

22 Inspirations



2021-2022

22 Inspirations

project aims

- Wakening the universal morals and ethic values of the upper secondary (high school) students (aged 16-19) in order to make them more initiation-taking members of the European society.
- Thinking, reflecting and critisizing on the human values required for the humanity in 2022, they are hoped to get inspired by the values discussed in the project and find solutions about how to react as a more helpful, tolerant and peaceful person in real life situations.
- Motivates students to research for core values for the humanity and inquire important inspirational people, learn about them by doing so, debating on given situations, making decisions and working in mixed culture teams.

Project members

- Alandalos Secondary School for Girls, Amman, Jordan
- II Liceum Ogólnokształcące im. dr. Władysława Pniewskiego w Gdańsku, Gdańsk, Poland
- Seminarul Teologic Liceal Ortodox "Sf. Gheorghe", Botoşani, Romania
- Kumluca Gül-Çetin Kaur Anadolu Lisesi, Kumluca, Turkey
- Akdeniz Anadolu Lisesi, Konyaaltı, Turkey
- Falez Mesleki ve Teknik Anadolu Lisesi, Muratpaşa, Turkey
- Nevşehir Lisesi, Merkez, Turkey

Logo competition



Top 10 Values of the year 2022

On the 9th of December 2021, we held an online co-learning activity to identify the Top 10 Values of the year 2021.

Each partner school presented the Top 10 Values to other members of the project and compared and explained which values they young generations find important to hold in the year 2022.

Prior to the online co-learning activity, some schools made use of English classes and through small group work they have come up with their top ten values.

Some schools again made use of English classes and worked on essay writing techniques. Some others used literature based research and online surveys.

Top 10 Values of the year 2022



WHAT DOES RESPECT ACTUALLY MEAN?

WHAT DOES RESPECT ACTUALLY MEAN?
"A FEELING OF DEEP ADMIRATION FOR SOMEONE OR SOMETHING ELICITED BY THEIR ABILITIES, QUALITIES, OR ACHIEVEMENTS."

WHY IS RESPECT IMPORTANT?
RECEIVING RESPECT FROM OTHERS IS IMPORTANT BECAUSE IT HELPS US TO FEEL SAFE AND TO EXPRESS OURSELVES. ... RESPECT MEANS THAT YOU ACCEPT SOMEBODY FOR WHO THEY ARE, EVEN WHEN THEY'RE DIFFERENT FROM YOU OR YOU DON'T AGREE WITH THEM. RESPECT IN YOUR RELATIONSHIPS BUILDS FEELINGS OF TRUST, SAFETY, AND WELLBEING.



ESSENTIAL MEANING OF HUMANITY AND THE REASON WHY IT IS IMPORTANT:

HUMANITY MEANS CARING FOR AND HELPING OTHERS WHENEVER AND WHEREVER POSSIBLE. HUMANITY MEANS HELPING OTHERS AT TIMES WHEN THEY NEED THAT HELP THE MOST, HUMANITY MEANS FORGETTING OUR SELFISH INTERESTS AT TIMES WHEN OTHERS NEED OUR HELP. HUMANITY MEANS EXTENDING UNCONDITIONAL LOVE TO EACH AND EVERY LIVING BEING ON EARTH.



WHAT IS FAMILY?

FAMILY IS DEFINED "AS A SPECIFIC GROUP OF PEOPLE THAT MAY BE MADE UP OF PARTNERS, CHILDREN, PARENTS, AUNTS, UNCLES, COUSINS AND GRANDPARENTS." AN EXAMPLE OF A FAMILY IS A SET OF PARENTS LIVING WITH THEIR CHILDREN.



We wanted to determine the values that are the most important for us and make a survey about it, and before starting the survey we decided to know ourselves better and know what we really want as we went through this little process of which results were get to know yourself better questions.

Who do you admire?
To find this, think of some positive role models who inspire you to live a meaningful life. This could include people you know personally, famous figures, characters in a book, etc. As you think about these people, try to identify:
• what it is about them that inspires you
• the admirable qualities they possess
• behaviors and actions you would like to emulate

What inspires you to take action?
Try to find some of the reasons you felt so strongly to take action. For example:
• the feelings that motivated you to speak up or act
• what you were willing to risk in that situation
• the results of taking action – what you gained or lost

What is the most important value you want the other people have?
Think of the traits of your friends here, how do you want them to behave for you? Also, consider the other people you come across daily, how do you want them to behave?

