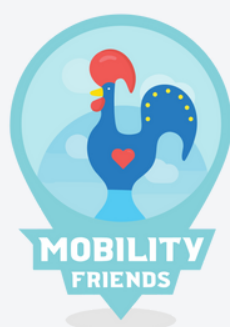**EDUCATION, TRAINING AND PROFESSIONAL DEVELOPMENT**

Active Methodologies and Innovative Strategies

ACTIVE LEARNING METHODS FOR INNOVATIVE TEACHING

Your Mobility Partner

COURSE OVERVIEW

The Active Learning Methods for Innovative Teaching course provides a practical introduction to a variety of student-centred teaching strategies designed to enhance engagement, motivation, and meaningful learning. Participants will explore evidence-based active learning approaches such as **Project-Based Learning**, **Flipped Classroom**, **Gamification**, **Cooperative Learning**, **Problem-Based Learning**, and **Peer Instruction**. These methodologies foster collaboration, critical thinking, and problem-solving while reducing passive learning. The course combines theoretical input with hands-on activities, case studies, and collaborative lesson design, enabling participants to experiment with techniques that can be applied across different subjects and educational contexts. By the end of the course, participants will be equipped to effectively implement active learning strategies, creating more dynamic, inclusive, and impactful classroom experiences.

TARGET AUDIENCE

This course is aimed at teachers, trainers and educators from different educational levels who wish to integrate active learning strategies into their teaching practice. It is ideal for professionals seeking to create more student-centred lessons that promote engagement, collaboration, critical thinking, and problem-solving.

REQUIREMENTS

To take part in the course, participants must meet the following requirements:
- Have at least a B1 level of English (independent user);
- Complete and submit the registration form before the start of the training;
- Bring a laptop or tablet to use during the sessions;
- Commit to active participation and attend at least 80% of the course.

COURSE OBJECTIVES

The objectives of the course are:
- To provide participants with a solid understanding of the principles and benefits of active learning methodologies.
- To introduce a variety of evidence-based active learning strategies, such as Project-Based Learning, Flipped Classroom, Gamification, Cooperative Learning, Problem-Based Learning, and Peer Instruction.
- To equip educators with practical tools and techniques to design and deliver student-centred lessons.
- To promote teaching practices that foster engagement, collaboration, critical thinking, and problem-solving skills.
- To encourage participants to adapt and integrate active learning methods into different subjects and educational contexts.

CONTACTS AND REGISTRATION

For registrations, additional information, or budget requests, please contact our team by email at trainingcourses@mobilityfriends.org or visit our website at www.mobilityfriends.org .

LEARNING OUTCOMES

Upon successful completion of this course, learners will be able to:

1. Explain the key principles and benefits of active learning methodologies.
2. Identify and select appropriate active learning strategies for different teaching goals and contexts.
3. Design lessons and activities using methods such as Project-Based Learning, Flipped Classroom, Gamification, Cooperative Learning, Problem-Based Learning, and Peer Instruction.
4. Facilitate student-centred learning environments that promote collaboration, critical thinking, and problem-solving.
5. Use digital and non-digital tools to support the implementation of active learning strategies.
6. Apply appropriate assessment methods that reflect student participation and learning outcomes in active learning contexts.
7. Develop an action plan to integrate active learning approaches into their teaching practice effectively.

METHODOLOGY

The course is structured around a rigorous methodology that combines theoretical exposition, practical work, and applied demonstrations. This approach ensures a thorough understanding of the subject matter and its direct application in real-world contexts.

Theoretical sessions provide essential foundations, while practical work and demonstrations facilitate the development of technical skills and familiarity with the specific tools and procedures relevant to the course.

Continuous monitoring through individualized feedback allows for tracking learners' progress and ensures the achievement of the set objectives, preparing participants to face professional challenges with competence and precision.

ASSESSMENT

Assessment is carried out continuously throughout the course, using a holistic and learner-centered approach that reflects both participation and performance. Each participant is evaluated based on their overall engagement, regular attendance, punctuality, interest in the topics covered, ability to apply knowledge during practical tasks, and interaction with peers in individual and group activities.

The evaluation process includes a variety of classroom-based tasks (oral and written), short daily assignments, role-plays, and simulations. Trainers provide ongoing, individualized feedback to support progress and encourage active learning.

A Certificate of Participation is awarded to participants who attend at least 80% of the sessions and demonstrate consistent involvement and commitment during the training.

DURATION

The standard duration of our course is 20 hours (5 days), designed to ensure comprehensive and effective learning. However, this duration can be adjusted, in specific cases, to meet the particular needs of each group, in order to optimize outcomes and better suit the training context.

