

The experience of job shadowing and teaching in another foreign school from a professional point of view it has had a very significant impact, particularly with regards to learning about other teaching practices and acquiring skills thanks to the observation of good practices. I met the school located in Rzeszów coordinated by principal, Albert Murjas, a person who has shown particular attention to foreign languages as he considers them the key to success! His school is very large and spacious, there is a lot of attention to greenery and spaces. The school is well equipped with themed classrooms. The welcome was wonderful. The staff, teachers were very helpful towards our whole team.

During my mobility I first learned about professional development and acquiring new skills and knowledge that can be useful for teaching one's own discipline or in any case for organizational coordination or administrative activity that takes place within the school.

Professional experience in another country teaching activity in foreign schools produces an improvement and/or a renewed interest in learning a foreign language tongue. Improving language skills is one of the main reasons why I decided to participate in Erasmus project. The concrete skills that I managed to acquire:

- Develop my professional skills and increase the relevance of the discipline I teach.
- I have acquired specific knowledge and know-how from good practices known abroad.

Regarding the acquired knowledge:

the use of tools, methodologies and contents that affirm and consolidate the internationalization of culture,

improve the training offer in terms of active European citizenship and transversal skills training.

For me it was a unique experience!