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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.

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

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

Click or tap here to enter text.

Sunday:

On 1 May, a long-awaited training course began for me. I arrived here full of curiosity and expectation and attended the training presentation meeting. I was immediately immersed in it, listening to presentations by participants from 11 different countries and interacting with them in group activities. It was also very useful to hear the overview of Finnish history and society from the speakers, and stimulating to interact with the other participants in the group work.

Monday:

Today I was finally able to experience a school day at the Lintumetsan Koulu school where I explored many environments, both those dedicated to teaching and those equipped for teachers and pupils, and attended two lessons. Each environment with its details was designed to promote learning and well-being at school. I observed the way the teachers conducted their lessons and, as I walked around the desks, the pupils were busy carrying out their assigned tasks. The atmosphere was one of serenity, order, respect and trust between teachers and pupils, and encouragement for autonomy.

Tuesday:

Today I attended the work sessions on teaching and learning in Finland held by Finnish teachers, and in particular the Context 4 content activity allowed me to reflect on learning outside school and the importance of knowing the context in which one operates. The activity allowed me to visit places of interest in Helsinki and to gain an insight into some aspects of the country's history and culture.

Wednesday:

Today part of the day was dedicated to group work for the production of the portfolio. In my group, in addition to my Italian colleagues, there were also three Spanish colleagues. The brain-storming work and the contribution of each in the elaboration of the portfolio was fruitful. It was an opportunity to practise the language, to discuss the organisation of our schools and to create a network of contacts among us teachers by exchanging email addresses and telephone numbers.

Thursday:

I was very disappointed not to be able to visit the other school. It was a missed opportunity for further observation in the field. I could have focused on the similarities and differences found with the first school visited and with my own school. However, I was able to reflect on the presentations of the teachers who made us experience the planned visit, albeit virtually.

Friday:

This morning the alarm clock rang very early because, as part of the Context 4 content activities, a visit to Tallinn was scheduled. It was a great opportunity that I couldn't pass up. Walking through the streets of the city with the support of the guide was another highly educational moment. Tallinn also lived up to my expectations. It is a city rich in history, well maintained and with digitally innovative schools.

2 stars and a wish

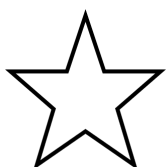
Please share 2 aspects of the course that have fulfilled your goals and 1 that you will continue working on.



I am happy that I now know some of the strategies Finnish educators use to achieve learning objectives and how teachers motivate students by involving them in lesson planning.



I have been inspired and I intend to take all the stimuli I have received with me and adapt them to my own reality, fully convinced that the school is a place of permanent action research.



I would like study the feasibility of implementing in my school some of the good practices observed, promote openness to change in teachers and experimentation with an idea of schooling that really has the pupil at its centre and the promotion of learning success aimed at improving the quality of my school.

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

I arrived here ready to experience the week motivated and full of expectations. Each work session enriched me professionally and was an opportunity for reflection. Each activity added a piece to the puzzle of my mobility. Very useful was, without a doubt, the overview of Finnish history and society, listening to the speakers' speeches on the history of Finland, which allowed me to have a 360° view and to deepen the socio-cultural context of what is known as the best school system. I had the opportunity to deepen the structure of the school system and to understand the aspects that are substantially different from the Italian school system. Many insights have emerged, what at first seemed out of the ordinary as the days went by, also living moments outside the course, I realized that probably the substantial difference lies in the approach to life: silence, serenity and slow pace are the elements that always emerge. In addition, #Context 4 Content was an important activity because it allowed me to reflect on learning outside of school, from visits to the centre of Helsinki and Porvoo I was able to reflect on the learning opportunities the area offers. The out-of-class activity not only fosters student autonomy, but also makes every opportunity for learning a reality.

place becomes a moment and an opportunity for learning.

I regretted not being able to visit the other school because I could have reflected on further similarities and differences found with the first visit and with my own school. For the first dissemination activities I intend to share the experience using a video presentation with my pupils and the board of teachers, with a report to be published on the school website and then organising a final event.

In conclusion I feel I can express my full satisfaction with the training course I attended.

Thank you!!

Well done on completing your Reflective Journal.