

1. The Lithuanian exercise of writing emotions on a paper while hearing music, is an interesting exercise which can help in adult education centers in order to make people more expressive and help individuals to participate in constructive activities. The use of emoticons and music, writing nouns and saying the names in English has a playful character that makes this activity very interesting and appealing.
2. Nature is always inspiring and it is associated with life and music. We can make different workshops with students on rhythm and emotions related to the power of nature. The drawings and the use of the words in different rhythm can be a way to mingle nature and music. We can include other elements, such as music instruments that participants can keep the rhythm while singing songs about the seasons of the year.
3. The internet is a reality in our life and we use it in different subject areas for learning. We can combine music and technology in teaching English language; making education an interesting and joyful experience. This is an exercise that English teachers can use, but at beginner's level, in order to learn about music, instruments, rhythm and other aspects of music while learning music.
4. The exercise with glasses and straw is a creative way to teach rhythm and it can be used for beginners at school classes of music and also for special schools. It can be a creative activity for special schools to incorporate such activities that can keep kids with special needs active. The exercise can be used also in adult centers for elder people that are interested to learn about music. Usually there are classes at elder day centers in our city and this exercise could be used as part of a music class. WE have used the example of the 4 seasons in English and Greek language and point out that the sound of a word can
5. Music is an element of communication and expression. This has been proven by the Czech team through their exercises which are based on deaf children so some simple forms can be used in other contexts, such as the creation of Rhythm which is an interesting workshop which shows how to create Rhythm and it is applicable in different ways.
6. The exercise of introduction and epilogue has a theatrical and acting element which is interesting. As we have noticed, the exercises from Czech republic have a strong element of Rhythm which is universal in music exercises. It demonstrates the importance of Rhythm in education, in music and in our daily life.
7. The exercises that we have used in Cyprus are related to the Music of Mr. Pisis and the colours that represent the emotions that are prevalent in his music. Despite his adversities, Mr. Pisis manages to give out optimism in life through his music. For this reason, we only get positive feelings and positive pictures come to our minds by hearing his music. I think that Mr. Pisis is an inspiration in life and it could be an inspiration, not only as an individual, but also to our children in class. He is a winner in life.
8. Byzantine music is part of our tradition and part of our religion, since it is the kind of Rhythm and music that is played in the Church and all hymns are based on this specific rhythm of Byzantine music. It is very characteristic and many hymns are well known since they are related to important parts of our history and religion.
9. I believe that all exercises are very interesting and they can be used in lifelong learning and in adult education. Of course, many times we have to adjust them according to the

audience/target group and make them more appealing to them. Each country can use them in different context and adjust them to their target group. The AE are very interesting and music is a stimulating power in learning.