



Participant Report Form - KA1 – Learning Mobility of Individuals – Mobility of staff in school education

Fields marked with * are mandatory.

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1 Purpose of the Participant Report

This final report on your mobility experience will provide the EU's Erasmus+ programme with valuable information which will benefit both future participants and contribute to the continued improvement of the programme. We are grateful for your co-operation in filling out the questionnaire.

All personal data mentioned in this form will be processed in accordance with Regulation (EC) No 45 /2001 of the European Parliament and of the Council of 18 December 2000 on the protection of individuals with regard to the processing of personal data by the European Union institutions and bodies and on the free movement of such data. This report, once submitted, will be accessible to the coordinating organisation, the National Agencies of the Erasmus+ Programme and the European Commission. More details in [Specific Privacy statement](#).

2 Identification of the Participant and General Information

*2.1 First and last name

See section "Publication and Usage Rights of the Information and of the Email Address" at the end of this questionnaire concerning usage of the personal information.

Viorica Ghinea

2.2 Mobility start date

The date on which your mobility activity started, provided for information only. Should this date be incorrect, please contact the person responsible for management of your mobility to correct this date.

27/11/2017

2.3 Mobility end date

The date on which your mobility activity ended, provided for information only. Should this date be incorrect, please contact the person responsible for management of your mobility to correct this date.

*** 2.4 Email address, where I can be contacted in the future**

See section "Publication and Usage Rights of the Information and of the Email Address" at the end of this questionnaire concerning usage of the personal information.

ghineaviorica@yahoo.com

*** 2.5 Was this your first staff mobility period financed by the Erasmus+ or Lifelong Learning Programmes?**

- Yes
- No

*** 2.7 Did you sign a mobility agreement with your institution before the mobility?**

- Yes
- No

*** 2.8 What type of activity did you carry out?**

- Teaching/training assignment
- Participation in a structured course
- Participation in a training event (e.g. conference)
- Job-shadowing/observation period

*** 2.9 Please briefly describe your activities abroad**

Mention, for example, events or courses you have taken part in and the main topics that you have worked with during your stay.

Pe parcursul celor șase zile de formare ,organizată de Polaris Formazione- Italia, am participat la activități diverse constând in cursuri de formare, seminarii, training-uri , întâlniri și vizite la două școli diferite din Vasto.

Cursul „Cunoașterea caracteristicilor unei școli incluzive” mi-a reamintit :

- aspectele legate de didactica incluzivă; cele 8 competențe europene ;
- utilizarea inteligențelor multiple pentru a valoriza inteligența fiecărui copil ; importanța inteligențelor interpersonale și intrapersonale în creșterea motivației și a stimei de sine;
- inteligența emoțională și inteligența socio-afectivă; cultivarea inteligenței emoționale reprezintă capacitatea de a dezvolta abilități indispensabile în viața unei persoane.
- învățarea prin cooperare -metodă ce implică elevii în munca în echipă pentru a realiza un țel comun, pentru a preîntâmpina eșecul școlar;
- valorificarea educației outdoor în dezvoltarea emoțională și socială a elevilor – premisă a dezvoltării cognitive.Aceasta oferă posibilitatea contactului direct cu natura și reprezintă o puternică sursă de experiențe de învățare.

Un alt curs a fost „Tehnici și metode utilizate pentru obținerea unui management optim al clasei. Am aflat lucruri interesante despre dinamica grupului și utilizarea sociogramei Moreno. Foarte utilă a fost întâlnirea cu un profesor itinerant care ne-a oferit multe detalii despre modul cum se lucrează in Italia cu elevii cu nevoi speciale. De asemenea ne-a prezentat Programul de observare pentru aflarea căii educaționale individualizată.

Am participat la jocuri de captarea atenției, de cunoaștere și socializare .

Am vizitat Școala Nuova Direzione Didactica di Vasto. Am primit informații despre programul zilnic al elevilor, orar, manuale etc.

În ziua a V-a am vizitat Scuola Media Statale R. Paolucci. Am văzut cum se aplică metodele de lucru Montessori cu elevii cu diferite dizabilități. Întâlnirea cu profesorii școlii ne-a oferit informații utile despre procedurile utilizate in vederea rezolvării problemelor de absentism.

Ca o noutate am aflat despre utilizarea metodei Feldenkrais . Definită „ Știința și poezia în acțiune”, scopul metodei este de a găsi starea de a fi armonios, puternic, cu adevărat uman. Îmbunătățește abilitățile motorii pur și simplu prin mișcare, îmbunătățește imaginația și fantezia, autocontrolul, libertatea, echilibrul, ritmul, încrederea în sine.

Am învățat să practicăm mai multe exerciții de Sferodinamie care pot fi adaptate și elevilor mei. Este foarte important pentru copii să crească știind că simțirea emoțiilor și exprimarea lor este o modalitate de a le gestiona, modula și controla; că imaginația este o posibilitate de a crește și de a rămâne în contact cu tine însuși. Odată cu mișcarea vor fi conștienți de faptul că este posibil să-și canalizeze impulsurile într-un act creativ. Prin mișcare, ei vor fi conștienți de limbajul corpului lor , ceea ce îi va ajuta în procesul socializării și, prin urmare, al integrării.

Tot ca o metodă nouă am învățat despre jocurile de rol: „ Teatrul celor opresați”, „Teatrul invizibil”. Acestea au un rol foarte important în formarea coeziunii de grup și rezolvare conflictelor , facilitând crearea unei atmosfere plăcute, antrenante, motivante, astfel încât elevii să se simtă bine in mediul școlar si să frecventeze școala.

Jocurile si informațiile pe care le-am reactualizat/aflat le voi valorifica la nivelul clasei mele, acestea putând fi adaptate particularităților elevilor.

