

ERASMUS+

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Preface By Harrie Poulssen

AN EXCEPTIONAL INSTITUTE

Welcome to Catholic Pabo Zwolle or KPZ as we like to call ourselves. KPZ is an university of applied science, teacher training college, that focuses on:

- students becoming excellent primary school teachers;
- practice-based study;
- providing valuable educational development

KPZ is exceptional because of its willingness to think outside of the box which sometimes means we deviate from mainstream ideas, its unique educational concept which aims to develop the professional teacher's with outstanding outcomes.

- personal development and cooperation
- an open inquisitive attitude and its striving after quality

KPZ provides a fertile learning environment, creates a strong community spirit and offers sincere personal attention, personal development and cooperation, an open and inquisitive attitude and its striving after quality.

KPZ IS PERSONAL, EXCEPTIONAL, DEVELOPING AND CONNECTING.

IN IT'S OWN MANNER

Educational institutions constantly struggle with the question which targets and issues to prioritize. Should emphasis be put on cognition or talent, on theory or practice, on result or development?

KPZ does not want to make over-simplified choices but deal with apparent opposites in a nuanced considered manner. For example between focusing on the development of the child on the one hand and realizing the necessary social output on the other. Hereby KPZ takes a permanent interaction between opposing forces into consideration. It tries to find a balance between doing the right thing and doing things right, between tradition and reform, internal and external factors and between process and result. This balance, the connection between seemingly opposing values can be observed everywhere in KPZ's culture, in its educational supply and its activities. This symbol of continuity and movement (represented by the diagram of the glasses) stands for the range of ideas embodied by KPZ. It clearly shows how opposing forces connect and influence each other.

AN EXTRAORDINARY COMMUNITY.

Thanks to its small scale the strength of KPZ lies in its focus on people. The personal contact between students and lecturers is deemed very important by KPZ. An open attitude where people dare to be critical and are not afraid to make mistakes is according to us a precondition for learning from each other and this can only thrive in an environment where people collaborate on the basis of trust. Thinking in terms of connection and balance is strongly expressed in the warm and at the same time challenging environment offered to the students. An environment in which security, trust and challenge co-exist.

KPZ is a strong and close learning community in which respect, cooperation, honesty, meeting each other and the catholic values are central. From its social responsibility and an open catholic identity KPZ stimulates students from whatever background to undertake their own development. KPZ gives students every opportunity for personal development; a human being and as a teacher with backbone, guts and a strong professional identity; with experience of life filled with educational skills, socio-cultural awareness and a proper moral compass.

A CONNECTING ATMOSPHERE

An ambiance that stimulates and invites you to develop yourself, is partly defined by the physical environment but mainly created by human being. Staff members have an important role in this. From them enthusiasm, attention and dedication is expected to support the students in their development. For KPZ co-operating and connecting with the field is invaluable. Co-operation after all leads to new knowledge and insight, to inspiration and initiatives which can lead to educational improvements and not in the least to excellent possibilities for young ambitious students to let their professional identity reach full maturity.

KPZ invests in connections and relationships, a good example is the PABOYS project. An initiative to engage more male students in primary education and to offer them a platform on which to make themselves heard and to meet each other within KPZ. Another example is the Theole foundation which was established by KPZ out of a sense of social responsibility. KPZ lecturers train teachers in Nepal, who then at their own school are able to support fellow teachers. With these initiatives KPZ directly contributes to the improvement of educational quality, school development and their own change capacity.

A UNIQUE EDUCATIONAL CONCEPT

In the teacher training college's various courses and training the development of the professional identity is central. Crucial thereby are the domains 'having an eye for a child', 'research, design and development' and professional skills' which are offered in seven learning lines/trajectories. Learning trajectories are among other things based on 'reflection and research' and 'GEE' (giving meaning, ethics and aesthetics), but also on the generic basic knowledge and the primary school subjects.

KPZ also makes clear choices within the study programme and looks for connection and balance. This finds among other things expression in the course programme, which consists of a founding and a profiling phase in which students choose between the profiles of Arts, Civics, Concepts or Science. Students are encouraged to develop themselves through research and experience into exceptional teachers. Therefore KPZ offers students several options; from practical training abroad and courses at renowned institutes to complementary programmes for example in the field of innovative educational concepts, science and technology, art and culture and movement education. Talented students capable of handling more extra-curricular subject matter beside their bachelor programme are offered the possibility to follow a pre-master course in educational sciences. Graduate KPZ students have a thorough professional knowledge, a heart for education and towards children an inquisitive attitude and the ability to shape tomorrow's education.

REFLECTION MAKES YOU LEARN

To have an eye for children

To develop professional identity

To develop professional knowledge

To do research, planning and developing

WE WANT TO CONTRIBUTE TO TOMORROW'S EDUCATION

It is impossible to imagine higher education without practice oriented research. Through this, developments in subjects and occupational practice are stimulated. The KPZ research centre with its team of professors and knowledge circles plays an important role in acquiring, incorporating and distributing knowledge to a wide group of interested people, such as students, teachers, researchers and partner schools in our own country and abroad. Through the careful choice of research themes KPZ contributes to meaningful knowledge development. Through the ambition of KPZ to constantly improve education and to exchange knowledge and opinions, KPZ maintains intensive contacts with the authorities, schools, universities and centers of knowledge at home and abroad.

TEACHERS WITH A PASSION FOR EDUCATION

LIFELONG LEARNING

We at KPZ think in terms of lifelong learning.

After getting their bachelor degree students are qualified to start their journey as a teacher. Within the Centre for Development they are offered the possibility to develop further and to specialize at a masters level. However, not only students but also graduates who apply via the International Office are allowed one (extra) year of practical training abroad subsidized by the Erasmus+ programme.

The international minor study program

Teacher Training Colleges must prepare teachers for their role in a globalised society. The impact of globalization on education is enormous. The teacher plays an important role in spreading knowledge concerning culture, languages, cultural heritage and European citizenship. In this perspective KPZ offers an international programme of 30 ECTS for students from our partner institutes within the EU (spring semester). All courses are in English (level B2) and focusses on reform pedagogics, Dutch culture and society, teaching practice and action research. All student-teachers in the second half of their studies are welcome. See <http://www.kpz.nl/index.php?page=briefintroduction>

In summary:

- KPZ has a personal approach where everyone is welcomed and challenged to succeed;
- KPZ is an exceptional teacher training college;
- KPZ has great ambition and is constantly developing;
- KPZ is committed to connecting with other likeminded professionals.

