

PARTICIPANT LEARNING PORTFOLIO AND REFLECTIONS



A GRUNDTVIG LIFELONG LEARNING PROGRAMME
LEARNING PARTNERSHIP





My name is Maria Dolores Rocamora Reverte

My age is 2/10/1982

My profession or experience related to the project is to participate and help in the organization in different activities related to traditional Food, also help in the local activities in other NGO from the area related to rural market.

And I am from Alicante

I participated in the mobility meeting in Uk, 18-21 November 2013



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

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

After the different visits in Uk, the most impressive that I get from the meeting was how they do a lot of events for the community and most nicer the sharing and barter fruits and vegetables in the local church to get some funds and to promote the local products.

Also was very interesting and nice to try to do in local level one activity that the organization from Hungary do in local level, in winter, they organize and day event where the families, people from community meet and during the day they prepare jam, jam, cheese, smoked sausages and they teach to the young generation, very nice.

Also was very interesting and grrreat the EDEN project.

Was a very nice experience and a lot of things that I learn during the day in UK.

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

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 ~~X~~ 5

I try to don't speak a lot with the other colleagues in Spanish and more in english

Communication in a different language

1 2 3 4 ~~X~~

Most of the time we speak in english with the other participants, this help to me to learn to try to speak slowly and to be in uk give me the opportunity to improve my English.

X

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

I learn about the European project and the importance for all the partner and for the development of partnership between countries in the EU.

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

I learn about the English culture, their food, environment, people, was amazing.

ICT/digital skills 1 2 3 4 ~~X~~

I participate and help in the preparation of the power point presentation of the organization for the rest of the partners in the meeting, was nice job.

Personal; self-confidence, inspiration, motivation, entrepreneurship... 1 2 3 ~~X~~ 5

This meeting inspire me to learn and check more things bout European founds, because are very interesting.

Technical or practical skills related to the project 1 2 ~~X~~ 4 5

Not a lot, I was in the meeting of the project, but was more for the coordinator, nice to know about all the activities and results expected from the project,

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....





