



Self-reflection

In this reflection I will look back at what I did during this intensive program. But also at what I've learned and achieved this 2 weeks. I will point out my personal achievements, professional achievements and intercultural experiences.

First of all I want to say that I am very glad that I got this opportunity. This experience is unique and I have learned a lot during this program.

This was a great test for myself because I want to go on an International program next year too. I never thought that I could stay away from home this long. I miss home, but not as much as I expected. This is for myself the sign that I'm ready to go away from home for a longer time.

I hoped to get over my fear of pigeons, this didn't happen. I'm still afraid of them. But I noticed that I can walk by without making a big circle around them. We did an activity at Plaça Catalunya, where there are a lot of pigeons. We practiced a lot in the monastery first. I looked forward to doing it in the city. But when I got on Plaça Catalunya I panicked and went away from the others. Later when they left this place to go to the Ramblas, I joined back in. It was a very fun activity.



I also realized that I have very good friends and that I can always count on them. I've met new people and got to know them. They will always be in my mind because we build a relationship together. In this program it was important to talk with each other. You are at the same place 24/7 so talking is a must ! This went very well I think. I've never had a discussion with anybody because we accepted each other's point of view and

talked about it. In our group (B1) we always had so much fun. I've also met people from Belgium, I know that we will see each other a lot more when we are back home. It surprised me that I could make such good friends in such a short period of time.



During this program we did a lot of interesting activities and workshops. Thanks to these workshops I've learned a lot of things to do with children to make them more aware of their surroundings. Activities to let them explore everything with their different senses.



We had to go blindfolded to places and use our senses to discover the surroundings and guess where we were. One of those places was the indoor market. When we came here blindfolded, we heard a lot of things but also smelled a lot of things. It was a very crowded place so we had to stay very close together. I smelled a lot of things like fish, herbs, meat, cheese, fruit, ... It was very interesting to get to know this place in a different way than I would usually do. Normally we discover something by first looking at it, but with this exercise we had to use our other senses.



Another activity was to close our eyes and rip a tree out of a paper. This was very hard because I had to feel the contour of my tree. When we opened our eyes we saw very awkward and different trees. This exercise would be very good to do with children. They will see that 'a tree' can be presented in different ways and forms. All our trees were different but we could still see that it were all trees.

When we went to the school, I was amazed that it was such a small place. These children learn three languages : Catalan, Spanish and English. The first day we didn't know that so Sandra (Spain) lead all the activities. The children had a very nice time and made some drawings about our first meeting. The second day we divided all the activities so everybody could lead one time. We went with the children to the park. I did 'The Soundpainter'. This was a game to let the children listen to their surroundings very carefully. They did such a great job !! I was very glad to see them listen without saying a word. They were also very inventive to search a way to reproduce the sounds they heard. We did this all together and later they had to choose their own sound. When they felt a tab on their head, they had to make their sound. At the second tab they had to be silent. We had to try this a few times, but then it went very well. I want to do this activity during my internship to. I think this is a very good exercise to let the children listen more carefully to the surrounding noises than they would do normally.



Later that day we did a workshop with Denise. We had to make a Hopscotch. I learned that this looks different in every country. It is also called different in the countries. For example 'La charanca' in Spain, 'Hinkesten' in Denmark and 'Hinkelen' in Belgium. We had to make this Hopscotch based on works of Picasso or Miro. We did ours based on artworks of Miro. First we thought about the form and the rules. Than we made a try-out on cardboard. Later we drew it on the ground with chalk. We had to play it ourselves but also find people on the street to play it. At first nobody wanted to play because they were too busy. But later we found a lot of people to play it with us. We also got nice comments from passangers. They thought it was a very nice drawing.

I met a lot of people during this program. It was very interesting and surprising sometimes to hear about their school system. I was surprised by how much some countries have to pay to get their children to go to school. It's very interesting to see and hear about these differences.



The language is also something that played a big role during this program. Sometimes there were disputes because (for my feeling) some of the others didn't really tried their best to communicate with me. I understand English, German and French so I maybe have some advantage. I surprised myself, I didn't knew that I could speak these languages this well.

It's very funny to speak with students of other countries about some words and sayings of their country. Sometimes we played jokes with each other. We let each other say something in a language and it was always very funny to hear it.

The evenings prepared by the different countries were also very interesting (sometimes a little less). We learned songs in their language, authentic dances, games, ... Some of the evenings were really nice.



I am really amazed by the way of communicating with each other (especially in our group). We accepted each other and really listened when someone had something to say. There were no disagreements or discussions. We could talk about everything and we said immediately what we thought. That's something I really appreciate in people, to be honest and say what's on their minds.

My conclusion :

I really learned a lot in this program. I got to know new people and I have built a relationship with them. I might not see them ever again, but I know that I'll never forget them. I've experienced that Barcelona is a beautiful city with a lot of hidden secrets. For my further life as a preschool teacher I have learned a lot about exploring with all the senses and I will definitely use what I learned during all the workshops ! I had a great time !