CATHOLIC PABO ZWOLLE (university of applied science, teacher training college)

PERSONAL, EXCEPTIONAL, DEVELOPING , CONNECTING

Preface By Heiko Vogl

The European Erasmus programme is the most successful mobility programme for students worldwide. Since 1987, more than 3 million young Europeans have joined this programme and studied abroad. The key to success is the general acceptance among European students. The students' feedback about one semester abroad is almost exclusively positive. The impact to their life is sustainable:

“Young people who study or train abroad not only gain knowledge in specific disciplines, but also strengthen key transversal skills which are highly valued by employers.” ([Erasmus Impact Study 2014](#))

Studying abroad also has an amazingly positive impact for future teachers and their careers. Therefore the Institute of Diversity Management and International Relations of the University College of Teacher Education Styria (PHSt) published the first Erasmus+ Journal. This book contains the best Erasmus student reports from the academic year 2013/14. It is available as a book (5 EUR excl. Shipping on Lulu.com) and as a free e-book on <http://www.erasmus-journal.eu/e-books/>. The first edition of the Erasmus + journal contains 12 articles from 14 Erasmus students. These articles should encourage the next generation of Erasmus students.

The second issue was the next step in the evolution of the Erasmus+ Journal.

More than 90 authors were involved. Reports and articles are published in seven languages (English, German, Dutch, Hungarian, Czech, Turkish, Spanish). This was made possible through a cooperation with the Katholieke Pabo Zwolle (PABO) in the Netherlands and the University College of Teacher Education Styria (PHSt) between Harrie Poulssen of PABO and Heiko Vogl of PHSt.

The third issue strengthened the cooperation between the Katholieke Pabo Zwolle (PABO) in the Netherlands and the University College of Education Styria.

This edition of the Erasmus+ Journal contains 34 reports of Erasmus outgoings and Erasmus incoming students at the PHSt. The PABO contributed 51 articles on school placements abroad and about the Dutch international Minor as well as the preface of the international coordinator Harrie Poulssen.

The fourth issue contains 39 reports from 40 students of the PHST and 29 reports from 30 students of the PABO. We can read a lot of interesting stories about studying or doing an internship abroad.

This book was created in a collaborative manner. All authors were able to write online at the same time, anywhere in this book.

Since there was no funding available, this publication is not proofread. Most of the reports were not written in the authors' mother tongues. Therefore, please apologise any errors in sentence structure, spelling errors, typos, etc.

Heiko Vogl
November 2016

Research About Studentsmobility At The University College Of Teacher Education Styria

Erasmus+ Course - International Teacher Competences: a successful concept of internationalization at the University College of Teacher Education Styria

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Erasmus is the most successful mobility programme for universities worldwide. Since 1987, more than 3 million young Europeans have studied at a foreign university (European Commission & Education, 2012). More than 28.500 students received an Erasmus grant in the academic year 2014 (European Commission, 2015). In Austria, nearly 6.800 students joined the programme in the same year (European Commission, 2015). Following this trend towards internationalization, 36 students from the University College of Teacher Education Styria (UCTE Styria) studied abroad in the academic year 2013/14 and 21 international students enrolled in courses at the UCTE Styria (Pädagogische Hochschule Steiermark, 2015). To further support this trend towards internationalization, the UCTE Styria conceptualized and implemented the Erasmus+ course "International Teacher Competences". In the autumn term 2015/16, the UCTE Styria launched the Erasmus+ course "International Teacher Competences" for 31 teachers and students from Austria, Germany, Hungary, Italy, Romania, and Spain.

The purpose of this article is to describe the UCTE Styria's Erasmus+ course "International Teacher Competences", and outline its contribution for the needed personal development prospective teachers need, firstly, to teach and, secondly, to teach effectively in multicultural settings. Not only will the academic aims of this course be outlined but it will also be explained how the course is organized and which synergies arise by organizing it. To this end, this article starts by introducing the UCTE Styria as an educational institution. It continues with the theoretical framework for the Erasmus+ course "International Teacher Competences". The article will then provide a detailed description of the Erasmus+ course "International Teacher Competences".

It is very important to note that merely staying abroad does not automatically yield the desired and beneficial results student mobility aims to develop (e.g. Hammer, 2005). Therefore, a dedicated goal of the Erasmus+ course "International Teacher Competences" is to provide the students with an environment in which full advantage can be taken of the mobility opportunities. While the implementation of the Erasmus+ course follows this goal, it is of course important to evaluate whether this goal was actually achieved. Therefore, after the description of the Erasmus+ course, we will conclude with results of a qualitative study, addressing the influences of on the personal development of student in teacher education, i.e. prospective teachers.

Read more:

https://www.researchgate.net/publication/310618874_Erasmus_Course_-_International_Teacher_Competences_a_successful_concept_of_internationalization_at_the_University_College_of_Teacher_Education_Styria

Erasmus Incomings At The University College Of Teacher Education Styria Spring Term 2016

During the spring term 2016 eleven Erasmus Incoming students from five different countries spent their semester abroad at the University College of Teacher Education Styria. All of them attended the Erasmus+ course "International Teacher Competences" that UCTE Styria has launched in October 2015 and that is especially designed for international students. The course lasts one semester, includes a total of 30 ECTS -credits and combines lectures, seminars, workshops, school placements, and excursions. There is a selection module of 8 ECTS -credits that gives international students the opportunity to specialize in a certain area and, above all, to attend regular classes together with Austrian students. The course aims at improving international teacher competences, working and studying in an international context and intercultural exchange. All classes are held in English which makes the course accessible for students with no previous knowledge of the German language. Within the course a German language course is obligatory and within the selection module students can also set their focus on German language classes.

The UCTE Styria offers a so-called "Buddy System". Buddies are Austrian students that have already spent a semester abroad and that want to help and assist the Erasmus students at the UCTE Styria. Starting from picking the international students up from the airport or train station, buddies also help with paper work at the beginning of the stay and organize trips and excursion with the students.

Katharina Kamitz, Graz 2016

UNIVERSITY COLLEGE OF TEACHER EDUCATION STYRIA

- 1.** ALEXANDRA VOLLMANN, UNIVERSITY OF HUELVA, SPAIN, MOBILITY FOR STUDY, PHST
- 2.** ANNA TÜSKE, UNIVERSITY OF WEST HUNGARY, HUNGARY, MOBILITY FOR STUDY, INCOMING, PHST
- 3.** ANNIKA SAILER, PH SCHWÄBISCH GMÜND, GERMANY, MOBILITY FOR STUDY, INCOMING, PHST
- 4.** ANTON MADERBACHER, LATVIJAS UNIVERSITATE RIGA, FACULTY OF EDUCATION, LETVIA, MOBILITY FOR STUDY, PHST
- 5.** ANTONIA TORNOW, UNIVERSITY COLLEGE SYDDANMARK, DENMARK, MOBILITY FOR STUDY, PHST
- 6.** ARIANNA CAVALIERE, UNIVERSITY OF MILANO BICOCCA, MOBILITY FOR STUDY, INCOMING, PHST
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- 8.** CHRISTINE K. BERNHART, UCSYD HADERSLEV, DENMARK, MOBILITY FOR STUDY, PHST
- 9.** FLORA BODROGI, UNIVERSITY OF WEST-HUNGARY, HUNGARY, MOBILITY FOR INTERNSHIP, INCOMING, PHST
- 10.** GERNOT MAUSSER, UIT TROMSØ, NORWAY, MOBILITY FOR STUDY, PHST
- 11.** GIULIA BOFFELLI, UNIVERSITA DEGLI STUDI MILANO BICOCCA, ITALY, MOBILITY FOR STUDY, INCOMING, PHST
- 12.** ISABELLA ALDRIAN, KATHOLIEKE PABO ZWOLLE, THE NETHERLANDS, MOBILITY FOR STUDY, PHST
- 13.** JAKOB STAMPFER, UNIVERSITY OF ÖREBRO, SWEDEN, MOBILITY FOR STUDY, PHST
- 14.** JOHANNA LIENHART, ÖREBRO UNIVERSITET, SWEDEN, MOBILITY FOR STUDY, PHST
- 15.** JULIA FLEISCHANDERL, UNIVERSITY OF HAMBURG, GERMANY, MOBILITY FOR STUDY, PHST

- 16.** KATRIN STRELL, UNIVERSITY OF ICELAND, ICELAND, MOBILITY FOR STUDY, PHST
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1. Alexandra Vollmann, University Of Huelva, Spain, Mobility For Study, PHSt

This should be done before going abroad

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University of Huelva

The University of Huelva is a huge Campus with 12.000 students and per year there are nearly 1.000 students part of the exchange program. It gained its independence from Seville University in 1993 and continued to grow. In Huelva exist three University Campus:

“Campus el Carmen”

It is incredible big with a lot of buildings and faculties. You have really a lot of space to study, a big library as well as two cafeterias. Further, it is the newest campus. You can find the Faculties of Experimental Sciences, Law, Humanities, Education Sciences, Labor Sciences, the School of Nursing and the School of Social Work. All my University courses took place in El Carmen.

“La Merced”

It is the Faculty of Business Science in the city center of Huelva.

“La Rabida”

It is the Polytechnic and located on a hill in the western part of Huelva.

University courses

Spanish A 1-6ECTS

learning spanish language

Attention to diversity in early childhood-6ECTS

A pädagogic subject where you learn a lot how to work and include disabled children

Espécialisacion Fútbol y Voleibol - 6ECTS

A subject where you learn how to prepare for a trainingslesson and how to teach to different ages of players.

Nuevas Tendencias in Expresiones corporales - 6ECTS

Learn how to prepare an Aerobic session and how to teach it

Registration

All needed informations about the registration can be found on the platform of the university. There is an extra link for Erasmus + incomings with all usefull instructions. <http://uhu.es/english/erasmusplusincoming/>. Furthermore there are some meetings you have to go.

Finances

All in all living in Spain is cheaper in some ways. My favorite coffee was for 1,20 Euros in a Restaurant. Living is cheaper. You pay about 160-190Euros for a room. Additional to that all two months water- and electricitybills are coming. For going out, drinks are cheaper than in Austria. Skincareproducts like showergels, shampoo, suncream are more expensive than in Austria. A good option is to shop at Lidl. It's fresh and cheap.

Review of my study abroad in academic terms:

The courses at university startet one week after I arrived. It was quite hard to find courses you like. I had to change my learning agreement 3 times, because also if you looked it up it may can happen that some classes overlap, or are at different times like it is written in the timetable. In addition to that, it is the most important thing, that you have your Appointment meeting in the international office very early, because the case is, who comes earlier wins. I mean if you are to late, maybe your chosen courses do not have space anymore for you, because other Erasmus Students had their Appointment earlier, and you have to change your learning agreement again, because if you want to study in english, the courses are very rare. You can not influence it a lot, but if you arrive in Huelva you should go as soon as possible to university to the international office, which is situated next to the cafeteria.

In addition to this, you get a map with all the important informations you need and your date of Appointment meeting. Don't lose your paper were this date of Appointment is written down! Otherwise you get a new one which is after all the other Appointments that didn't get lost, and as you can imagine than you will for sure not have the full choice to select your courses.

Different to home you get so much more ECTS Credits for a subject. To improve my Spanish I took the language course

spanish A1, the teacher was from germany. Additional I took two other sport courses which were taught in spanish to get in contact with spanish students and to practice spanish. It is amazing when you have the chance to study in another country, in a foreign language and to get in touch with people their mothertongue is different. I really love spain! The people are so openminded and even talk with you if you don't speak spanish at all! They want you to feel included.

Social and Cultural Review of my stay abroad:

On sunday the 07th of february my journey should start. I was so excited of being in another country for 5 mounths. You can not imagine this feeling. I took the plane from the munich airport to Sevilla. It was a direct connection and I arrived around 14 o'clock. When I left the airplane with my two Austrian colleagues, we recognised some other Erasmus students from Germany. Two really nice and openminded persons, Igor und Verena. After two minutes of talking Igor offered to pay my busticket from Sevilla to Huelva, because I had no cash with me. First day and two new friends are won.

By bus, we travelled now together to Huelva. It is amazing how fast you get to know other Erasmus people. It's a way of becoming family. For the first three nights in Huelva, I took a room in the hostel. It was also quite nice and filled up with Erasmus students. The Wifi only worked in the shared space. The people were also very friendly. The flight was quite long and we didn't take a lunch, so in the evening Selina, Daniela, Verena and me wanted to go for dinner, we were all very hungry. We found a quite nice place and decided to have dinner there. It was seven o'clock, so a quite normal time for Austrians to have dinner. Not for spanish people! They told us to wait until eight. Finally it was 9 o'clock when we could order our meal. Always remember in spain, time is different! In the following weeks I recognised that even more. When you want to copy something in the university you should not go to the copy shop during siesta time, which is from half past one to four. Also the meal in the mensa has different times.

You can get a cheap meal from half past one to three. In the city the siesta is even longer. Most of the shops and some supermarkets are closed from two o'clock to half past five. Before I went to Huelva, I got the information that very less people speak english, but as you can maybe imagine, I didn't expected that also the recepcionist of the hostel, or the waiter in a restaurant not even understand a word of english. If you go to Huelva you should know at least some spanish words, otherwise it will be quite hard.

Flats and living

After three days in the hostel I found a flat. It was quite easy to find one, because we got some informations before. I searched with the company Housing Huelva. It was really easy! All the flats they showed to me were more or less central situated. All the showed flats have all the furniture inside you need to live, like a washing maschine, kitchen and stuff like that. If you want additional stuff you have to ask.

For me it was important that the flat has WIFI, because otherwise it will be hard to study for university or stay in contact with my friends and family at home. My choice fall on a flat in the fourth flour next to the shoppingmall Hipercore. Especially the flatmates I should get influenced my decission. I think it's the most important thing to live with people you like and I saw it on the first glance that we will become really good friends. So I moved in. The rent was compared to Austria so low. The rooms i saw were all between 160 and 180 Euros. Additional to that all two months water- and electricitybills are coming. What is also different to Austria is that everybody is heating his water with gas. You can refill it at every petrolstation.

Mobilephones - Spanish Pre Paid Card

I tried to get a spanish sim card. It was really, really hard and took me about one hour till the seller of the phoneshop understood what I wanted. Come on! Pre paid is not so far from the spanish word pre pago, even if you are in a phone shop. Finally it worked and I got my spanish number. It was a daughtercompany from orange were i got my simcard, it's called mundo. Furthermore it was really cheap. It costs me all in all ten Euros(and a lot of time), inclusive simcard and inclusive 9 Euros for one GB Datavolume. It's much easier to organize something with friends if you have a spanish number, otherwise you need a big vallet.

Temperature and Climate

The most important advise for months like february and maybe part of march is, that you should pack a lot of pullovers, jackets and also warm stuff in your suitcase. Spain is not always hot. The difference between day and night is about 20 degrees. Furthermore the most flats do not have a real heating system. I had luck because we have as many rolling heaters, as we have rooms, but the electricity bill will, of course, suffer under it. From the months may to july you need an aircondition, because its incredible hot. Going to the beach is a good way of cooling down.

Travelling and Erasmus:

After breathing first spanish University air, there was the first ESN(EuropeanStudentNetwork) trip. I joint and we went to Madrid. Madrid is huge and totally different than Huelva. Huelva has this small town charming feeling. Madrid was different. The good thing was, suddenly everybody spoke english, but on the other side everybody to whom you spoke just advised you to care for your bag, because there are so many thieves. If you are on Erasmus, you are always busy. Mostly busy, because of your free time. You meet so much new people, actually really good people. Good friends. The problem is you just have 5 months of spending time with them and live with them. It's a way of becoming family.

One of my favorite hobbies is traveling. Here in Erasmus i found a lot of people who share this hobby. My target was it to see all the amazing cities in Spain and Portugal I have heard about, like Sevilla, Tavira, Cadiz, Gibraltar(UK), Granada, Faro, Malaga, Torremolinos, Madrid, Barcelona, Toledos, Lagos, Lagoa, Sagres or Lissabon. And guess what... now I have seen them all!

Did you gain any learning experiences you wouldnt have gained without staying abroad?

Of course! You maybe never have the chance again to live and study in another country for 5 mounths. You are getting used to a new culture. Furthermore you get in touch with people from all over the word. You get more confident with your language skills and feel another way of life.

Do you think staying abroad provided benefits for your future job (as a teacher)?

A lot of new experiences passed my way and changed my view of life in a new position. For my further job I got a lot of impressions and new ideas of teaching as well as to improve children's social intelligence.

Did this stay abroad affect or change your personality?

I'm much more confident with my English and Spanish. Since studying abroad I love to speak with people in another language. I am open minded for travelling every weekend and live new experiences in new countries with different cultures.

Praktikum in Collegio El Puntal Bellavista

The first day in school was really exciting. I went by bike with my two Austrian colleges. It was quite an adventure because the school was in another village next to Huelva and till now nobody of us had been there. We looked up the way for bikes in Google-Maps before we left, the way should take us about 23 minutes. The school in Spain starts at nine o'clock, so we left at 8 o'clock to be early there. After some kind of highways we arrived five minutes before nine o'clock. The school in Spain starts later than in Austria. Between the first four lessons the children have no break, just a teacherchange. At midday is half an hour lunch break.

During the practicum we were allowed to see five different teachers: Ramón, Evýta, Maria, Fernando and Juani. It was really great because we could do our praktikum when we had time to. Otherwise it would not have been possible to do the praktikum beside the university courses.

Different than in Austria the children wait outside of school for the teachers to pick them up. Nearly all of the children don't wear their backpacks with all the school utensils on their back, they use rolls like a trolley has. Most of the children came to school with their parents. This school next to the city Huelva has 13 primary school classes and 28 teachers. Beside their is also a kindergarten included in the school building complex with 5 additional classes. A lot of children in Spanish school wear a school uniform. In Bellavista it is not obligatory, but every child gets one and is allowed to wear it.

I always remember the first day when we entered in classroom everybody was so excited and interested to get to know who we are. They had an English lesson with Ramón Martin. The content of the lesson was how the children went to school. The accent of the lesson was on the right pronunciation of the words. Everybody was allowed to tell us some questions and we had to answer with yes or no. On this way the pupils should guess where we come from and how we went to school. They were all very impressed that we went by bike, because people in Spain do cycle, but just as a hobby not as a transfersystem.

In the beginning of the school praktikum I did not speak a lot of Spanish. I for my part think school was a good the best way of improving English. They really want to speak with you, when you don't understand they will show it with hands and feet. I always had the feeling of being welcome.

I was really impressed of this school. I could be part of so many great and special days. For instance there was the trafficlesson day for the children in the age of 3, 4 and 5. The older children from the 5th grade were there to help the teacher building up some trafficsigns and to help and care for the younger children. It was amazing to see! They treated them like they were their parents. I for my part think the relationship between the children of different ages is much closer than in Austria. There are so much more mixed activities where different age groups are part of one.

Different to Austria in Spain primary school lasts for six years from the age 6 to the age of 12. In Austria we have a four years system, from the age 6 to the age of 10. It's a great feeling which gets transferred in this school: We are all different, but we are equal! Also children with mental or physical disorders are much more part of school life. They are part of the class and everybody talks and plays with everybody.

Furthermore the relationship between teacher and pupil seems different than in Austria. One time I went with Ramón in a class where the normal teacher was sick, so he had to suplie. The whole class ran to him and hugged him. It was so nice to see! There are also much more teachers called shadows for children who need more careness.

The chosen teaching methodologies often followed the frontal teaching. If the time and the noise level was ok, there were also time for discussions. In some classes there were weekly targets to fulfill. They worked for instance together on a Presentation, Plakat or other groupworks. In conclusion I can say that, it was a great experience to do a praktikum in the school of Bellavista. I hope to come back soon.

2. Anna Tüske, University Of West Hungary, Hungary, Mobility For Study, Incoming, PHST

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The University

Pädagogische Hochschule Steiermark is a little university in Graz. All of the people knows each other and that is why the atmosphere is so nice. There are some places where we can spend our freetime. For example: dining room, computer room, menza. Being Erasmus student in this university is invaluable. We have great teachers and can learn a lot of them from different perspectives.

Graz

I never been is Graz before but I will never regret that I choose this city. This city has a secret magic power what can fascinate everyone. There are a lot of programs where we can participate and having fun as an "inhabitant". Christmas market is an unique event what Graz has. People are coming from different countries to see it and I appreciate to see this every single day.

Being an Erasmus student

Best choice I have ever made! Without Erasmus buddies we would be lost. Once I would like to be it also because now I know how great it is. They organize a lot of events for us to get to know each other more and I think It is really great to have programs outside of the school walls. I became friends with spanish, german and italian students what is a priceless feeling for me.

3. Annika Sailer, PH Schwäbisch Gmünd, Germany, Mobility For Study, Incoming, PHST

Author: Annika Sailer

Graz

The City *Graz* is situated in the east of Austria, it is next to Slovenia, Hungary and Kroatia. Graz is the provincial capital of Styria, 300.000 people live there and 100.000 of them are students (at the padagogic school, the university, or some others). So I would say there is a really good students life in *Graz*.

University: PHSt

The PHSt is a padagogic university, especially for teacher education. The system of teacher education is very different to the system in my home university (PH Schwäbisch Gmünd). But i can study my subjects, sports and german here, too. So I have a lot of benefits. Particularly i enjoy the sport lessons like "Handball" and "Rückschlagspiele" very much.

Erasmus-program

The erasmus-program at the PHSt is very good organised. I´m proud to be a part of it.

We have lots of good activities, most of them are organised by our erasmus buddies for example a bowling competition, visit a chocolate-factory, visit the Gamlitzer Weinfest and things like that. We have lessons together as well and we often meet us in the evening to spend time together. I enjoy the multicultural erasmus life here in Graz a lot.

4. Anton Maderbacher, Latvijas Universitate Riga, Faculty Of Education, Letvia, Mobility For Study, PHST

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Departure and arrival in Riga

8 February 2016. One week to late for the "Welcome week" goes my flight from Vienna to Riga/ Latvia. Latvia sounds a little bit exotic for austrian standards, but not for air baltic :) ! Two ways for 150€ from VIE to RIX was pretty okay for me.

Gone down in Riga, I got a first experience what I have to expect from the weather in the following months.

My accomodation

The first question after my confirmation: "Where should I live for the next 6 months"? I had three options: 1. Prima dormitory, 2. Rezne dormitory and last but not least, rent a flat.

We are two students from Graz, so we decided to rent a flat. After two days we found one (Facebookgroup) and got in contact with the owner to fix everything. The prices are a little bit cheaper than in austria. Our new home is in the centre of "New Riga", the hipster part of Riga. You can reach everything within 30 mins with the tram or the bus.

My university

The university is a little bit outside of the center, round about 30 min with the bus. From outside it looks like something forgotten of the world war. Very old and not very beautiful. I really don't know why, but I love this old russian style, so it's absolutly okay for me.

Courses

- Theory of sport - 3 ECTS
- Organization of sport work and structure - 3 ECTS
- Basketball Teaching Methodology - 3 ECTS
- Volleyball and Floorball - 3 ECTS
- Russian as a foreign language (A1) - 6 ECTS
- Teaching practise - 12 ECTS

Riga

A city with three faces.

1. Old town - Very beautiful and historical place with many tourists. You can find old churches, different kinds of museem and many other things.

2. New town - Here are many parks and hipster places. I would say that this is probably more of the real latvia as old town is.

3. Sourrounding area - For me it's little russia. You can get easily a bad feeling if you walk alone at night. I never got problems, but latvians and russian are quiet racists there. So if you look a little bit different, be aware of some bad words.

Weather

February, march and april are horrible, it snows or rains nearly every day. In the end of April the weather changes suddenly. After this long periode of bad weather you can appreciate the sunny days. A other good thing are the long days.

Nightlife

Like in the most big cities in europe, is also Riga a very good place for party. You can find many pubs, the biggest disco in the baltics,.....

To my surprise are the prices nearly the same as in Graz. But if you have some latvian friends you will find good and cheap places.

5. Antonia Tornow, University College Syddanmark, Denmark, Mobility For Study, PHST

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University College South Denmark (Danish: University College Syddanmark) is a university college in the southern part of Denmark. It has campuses in five different cities (Kolding, Haderslev, Aabenraa, Sønderborg, Esbjerg). Teacher education is located in Haderslev.



(CC by Antonia Tornow)

Living and Learning together February, Thursday 4th - June, Friday 3rd

University College South Denmark provides a one semester international modular course "Living and Learning together". The course was partly together with Danish students and international students. The lessons and text material was in English. The courses was a combination of lectures, workshops, group-work, excursions, school visit, Socratic dialogues, and field visits. The courses are for teacher students for primary and lower secondary school. The program is of 30 ECTS.



Erasmus and international students (CC by Antonia Tornow)

1. Education and Culture in Europe (mandatory for all) 10 ECTS

A general introduction to Denmark, Danish history, culture and society and a Danish language course.

We will use various methods: Socratic dialogue: We initiate our dialogues from reading the book Momo by Michael Ende.

Project work: We learn from each other's education systems and create the very best education system.

School experience (two weeks): You will observe the Danish way of teaching and organizing school, and you may try out some teaching yourself as well. The module ends with a final comparative assignment on a topic chosen by you.

2. Creative Learning in Schools and the Freedom Writers Pedagogy (Elective module) 10 ECTS

In Creative Learning in Schools we focus on the creative and "aesthetic" learning processes. Be prepared to work actively with visual expressions, short-film-making and storytelling. As the only University in Europe we have a qualified teacher from the Freedom Writers Academy in the USA. This course will focus on writing as a mean to understand oneself and at times you might feel that this is getting very personal – so be prepared to get a deep understanding of yourself and the conditions of a human life in a late-modern society.

3. Outdoor Learning and Living (Elective module) 10 ECTS

We will move outside the classroom in this module. All classes will depart outside the University, in the nature, or at the Museum in Haderslev. You will live for three days in an Iron Age inspired village and experience how life was in year 500 (B.C.) – 850 (A.C.). We will go back to nature to learn how to take care of the nature in the theoretical light of “World Citizenship”. You will trek along the old “Hærvej” (Oxen road). We will learn how to cook food on a campfire in order to pass that knowledge on to kids in your home country. In this course you must be prepared to be outside most of the time.

