

## REFLECTION ON MY DEVELOPMENT DURING THIS PROGRAMME

### REFLECTIVE JOURNAL

This Reflective Journal is a useful means for your language and professional development. Please take a moment to reflect on your experiences in the programme and write a few lines everyday on your thoughts.

Possible areas of reflection: my professional development today, language development, cultural understanding, participation in and understanding of debates, talks, group work, sharing of good practice, building of future partnerships, dissemination strategies, European Dimension, etc.

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Date: 27/07/2015

The initial presentation was hard for my comprehension but I understood the spirit of this experience. The quick visit of Dublin's centre was interesting but less hard that presentation of course. Now I'm afraid about my success in the course.

Date: 28/07/2015

This morning I discovered the method to improve the English. It isn't translating but speaking and reading.

I begin to understand the lesson of my tutor and I hope to improve my English. In this moment my sensation is hopeful.

Date: 29/07/2015

This morning I learned the differences between the tenses. There are the present and the past. It is early but the problem in English is the "but". This is very funny for me.

The approach of my tutors for improving my English is very efficient but not easy.

I worked on speaking and listening because the first rule for Louis (my teacher) is:

Do not translate! Do not translate! Do not translate! And look at me, and look at me, and look at me!

Date: 30/07/2015

This morning I was enjoyed because I learned some English grammar and I haven't hated it. I learned through a song. The title of the song is: "Cool Kids". Now I repeat this song in my mind continuously.

With this song I learned the tenses: simple present and present continuous. The difference between simple present and present continuous is the same in the present than the one between simple past and past continuous in the past.

This afternoon we went to Dun Laoghaire. I enjoyed it because the city was nice and I talked to Spanish colleagues. I think they are very funny guys.

Date: 31/07/2015

This morning I created a comic story with my group and that moment was very funny. But in the afternoon I enjoyed a lot because I assisted to Caroline's drama course and I unwound all my body but in particular my mind. I did an exercise and its name was "zip-zap-boing". In the final part of the lesson I was very happy and I was relaxed. Tomorrow I will visit Kilkenny and Glendalough with all participant of English Metter course. I hope that visit will be very interesting and enjoyable.

Date: 01/08/2015

Today I went to two places with all group of English Metter. I visited Kilkenny for the first and in the afternoon I went to Glendalough. I enjoyed a lot. This experience was beautiful and interesting. I walked around a lake while I was speaking with a new friend. He is Spanish, his name is Rafa and he is very friendly.

Date: 02/08/20105

This morning I went to Cliffs of Moher of the West Atlantic Cost of Ireland. I saw for the first time the Atlantic Ocean. It was a fantastic experience because I stood at 214 metres above the Atlantic Ocean. In the last two days I visited a lot of places of Ireland and this was positive for me because I love seeing new places. Now I think that Ireland is really the green island and the Irish are more similar to Italian than English people.

Date: 03/08/2015

This morning we spoke about social networks and this was interesting because it is original and topical. Then I learned the difference between the survey and the questionnaire. In the afternoon I overcame a problem. I interviewed ten people about social networks. For me it was very difficoult but I enjoyed a lot. This experience was a beautiful surprise.

Date: 04/08/2015

Today we draw conclusions about the interviews. This topic was interesting but it was not simple because we had interviewed 70 people so we had a lot of data. This evening I went to two places. The first place I went is Dublin castle, but it was a quick visit; then I went to Book of Kells. I had never seen one library like this. It is an incredible and amazing place and I was surprised to find so many books.

Date: 05/08/2015

This morning we finished all our learning activities and my tutor explained what we will do after. Then we began to work to the presentation. My presentation will be made in collaboration with Luca, my colleague, and I think that is very funny. The topic is "Guinness". Tomorrow we will introduce our work and I hope that it will be interesting. Now I am worried.

**A final overview of my experience in this Erasmus+ Continuous Professional Development programme:**

- incredible;
- amazing;
- funny;
- enjoyable;
- very beautiful;
- I am not a tourist but a student.

I will advise this experience in Dublin with English Metter. Dublin is fantastic and this method to improve English is very strong and the program is hard.