

# Personal reflection – Aude Bougard

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## Professional

When I started my teaching studies, I never thought about going out in the forest, discovering the nature, staying outside during all the day with the children. I got very interested with this program because I wanted to learn more about this subject so that I can make something new for me and for the children.

This stage made me discover the environment with a different point of view. We went outside everyday discovering the nature with all senses. I learned many activities that I will be able to do with children to make them discover the nature. Creating a "toolbox" is a very good idea and I'm sure I will use it in the future.

During the IP I learned many things that I will use in the future. In Belgium, we are not used to do outdoors activities because of the bad weather and because of our habits. If we go outside with kids when it's too cold or rainy parents will not be happy. I think going outside is very important for the development of children. They need to go to an open space so they can express themselves the way they want.



## Intercultural

After finishing my studies I went to Australia for a year as a Rotary exchange student. So I have already lived an intercultural experience. I was also motivated with this program because I was keen on meeting others and sharing experiences.

It was very interesting to discuss about the nursery, the kindergarten or pre-school in every country. I realized that in Belgium we accomplish lots of work with the children to get them prepared for primary. In the other countries, pres-school is only a place to let the children play. They will learn to read and write when they start school at 6 years old. I found the exchange very interested.



## Personal

I really enjoy participating to this program. I learn many things about the nature and many activities that I will be able to use in the future. My next stage will be about nature so I will make the most of what I learned here to make it unforgettable for the children.

I loved going outside in the forest every morning, I wish we had more time to do all the activities! We were very lucky with the weather so it was great.

I met many people during this two weeks and it's amazing how you can start a friendship in such a short time! It was great to share ideas, pictures and also free time with them!

I personally think that this program is very important in our education to be a preschool teacher. It's a shame that there is not many publicity about it in our school because every future teacher should know better about nature and all the positive things it can bring to children.

