

PARTICIPANT LEARNING PORTFOLIO AND REFLECTIONS

**A GRUNDTVIG LIFELONG LEARNING PROGRAMME
LEARNING PARTNERSHIP**



[INSERT ALL PARTNER ORGANISATION LOGOS]

My name is

Sylvia Queijas Liñares

My age is

23/09/1977

My profession or experience related to the project is

I'm Technician organic farming and working in an association of small farmers and organic processors.

I teach agriculture and the environment

And I am from

Elche - Spain

THIS IS ME!

I participated in the mobility meeting in

I have participated in the program to eat or not to eat in Hungary from 1 to 3 June 2014.

I participated in a number of activities, study visits and workshops including:

- Auto recognition of herbs and jams.
- "*Palacsinta*" making workshop.
- Visit the eco farm.
- Cheese making workshop in oil.
- Workshop preparation of elderberry syrup.
- Visit a family winery.
- Visit a strawberry field.
- Cookie decorating workshop.
- Jam making workshop.
- Presentation of projects of various associations

I have gained new skills and knowledge, one of the most interesting is:

- Knowledge of different cultures to the Spanish
- English practice

The main ideas, methods, tools and best practice approaches that I can use in my own professional and personal life are:

- I have learned new ways to grow strawberries.
- I have learned new uses for reeds construction
- I've learned to make elderberry syrup
- Fight to vindicate the use of European law for small producers and processors.

With regard to the development of my personal and professional competences, I believe that I have developed new skills or developed existing skills in the following areas. If I have circled number 1 this

is because it has not been relevant to me on this occasion and there has been no impact, if I have circled number 5 this is because it has been very relevant to me and there has been a very significant impact, I have also described why I have given my answers:

(1 = no impact, 2 = small impact, 3 = medium impact, 4 = high impact, 5 = very significant impact)

Linguistic/language skills;

Communication in your own language (mother tongue) 1 **2** 3 4 5

I communicated with my classmates in English except with my Spanish partner

Communication in a different language 1 2 3 **4** 5

I communicated in English

Social/Civic; developing understanding of impact your role in society and in European Union 1 2 3 **4** 5

I am aware of how important it is for each individual to put their part to improve our community

Cultural/intercultural awareness; of your own culture and of others' 1 2 3 4 **5**

Each country has a rich cultural heritage that must be preserved and shared with the rest of European countries. The more a country known, it is more sympathetic to their traditions

ICT/digital skills **1** 2 3 4 5

We have not worked with ICT

Personal; self-confidence, inspiration, motivation, entrepreneurship... 1 2 3 **4** 5

I'm motivated to promote organic farming and sustainable trade. And I think by trying to create entrepreneurship business environment for organic farming.

Technical or practical skills related to the project 1 2 3 **4** 5

Good communication and adaptation to language, sociability, flexibility, teamwork, curious to learn new skills.

Other -

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Here are some of my photographs....