Registration process at the host organisation

The registration process was actually quite simple. All you have to do is to fill in an application form with the most important information. The coordinators of Denmark were quite fast and provide you with any needed information. They are always happy to help with any request and if wanted find accommodation for you.



Friday's Cafe (CC by ESN)

Finances

Although Denmark is known as an expensive country, I was positively surprised. The only really expensive is, going out to eat and drink. Grocery shopping is only slightly more expensive than in Austria. Luckily we got sometimes invited by the health and nutrition students for lunch at university, otherwise the prices in the canteen are also okay and the food is really fresh, good and offer a large selection. For people, who can't survive Erasmus without alcohol, we used to go to Friday's Café every Friday (1 beer around 1,30€).

Average monthly expenses

rent about 310€, food+drink about 70 € (some nice people who cooked for me and dumpster diving saved me a lot of money), travelling about 50 €

My Hygge Erasmus

I know, every Erasmus is amazing, but I promise you this one is going to be something special.

Why? There are a thousand reasons I could tell you now, here just some examples:

1 Teachers

I have never been in such good hands as I have been in Denmark. They were teachers and coordinators, but they were also much more. The first day of our Erasmus they told us if we have any problems and don't feel good, they will always be willing to give us a mommy or a daddy hug. They cared about our problems and never made us feel bad for our mistakes. They listened to us and tried to solve problems with us together. They even drove us to the office to get our CPR number. Their support was just amazing. Anne was the super fast, organising lady in the background, we would have loved to see more often. Jette, our always caring granny. And Lars our funny and smart companion with his own but hilarious humour.

2 Education There is a reason why Scandinavia's education system's is known as one of the best in the world. The most important in school is the happy child because an unhappy child is unable to learn.

University

What we did in university life, I wouldn't even have expected in my best dreams.

In **Education and Culture** we learned something, what is in my opinion one of the most important skills in life, to think yourself and to put something into question. We read the book Momo and discussed together parts of the book. We also told about our different school systems, which was really interesting. One of the biggest projects was, when we had group work for one week to build our dream school. The main work here was the process in the group and not the result. We always used democracy to choose topics or ways of presentations. We graded ourselves because we were the only ones, who saw the development in the group, not the teacher. Another part was to visit different schools and learn about life in Denmark like the food (we cooked danish food) or the government. We also had some danish classes, which are provided by the government for free and you can continue after about two months if you want.

School practice

I spent my internship in class 0, so the children were around 6, 7 years old. They didn't really speak english yet, but I learned a lot of Danish there. I worked there with two other students for two weeks and our job was to support the teacher and to introduce small games in the gym. Being there also showed me how children can feel in classes when you speak english to them, how it is to basically don't understand anything. The kids were hilarious and we even could see a parents' evening. In the morning the whole school sang together to start the day. In Denmark the pupils learn a lot by doing and discovering and mistakes don't exist. I found out that school in Denmark is more harmonising and relaxed and teachers and parents work together really well.



(CC by Antonia Tornow)



(CC by Antonia Tornow)

Outdoor Learning and Living was in my opinion the most interesting and extraordinary module. We learned to move the classroom outside the school building, which isn't done often enough nowadays. The most exciting part was definitely the Iron Age village. I don't want to disclose too much, but we stayed there for three days and lived the old way without electricity and running water. Mostly we cooked the whole day and prepared the food cause it took a lot of time. We made butter out of cream, collected wild herbs, slaughtered chicken, prepared fish, baked bread and also we milked the cows or helped to pull the ox cart. Beside that we learned the old dances or games. Also we learned some handicraft, I for example carved a spoon and a knife out of a branch. In general you learn to slow down in life and to simplify life more. Another part of the module was the renaissance walk, where we had to dress up as renaissance people and walk around the city for one day for school classes. The third interesting part was the big walk for two days. We slept in three big tents and we had to bring our own food without any plastic package. Here we learned to focus on the nature and listen to it. But also to test our personal limits. In the end of the day we were exhausted and our feet hurt, but on the other hand we were happy to have succeeded and got rewarded by jumping into the lake.



(CC by Antonia Tornow)

In **Creative Learning in Schools and the Freedom Writers Pedagogy** we trained our creative skills. We drew, acted and even published our own book. It showed me again how important creative activities are to express your feelings, to have fun together and strengthen your team work. Especially writing about yourself, your life and the past was intense, and everyone's biography showed a different part of everyone's life. But also having a skype interview with the freedom writer's teacher showed me how important it is, to have a good relationship with your students.

In general I really liked university life in Denmark. I had the feeling to learn something useful for my future as a teacher. And also I was on a personal level with my teachers, called them by their first names, got called by my nickname and had the feeling I could talk with them about anything. In university we only focussed on one module for about one month at the time and didn't get distracted by many different courses.

3 Living

Haderslev is a cozy, small old city with everything you needed, beautifully located at a lake and not far from a nice deer park. And in only 50 minutes you can reach the beach by bike. You can barely walk through the city without meeting anyone you know, but this is what I liked about it. The houses called the ghetto by the teachers, I called my home for four months and I loved it. Most of the students were accommodated there in flats of three people with balconies and a huge garden with a view over Haderslev. We used to meet often in other flats or were sitting in the garden having picnics and barbecues or playing with the kids of the neighbourhood. For doing the laundry there was an extra laundry room, most of the students tried

to avoid until they had no more spare clean clothes. If anything was broken the erasmus coordinators and the janitor tried to fix it as fast as possible. Other students lived in a flat of eight girls or closer to the center in shared flats. But honestly, if you can choose, choose the ghetto!



(CC by Antonia Tornow)

4 Erasmus family

Probably you often hear that in Erasmus you are not just friends, you are like a family and actually I can say the same about my experience.

We were about 40 students in our erasmus group from different parts of Europe (mostly Belgium, Spain, Switzerland, Austria, Germany,...) and one from Japan. And in this really short time you get svery close to each other. People in our houses always spend time together, doors were always open and you knew, you could just enter if you needed anything or just wanted to see them.

5 Denmark

Denmark is a crazy sympathic and laid back country. Danish people are not very different from austrian people, but the government is awesome and students get a lot of financial support. At this point I also have to confirm the prejudice about the Hygge nation. Shops usually close around 4pm and Danes are just cozy. Basically the same we lived in our Erasmus. You feel safe in Denmark, have a great selection of beautiful landsape to visit and feel like every Dane wants the best for everyone.

What I learned?