The people who participated the survey have been asked to choose 10 values of out 10 values and rank them from 10 to 1 according to their importance level. According to the survey we made, these are the top 10 values for 2022 identified by Adelaide Australian High School.

10 VALUES FOR 2022

- 1. RESPECT
- 2. HUMANITY
- 3. FAMILY
- 4. SUCCESS
- 5. FREEDOM
- 6. CAREER MATTER/ PROFESSIONALISM
- 7. PATIENCE
- 8. JUSTICE
- 9. HONESTY
- 10. KNOWLEDGE

Many of us

how to act in day-to-day situations. When you know your core values, some of the things in your life become clearer.

Researchers confirm that when people have a clear set of core values:

- It's easier to make big life decisions around pursuing passions, long-term career goals, and relationships.
- They are less likely to engage in destructive thought patterns, especially in difficult life situations.
- They tolerate physical pain more easily.
- They have greater self-discipline and focus when studying or working.
- Social connections are stronger.



PATIENCE IS NOT THE ABILITY TO WAIT OR TO CONSIDER THE DELAYED REWARD OF A FUTURE GOAL AS A REASON TO WAIT. IT IS THE ABILITY TO WAIT AND TO CONSIDER THE DELAYED REWARD OF A FUTURE GOAL AS A REASON TO WAIT. IT IS THE ABILITY TO WAIT AND TO CONSIDER THE DELAYED REWARD OF A FUTURE GOAL AS A REASON TO WAIT.



Top 10 Values of the year 2022



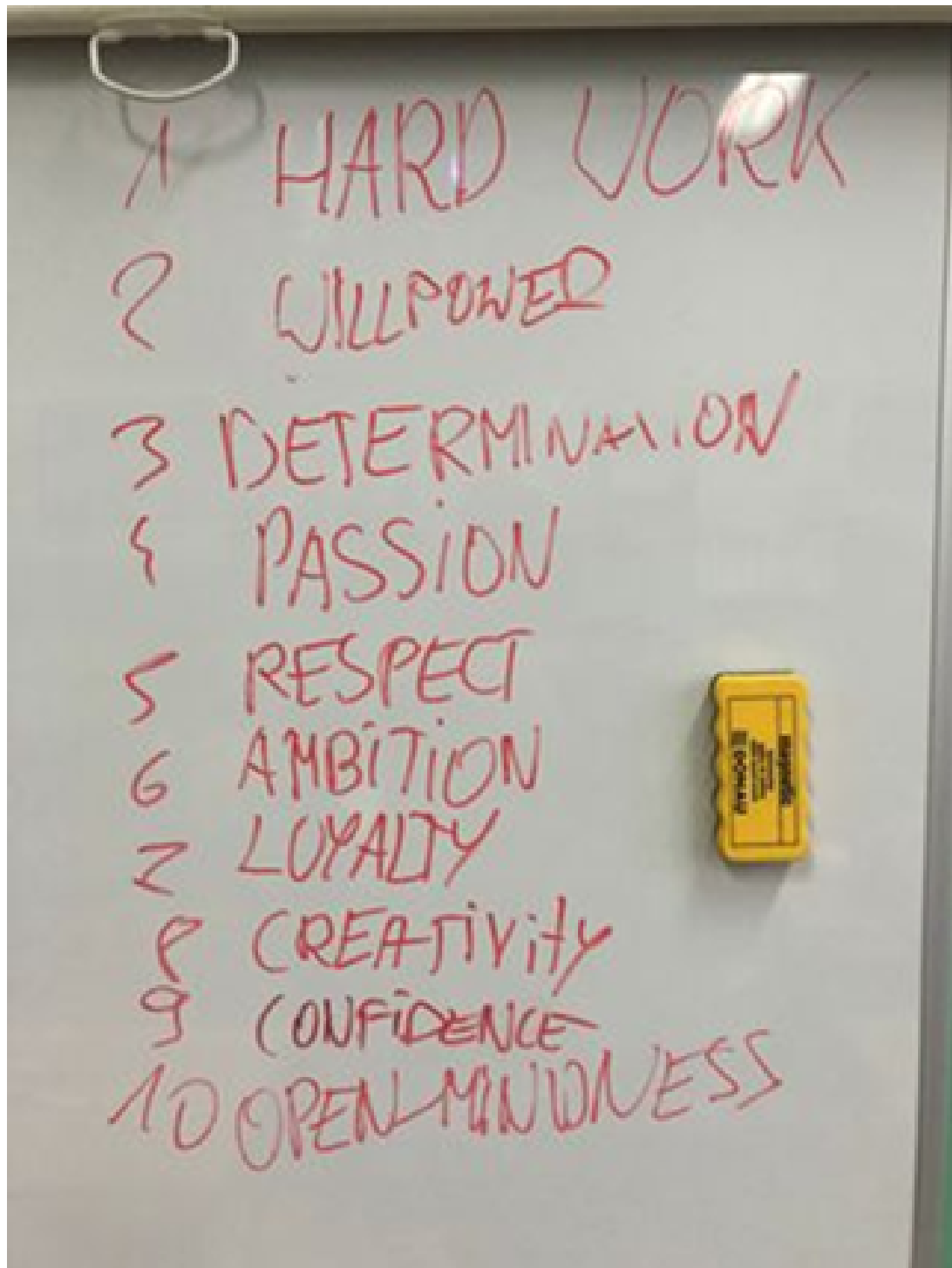
THE ABILITY TO WAIT OR TO CONTINUE TO DO SOMETHING DESPITE DIFFICULTIES OR TO SUFFER WITHOUT COMPLAINING OR BECOMING ANNOYED

