

EDU4SDGS Project

NEWSLETTER



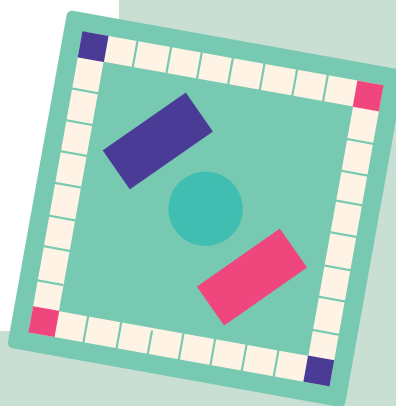
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ABOUT THE PROJECT

The project aims to accelerate the contribution of higher education (HE) to the achievement of the Sustainable Development Goals (SDGs) by fostering social responsibility and cultivating individuals as agents of change.

THE BOARD GAME



As part of WP 3, "*Emotional Intelligence for the SDGs*," a board game is being developed to introduce the SDGs in an engaging, gamified format.

In general, this WP includes the following specific steps: Training participants on emotional intelligence (Activity 3.1) to enhance self-awareness and workplace effectiveness; designing board game scenarios (Activity 3.2) reflecting diverse global contexts to inspire player engagement; and developing the board game (Activity 3.3) as a catalyst for raising awareness and empathy. A summer school in Riga will test the board game and related tools, while Activity 3.5 will train agents of change to implement and expand the tool's reach. Supporting these efforts, a social media video (Activity 5.4) will raise visibility and stakeholder interest. Finally, all partners will integrate these outcomes into their institutional practices (Activity 3.7), ensuring sustainability and long-term impact.

Activity 3.1, titled "Working with Emotions," consisted of a training session conducted by Team Coaching on November 28, 2023, from 14:00 to 17:00. The session was held at the International Cooperation Centre of Lodz University of Technology in Poland. The training was attended by four participants from Lodz University of Technology, two from Universitat Autònoma de Barcelona, two from ABD, one from ACEEU, and one from IFE Alumni Association.

BUILDING A COMPREHENSIVE EDUCATIONAL ECOSYSTEM FOR SUSTAINABLE DEVELOPMENT GOALS

Project Number: 2023-1-PL01-KA220-HED-000165127. Disclaimer: Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

LEARN ABOUT EQDO, A UNIQUE TOOL!

The EQdo game is a distinctive tool designed to achieve the following objectives:

- Facilitate emotional education.
- Support the regulation of emotions.
- Reduce stress levels.
- Enhance understanding of individual needs.



The tool is user-friendly for non-specialists and highly flexible due to its customizable puzzle card setup. It emphasizes the connection between thinking patterns and emotional states, promoting the organization of internal processes—such as thoughts, needs, feelings, and reactions. Additionally, assembling the puzzle provides a hands-on, kinesthetic engagement.



INTRODUCE YOURSELF AND PLAY!

1

Select a card and discuss its connection to your emotional life by completing the statement: *"This image represents my emotional life because..."*



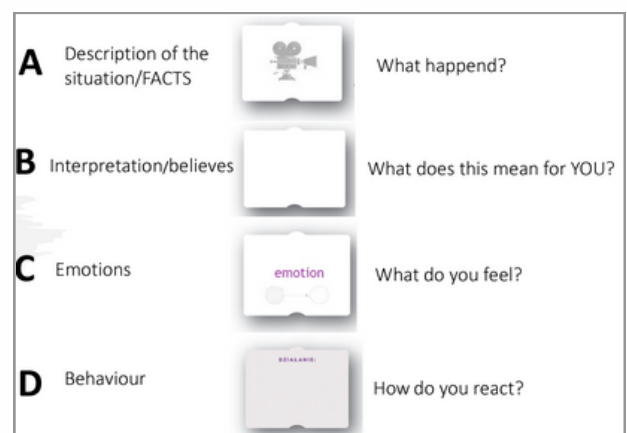
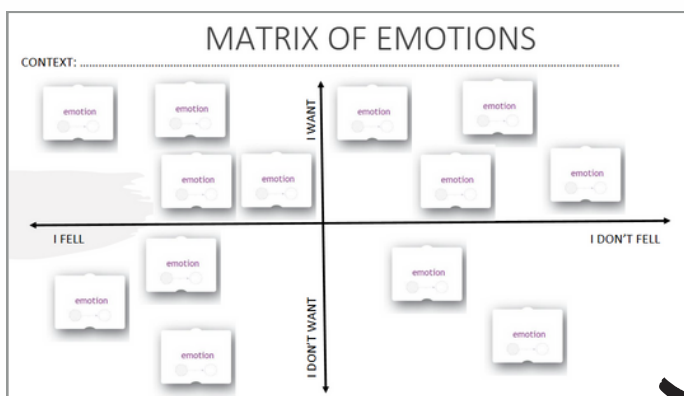
2

Select a "need" card and write down your specific need for this training.



3

Use the Matrix of Emotions to understand yourself and categorize your situation.



4

Regulate emotions
and give alternative
interpretations



FINAL RECOMMENDATIONS!

1. Experience and acknowledge your emotions.
2. Express your feelings in a considerate and thoughtful manner.
3. Offer support to friends who are experiencing emotional distress.
4. Enhance empathy by attempting to understand the emotions of others.
5. Expand your knowledge of non-verbal communication.
6. Inquire about others' emotions when you are unable to discern them.
7. Adopt an assertive communication style.
8. Practice active listening.
9. Reflect and improve your responses in situations where you struggle with receiving feedback.
10. Foster greater social engagement.

And remember to incorporate EQdo into your journey!