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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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Write about what you learnt during the project as regards:

A.:

- 1) teaching strategy
- 2) approach
- 3) Time Management
- 4) Motivation of your students

During the SMILE Project I had the opportunity to learn about different teaching strategies but the one I reckon was/is the most pragmatically cost-effective is cooperative learning. This really motivated all of the students to a point that is pretty unusual during my regular lessons. By using such an approach I was also made more aware of the importance of scheduling each single activity more carefully and make the most of the time allotted to my lessons by keeping an eye on my watch.

Thanks to this methodology each student can give their contribution, no matter how big or profound, to build their confidence and self-esteem up even in those who are shier or simply weaker.

Being seated in a circle or around a rectangular desk, nobody gets prominent but becomes as worth of being listened to as anyone else in the group.

B. 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 could only join the mobility to Turkey and Latvia. There the students had the opportunity to work in mixed groups formed by boys and girls coming from the different countries involved in the S.M.I.L.E Project. By using the technology available in the schools all of the students found new pathways to motivation in that any technological device is actually closer to their way of interacting and communicating with the world. They were also involved in sports activities that made them enjoy and savour their time there while feeling one closer to another despite their linguistic and cultural differences.

The opportunity I was given to visit Istanbul, though not for the first time nor not as a tourist but as a member of a group of teachers, involved in and committed to such a Project widened my cultural horizons and made me realize that Turkish hospitality is extremely warm and friendly.

Also the final mobility to Latvia fostered integration through the collaboration between the teachers and the students in view of the accomplishment of all the prearranged activities.

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 did not have any integration problems as I am pretty used to travelling abroad, but the language barrier proved to be wider and higher than I could expect. English was the only *lingua franca* allowed and sometimes I got stuck for words, or had to fumble for them. But from a mere understanding point of view I actually had very few problems more than often caused by the different inflexions that characterized everybody's English: a bit of

Latvian or Polish drawl from time to time was nice to hear but at the same time this hindered communication a little bit.

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?

I must confess that the tasks assigned were not a big deal at all, but helped me enthuse and feel more motivated.

What satisfactions and positive impressions did you get?

- From the Project

All in all the Project proved a fantastic opportunity to get in touch with different people and cultures as well as practice some self-criticism as to the narrow views we sometimes have when it comes to having to cope with foreigners.

Over these last two years, that is the project's duration, we have been offered the great opportunity to develop and analyse with a more in-depth awareness those themes and experiences that have so far hardly ever been the building block of the school I work for, namely the planning skill.

Furthermore all of the meetings, which allowed us to get to know and practice different sports, were really highly motivating and fraternizing both at home and abroad. Remarkable was also the in-depth analysis of health-related problematics such as the importance of a balanced diet and of all those incorrect sports practices that may become harmful to our body and mind like doping for instance.

Quite an impact was made by the meetings with the various champions and sports experts who offered the students an incomparable opportunity to meet with such people that may be or are taken as behavioural models by the teenagers.

Also the counselling activities were actually life enriching in that they made us reflect upon our own emotional world and motivations in view of the development of the ability to tackle and overcome all those hurdles that one may come across while making emotional choices.

Moreover all the project activities have allowed us to become more conversant with the technological tools and programs available alongside sharing our works via the most widely known social media sites.

- From the lessons

Unlike in my own country, where collaboration is not the favourite resource nor goal for most of the teachers, during my stay abroad I could experience how valuable and effective collaboration with other teachers can be.

- From the Mobility week you took part in

Again, that week made me realize how important it is to come to terms with different cultures, viewpoints, teaching methods and learning approaches.

- What influence will this experience have on your future?

This experience has enhanced my motivation as a teacher: it has offered me the great chance to help me spur my students to broaden their horizons. Only by trying to demolish all those stereotypes and silly cultural barriers, better known as local pride, will we be factually able to look forward to a new world that is endlessly being flooded over by the creeping propaganda, more prone to fence-mending than to open the gates to the others.

B. Transnational meetings in terms of:

- sharing ideas
- planning
- discussing
- finding solutions

I deem such meetings to be very important in that without them I think it would have been almost impossible to plan, discuss, share opinions, that is try and find solutions together. Naturally the modern means of communication also came in handy. But meeting and talking to one another face to face, reading those faces' expressions and all of the body language, of which we are not so often aware of when we communicate verbally, helped me put into practice what I learnt during my studies and educational years alongside widening my views. Learning that each culture/language conveys new meanings through even what we just consider as rote behaviour was an amazing finding and most useful discovery.