PATIENCE IS VERY IMPORTANT BECAUSE EVERYTHING HAS ITS DIFFICULTIES AND KEEP MOVING IS WHAT MAKES US. FOR AN EXAMPLE: ELON MUSK HE IS A BILLIONAIRE BUT HE DID NOT GAIN THAT MONEY JUST SITTING AND HANGING AROUND. HE IS A HARDWORKING AND PATIENT MAN. THAT IS WHY WE KNOW HIM AS THE WORLD'S RICHEST PERSON BECAUSE HE IS DETERMINED TO DO WHAT IS ON HIS MIND AND HE HAS NEVER GIVEN UP



10 VALUES FOR 2022		
<p>We wanted to determine the values that are the most important for us and made a survey about it, and before answering the survey we decided to know ourselves better and know what we really want ,so we went through this little process of which consists some get-to-know-yourself-better questions.</p>	<p>What inspires you to take action? Try to find some of the reasons you felt so strongly to take action. For example:</p> <ul style="list-style-type: none">• the feelings that motivated you to speak up or act• what you were willing to risk in that situation• the results of taking action — what you gained or lost	
<p>Who do you admire? To find this, think of some positive role models who inspire you to live a meaningful life. This could include people you know personally, famous figures, characters in a book... As you think about these people, try to identify:</p> <ul style="list-style-type: none">• what it is about them that inspires you• the admirable qualities they possess• behaviors and actions you would like to emulate	<p>What is the most important value you want the other people have? Think of the traits of your friends have, how do you want them to behave for you? Also, consider the other people you come across daily, how do you want them to behave?</p> <p>The people who participated the survey have been wanted to choose 10 topics of out 70 values and mark them from 10 to 1 according to their importance level. According to the survey we made, these are the top 10 values for 2022 identified by Akdeniz Anatolian High School:</p>	<ol style="list-style-type: none">1) RESPECT2) HUMANITY3) FAMILY4) SUCCESS5) FREEDOM6) CAREER MASTERY/ PROFESSIONALISM7) PATIENCE8) JUSTICE9) HONESTY10) KINDNESS

Top 10 Values of the year 2022



Top 10 Values of the year 2022



Top 10 Values of the year 2022

ETHICAL VALUES

- 1- Love
- 2- Respect
- 3- Tolerance
- 4- Helpfulness
- 5- Women Rights
- 6- Honesty
- 7- Interpersonal Relationship
- 8- Justice
- 9- Trust & Self Confidence
- 10- Freedom

JUSTICE

Justice, can you think about a world without Justice? Probably not. Equality is so important that you can't even probably see it till you need it. Let's think you were in a argument with someone and you are the person in your class that writes the people that talk. Can you not write your best friend and write them? Is that really right? Or can your friend take your side cause they are your friend and not theirs when you are the person that's wrong? Justice is needed everywhere and should be equal for everyone no matter who they are a poor man or a president.

