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«ARTS AND MINDFULNESS IN EDUCATION» PROJECT

Together with the team we are working on the Arts & Mindfulness in Education project.

Every Monday there is a training with coaches and a sponsor, where we meditate, explore our body and mind. Irma Smegen, one of the sponsors of the project gave us a book she wrote herself. It tells about methods of improving education through exercises related to meditation.

To get rid of unnecessary emotions, clear your mind and focus on what is necessary, feel the breath, your body. In today's world, when the pace of life is fast enough, it is very difficult to focus on consciousness and your body.

We meditated with food, ate slowly, tried the texture of chocolate with one finger, sniffed, listened to it. For many it was very funny and surprised. We were asked to wear comfortable clothes for classes and take off shoes in a special room where there are mattresses and you can lie down. We lay for about an hour, I was not very comfortable because I came in dressed in a business style and was impressed. It feels like hypnosis.

From a technical point of view, the project is to create a web application music calendar with a specially selected melody for children of different ages to perform similar exercises. Thereby improving the educational process. We use

Javascript-based libraries, frameworks and develop a database using Postgresql, node.js and more. Defined a technology stack for frontend & backend parts.

We created a working group of 3 people, 2 programmers and 1 designer. Other team members work on site content, collect information about composers, etc. At the beginning of the project, we conducted a Belbin test to distribute roles. We also wrote a project plan and determined deadlines.

We do not have teachers, lectures, laboratory works. But we can ask for help from the teacher or other team.

Related subjects, such as corporate communication and entrepreneurship, cross media design, English, are aimed at enabling us to develop our project. We learned to create logos, study business models and prescribe the target audience, in English we will train presentation skills, facial expressions, gestures and pronunciation.

We are very surprised by the education system in Belgium. Absolutely different approach. There are no requirements, all responsibility is placed on students and only at personal desire, teamwork it is possible to carry out the project moment and in any situation, ready to meet. And very comfortable working conditions on campus.