

Personal Reflection

In this Intensive Programme, I was like a tree: first a little bit fragile, that could break with a minimum touch and whose branches couldn't support the leaves so well with the wind, the ones that, if fallen, would show my weakest parts, indeed, even being with my colleagues and with so much of their support, I was scared to be in a different country with so many mixed cultures and it was the first time being so far from home for a long period. Then, after feeling more comfortable with the idea and closer to some of the people here and also because I faced it: *we are all here for the same reason!*

Concerning the intercultural matter, like I thought initially, it's really great to share not just questions about education but also other cultural issues.

All the project was really interesting and surprising, there are many things that could perfectly be explored but they're not because, maybe, we're a little bit used to be in *our comfort zone* and we need so many authorizations that we don't explore what the nature can give us. But it was possible to explore so perfectly using all our senses, in perfect harmony with the best of Mother Nature can offer us, even if human hurts her.

I think it all was a surprise, a new and refreshing experience that I'll keep in my memory for the rest of my life and now, being aware of the things I've learned, I'll certainly apply them with my future classes.

All was interesting and having the opportunity to do it with the children was my favourite part, we are in this profession for them and even being scared because of the mother language issue then, when I had the first contact, I realized that the body language can be a great, even in this case being the only, way to communicate.

About the activities, one of my favourites was the one with the parachute: how can a simple thing be so useful for so many activities? The other one was the many exercises with the kangaroo, so great to do with little children.

Marta Fernandes, Portugal

I'll regard everything, keep in my heart all that I felt... the way I could meet with so wonderful persons, unique, even having a different culture and with that a different way to see through things.

Now I can say I grew like a tree, my branches are stronger and in the leaves I take important values, more creativity, countless ways to give more of myself in a professional way and stimulate children, to learn and create with all the senses, enjoy every piece of thing that seems so useless to our eyes. And I won't break, even if a tornado comes. This was a really great experience!