

Dear students,

You're invited to join the international eTwinning project titled

“M.O.R.E. Than Words: Mindfulness, Openness, Resilience, and Empathy through Popular Sayings”

In this intercultural and research-based project, schools from Linz (Austria), Palermo (Italy), Serbia (Belgrade), Slovakia (Vranov Nad Topľou), and Spain (Antequera) will be working together. The project is intended for students who enjoy languages, culture, digital tools, and teamwork. Our goal is to explore traditional sayings, proverbs, idioms, and dialectal expressions in order to discover what they can reveal about emotions, values, everyday life, and the cultural patterns of different peoples.

Through joint activities, we will explore topics such as:

- how language shapes our view of the world;
- what sayings tell us about human behavior;
- what is shared and what differs among European cultures;
- how prejudices can be recognized and overcome;
- how linguistic heritage helps us develop mindfulness, openness, resilience and empathy.

As inspiration for creative research, we will use books such as *Atlas of Prejudices* and *Cutting Clouds with the Nose*, and we will present the results of our collaboration through digital posters, presentations, short video projects, and, as final product, a shared online archive of European sayings.

Workshops, teamwork, and communication will take place on the eTwinning platform and in shared online groups to be organized *in itinere*.

Please, apply for your participation sending a mail to pierpaolo.tripiano@liceovittorioemanuelepa.it within 26/11/2025 18:00 p.m., writing Subject Etwinning MORE Name Surname Class (Oggetto: Nome Cognome Classe) and attaching Parent consent form (Modulo autorizzazione genitori).

For the selection the order of arrival of the emails will be taken into consideration.