

# PARTICIPANT LEARNING PORTFOLIO AND REFLECTIONS



A GRUNDTVIG LIFELONG LEARNING PROGRAMME  
LEARNING PARTNERSHIP



My name is Mercedes García Moreno.

My age is 35 years old.

My profession or experience related to the project is its environmental facet because I have studied Environmental Sciences at University and nowadays I work as a Natural Science teacher.

And I am from Spain.

THIS IS ME!



I participated in the mobility meeting in Búcs (Slovakia) from 9<sup>th</sup> July to 13<sup>th</sup> July 2014.

I participated in a number of activities, study visits and workshops including: visits to local markets, farms, plantations, associations, a traditional dolls museum, etc. We have done several workshops in these places, preparing local products as marmalade or focaccia. Last night we attended a wine tasting.

I have gained new skills and knowledge, one of the most interesting is how to promote the consumption of local products by the organization of different events such as cultural festivals, local markets, etc. I found especially interesting the publication of a booklet which collects many local producers, handcrafts, recipes and markets of the area.

The main ideas, methods, tools and best practice approaches that I can use in my own professional and personal life are that from the morning to the evening, we can use only local products. This practice is healthy for our environment and for our economy, too.

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 only spoke Spanish with the members of my own group.

Communication in a different language 1 2 3 (4) 5

Basically, I spoke with the other partners of the meeting in English because I don't know the other present languages.

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

I have especially learnt about how to promote local products consumption and I would like to transmit it to my pupils and workmates.

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

I have learnt about the daylife of the countries in the meeting and viceversa.

ICT/digital skills (1) 2 3 4 5

I haven't used any digital resource in this meeting.

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

I find very stimulating how people search the way to offer their own products despite the competition with the huge international enterprises or how a family expect to be self-sufficient in its farm.

Technical or practical skills related to the project

1 2 (3) 4 5

About the organization of events from the local associations.

Other -

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In my opinion, the main idea I can extract from this meeting is that is possible to produce and consume local products, but it is important to educate people before. Local consumption promotes the economy of the area and the continuity of the traditional customs and the own idiosyncrasy.