

# My self-reflection

## IP- BARCELONA

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### **The Personal Development:**

My first thought about this Seminar: I was looking forward to it. I had never tried something like this before (an intensive program) so I did not know what I was going into. Now when I sit here in my room and think back about all the things we have done, I actually liked it very much. We are in Barcelona, and of course you want to go out and see things. And maybe that was the hardest thing, because you could not just go out and do whatever you wanted to do. We had to follow the program. We did a lot of workshops the first week. Some workshops were very good and funny, and some of them were less fun. In the end of the last week I could feel more and more tiredness, and my head was going to explode, but I survived! This IP has been an important experience, it has enveloped me both physically and psychologically. I have done things that I have never thought I would be possible to do, like a flash mob, a play Mobil show, hopscotch in the middle of the street etc. I get along with everybody here. And I am not shy, so I feel like I can talk with everybody, and I do not care who's in my group. But I saw that

some of the other students from the same country, were always together and they only spoke their language, and it was like they did not want to be mixed with us. And another thing was some of the teachers could not speak English. That was a big problem, because when the teacher wanted to explain something, we did not understand. Even if someone translated it I felt that I missed something.

### **The intercultural development:**

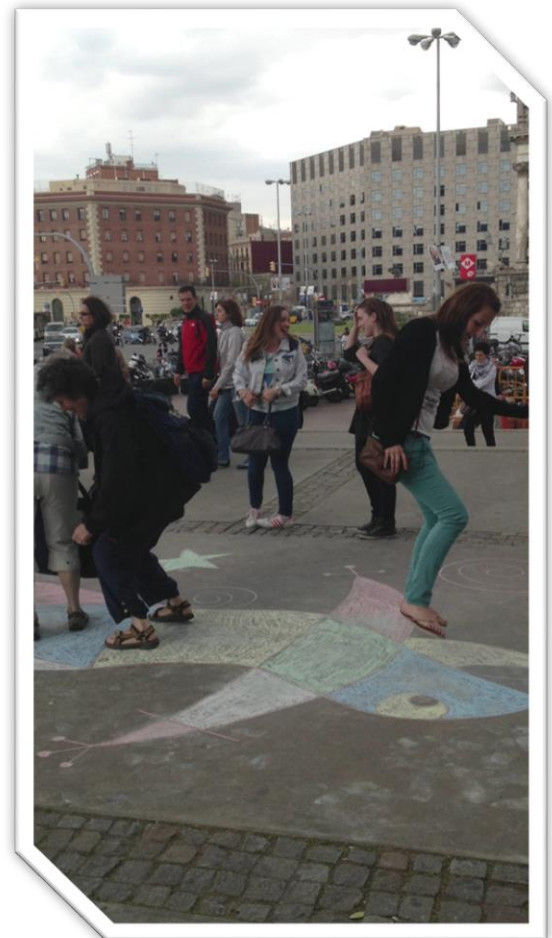
The most important thing is that we tried it, that we tried to communicate with people from different countries, also if we don't speak the language very well. For that you have to stay with other students from other countries not only with your friends from your home country. Not every student could speak English. But I did not see that as a problem, but a challenge.

And when we visited the children from the kindergarten, it was a whole new experience. From the beginning we did not know that the children could speak English. I was very surprised and after that we communicated in English (when we played the games etc.)

So altogether I really liked to meet new people from other cultures, and get to know them.

### **The professional development:**

This IP program made me realize how important it is to respect each other. I have learned so much. And I cannot wait to go back home, and try this. Some of the workshops were very good and gave me a lot of new Ideas. The activities have been so teaching, of course it was fun, but not only that, it was a tool, I can use in my future work. But it is not just the activity, which was teaching me, it has also been the teachers and the students around it. It was very new



and different for me to try different activities while I'm using all my senses. I'm really glad that I was a part of this, this was my first IP, and I know that is not going to be my last. Thanks for everything that I have learned. Including the amazing students and teachers!