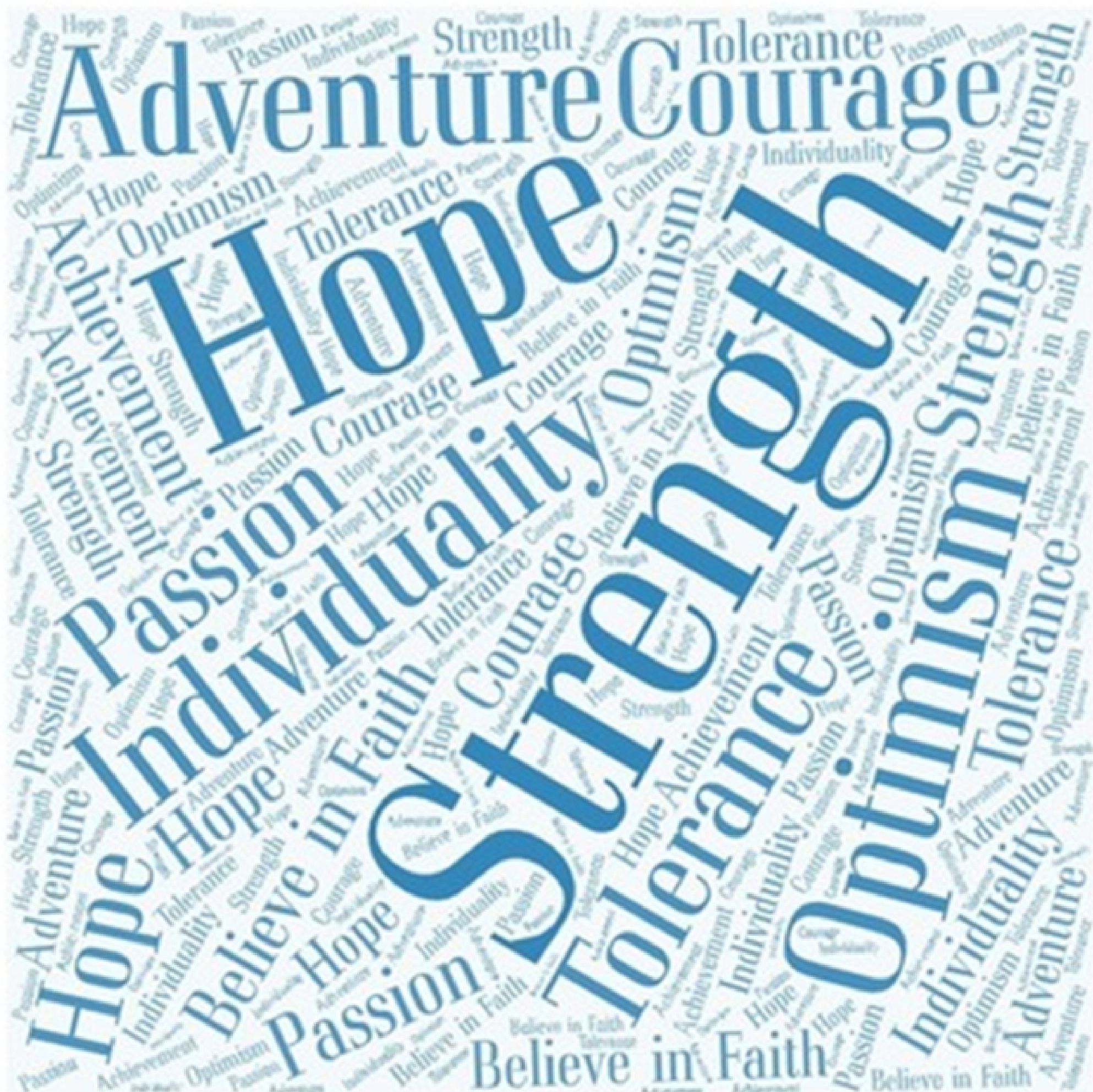


Top 10 Values of the year 2022

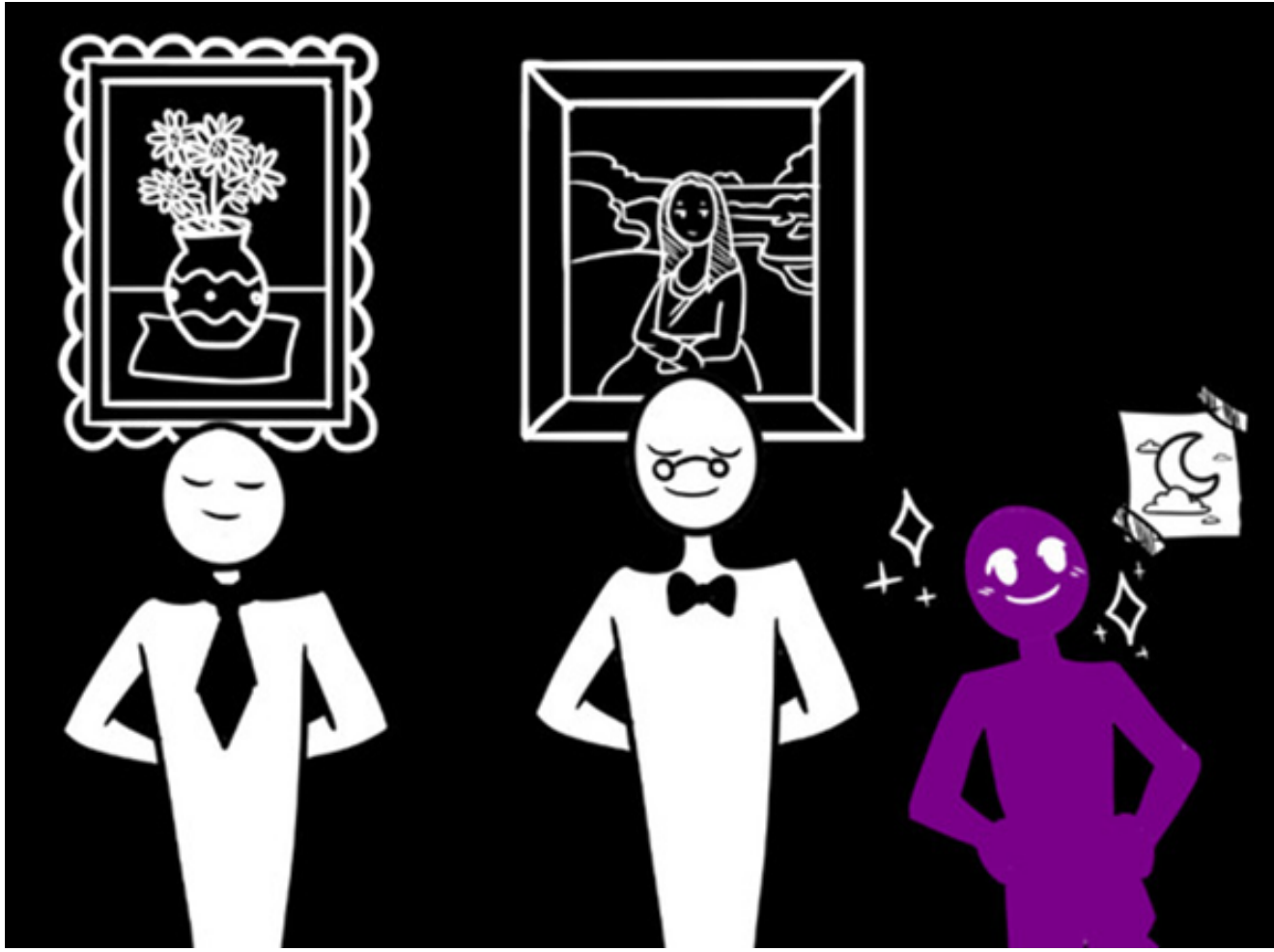
TOP 10 VALUES
22 INSPIRATIONS

SEMINARUL TEOLOGIC LICEAL „SF. GHEORGHE “ BOTOȘANI

- 1. LOVE
- 2. Respect
- 3. FAITH
- 4. TRUST
- 5. FORGIVENESS
- 6. FAMILY
- 7. FRIENDSHIP
- 8. EDUCATION
- 9. HEALTH
- 10. LIBERTY



Value Demonstrations



Value Demonstrations

Hope
Hope without regret
Hope we can't forget
Close my eyes and I see chaos
Open my eyes and the world is ablaze
Quarantine, vaccine , they said it would be a
phase
Waking up believing it'll come to an end
These years never happened we'll pretend
Hope that never fades
Hope forever stays



Maysan Naser
Jordan

PEACEFULL LIFE

Peace is something really important. That concerns everyone because if you don't have peace between countries then people will be affected by it if that happens social peace will be disturbed if you don't have peace then you have wars . I think that everyone knows what happens .



Value Demonstrations

Turkey-Value Demonstrations



LOVE IS...

