

**Structured Educational Visit to Schools/Institutes & Training Seminar in
FINLAND
Helsinki, 15th – 21st April, 2018**

REFLECTIVE JOURNAL

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Country: Greece

Date: 15/04/2018

I had the first contact with my colleagues from other countries. It was very impressive that there were participants from 19 countries and 128 colleagues. I had the chance to know new people and to change information with colleagues from Spain, Portugal, Slovakia, Germany Lithuania. All these will help me to built future partnerships for European projects.

Date: 16/04/2018

In the morning, I understood the culture and the history of Finland through the guided tour. The guide was very good and she took us in the interesting sights in Helsinki.

In the afternoon, I could understand and get deep in the Finland educational system through the seminar. Also, the second seminar helped me to familiarize myself with aspects of Finnish history, education, culture and society.

Date: 17/04/2018

I had the first educational study visit to the Omnia International school. It was a vocational upper secondary school. I was impressed from the building infrastructures and the huge laboratories. I understood how important is the experienced knowledge. Moreover, the students constructions were sold in order to finance their school. Furthermore, a lot of industries used students for practice. There was a possibility to transfer from upper secondary school to vocational school and from it to university.

In the afternoon, we organised an international group in order to create a learning portfolio. It was a unique chance to work in group with colleagues from other countries. Specifically, 4 Greeks, 2 Slovaks and 1 German. In this

group I cultivated my language and social skills and I developed professional abilities.

Date: 18/04/2018

I visited the Kaitaan koulu – Kaitaan school in Espoo and we saw details from the secondary Finnish education. I learnt how significant the personalized education is and how it helped the students evolution. Teachers were very close and very friendly with their students. Students were relaxed and they worked in groups with laptops or tablets. There wasn't homework for students because all the exercises were finished in school. Many teachers had their classrooms which were very well equipped and very nicely decorated. It was really a fantastic environment for each student. At lunch we met many students who confirmed us how happy were with their schools. Also, I noticed some school books from maths and physics and I found out that they were very attractive and very simple. So, I realized that “less is more”. Finally, discussing with colleagues from this school I understood that teachers were valued, not evaluated.

In the afternoon, I visited the National Museum of Finland where I had a very interesting contact with the Finnish history.

Date: 19/04/2018

It was the last visit in school. The Tapiola School was really a popular school in Espoo. It was an upper secondary school and exactly interesting for me because I work in a similar school. In the start, students welcomed us with a traditional Finnish song and they continued with a complete presentation for the upper secondary educational system. We were separated in groups in relation to what everyone teaches. I chose a program with maths and physics. Firstly, I visited the maths class where I attended the lesson in the classroom with about thirty students. Afterwards, I went in the physics lesson which was really a unique experience for me. Students, separated in groups, took papers from their teacher in order to perform an experiment. Each group took its kit and carried out the experiment with teacher help. I am sure that it was the best method to learn physics. I wish I could do it in my school.

In the afternoon, we visited the Porvoo where we had a tour guided in groups.

Date: 20/04/2018

We visited Tallinn Estonia. Traveling to Tallinn by boat I had the chance to discuss with colleagues from other countries and I knew their educational system. Moreover, we discussed dissemination strategies for the current program. We wrote an article to local media and sites and we organised materials for conference and seminars to our colleagues, our students, parents and local community. Also, I signed in group Facebook (erasmus plus helsinki april 2018) where everyone can share materials and experiences with others. In Tallinn we separated in groups and we had an interesting guide tour to old medieval town.

Date: 21/04/2018

The program started early in the morning and we attended a dissemination strategy seminar where I knew new methods for the program dissemination. Finally, we shared our experiences by the presentation of our learning portfolio. A lot of international groups presented their portfolios which were very interesting and we had the chance to refresh our knowledge from Finnish educational system and Finnish culture.

The departure was really very moving and we parted with promises to keep in contact in order to organise new European projects and fulfill the European vision.

A final overview of my experience in this European training programme:

The program was excellent and it met my expectations. I am really sure that I return to my country very rich in experiences, knowledge and new friends. I hope that I will continue to improve myself by European programmes. Also, I want to thank English Matters for the excellent organisation of meeting and their professionalism.

Lamprou Konstantinos