

## **Personal reflexion -Ana Rita Oliveira (PT)**

In the end of this Intensive Program in Barcelona, I can say that this experience was very profitable not just in a professional way, but also in a personal and intercultural way.

Concerning my personal development, I feel I know more about Barcelona (facts about history and art). As a person I feel more creative, not just because this is a very inspiring city but all the activities and the experiences exchanges gave me a lot of good ideas to work with the children

The fear of not being able to participate and socialize with others went away since the first day. This experience put me more able to feat in others social and cultural groups. My English became way better and for me that is very important for my personal achievements.

At professional level I learned a lot about the differences from the way of organization and work from the other countries that will help me in the future as a kindergarten teacher.

The experiences with the children made me realize that no matter the culture\country, every child has the same needs, joys and concerns about life and that as a professional I have to make them as developed a I can to create balanced adults in the future.

Interculturally, this I.P. brought me the most amazing experience! Now I understand more customs about other cities and countries of Europe and have a big motivation to go spread my horizon by going visiting other places that I never thought that would be interesting. I met some amazing people that I hope to keep in touch!

In conclusion, it was a good very good experience with a lot of good things to remember and take profit of, however I think it is a pity that we didn't take that much benefit of walking in the city by exploring it with our own senses, than workshops in that same place, that sometimes, limited the time for some essential things. I think that the more rigid activities and workshops could be more viable if they were more at the Seminary and in that way, at the city, we could observed and explored, with strait directions, more of it.

In general it was very stressful, and a little less stress could beneficiate more the greatest work that we did in these two weeks.

I wish the better for the Intensive Programs that will succeed and hope that will become better and better!