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## Reflection on my experience and learning

### Reflective Journal

This Reflective Journal is a useful means for your **professional development**. Please take a moment to reflect personally on the programme and write a few lines every day on your thoughts.

Possible areas of reflection: my *professional development* today, *cultural understanding*, *participation* in and understanding of *debates, talks, visits to schools, sharing of expertise* and building of *future partnerships* (Dissemination Strategies), *European Dimension*, etc.

|                                  |   |
|----------------------------------|---|
| <b>Professional Development</b>  | <ul style="list-style-type: none"> <li>- Where does your journey start?</li> <li>- Greatest challenges as an educator?</li> <li>- How will you incorporate what you have learned?</li> <li>- What are your goals for this programme?</li> </ul> |
| <b>Cultural Understanding</b>    | <ul style="list-style-type: none"> <li>- What you have learned about the host culture.</li> <li>- Communication with the locals and other participants.</li> <li>- Cultural differences between Ireland and your country.</li> </ul>            |
| <b>Language Development</b>      | <ul style="list-style-type: none"> <li>- Change of perspective (teacher/learner)</li> <li>- Self-expression in a group setting</li> <li>- Communicating in a foreign country</li> </ul>   |
| <b>Dissemination of learning</b> | <ul style="list-style-type: none"> <li>- How will you share what you have learned?</li> <li>- With whom?</li> <li>- Conversations with colleagues</li> </ul>  |
| <b>Meaningful Moments</b>        | <ul style="list-style-type: none"> <li>- Something specific that affected you on a personal / professional level?</li> <li>- Photos that you took</li> <li>- Music or sounds that you heard</li> </ul>  |

**If you decide to use an online platform for your journal please paste the link here:**

[Click or tap here to enter text.]

**Sunday:**

The 'Our School a Passport to Success' project to improve learning environments brings us here to the PRESIDENT Hotel in Helsinki to meet teachers from 11 European countries. The challenge on my ability to express myself in English begins.

I finally feel very stimulated to learn new teaching techniques, my mind opens to new realities.

**Monday:**

We wake up at 5.30 a.m. so that we can go by metro and bus to visit our first school. I am impressed by the bicycles outside.

We are greeted by the headmistress, very familiarly, and by two Italian teachers who express their excitement at seeing us. After the presentation, the students, all barefoot, took us on a tour of the various school environments including the different workshops (sewing, carpentry, art) to encourage learning even for students with frailties. The teachers' room is particularly well maintained and equipped. Almost all the children have a tablet and the ability to speak English is evident. Silence and spaces set aside for group learning take centre stage. The self-service lunch in the canteen with students, teachers and headmaster is interesting. Pleasant and relaxing environment, focus on healthy food and very responsible and independent students.

In the afternoon, seminar at the Hotel Presidente to learn about the Finnish system.

**Tuesday:**

At the President's Hotel in the morning, some teaching strategies to create attention and motivation in students were brought to life. In particular, a playful approach to language teaching was demonstrated. In short, it turned out that it is not how much one learns but how. In the afternoon Context4Contest project, to get to know the

**Wednesday:**

Meeting at the University of Economics in Helsinki: a teacher explains TEAM CLASS to emphasise the importance of interaction between teachers and pupils" BEST IDEA COME FROM THE CHILDREN".

The importance of climate and movement during the learning day is emphasised.

In the afternoon visit to Suomenlinna, the island-fortress of Helsinki,

**Thursday:**

Due to a strike, it was not possible for us to visit the second school, so lecturers took turns at the University of Economics to explain the methodological, organisational and structural aspects of their schools.

In the afternoon, a visit to the historical centre of Porvoo, a UNESCO heritage site.

**Friday:**

Wake up early for a fieldtrip to Estonia! Visit to the historical centre of Tallinn. Here too, through the guides we had the opportunity to understand how digital in schools is very advanced. We met some classes and noticed that they wear waistcoats outside the school.

## ***2 stars and a wish***

Please share 2 aspects of the course that have fulfilled your goals and 1 that you will continue working on.



I am happy that now I know...  
That the use of space is fundamental, that atmosphere is the main ingredient for teaching.



I have been inspired and plan to...  
Studying English better, teaching it to my children and breaking down some unnecessary barriers between me and them.



I would like to know more about...  
On how learning assessment works.

### **A final overview of my experience in this European training programme:**

In summary, the school facilities (classrooms, laboratories, canteens, libraries, relaxation areas, gyms) are spaces designed for the needs of the students, which promotes their autonomy and serenity. Teaching is focused on the realisation of a project in which theory is a support and not the ultimate goal of learning. In this way, the student is the protagonist and becomes aware of his or her own success in school, thus ensuring lifelong learning. I have collected small ideas to be implemented in small steps to improve our school system to sow the seeds for a united, civilised and peaceful Europe.

**Thank you!!**

**Well done on completing your Reflective Journal.**