**Contact:** CESIE: [ruta.grigaliunaite@cesie.org](mailto:ruta.grigaliunaite@cesie.org)



Co-funded by the  
Erasmus+ Programme  
of the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein