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**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 ITALY

Write about what you learnt during the project as regards:

A. CLIL Modules in terms of :

- 1) new teaching strategy
- 2) CLIL approach
- 3) Working with technology
- 4) Time Management
- 5) Motivation of your students

CLIL methodology is generally positive with an effective relapse on pupils.

CLIL approach despite being difficult at the beginning, allows to acquire proficiency language skills ranging from general to the specific.

Working on the basis of technology, not only facilitates the teaching but also shortens the learning curve.

Time management plays an important role as the moments are regulated and checked, therefore, the work can be easily monitored.

Overall good results relapse on the pupils from the motivational point of view.

A. Etwinning activities in terms of :

- new teaching strategy
- CLIL approach
- Working with technology
- Time Management
- Motivation of your students

Working through Etwinning, further facilitates the learning, as the working platform allows you to continuously monitor learning.

Somewhat positive is also the CLIL approach that easily integrates with that method.

Technology fuels decisively the class management.

Without the problems relating to access to the Internet, time management is optimal.

Quite good is the feedback from the point of motivation in pupils.

C. Mobility weeks you took part in, as regards:

- new teaching strategy
- CLIL approach
- Working with technology
- Time Management
- Motivation of your students
- sport activities
- cultural programme

Mobility to Bari, South Italy – February 2016

Mobility to Byalystock, Poland – April 2016

Mobility to Istanbul -Turkey – May 2016

Mobility to Crema , North Italy – November 2016

Mobility to Moreni, Romania – February 2017

Mobility to Latvia – April 2017

I actively participated in mobilities in Byalystok (POL), Crema (ITA) and Moreni (ROM). During these mobilities, I ascertained the positive approach relapse of CLIL and at the same time the positive work done with the use of technologies.

*Being a project-based sports and wellness, in my view, it would be appropriate to devote more time to the motility aspects experienced through the practice of most sports.
The cultural program was interesting and constructive sometimes even more exciting than what I thought.*

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?

I had only a few problems from the linguistic point of view. Their resolution greatly enriched the baggage of my experiences as well as my working experience, I had been already formed in other areas using both English and French. Some difficulties arose from the understanding of certain words and idiomatic phrases. Excellent was the integration with colleagues and pupils of other schools and countries.

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?

There were major difficulties in carrying out the project.

what satisfactions and positive impressions did you get?

The satisfactions who gave me this project were those of being able to bring my skills and experience as a coach carried out in schools.

From the CLIL Modules

The CLIL modules gave me the opportunity to communicate in a much better way.

From the Mobility week you took part in

The weeks of mobility were positive, as they made me know and experience other realities not only educational but also social and cultura ones.

From the eTwinning project ?

The eTwinning project has consolidated my work experience in platform.

What influence will this experience have on your future?

Certainly the baggage of experiences and skills acquired has been remarkable. Of course, all this will be important not only in my working life as a teacher but also as a European citizen.