



## SELF-REFLECTION

Four months ago one of my teachers told me the possibility to participate in a program entirely in English that this year would be in Barcelona. I did not think, once said I was interested. First for the opportunity to share that experience with people from other countries and secondly, and most importantly, to learn conversational English.

At the beginning I had to speak in English, because I realized that English speaking the other participants in the course, especially those who came from other countries, have a level of English than mine and I was embarrassed to talk, but as the days have passed, I found myself more comfortable and it was thanks to them as they have helped me to let go and if I made a mistake, they told me how they had to say.

Perhaps what has brought me biggest problem has been the working day since two weeks have been very intense, especially the first week with many activities, but they have finally paid off.

The second week has been very special to me because we've been practicing the activities we have prepared for our Lesson plan with the children in a nursery school, where classes were given in English, but also spoke in Spanish and in Catalan, unusual for me, because I was not used to that, because in my first year of practice, as is now the education system in Spain, there are classes in Spanish and only two weekly sessions in English, so least in the school where I've been.



Professionally this program has given me many things. The most important, as I said before, speak more English, because if I had not, I would have been very difficult to communicate with other schoolmates.

We have many group activities, individual other, that in the future we can put into practice with our children in school, and that we have served to know the city better through the senses.

But there has been something that I didn't like. The first week there was much respect for the work of schoolmates, but the last week has not been the case, since in some group activities have been people who have not been.

If someone asked me for the positive and negatives of this program, I would say the following:

- Positive: the good atmosphere that has been in some working groups have provided the people who, like me, had trouble communicating in English. That has made me become stronger and want to expand my knowledge of the language.

Living experience, meeting so many people that have given me good things...

- Negative: they are two very intense weeks, hence the name of the 'Intensive Programme', with many activities, with little free time, lack of punctuality in the activities...

Thank you for these two weeks, I wish I could repeat.