*2.10 Was your activity linked to the needs and objectives of your home organisation?

- Yes, well linked
- Yes, but not well linked
- No
- I don't know

*** 2.11 What were your main motivations for doing a mobility period abroad?**

Multiple answers are possible.

- To learn from good practice abroad
- To experiment and develop new learning practices and teaching methods
- To gain practical skills relevant for my current job and professional development
- To reinforce or extend my professional network
- To share my own knowledge and skills with learners and/or other persons
- To reinforce the cooperation with a partner institution/organisation
- To build cooperation with players in the labour market
- To create spin-off effects for the launch or development of new educational activities
- To increase my social, linguistic and/or cultural competences
- To increase my job satisfaction
- To make new contacts
- To increase my employment and career opportunities
- Other

3 Achievements and Impact

3.1 By participating in this Erasmus+ activity I believe I have developed the following competences:

	Strongly agree	Rather agree	Neither agree nor disagree	Rather disagree	Strongly disagree
* Competences in mathematics, science and technology	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Digital competence	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Learning to learn	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Social and civic competences	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Sense of initiative and entrepreneurship	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Cultural awareness and expression	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

* 3.2 What was the main language used during your mobility activity?

English

* 3.4 Do you feel you have improved your skills in this language during your stay abroad?

- Yes
- No, I was already fluent
- No

* 3.5 I have followed a language course/training in the main language before or during the activity.

- Yes
- No

3.6 As a consequence of my mobility period abroad, I have...

	Strongly agree	Rather agree	Neither agree nor disagree	Rather disagree	Strongly disagree
* Improved my career and employment opportunities	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Become more motivated to carry on developing my professional skills	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Learned from good practice abroad	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Gained practical skills relevant for my current job and professional development	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Improved my knowledge of the subject I am teaching and/or my professional field	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Shared my own knowledge and skills with learners and peers	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Been able to experiment and develop new learning practices and teaching methods	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Built up new contacts/expand my professional network	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Improved my knowledge of education systems in other countries	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Improved my awareness of methods for assessing and giving credit for skills or competences acquired in formal and informal learning context	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Become better aware of European funding mechanisms for projects in my field of education and training	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3.7 Thanks to this mobility activity, I have also improved my:

	Strongly agree	Rather agree	Neither agree nor disagree	Rather disagree	Strongly disagree
* Analytical skills	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Practical skills (e.g. planning and organising, project management, etc.)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Organisational/management /leadership skills	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Teamwork abilities	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Emotional skills (e.g. having more self-confidence, etc.)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3.8 I believe my participation in Erasmus+ had or will have the following impact on my sending institution:

	Strongly agree	Rather agree	Neither agree nor disagree	Rather disagree	Strongly disagree
* Creating opportunities for me to share the knowledge acquired through my mobility activity with colleagues	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Using new teaching/training methods, approaches and good practices at my sending institution	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Introduction of new subjects or curricula at my sending institution	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Creating opportunities for the launch or development of new educational activities such as curriculum development, development of joint courses or modules, academic networks, etc.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Reinforcing a positive attitude of my sending institution towards sending more staff on teaching assignments, job shadowing or training abroad	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Improving the organisation and management at my sending institution	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Strengthening the cooperation with the partner organisations in this project	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Strengthening my sending institution's efforts to internationalise its activities	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Strengthening my sending institution's cooperation with players in the labour market	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Strengthening my sending institution's cooperation with players in the civil society	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Starting or joining new European /international projects	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4 Certification and Formal Recognition

* 4.1 Have you received formal recognition for satisfactorily completed activities of the programme (for example a certificate, diploma etc.)?

- Yes
- No

4.2 What type of certification did you receive?

- Course Specific Certificate
- Europass Mobility Document
- Recognition by home institution
- Recognition at national level
- Recognition at regional level
- Attendance certificate by host institution
- Work certificate
- Other

* 4.4 In what way will your mobility be acknowledged by your sending institution?

Multiple answers are possible.

- Informal recognition by the management
- Being assigned new roles or responsibilities
- Salary increase or bonus
- Other
- Not recognised at all

5 Conclusions

* 5.1 How satisfied are you with your Erasmus+ mobility experience in general?

- Very satisfied
- Rather satisfied
- Neither satisfied nor dissatisfied
- Rather dissatisfied
- Very dissatisfied

Reminder: If you have participated in a course that you had found in the School Education Gateway please do not forget to give your rating for the course at the website: http://www.schooleducationgateway.eu/en/pub/teacher_academy/catalogue.cfm

* 5.2 Would you like to participate in other Erasmus+ activities in the future?

- Yes
- No

* 5.3 Would you recommend this experience to a colleague?

- Yes
- No

* 5.4 How do you plan to share your experience?

Multiple answers are possible.

- With a written report
- At staff meeting(s)
- At conference(s)
- At workshop(s) with colleagues
- In the media
- Other
- No plans to share

5.5 If you wish, please give any additional information, observations, comments or recommendations that may be useful for future projects as well as to the National Agency or the European Commission.

6 Publication and Usage Rights of the Information and of the Email Address

*6.1 I'm willing to help staff and students based on my on Erasmus+ experience. They can contact me at my email address.

- Yes
- No

*6.2 I agree that (parts of) this report can be published and made available to the general public.

- Yes, with my name and email address
- Yes, but anonymised (no name, no email address)
- No

*6.3 I agree that my email address will be used later to contact me for further studies related to the content of this final report or regarding the Erasmus+ programme or EU issues.

- Yes
- No

Did you know that in 2017 we celebrate 30 years of Erasmus+? Join us at <http://ec.europa.eu/erasmus30> and get involved!



#ERASMUSPLUS
EC.EUROPA.EU/ERASMUS30



Contact

http://ec.europa.eu/programmes/erasmus-plus/contact_en