I guess everyone learns from every stay abroad. You explore another culture, a new language and a different way of living. But also you have to get out of your comfort zone and you make friends all over the world. I didn't only learn about the danish culture, but also about the spanish, swiss,... I learned a little danish, but I learned more spanish. About teaching I learned to see it not too strictly. I saw a different way of teaching than the one in Austria and I liked it more. I saw school without grades and exams, but with respect and fun.

Antonia's advices

Enjoy every moment of your Erasmus because they pass faster than you realise.

About Denmark, renting a bike is not necessary but really comfortable to get faster in the city or to do some excursions around the city and to the beach. If you want to travel to Copenhagen Rødbillet is the easiest way, however if you go first by bus to Kolding and then take the Rute1000 bus, it is cheaper. What to see in Denmark? I still haven't seen everything at all, but some nice places to are: Årø, Skagen, Rømø, Ålborg, København,... About the living, don't buy too much, you can't bring it home anyway. If you live in Varberparken (ghetto), there are a lot of people leaving stuff in front of the houses or otherwise there are also a lot of second hand shops in Haderslev.

If you have any more questions, feel free to contact me. I am happy to help you: antonia.tornow@yahoo.de

Hope you have a great time like I had it in Denmark,

Antonia (or like in Denmark called, Dino)

6. Arianna Cavaliere, University Of Milano Bicocca, Mobility For Study, Incoming, PHST

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Personal introduction

My name is Arianna and I come from Milan, the second biggest city in Italy. What's the reasons why I decided to become a teacher, four years ago? I wanted to do something meaningful for myself and for the society, something essential. I didn't want to sit long hours sad at my desk but wanted to use my mind and my body in a creative and harmonious way. Last but not least, I love learning and I have always had a curious attitude towards life.



Farewell party, Arianna's image

I chose Graz because I have been studying German for six years and I love it, so I wanted to go to a German speaking country. For those who don't know German yet coming to Graz might be an opportunity to learn it. As it says, "Life is not too short to learn German". Another reason to move to Graz was that the *University College for Teacher Education of Styria (PH)* is deeply committed in the project Voices of Europe, which builds new collaborations and exchanges inside the European Union and in which my home university is also involved.

The life in Graz- moving around and weather

I found the relation dimensions of the city/ opportunities offered in Graz amazing! Milan, my hometown, is a very stimulating and international city as well but the price to pay for it is that you have to spend long hours every day on the public transport to move across the city. In Graz you can walk to the city centre (Altstadt) or to the castle (Schlossberg) whenever you want and everything I need and I wish to do and to reach is very close to my dormitory. I love walking to the Strassen (streets) and the Gassen (alleys) of Graz. The Sporgasse and the Schmiedgasse are among my favourite places.

Most of the students in Graz own a bike, which is very practical to go around and comes in handy especially when you have to come back home at night. It is to take into account that most of the buses stops at 8 p.m. and that the night lines are active just at the weekend (Saturday and Sunday). If you don't have a bike, you would be better buy a seasonal card for the public means of transport (buses, trams) from the *Holding Graz*.

Graz is quieter than my home time in the evening, in the night and at weekends. Almost all of the shops are closed after 18/18.30 p.m. and on Sundays. So please, don't forget to buy the milk for the Sunday breakfast the day before!

Everything seems to be much easier and reachable in Graz than in my hometown: we Erasmus students were the mayor's guests for one evening and could spend a morning at the office of the European Union called Europe Direct.

For those who come to Graz for an exchange program, there is something to do with any weather conditions. At the end of September, when the weather is still hot and sunny, you can do excursions to the wonderful natural sights near Graz (Baerenschutzhorn, Kesselfalkhorn). In autumn you can't miss the Wine road (Weinstrasse) and the wine festival of Styria. In the cold winter you can enjoy the warm(ing) atmosphere of the Christmas markets. And another thing...you needn't worry too much about your endurance to the Austrian weather. I can tell you that it was surprisingly mild and sunny this semester!



Christmas tree and Christmas tram in the Hauptplatz, Arianna's image

Graz has a very good quality of life and is ideal especially for students and old people to live.

Cultural life, social life and travelling

There are plenty of cultural institutions in Graz. I visited the Opera, the Schauspielhaus- which is a theatre where university students can get tickets for just 5 Euros- and some cinemas.

In Graz you can find cheap and good places to eat, such as the Bausatzlokale, which are something particular. There you can "build" your own meal making crosses on a colorful piece of paper. There is a wide range of food available going from Burgers, to Pizza, to the Austrian Pfandl (dumplings baked in the oven with cheese on top). There are leaflets of different colours corresponding to the different categories. A meal costs most of the times less than 6 euros (drinks not included)! My favourite Bausatzlokal is Saegewerk, in Kaiser- Josef- Platz (the Opera square).

I am profiting of the supporting and tutoring net for the Erasmus incomings to the fullest. The team of the international office is always there when you need help or advice. There are also trips and free time activities financially promoted by the European Union and included in the Erasmus+ Study Program! I find amazing that such an important institutions recognises the primary importance of travel and of life experiences for the personal and professional development of its youth.



Opera House Graz, Arianna's image

The Erasmus Student Network Graz (ESN) is also a point of reference for the free time and help to familiarize with the new city. Moreover, the owners of an ESN card get discounts in the city.

Graz has a central position in Europe, so there are plenty of opportunities to visit other interesting cities. Vienna, Klagenfurt, Linz and Salzburg are among the possible destinations in Austria, but it's worth also crossing the borders and visiting Maribor, Ljubljana, Budapest, Udine, Verona and Venice.

Accommodation

The website <http://housing.oead.at/en/accommodation/graz-en> could be useful to find accommodation in dormitories. I have been living in Greenbox Nord, which is just ten minutes away on foot from the Paedagogische Hochschule. Moreover, it's in a quiet position and it's surrounded by a big park. The community dimension in parties, meetings and new friendships make the accommodation in a dormitory a constitutive part of student life.

Review of my stay abroad in academic terms and chosen courses

- International Teacher Competences

A specific module called *International Teacher Competences* has been designed for the incomings at the Paedagogische Hochschule Steiermark. In addition to it, eight credit points have been accomplished through optional courses. In Milan all the courses are obligatory, while in Graz I enjoyed for the first time the pleasure of having the opportunity to personalize my curriculum.

We explored the Austrian culture and the cultures of the incomings in the Module *International Teacher Competences* through meetings in heterogeneous classes. An afternoon was dedicated to a European short films movie competition in which we

watched some movies and voted our favourites.

Another part of our curriculum was devoted to the languages. English and German were obligatory, the Spanish and Dutch optional. I found the English course particularly interesting because we concentrated on the spoken language through presentations, interviews, roleplays, dubbing tasks.

