



Co-funded by the
Erasmus+ Programme
of the European Union

KA2 Strategic Partnership
2015-1-IT02-KA201-015458

**Slow down, Move your body, Improve your diet,
Learn for life, and Enjoy school time
S.M.I.L.E.**

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Country: Romania

Write about what activities you did during the project:

Evaluate your skills while working for the CLIL Modules as regards:

- 1) Working with your classmates
- 2) Independence in carrying out tasks
- 3) Working with technology
- 4) Time Management
- 5) Your contribution to the Final products

CLIL Module 1

1. It is nice and a lot easier to work in a team with classmates, especially for games or sport activities
2. In certain activities independent work is needed
3. I researched about some sports using the Internet.
4. After classes part of my time was used for certain activities in the project
5. The products we made in the project were presented in front of students from other classes

CLIL Module 2

1. Teamwork was very important to us
2. We realised that, in order to get the wanted result, the contribution of every member of the team is important.
3. Technology can keep you up to date about the innovations in every domain, especially sport
4. Planning every activity is very important to be successful
5. I took part in the activities, I got involved in collecting information for the subjects in the module

CLIL Module 3

1. Doing an individual sport is accessible to everyone, as you don't need a team
2. The independence that individual sport offers develops your personality
3. I used IT in different stages of the project activities.
4. Time is an important resource so that all activities are conducted efficiently
5. Making the final products meant teamwork, as a result of every person taking part in it.

CLIL Module 4

1. Practising teamsports means the teammates get along well
2. Teamsport does not mean you cannot use your own methods and tactics
3. Part of the activities implied using IT: research, video presentations, etc
4. The sport activities but also the ones where we had to make certain products needed quite a long time
5. We showed what we had done as final products to other colleagues in the school

CLIL Module 5

1. Teamwork helped us find information and also examples of doping in different sports easier
2. The team took into account every person's intervention so that the activities are more efficient
3. The Internet was one of the information sources, but not the only one
4. More time means a better research
5. Through the final products we managed to send our message against doping

CLIL Module 6

1. We worked in groups and we made models of healthy food pyramids
2. Each of us came up with suggestions and thus the result of the group was appreciated by all the students
3. We made presentations, videos, traditional recipes using the IT techniques
4. Time was not enough as the final products needed a lot of attention

5. By the final products that we worked for we wanted to bring to the people the idea of healthy life through sports and diet

CLIL Module 7

1. Learning using the new methods means teamwork as well, where we must listen to each other
2. Using new methods, adapted to the new changes in the society connects individual work with being a part of the teamwork
3. The classes become more pleasant when we use the computer
4. Time is used more efficiently when modern teaching methods are used
5. The products we made support the modern methods used in the school

Evaluate your skills while working for the Etwinning activities as regards:

- Working with your classmates
- Independence in carrying out tasks
- Working with technology
- Time Management
- Your contribution to the products

We worked in team at the presentation about the culture in EU and we learnt new things.

Evaluate your skills while working during the Mobility weeks you took part in, as regards:

- Working with other students during the mobility week
- Independence in carrying out tasks
- Time Management
- Working with technology
- Your contribution to the Final products
- Your participation in sport activities
- Your participation to the cultural programme

I understood from the very beginning that good cooperation is necessary among all participants in order to achieve the objectives of the mobility - Andrei

The fact that every person's opinion was taken into account in the team where he worked was remarkable

Time was a little more difficult to manage, as not all of us have the same working rate

The host school provided all the IT equipment that was necessary to achieve the activities in the best conditions

I was very happy to be a part of the project activities in the mobility, to contribute to making the final products and to join my European colleagues in different cultural activities

Mobility to Byalistock, Poland – April 2016

Mobility to Moreni, Romania – February 2017

Mobility to Latvia – April 2017

Answer the following questions in relation to the Mobility experience:

What difficulties (language and integration problems) did you have in integrating in a foreign country and how did you sort them out?

- *Through the understanding that all the participating students and teachers had I managed to overcome my problems when it comes to my English, where I am not that good*

Answer the following questions about the whole project:

What difficulties did you have in carrying out the assigned tasks during the whole project and how did you face and overcome them?

- *The tasks we had were quite clearly and well explained and thus there were no important problems*

What satisfactions and positive impressions did you get?

From the Project

- *The SMILE project made me more optimistic!*

From the CLIL Modules

- *Every module of the project contributed a little to my abilities of learning, generally speaking*

From the Mobility week you took part in

- *The Mobility was a unique experience, as it opened new windows towards multiculturalism*

From the eTwinning project

What influence will this experience have on your future?

- *After the SMILE experience the future seems easier to build, I am more confident in my decisions*