

INTERNATIONAL HELLENIC UNIVERSITY

ERASMUS+

Student Short Mobility for Traineeships

“TEACHERS FIRST”

GUADELOUPE, 3-10 MARCH 2026

Academic year: 2025-2026



# The activity

- The three students, Aikaterini Tsileponi, Maria Konstandia Tantsi and Emmanouil Sofos, of Organization Management Marketing and Tourism Department's International Hellenic University-Alexander Campus (GTHESSAL14) have started their traineeship at *GADELOUPE EXPERIENCE COMPANY*, Organization in the framework of Erasmus+ Programme as a scholarship holder.
- The period of the student's Erasmus mobility for studies is from 03/03/2026 to 10/03/2026

# The Host Organization



Location: 5 lot Marguerite, Sainte-Anne 97180  
Learning center: 88 blvdH. Ibene, Sainte-Anne, 97180  
Guadeloupe, France

# The course: “Teachers First!”

Eight-day course in Guadeloupe, France  
<https://guadexperience.fr/teachers-first/>

- Explore personal and professional values
- Experience various distress techniques
- Strengthen your resilience
- Take steps towards well-being
- Recent studies reveal alarming levels of stress among teachers – a growing concern that not only affects educators’ health but also the quality of student learning. We invite you to take a meaningful pause. Step away from the demands of daily teaching to reflect, recharge, and reconnect with your passion for education – and for life.

# The course: “Teachers First!”

- This 8-day course is designed specifically for teachers, offering:
- Practical tools for managing stress
- Evidence-based methods to support mental health and well-being
- Strategies to build resilience and maintain a sustainable teaching practice
- Through hands-on activities, guided reflection, and shared experience, you’ll rediscover the joy of teaching and develop a renewed, balanced approach to your work. Take this time for yourself – because your well-being matters, for you and for your students.

# The course: “Teachers First!”

## Expected learning outcomes

- Increased ability to manage stress effectively in both personal and professional settings.
- Improved critical thinking and problem-solving skills, leading to better decision-making and performance.
- Strengthened resilience, enabling quicker recovery from setbacks and sustained well-being under pressure.
- Broader understanding and integration of practices that promote inner peace and emotional balance.
- Enhanced language proficiency, resulting in clearer communication and greater confidence in international contexts.
- Expanded professional network through meaningful connections with colleagues from diverse cultural and national backgrounds.
- The course is enriched by eTwinning project [“Teachers First!”](#) which serves for monitoring own learning, visibility and dissemination.
- Course description on [European School Education Platform \(ESEP\) course catalogue](#)

# The course: “Teachers First!”

## Details

- CERTIFICATION:
- Certificate of attendance
- Learning Agreement
- Europass mobility document (on request)
  
- PRICE: 720 EUROS
- Course package content:
- 8 day course x 80 Euros = 640 Euros
- Transport for 4 educational visits x 20 Euros = 80 Euros
- Total package fee = 720 Euros
- Travel, accommodation and meals are paid individually by participants.
- We provide recommendations for accommodation.
- **No additional costs will be charged during the course.**

# TEACHERS FIRST, GUADELOUPE, 3-10 MARCH 2026



# TEACHERS FIRST, GUADELOUPE, 3-10 MARCH 2026



# TEACHERS FIRST, GUADELOUPE, 3-10 MARCH 2026: Our team!



# WELCOME TO PARADISE!



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# Experience various distress techniques: Walking in the Rain Forest!



# Experience various distress techniques: Explore Guadeloupian culture



# Experience various distress techniques: Explore Guadeloupian food!



# Experience various distress techniques: Explore Guadeloupian Nature!



# Experience various distress techniques: Explore Guadeloupian Sea!



# Experience various distress techniques: Explore Guadeloupian Sea!



# Experience various distress techniques: MUSIC THERAPY



# Experience various distress techniques: MUSIC THERAPY



# Experience various distress techniques: ART THERAPY!



# Experience various distress techniques: Art Therapy!



# Experience various distress techniques. Adventuring in the juggle!



# Experience various distress techniques: taste Guadeloupian cuisine!



# Experience various distress techniques: taste Guadeloupian cuisine!



# Learn the slave history!



# Learn the slave history!



# Learn the slave history!



# Experience International Cuisine: Greek, French and Guadeloupian!



# CERTIFICATIONS: the end of an unforgettable learning Experience!



# Το Erasmus+ ανοίγει δρόμους, αλλάζει ζωές.

## A learning experience thanks to:

1. The International Hellenic University, Organization, Management Marketing and Tourism Department
2. Erasmus+



ΔΙΕΘΝΕΣ  
ΠΑΝΕΠΙΣΤΗΜΙΟ  
ΤΗΣ ΕΛΛΑΔΟΣ



**Erasmus+**  
Changing lives. Opening minds.

# THANK YOU!