



Propuesta de Intervención para el desarrollo de la Resiliencia en la Educación Superior. Superación de adversidades (RESUPERES)

Tipo de proyecto: KA2 Cooperation Partnership

Fechas: 28/02/2022 27/02/2025

Coordinación: Universidad de Granada (España)

Socios:

Suor Orsola Benincasa University (Italia)

University of Algarve (Portugal)

University of Belgrade (Serbia)

Western Norway University of Applied Sciences (Noruega)

Descripción:

The main aim of this project is to analyse, design and evaluate an Intervention Programme in the educational context of Higher Education, developing the constructs of resilience, such as coping, self-concept, self-esteem, leadership, etc. and based on competences within the areas of health (body expression, inner gymnastics, mindfulness, yoga, physical education and sports), the digital and communication world, the performing and visual arts and culture, which generate resilient behaviour patterns, as they are considered important areas in the development of this construct. Furthermore, it has the aim that it can be extrapolated to the different stages of training, for both teachers and students, considering this concept as a capacity that will help them to face the adversities that will accompany them throughout their lives, due to the current urgency that leads us to emphasise the capacity for resilience in education.

Contacto en la UGR:

<http://internacional.ugr.es/>

María del Mar Cepero González (mcepero@ugr.es)

COOPERATION PARTNERSHIP: RESUPERES