

# Personal reflection

---

First I will introduce myself. My name is Sarah Neukermans and I'm from Antwerp, Belgium. I'm 21 years old and I love children and I really like to travel. One of the most important things in my life is meeting new people and new cultures.

Before I was here I didn't really know what was going to happen. I knew that we will work around using the senses but what exactly would happen I didn't know. I had a lot of questions and hopes. For example I really hoped that I didn't have to speak French, because I don't speak it very well, I also hoped that the other students will be nice and funny,....



From the first days I knew that it would be 2 amazing weeks. I have made here so much new wonderful friends like I never had before! We have had so many funny and crazy times. Also when we had some difficult times we were there for each other. I will never forget them! I hope I will meet them again soon!

I will miss you all!!!!

The first week our days started with a story. These story's told me that you have to try to walk out of the realness and use a lot of your own creativity. This is very important for us, we all want to be teacher in the kinder garden, so we need a lot of creativity. One of the teachers of Belgium told us also a story about an elephant who wants to go to the highest tree. This story really let me think about myself. The story tells us that when you really want something you really can do it! And this is how I think about life! When I really want something, when I really want to be someone, ... then I just have to do whatever I have to do. This story made me more self confident.



I really love other cultures. During this intensive program I learned very much about all the different cultures that were here. Every evening a different country had to make dinner that's typical for their country. Every dinner has its own personality.

During the first week we also had a lot of activity's in the morning. We were divided in 3 groups: A, B and C. My group, group C, went often to the forest and walked a lot. During our walk there were a lot of activities. In the afternoon we had to make some preparations of the activities but changed to the level of children. Some activities were very useful for my own future career. I definitely have learned how to work with all our senses. One of the most interesting activity was making our own land-art. First we had to look in different books about land-art. We learned about the typical elements of land-art: empty, full, underlining, snake, hanging,... Then it was our time to make our own land-art. Every small group got a typical element. Our groups got 'underlining'. We went to a river and underlined it with branches.



Another activity that was very usefully for me, was listening to the sounds in the nature. We went to a place in the forest. We had to sit on the ground and listen to the sounds in the nature. For me it was more easy to listen when I closed my eyes. It makes me think about my own life. Why I'm I here? Who do I miss? What have I already reached in my life? And so on. Also during this activity I realized that it's impossible to find a place where you can hear nothing. There will be always a sound, no matter where you are. Maybe you hear birds, the flowing of a river, the wind through the trees, your own breathing, ....

The second week was very practical. We went to a kinder garden in the neighborhood. Each group had a small group of 7-8 children of 5 years. We have done a lot of activities with them. These activities were based on what we did the first week. During these 3 days the most important thing I have learned is that you don't have to speak the same language as the children. By using a lot of body language you can also get very far. When the children don't understand us, the French speaking students translated us. I have tried to speak French with the children. For me it was a very good exercise to practice my French.

Also during the evenings we learned a lot of each other. We were sitting together and share some own culture with each other. We sang a lot of songs from the different countries. We played music, I looked like we made our own music band. I really loved spending time with them! We live so many kilometres away from each other, we are so different from each other, but on some ways we are all so the same! I LOVE IT!