



Π.Δ.Ε.Δ.Ε.  
ΠΕΡΙΦΕΡΕΙΑΚΗ ΔΙΕΥΘΥΝΣΗ  
ΠΡΩΤΟΒΑΘΜΙΑΣ και ΔΕΥΤΕΡΟΒΑΘΜΙΑΣ ΕΚΠΑΙΔΕΥΣΗΣ  
ΔΥΤΙΚΗΣ ΕΛΛΑΔΑΣ



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ΑΡΣΑΚΕΙΑ – ΤΟΣΙΤΣΕΙΑ ΣΧΟΛΕΙΑ  
ARSAKEIA – TOSITSEIA SCHOOLS  
ΑΡΣΑΚΕΙΑ ΣΧΟΛΕΙΑ ΠΑΤΡΩΝ



ΠΕΚΕΣ  
— ΔΥΤΙΚΗΣ ΕΛΛΑΔΑΣ —  
ΠΕΡΙΦΕΡΕΙΑΚΟ ΚΕΝΤΡΟ ΕΚΠΑΙΔΕΥΤΙΚΟΥ ΣΧΕΔΙΑΣΜΟΥ  
Regional Center for Educational Planning of Western Greece

**3<sup>η</sup> ΔΙΗΜΕΡΙΔΑ**

Ανταλλαγής Καλών Πρακτικών Erasmus+

**Καινοτομία Ευρωπαϊκή  
Διάσταση στην Εκπαίδευση**

**10 - 11 Απριλίου 2024**

09:00 - 13:30

Εστία Επιστημών Πάτρας  
Αρσάκεια Σχολεία Πατρών

**“POSITIVE: Prevention Of Stress by exploiting an Innovative Virtual Environment”**

ΝΙΚΟΛΙΑ ΗΛΙΟΠΟΥΛΟΥ, ΠΕ04.04

ΑΡΣΑΚΕΙΟ ΓΕΝΙΚΟ ΛΥΚΕΙΟ ΠΑΤΡΩΝ

# POSITIVE - Γενικά



- KA220-SCH - Cooperation partnerships in school education
- Project code : 2021-1-PT01-KA220-SCH-000032534
- Διάρκεια: 2 Έτη (Ιανουάριος 2022 – Δεκέμβριος 2023)
- Συναντήσεις : 4 δια ζώσης – 20 online – 4 multiplier events
- Ιδέα: Προώθηση της ανάπτυξης δεξιοτήτων αντιμετώπισης του άγχους σε εφήβους σε ένα παιχνοδοποιημένο τρισδιάστατο εικονικό περιβάλλον μάθησης.



# POSITIVE – Συνεργάτες



1. UNIVERSITY OF MAIA – ISMAI (ΠΟΡΤΟΓΑΛΙΑ), ΣΥΝΤΟΝΙΣΤΕΣ

<http://ismai.pt>

2. Πανεπιστήμιο Πατρών, Τμήμα Μηχανικών Η/Υ & Πληροφορικής (ΕΛΛΑΔΑ)

<http://www.upatras.gr>

3. AGRUPAMENTO DE ESCOLAS DE RATES, (ΠΟΡΤΟΓΑΛΙΑ)

<https://portal.aerates.pt/>

4. ΑΡΣΑΚΕΙΟ ΛΥΚΕΙΟ ΠΑΤΡΩΝ (ΕΛΛΑΔΑ)

<https://www.arsakeio.gr>

5. COLEGIO LOS PINOS-LOS PINOS EDUCACIÓN, S.L. (ΙΣΠΑΝΙΑ)

<http://www.colegiolospinos.eu/>

6. VšĮ "eMundus" (ΛΙΘΟΥΑΝΙΑ)

<https://www.emundus.eu>





# POSITIVE - Στόχοι

- Αναγνώριση και αντιμετώπιση του άγχους που σχετίζεται με τη σχολική καθημερινότητα των μαθητών.
- Δημιουργία ενός Τρισδιάστατου Εικονικού Περιβάλλοντος Μάθησης με προσομοίωση σεναρίων από στρεσογόνα περιστατικά της σχολικής ζωής.
- Υποστήριξη και των εκπαιδευτικών στην αντιμετώπιση περιστατικών που προκαλούν άγχος στους μαθητές.







