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Self-reflection

by Sandra Castelnovo García



“Discovering, creating and learning with all senses”

The Intensive Program 2013 has taken place in Barcelona, my home city, and it was about “discovering, creating and learning with all senses”. This course was mainly destined to pre-school degree students but I thought about doing it because this topic has a lot to do in primary education as well and this could help me to improve my skills and knowledge as a teacher.

There have attended students and teachers from different countries from all over Europe: Denmark, Portugal, Belgium, Lithuania, Hungary and Spain.

The fact of meeting people from different cultures makes a program more enrichful and interesting because of sharing ideas, ways of doing and living and using English as the communicative language.

About me...

I'm Sandra Castelnovo and I'm from Barcelona, Spain.

I'm studying my last year of the degree to become a primary teacher.

I applied for this Intensive Program because, apart from the idea that I want to improve my teaching skills, I love the fact of meeting new people from other countries, other cultures. Besides that, when I knew that the program was in English, I was so delighted to participate in such an interesting course.



Personal development

This experience gave me a lot of good memories and helped me to develop not only my professional skills but also the personal ones.

The fact of living during two weeks with people who I didn't know before made this program much more interesting, attractive and positive. If it wasn't for this, I wouldn't have been so happy during this time.

I loved the way we worked in group, fighting to achieve the same goals. There existed between all the students a nice working atmosphere and we've had so much fun doing all the activities. I will always remember all of this...

Definitely, I lived lots of moments that were once-in-a-lifetime, unique and I'll always keep them all in my heart, with me.

Intercultural development

Regarding the intercultural relationships between all the students, they were very satisfactory.

I think we all respected each other, learnt a lot from each other, exchanged and shared different ideas from our own cultures, ways of doing and living... All these aspects have enriched me personally and professionally.

During these two weeks I got to know awesome people who I will never forget and I'm sure I'll be in touch with some of them for the rest of my life.

An experience like this made myself grow. It also made me see that, in spite the fact that we are from different places and that our mothertongue is not English, we could live together and communicate with any problem.

So no matter what language we speak or where we come from, we all understood each other and had so much fun together.



Professional development

Professionally, this course provided me a lot of helpful resources and developed me for my future as a teacher.

Toolbox, hopscotch, soundpainting, flashmob, playmobil show, story of the dragon... These activities and more gave me a lot of positive things: more self-confidence, creativity, imagination, awareness of the huge variety of possibilities that one can experience in a place, taking profit of the surroundings, etc.

During this program there were many enriching lessons that promoted art and music skills. It was also very interesting the lecture about free playing, which is very important for our future as teachers.

Personally, I think almost all the activities were greatful and gave us lots of tools and different ways of observing the things. There were some times when punctuality was not respected and this made the program a little tiring. However, it was a very nice experience with lovely people that I will never forget.

Thank you for this opportunity.

