

PARTICIPANT LEARNING PORTFOLIO AND REFLECTIONS



A GRUNDTVIG LIFELONG LEARNING PROGRAMME
LEARNING PARTNERSHIP



My name is Adrián Tremiño Albaladejo.

My age is 21 years old.

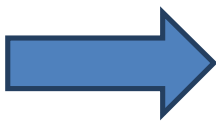
My profession or experience related to the project is:

Nowadays, more than 70 percent of people in the country eat a lot of fast food and, consequently, they don't have healthy habits. However, I try to be a healthy person. That's why I am a vegetarian since 2012. After researching a lot on the internet during the past two years, I decided to stop eating meat and fish not only because healthy reasons, but also ethical reasons. I didn't like the idea that an animal could be mistreated. Therefore, I follow a plant-based diet, which consists of vegetables, fruit, cereal, legumes and seeds.

As a participant of the project "To eat or not to eat" I tried to show the rest of the participants my lifestyle and make them understand that a vegan diet is: much more than salads; healthier than diets that include meat and dairy products; an extremely effective way to reduce our carbon footprint; and much more sustainable, because it also reduces the impact of other serious global problems on the environment, such as deforestation and water pollution.

And I am from Alicante (Spain).

THIS IS ME!



I participated in the mobility meeting in Cernat (Rumania), from 3rd to 7th September, 2014.



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

	Morning-noon	Afternoon-night
<p>04-08 Thursday</p>	<p>We introduced each other through some pictures.</p> <p>The organization showed us the programme plan.</p> <p>The leaders of each group made a presentation of their organizations and taught us some things about their culture.</p>	<p>We went to a museum and visited a local producer who showed us the recipe of the traditional cake “kurtoskalacs” and we learnt how to cook it.</p> <p>We had dinner all together.</p> <p>Later, every group made a presentation of their country and prepared for us their typical food so we could taste it.</p> <p>Finally, we learnt how to dance some Romanian traditional and folk dances.</p>
<p>05-08 Friday</p>	<p>We visited the village and the local distillery and we went there with two horse carriages.</p> <p>Once there, we could taste home made palinka and salted</p>	<p>We visited one of the towers in Cernat and enjoy the amazing views from there.</p> <p>The host organization taught us how to do our own bags by using natural materials such as threads or</p>

	<p>cake.</p> <p>Later, we went to the forest and had lunch there.</p>	<p>strings coming from plants.</p>
<p>06-08 Saturday</p>	<p>We travelled to Kozaszna by bus and visited the local market and the surroundings.</p> <p>We had lunch in Petofalva, a small village.</p>	<p>We went to a sauna, which was near the place we had lunch, and we saw a man who was taking a cold bath. We didn't wear the appropriate clothes so we couldn't enjoy the activity.</p> <p>Later, we visited the local sheep farm, "esztana" and tried some of their traditional food.</p> <p>Each group had dinner in their accommodation and finally we got together to celebrate the end of the project.</p>

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

Cultural awareness and expression. I learnt a lot about other cultures.

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

Communication in foreign languages. I spoke in English during the whole project. I found out my level of English was good, because I could easily keep a conversation with the rest of the participants. This was very enriching for me as a teacher of Primary Education, because I improved a lot my fluency. This is something that is essential in current society and in my job as a teacher.

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 could communicate in my mother tongue with the Spanish group, but also I had conversations with groups from other countries who were interested in learning some words in Spanish.

Communication in a different language

1 2 3 4 **5**

I spoke in English during the whole project. Even though not everybody knew the language, we had a fantastic translator who helped us communicate with everyone.

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

I could interact with a lot of people from different countries during the activities and trips we made.

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

I learnt a lot about other cultures.

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

We used the computer just to show everybody a presentation of Spain.

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

I could get to know lots of people during the whole project and show myself exactly as I am.

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

I learnt to do several recipes, some craft-work and I also learnt how to prepare some traditional dishes.

Other -

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Here are some of my photographs and my ideas and thoughts about good practices, new knowledge and ideas to develop in my own country following this meeting...

