

ERASMUS SUITCASE[©] TIME

CONCEPT OF THE ERASMUS SUITCASES

In the **Erasmus⁺ project THE TIME OF MY LIFE**, teachers and students of the participating schools in Estonia, Finland, Germany, Sweden and Spain, have approached the topic TIME and its dimensions:

- TIME as a MEASURABLE PHYSICAL PHENOMENON
- TIME as an ERA IN WORLD HISTORY
- TIME as a metaphor for the QUALITY OF LIFE

The Erasmus⁺ project has been co-funded by the EU. Some of the aims of the project are: to enable students to work together with students from other European countries, to create a sense of belonging and shared values, to provide knowledge and train skills to support students as successful learners, to prepare the students for the time after graduating from school to pursue a continued educational career and to diminish the hindrances for them to access the labour market as well as personal growth.

In the process of doing research, analysing, evaluating and presenting, the students have learned about the principles of scientific work and its methods, also about the topics LEARNING and TEACHING in order to further their understanding of the TEACHING PROFESSION. Their newly gained knowledge they have made their available in the form of PEER TUITION during the project. While learning about planning and teaching a lesson, they experience both, the difficulties as well as the joys of the profession.

On the basis of skills and knowledge the students work on a number of topics, subtopics and related topics which are part of the **Erasmus+ project THE TIME OF MY LIFE**. Furthermore they prepare **Open Educational Resources (OER)**, our **Erasmus Suitcases[©]**, in order to provide a great deal of help for teachers wishing to prepare and teach those topics.

CONTENT OF THE ERASMUS SUITCASES TIME

- **TEACHER'S MANUAL** (FOR QUICK ACCESS TO THE CONTENTS AND CONCEPT)
- **SEQUENCE PLAN** (AN OUTLINE OF TOPICS FOR LESSONS)
- **DETAILED LESSON PLANS**
 - LESSON PLAN 1 **TIME as a MEASURABLE PHYSICAL PHENOMENON**
DEFINITIONS, PERCEPTIONS, IMPLICATIONS
 - LESSON PLAN 2 **TIME as an ERA (EXAMPLES & DEFINITIONS) IN WORLD HISTORY**
(EX. THE MIDDLE AGES, AGE OF ENLIGHTENMENT etc.)
PRESENT SITUATION (DIFFERENT PLACES) AND PROSPECTS FOR THE FUTURE
 - LESSON PLAN 3 **CHRONOBIOLOGY / INDIVIDUAL LIFESTYLE**
THE COSMOS AND THE INDIVIDUAL HUMAN BEING
SYNCHRONIZING, OPTIMIZING, FIGHTING THE CLOCK
 - LESSON PLAN 4 **RAT RACE, FIGHTING THE CLOCK, GO WITH THE FLOW**
HEALTHY LIFESTYLE (DIET, ACTIVITY, RECREATION)
MOTIVATION, ACTIVATION, PROCRASTINATION
 - LESSON PLAN 5 **TIME MANAGEMENT**
WORK-LIFE-(SLEEP-)BALANCE, COPING STRATEGIES
EFFICIENCY, STRESS, AVAILABILITY, MEDIA USE
 - LESSON PLAN 6 **ENVIRONMENT, HYGIENE, LIFE EXPECTANCY, SOCIETY, ART & CULTURE**
- **MATERIALS**
- **SOURCES**