For further details or to discuss a customized schedule, please get in touch with us.

PRICE AND FUNDING

Each quotation is personalized and depends on several factors, such as the number of participants, the number of training hours, the location of the course, and any additional services requested (accommodation, transport, meals, cultural activities, etc.).

To receive a tailored quotation for your group, please get in touch with us.

The training can be funded through programs such as Erasmus+ (KA1 – Learning Mobility), among other European support mechanisms. For more information about funding, participants should contact their sending organization or their country's National Agency directly.

LOCATION AND COURSE LANGUAGE

We have training rooms in several cities in Mainland Portugal, such as Barcelos (headquarters), Braga, Póvoa de Varzim, and Porto. We also have spaces in the islands of Madeira (Funchal) and the Azores (Ponta Delgada). Additionally, we have facilities in Valencia, Spain.

The course is delivered in English.

CERTIFICATION

A Certificate of Participation is awarded to participants who attend at least 80% of the sessions and demonstrate consistent engagement and commitment throughout the training. Upon completion of the course, a formal certification ceremony will take place, during which the certificates will be presented to the participants.

OTHER SERVICES

To enrich the training experience, Mobility Friends offers a range of additional services, subject to availability and additional cost, which can be arranged for individual participants or groups.

Services include:

- Accommodation in partner residences or hotels
- Meals (lunch and/or dinner)
- Transfers between the accommodation and the training room
- Airport transfers
- Cultural visits

All services are subject to availability and must be requested in advance. For more information and personalised quotes, please contact our team.

COURSE CONTENTS

MODULE 1: INTRODUCTION TO ACTIVE LEARNING

- Concept, principles and benefits of active learning.
- Traditional teaching vs. active, student-centred approaches.
- Evidence of impact on engagement, motivation and academic success.
- Overview of different active learning methodologies.

MODULE 2: PROJECT-BASED LEARNING (PBL)

- Key principles and benefits of PBL.
- Designing projects connected to curriculum goals.
- Steps for planning, implementing and assessing PBL.
- Examples of successful PBL activities in different subjects.

MODULE 3: FLIPPED CLASSROOM

- Understanding the flipped classroom model and its benefits.
- Planning and structuring flipped lessons.
- Digital tools for pre-class learning content.
- Strategies for active, collaborative classroom time.

MODULE 4: GAMIFICATION IN EDUCATION

- Principles of gamification and its impact on student motivation.
- Game mechanics (points, levels, badges, challenges, rewards).
- Digital and non-digital tools for gamified activities.
- Designing lessons with gamification elements.

MODULE 5: COOPERATIVE AND PEER INSTRUCTION STRATEGIES

- Principles of cooperative learning and peer instruction.
- Structuring group activities for collaboration and accountability.
- Techniques for peer teaching, feedback and shared responsibility.
- Classroom management strategies for group work.

MODULE 6: PROBLEM-BASED LEARNING (PBL)

- Characteristics and benefits of problem-based learning.
- Designing real-world problems as learning triggers.
- Facilitating inquiry, research and solution development.
- Assessing student performance in problem-based contexts.

*Please note that program content may be subject to change based on input from our trainers.

COURSE CONTENTS

MODULE 7: DIGITAL TOOLS FOR ACTIVE LEARNING

- Tools for collaboration (Padlet, Jamboard, Miro).
- Tools for quizzes and interaction (Kahoot, Quizizz, Mentimeter).
- Platforms for blended and flipped learning (Google Classroom, Moodle).
- Selecting the right tools for different methodologies.

MODULE 8: DESIGNING ACTIVE LEARNING LESSONS

- Framework for planning a complete outdoor learning project.
- Selecting topics, resources, locations and strategies for implementation.
- Integrating sustainability goals into the curriculum.
- Structuring the project timeline, roles and assessment plan.

MODULE 9: ASSESSMENT AND REFLECTION IN ACTIVE LEARNING

- Assessment strategies aligned with active methodologies.
- Designing rubrics for projects, group work and participation.
- Encouraging self-assessment and peer feedback.
- Reflecting on teaching practices to ensure continuous improvement.

MODULE 10: COLLABORATIVE PROJECT: CREATING AN ACTIVE LEARNING UNIT

- Collaborative group work to design a complete lesson or unit integrating one or more active learning methods.
- Selection of appropriate methodologies (PBL, Flipped Classroom, Gamification, Cooperative Learning, Problem-Based Learning).
- Development of lesson plans, resources, activities and assessment strategies.
- Peer review and refinement of the designed projects.
- Final presentation of the projects and discussion on classroom implementation.

*Please note that program content may be subject to change based on input from our trainers.

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