- FAITH



Role Models for 2022



OUR ROLE MODEL FOR 2022:
TAYLOR SWIFT



DAVID BOWIE

- Doğa Özkan
 - Ceylin Zeynep Turgut
 - Fatma Ela Cantekin
 - Katarzyna Turska
 - Lidia Słowikowska
 - Maja Kaska
 - Maram Naser
 - Aya Qishawi
-

Role Models for 2022

why Emma Watson is a role model?

- She is a Global Goodwill Ambassador for the United Nations where she promotes female empowerment and education equality
- She works to end child marriage - in 2016 she traveled to Malawi to meet with young girls who had been married as children; part of her role as an ambassador for U.N. Women is advocating for countries to outlaw child marriage
- She asks her fans to donate to charity instead of sending her gifts
- She is the face of He For She - solidarity movement promoting feminism that firmly rejects man-hating
- She fights against sexual harassment - she donated \$1.4 million to the Justice and Equality Fund
- She encourages literacy and a love of learning - she started a book club (Our Shared Shelf) focused on female empowerment in 2016

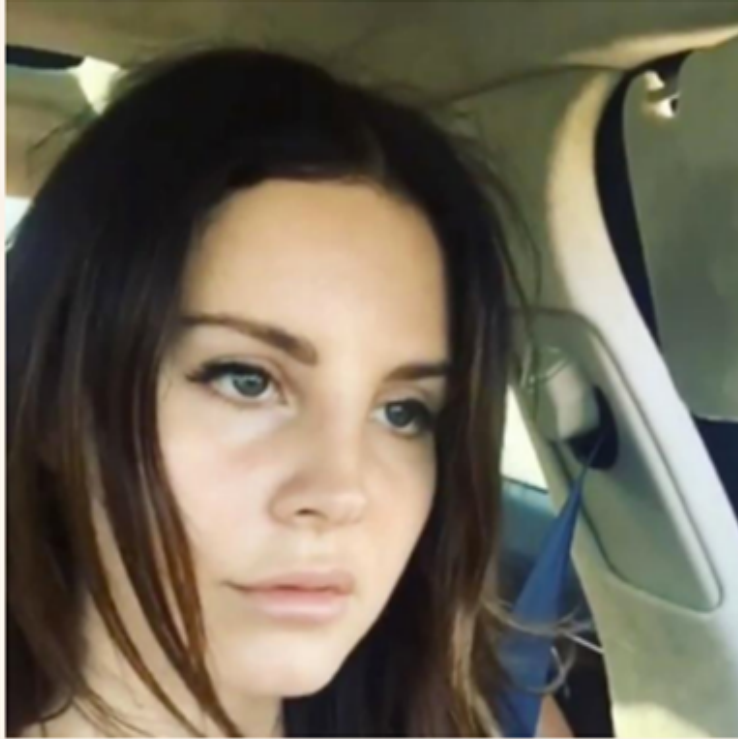
Why we chose Elon Musk?

- We chose Elon musk because he is the leading inspiration to all inventors.
- He started from the ground up. He started with nothing and now he is the richest man in the world making around \$432 million per day
- He is an inspiration for all kids because he taught himself how to code in three days; earned degrees in both physics and economics; borrowed books from friends and taught himself how to build rockets. Something which kids thrive for.