# POSITIVE – Συναντήσεις Εταίρων

- Η εναρκτήρια συνάντηση πραγματοποιήθηκε διαδικτυακά, λόγω COVID-19, στις 20-21/01/2022.
- Δια ζώσης συναντήσεις: Κάουνας (Σεπτέμβριος 2022), Πόρτο (Μάιος 2023), Πάτρα (Δεκέμβριος 2023).
- Συντονισμός των εργασιών του προγράμματος και προγραμματισμός περαιτέρω δραστηριοτήτων πραγματοποιείται σε όλη τη διάρκεια του έργου και με μηνιαίες διαδικτυακές συναντήσεις των εταίρων.





# POSITIVE - Αποτελέσματα

## Φάση 1η:

- Διερεύνηση αναγκών μαθητών σχετικά με το άγχος
- Δημιουργία εκπαιδευτικού υλικού
- Σχεδιασμός σεναρίων του ψηφιακού παιχνιδιού

## Φάση 2η: Ανάπτυξη του τρισδιάστατου εικονικού κόσμου

## Φάση 3η:

- Εμπλοκή των μαθητών στον τρισδιάστατο εικονικό κόσμο
- Αποτελέσματα έρευνας σχετικά με την αποτελεσματικότητα του ψηφιακού παιχνιδιού στις στρατηγικές αντιμετώπισης του άγχους από τους μαθητές και τη βελτίωση της ποιότητας ζωής τους.

# POSITIVE - Αποτελέσματα

Φάση 1<sup>η</sup>: Έρευνα γύρω από το άγχους στους μαθητές

4 κοινά ευρήματα:

- Το άγχος των μαθητών αυξάνεται με την ηλικία
- Τα κορίτσια έχουν υψηλότερα επίπεδα στρες
- Τα κοινωνικά και οικονομικά προβλήματα της οικογένειας είναι παράγοντες που αυξάνουν των εφήβων
- COVID-19 αύξησε την αίσθηση αβεβαιότητας και το φόβο για το μέλλον

# POSITIVE - Αποτελέσματα

Φάση 1<sup>η</sup>: Δημιουργία εκπαιδευτικού υλικού και σεναρίων

Game Scenarios	Categories	Specific situations	Partner
	Academic stressors	Oral presentations	Los Pinos
		Studying for tests	ISMAI
		Obtaining a bad grade	Upatras
	Personal stressors	Planning the time organization	ISMAI
		Talking about future expectations	AE Rates
	Social stressors	Peer judgment (e.g., Bullying, LGBTQIA+, ...)	eMundus
		Dealing with family's (and/or teacher) expectations	Arsakeio



# POSITIVE - Αποτελέσματα



**Φάση 2η:** Ανάπτυξη του τρισδιάστατου εικονικού κόσμου

Εκδόσεις του τρισδιάστατου ψηφιακού εικονικού περιβάλλοντος μάθησης (3D Virtual World Learning Environment)



