

Press release

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Mental strength in the classroom with the Romans

A new digital offer from Augusta Raurica aims to help pupils gain mental strength.

The digital challenge 'Rock-it like Raurica' is an offer for teachers who want to help their pupils stay mentally strong in everyday school life. With stories from antiquity and interactive exercises, the programme creates low-threshold access to topics that influence personal well-being, provides food for thought and promotes self-reflection. Augusta Raurica thus addresses a topic that is relevant to everyday school life and at the same time sees the opportunity to awaken pupils' interest in antiquity and the Roman world.

Ancient inspiration for today's challenges

Achilles' heel, Sisyphus' labour or the weight of the world on one's shoulders - the myths and stories of antiquity are not only found in everyday language. We can recognise parallels in them to the challenges faced by children and young people today. Rock it like Raurica picks up on these universal themes and combines them with a challenge that the pupils have to complete:

The example of Asterix and Obelix is used to illustrate the importance of friendship and maintaining friendships. The challenge encourages young people to show their appreciation to their friend by paying them a personal compliment. Using the example of the proverb 'many roads lead to Rome', the young people are shown that goals can be achieved in different ways. Whether straight or winding, in life, as in the Roman road network, the path is the goal. The challenge encourages them to formulate goals and set themselves measurable milestones.

How Rock-it like Raurica works

The free challenge lasts 14 days and includes short, interactive exercises every day. They are designed to encourage pupils to reflect on their own mental strengths and weaknesses. The sequences last between five and ten minutes and offer a new stimulus for self-reflection every day.

Rock-it like Raurica was developed in collaboration with artsnext and is freely accessible on the Augusta Raurica website. Pupils can take part on their mobile devices or PC, in the classroom or at home.

Teachers can flexibly embed the programme into their lessons. Extensive teaching materials and ideas for preparation and follow-up are available and the content is linked to various competences of Curriculum 21.

The programme is primarily aimed at school classes with pupils aged 14 to 16.

Go to the offer:

<https://www.augustaurica.ch/angebote/rock-it-like-raurica>

Visual material:

[augustaurica.ch/media/media-releases](https://www.augustaurica.ch/media/media-releases)

Further information:

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