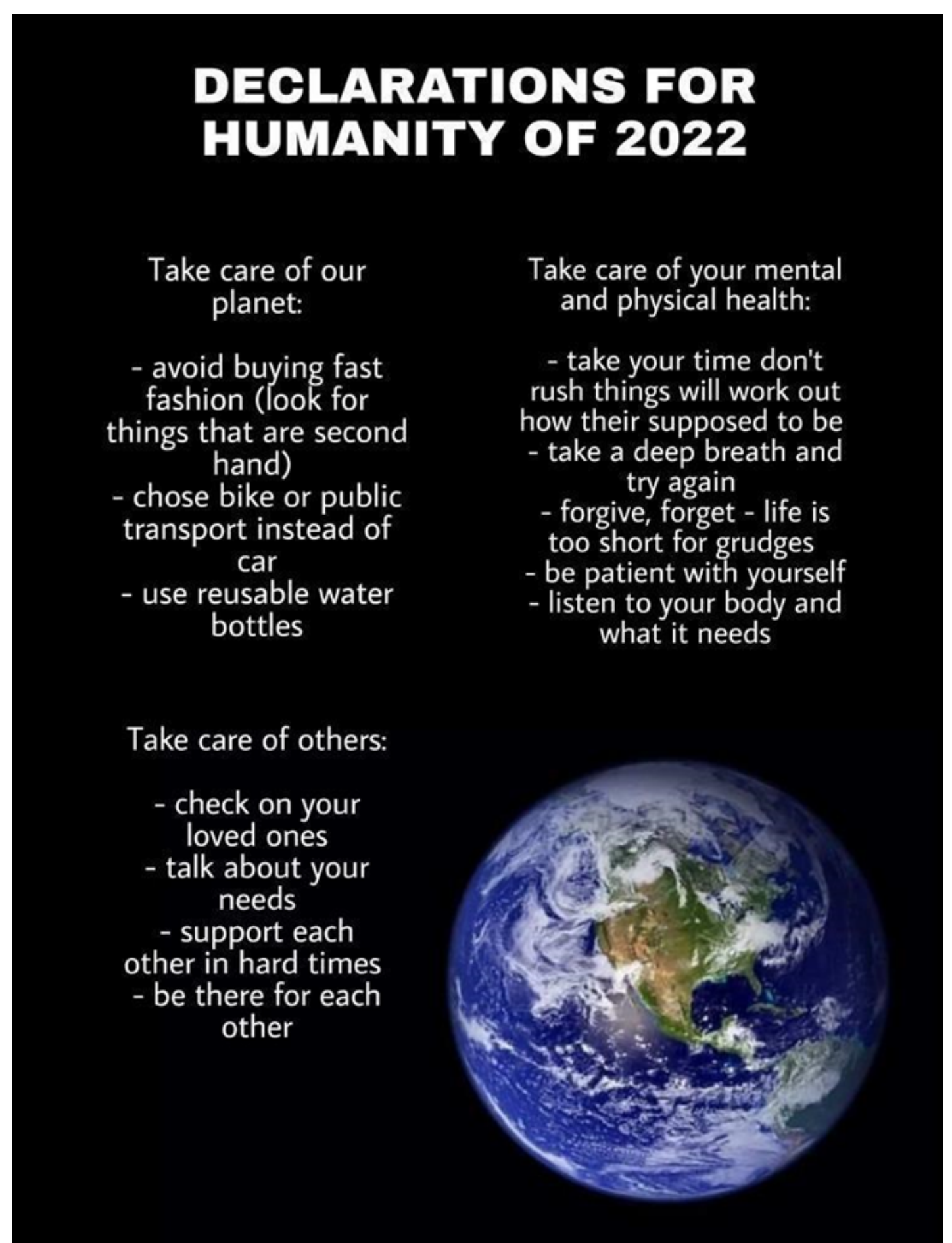
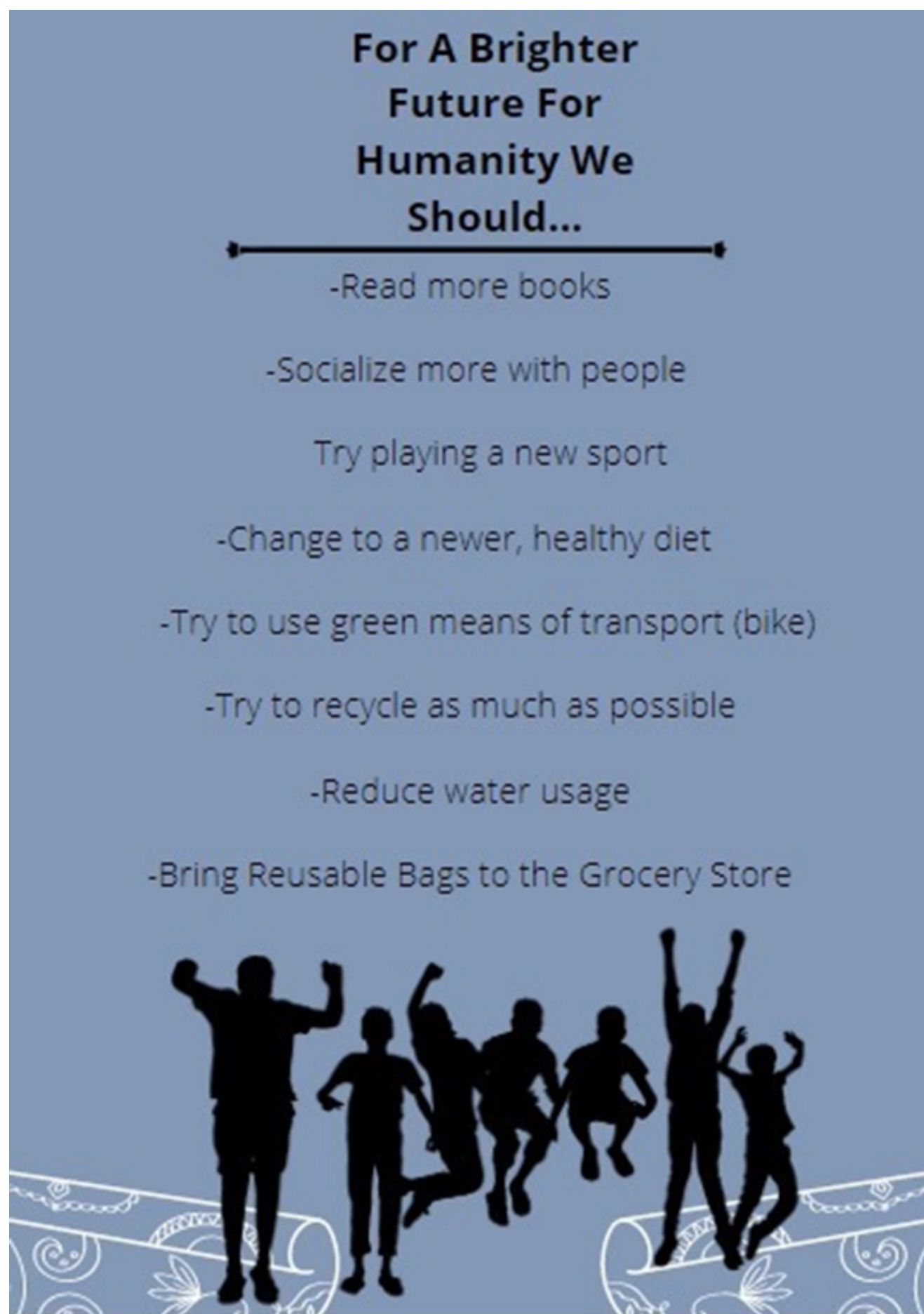
Role Models for 2022