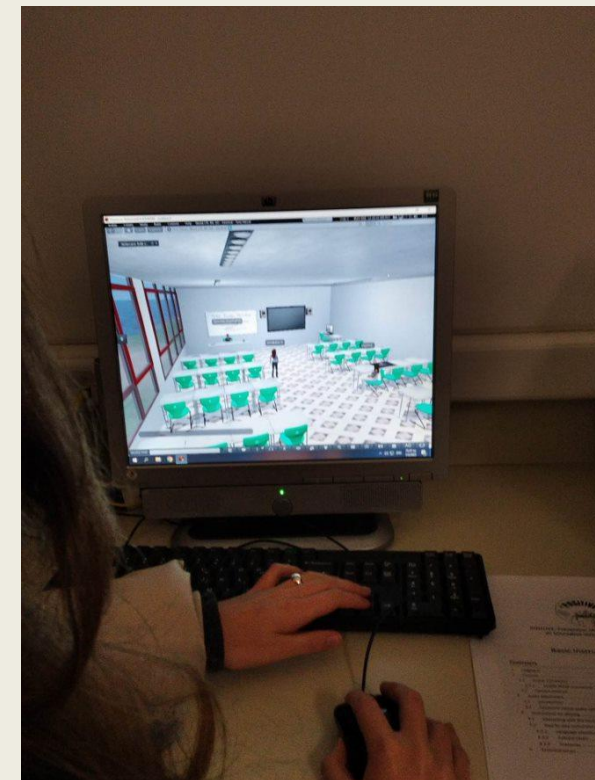
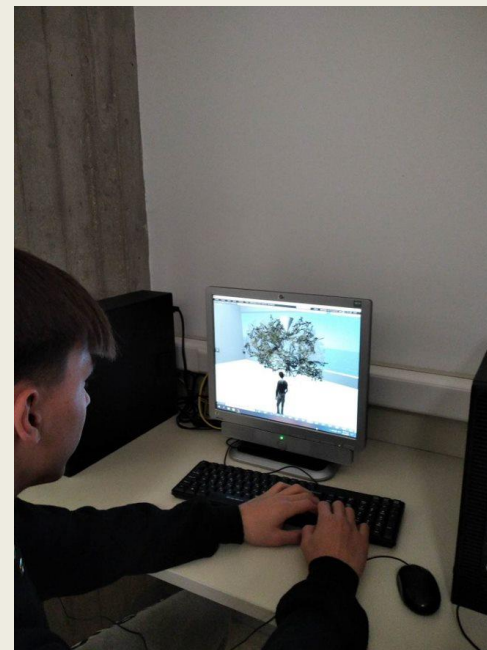
Με ερωτηματολόγια και συνεντεύξεις αξιολογείται κάθε έκδοση με σκοπό τη βελτίωση του 3D VWLE.

# POSITIVE - Αποτελέσματα



## Φάση 3<sup>η</sup>: Εμπλοκή μαθητών

1. Είσοδος στον ψηφιακό κόσμο
2. Συμμετοχή σε σενάρια
3. Αξιολόγηση





Favorites Bar



arsakeio positive





Favorites Bar







Teacher Daymond

Good Exam Results  
on Computer

Daphne

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Play Intro

1 νέα ειδοποίηση





POSITIVE VL's 'Dialogue'

Today Maria has an oral presentation in class. You look at her and she seems different than usual.

Your response:

1. Hi Maria! Is everything okay? I noticed that you are acting more distant today.

1

Block Ignore

Maria

Ellie

Jason

Teacher Mathis

Sophie

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Texture: lp0\_0  
Description: 2

**POSITIVE**

## HOW TO DEAL WITH ORAL PRESENTATIONS

SELF-MANAGEMENT

Oral presentations can be a stressful/anxious moments, since you have to speak in front of your classmates and teachers. In these situations, it's important to consider the following steps, in order to better manage your feelings.

- 1 Identify the stressful situation**  
"I have a public presentation"
- 2 Identify your thoughts**  
"I will fail and forget everything"
- 3 Identify your feelings and emotions**  
"My stomach hurts and I am scared, afraid and anxious"
- 4 Take action**  
"I will breathe! I know I'm capable of doing this. I've prepared and know what to say"

(adapted from raasighchildren.net.au, 2021)

Funded by the European Union

1024px x 1024px      Preview aspect ratio: 1:1

OK      Discard

Maria





arsakeio positive



	<b>Alpha version (Feb-Mar 2023)</b>	<b>Beta version (May-Jun 2023)</b>	<b>Final version (Oct-Dec 2023)</b>
<b>Portugal</b>	41	73	116
<b>Greece</b>	24	26	46
<b>Lithuania</b>	18	21	47
<b>Spain</b>	24	153	56
<b>TOTAL</b>	107	272	265

# POSITIVE - Αποτελέσματα



## Φάση 3η: Αξιολόγηση αποτελεσματικότητας έργου



IMPLEMENTATION GROUP

25 students  
25 families  
2 teachers

25 students  
25 families  
2 teachers

25 students  
25 families  
2 teachers

25 students  
25 families  
2 teachers

COMPARISON GROUP

25 students  
25 families  
2 teachers

25 students  
25 families  
2 teachers

25 students  
25 families  
2 teachers

25 students  
25 families  
2 teachers



# POSITIVE - 1o Newsletter

Newsletter. 01

## POSITIVE

Prevention Of Stress by exploiting an Innovative Virtual Environment



POSITIVE project aims to promote the development of stress-related coping skills in adolescents throughout a gamified 3D Virtual World Learning Environment (VWLE). Gamified environments take advantage of familiar dynamics and settings for everyday students, who nowadays are digitally savvy, by offering them important information in an interesting, fun, and challenging fashion, capitalizing on their established gaming habits.