kindness

Lana Del Rey is really kind to the people she's seen at awards and on stage. She smiles at the people who love her at her concerts and does her best to make them happy.



Declarations for 2022



Declarations for 2022

DECLARATIONS FOR HUMANITY OF 2022

- be kind
- eat healthy(consider veganism)
- be productive
- appreciate what you already have
- be helpful
- be aware of world's problems
- be confident but not overconfident
- be friendly
- be considerate
- try different hobbies to find the right one
- set your priorities
- always do your best
- don't overthink
- remember about your family
- try to save money
- do charity work
- try to find time for those in need

FOR A BETTER FUTURE WE SHOULD ALL:

- TRY TO ACCEPT OTHERS MORE
- START LEARNING MUSIC, PLAYING AN INSTRUMENT, BECAUSE MUSIC BRINGS PEOPLE TOGETHER
 - READ MORE
 - BE MORE CONFIDENT
 - SOCIALIZE MORE
- SUPPORT ECO FRIENDLY ENERGY SOURCES
 - TAKE CARE OF OUR PLANET
 - BE KINDER TO EACH OTHER
 - LOVE OURSELVES MORE
 - DRINK MORE WATER
- INSTEAD OF EATING HONEY, CHEW BEES, BE A MAN.
- RISE ABOVE YOUR EXISTENTIAL PROVINCIALISM
- CONNECT WITH OTHER PEOPLE, IN UNITY LIES STRENGTH
 - READ MORE BOOKS
 - FOCUS MORE ON SCHOOL
 - LEARN A NEW SKILL
- LEARN TO ORGANISE YOUR TIME
 - BE MORE PRODUCTIVE
 - WORKOUT
- SPEND LESS TIME ON SOCIAL MEDIA



Declarations for 2022

HOW YOUNG PEOPLE BEHAVE FOR THE BETTER FUTURE :

- They should help others that are weaker, more poor, disabled, old or people in need or crisis situation
- They should take care of their enviroment
- They should think outside the box to find solutions for current problems of the world
- They should tolerate people no matter which skin color do they have, ethnicity that they come from, who they love or what they believe in because they don't do anything wrong.
- They should show respect to other people

22 Inspirations