WEBSITE [www.positivelearning.eu](http://www.positivelearning.eu)

20-21 January, 2022

### Project Kick-off Meeting

The project kick-off meeting took place online on the 20th and 21st of January 2022. Unfortunately, COVID circumstances did not allow partners to travel and work face-to-face. All partners were present and essential project decisions were taken, specializing the project plan constructively and sufficiently to allow detailed implementation work to follow.



### Transnational Report: Students' needs analysis

The Desk Research conducted by partner organizations shows a general increase over time in stress among adolescents and, specifically, there are four main factors related to it:


- **Age** - Stress increases with increasing age
- **Gender** - girls tend to be more stressed than boys
- **Socio-economic conditions** - students from low-income families experience greater stress due to the problems, they suffer at home
- **COVID-19**-related anti-contagion measures - quarantines have changed the lifestyle of young people and overturned the school structure, increasing the senses of uncertainty and fear.

### Next Steps



Six months in the project, significant progress has been made. The first outcome of the project is already ready and the consortium has already started working on the preparation of the 3D VWLE. We are now working on creating the blueprint of the 3D Virtual World as well as designing the gamification mechanics that will be incorporated.

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# POSITIVE - 20 Newsletter

Newsletter. 02

## POSITIVE



Prevention Of Stress by  
exploiting an Innovative  
Virtual Environment

8-9 September, 2022

### Transnational Project Meeting at Kaunas, Lithuania

The Transnational Project Meeting took place face-to-face as planned on the 8th and 9th of September 2022, at Kaunas in Lithuania. All partners were present and essential project decisions were taken. The project meeting started with the presentation of the first project result which is a students' needs analysis and compares how stress and other related mental health issues affect secondary school students in partner countries. Important decisions were taken regarding the implementation and planning of the 3DVWLE development.



28 September, 2022

### 1st Multiplier Event by Arsakeio school at the Patras Science Centre

The first Multiplier event was organized by Arsakeio school at the Patras Science Centre, and more than 50 people participated. The participants were local stakeholders, such as parents of students, teachers, educational administrators, and other students' related professionals. All of them were informed about the the project goals, as well as the results of PRI, which includes the report on the students' needs regarding stress sources and the type of gamification elements they want to experience in a virtual world environment. Fruitful feedback was collected by the participants, since they expressed high interest for the project and its outcomes.



WEBSITE [www.positivelearning.eu](http://www.positivelearning.eu)



### 3DVWLE testing

Selected students from all participating schools (Rates, Arsakeio, Kauno Jono ir Petro Vileisiu vidurine mokykla in behalf of eMundus, and LosPinos) are entering the world, are participating in several scenarios, reading the educational material, and then participating in surveys for evaluation of the usability of the environment as well as the environment's effectiveness in increasing students stress awareness and enhancing their coping mechanisms.



One year in the project, outputs and progress are developing timely.

The first outcome of the project was ready after the first six months as planned and now, the testing of the Alpha version of the 3dVWLE is advancing as planned. All partners all now working on preparing the release of the Beta version of the 3DVWLE.

Next Steps

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- **POSITIVE - 30**  
**Newsletter**

Newsletter. 03

# POSITIVE

Prevention Of Stress by exploiting an Innovative Virtual Environment

4-5 May, 2023

## Transnational Project Meeting at Porto, Portugal

The Transnational Project Meeting took place face-to-face as planned on the 4th and 5th of May 2023, at Porto in Portugal. All partners were present and essential discussions took place. The meeting started with a presentation of the task results related to PR1, PR2, PR3 and dissemination. Analysis of piloting results followed and then, some changes were indicated in order to improve our environment and media visualisation further.





### POSITIVE VW- Beta version

The Alpha version of the virtual world featured three scenarios (1, 2, 3) and a simple world environment designed for internal testing among partners. The language available was English, as scheduled. With the release of the Beta version, the virtual world includes all seven scenarios and an extensively updated environment, offering students a more immersive experience. Additionally, the trophy mechanic has been finalized, adding a rewarding element to the virtual world. You can find out more about the Virtual World of the game [here!](#) The first version of the user manual has also been released and the tutorial has been updated and translated into all partner languages.

WEBSITE [www.positivelearning.eu](http://www.positivelearning.eu)








### SUVWLE testing






Students of different ages from all participating schools (Rates, Arsakeio, Kauno Jono ir Petro Vileisiu vidurine mokykla on behalf of eMundus, and LosPinos) entered the world and provided useful feedback. Students tested both the Alpha and Beta versions. The usability studies demonstrated that the game captivated the students, who were motivated to engage in different scenarios. From a pedagogical perspective, we happily concluded that the project fulfills its purpose, since the knowledge demonstrated was new and useful to the students for their academic journey, as they mentioned.

**Next Steps**

One and a half year in the project and everything proceeds as planned. Students' feedback on the Alpha version was successfully incorporated in the Beta version. Beta version is ready and piloting proceeds following the timeline. All partners are now working on preparing the final version of the project.

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2 / 2




# • POSITIVE - 4o Newsletter

Newsletter. 04

# POSITIVE

Prevention Of Stress by exploitIng an Innovative Virtual Environment




## POSITIVE VWLE - Final version

The final version of the POSITIVE virtual world is now ready for exploration, translated into all partner languages. The user manual is also finalised and translated. The POSITIVE VWLE includes a Tutorial, 7 educational scenarios, and a Trophy Room.

The tutorial serves as a guide, leading users through various methods of interaction within the virtual world. It covers skills such as navigating, receiving information, and customising the avatar.

Within the 7 scenarios, users engage in conversations (e.g., assisting a friend in resolving an issue), solve puzzles to access educational material, and play minigames. Upon completion of each scenario, users receive a trophy. All trophies collected can be viewed in the Trophy Room.



## Multiplier events





At the end of November 2023, 3 multiplier events took place at University of Patras (Greece), University of Maia (Portugal), and eMundus (Lithuania). In total, they targeted about 150 participants, spreading the idea of the project as much as possible! Presentations included information about the POSITIVE VWLE, the objectives and the characteristics of the project. The clarity of the scenarios, the beauty, and the diversity of the landscape were very appreciated by the participants, who generally expressed high interest in the projects results.

WEBSITE  
www.positivelearning.eu










## 3DVWLE (final version) piloting

Piloting of the final version is proceeding as scheduled. Scenarios are being tested in the national language, so that all information is fully understood. Overall, according to the students' views, the project successfully combines tangible achievements, engaging challenges, and interactive elements, contributing to an enriching experience. Also, there was satisfaction expressed in receiving a trophy, emphasizing the sense of accomplishment tied to completing tasks.

## POSITIVE presentation at Patras IQ

Patras IQ (Innovation Quest) is a major event, organised every year in the city of Patras in Greece. It is streamed on youtube and this year attracted more than 3000 participants in person and 1000 online. By presenting the POSITIVE project there, we were able to spread the word even further about our project! You can visit IQ Patras at <https://www.patrasiq.gr/> to learn more about the event.



## Next steps - Closing

Almost 2 years after the start of the project, all results and activities are reaching completion as the project expires at the end of December 2023. The next Transnational project Meeting is already scheduled at 7-8 December and will be held in Patras, Greece. Partners are now working into finalising all deliverables. Everything is proceeding smoothly according to the timeline.

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# POSITIVE- Επίσημη Ιστοσελίδα

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## Positive Learning

THE POSITIVE project aims to promote the development of stress-related coping skills in adolescents throughout a gamified 3D Virtual World Learning Environment (VWLE).

[ABOUT US](#)



# POSITIVE – Μέσα κοινωνικής δικτύωσης



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