- Optional courses, further activities and considerations

You will find the University life highly stimulating. I found some courses we don't have in Italy, such as *Station work* and *Rhythmik*. The *Rhythmik* course is also typical of Austria, as it deals with music.



Rhythmik lesson, Arianna's image

The two theatre courses I attended have been extended also outside the classroom through a visit to the theatre and another one to the Opera House Graz.

You will find a motivated presence of new media at the University and have the opportunity to improve your digital competences being active in projects and tasks.

In one of my adventures abroad Mariola, Karina and I landed on Radio Igel, the campus radio, for a special issue about the Erasmus.

The approach to the teaching- learning at Milano Bicocca and at the PH- Steiermark present some differences. In Italy we still use a lot of books, which sometimes brings us to the brink of a cognitive overload but also allows us to understand deeply the reasons and the theoretical background of what we as teachers do in the school. The PH is more practice- oriented and involves the learners in more projects. I think that a contamination between the two approaches would improve both the systems and I would like to promote it communicating my Erasmus experience.

- The school placement

When you come on an Erasmus you can't miss the opportunity to do a school placement abroad. The internship in Austria is being particularly meaningful for me because in that country teacher- students have the full responsibility for the class and are allowed to take an active role in the life of the class (help the other teachers, arrange and do activities). Moreover, in Austria I experienced co-teaching, which means that two teacher- students are sent to the same class and can observe, plan and do activities in the class in cooperation. This practice is not common in my home university in Italy, but I think it would be worth outlining its advantages and proposing its introduction.

As none of the pupils in my internship class was Austrian, I focused my reflection on the themes of multiculturalism and teaching of foreign languages in the school. I received a "special treatment" for being an humble intern, as my mentor teacher in the school was always asking me if I wanted to see something in particular or if she could do something more for me! Thanks to her I could easily get a two visits at the Freie Waldorfschule Graz and two in a mixed- age class in my internship school using Montessori and Freinet methods.

The Erasmus Coordinator Silvia Kopp- Sixt supported and motivated my learning correcting and discussing with me the written reports I wrote after every day in the school. Her commitment to the job and her open- mindedness were astounding for me.

Some things I like about the Erasmus life:

- You can learn every moment of the day without noticing. There is a lot of peer learning and group learning. Moreover, also going around in the city (streets, shops, cinema, theatre...) offers opportunity to be exposed to new vocabulary. I always take two notebooks with me in Graz, one for the new words in English and one for the ones in German.
- You feel freer than at home and can build relationships with people from different nationalities and walks of life.
- I never felt alone. You need to immerse yourself in the new world and live the experience to the fullest.

A final word

Come to an Erasmus because you can't imagine how deeply it may influence your life and yourself. In Graz I learnt different things and I also explored/developed different parts of my personality. Now I'm less worried about the future and more flexible and relaxed in professional and private relationships. In these months I learnt to dare more in life, as dreams and wishes that seem out of reach at a first glance can often be accomplished through hard work and help from the outside. I dared apply for an Erasmus and received help from the European Union, I dared ask my mentor teacher at the internship school in Graz to visit a Waldorfschule and I could be a host there in two different school days. I am also more tolerant and open- minded. I thought the Italian cooking was the best in the world, but now I see that there are different cooking styles

and habits, and also different tastes. Sometimes we should stop putting things in a ranking list and start taking a multiple perspective. Getting in touch with other cultures means discovering other possible ways of conceiving and living life.

Come to Graz to acquire competences for life and work, to grow up. I am already planning to come back after graduating in Italy. How is it possible that I haven't left Graz yet and I already want to come back?

7. Bettina Blaha, Saxion University Of Applied Sciences, Enschede, Netherlands, Mobility For Study, PHST

About university and exchange program

The Saxion University is located in the city center, next to the central station. In the course of my Erasmus semester, I attended the program "Teacher Training for European Competences" (30 ECTS) in an international class with other students from Austria, Switzerland, Liechtenstein, Spain, the United Kingdom and the Netherlands, who also studied primary or secondary education. This program took place in Enschede for the first time, the years before it was in Hengelo. Our courses were held in the smaller, so called Edith-Stein-Building, next to the main building.

Housing

My accommodation, arranged by the Saxion University, was a flat with three bedrooms, kitchen, living room, bathroom, toilette, hallway and two balconies. The flat was in the third floor of a house where about 42 exchange students were living. So it was never boring there, but I also always had a pace of retreat. The name of the street, where I used to live, was Roelof van Schevenstraat and it was about 25 minutes by foot and just ten minutes by bike from the city centre and the university. I lived together with Stephanie Oswald, another Erasmus student from Graz, and an Indonesian girl also called Stephanie. The organization of the housing was not the best, for instance we did not know anything about where and with whom we are going to live or if, where and when we are going to be picked up at the train station until we arrived in Enschede at 11 o'clock in the night. Furthermore the flat wasn't really in a good condition, so Stephanie and I had to clean up first. Nevertheless, everything turned out to be all right, but not for everyone, some students had to stay in a hotel for a few days or even one, two weeks. At least the hotel got paid by the university.

Finances

The accommodations that were arranged by Saxion were about 480€. Cheaper flats or rooms can also be found on Facebook (e.g. at "Sise independent: Saxion International Students Enschede"). A bike is absolutely necessary, no matter where in the Netherlands you live. Bikes can be bought really cheap at many bike shops and via Facebook as well. Because I arrived in February it was more difficult to find a bike in Enschede, so I bought one in Hengelo, a city near Enschede, where I could also return it after the semester. For that it might be advantageous to arrive a little bit earlier.

Leisure time activities

Enschede is a student town, which means that there are events almost every weekend. Besides, in the city centre are many possibilities to go out, eat or go shopping.

Course Content „Teacher Training for European Competences“

- (1) European Professionalism
 - a. Introduction in Dutch culture and education (1 ECTS)
 - b. Preparation on the course / Comparative education (1 ECTS)
 - c. School Concepts (1 ECTS)
 - d. New Teacher Education (1 ECTS)
- (2) European Diversity and Multiculturalism (2 ECTS)
- (3) European Identity - Cultural Heritage (2 ECTS)
- (4) European-World Citizenship (2 ECTS)
- (5) Languages
 - a. English Language Skills/Learning (4 ECTS)
 - b. Dutch language (2 ECTS)
- (6) Research Practical
 - a. Projectdesign (2 ECTS)
 - b. Appreciative Inquiry (4 ECTS)
 - c. Proposal International Project (2 ECTS)
 - d. Policy advise primary school (1 ECTS)
- (7) Internship (3 ECTS)
- (8) Excursion Brussels (2 ECTS)

Comparison: PHST - SAXION

The program was split in two parts: The first part included all the classes we had at the university, ended at the end of April and was rated 16 ECTS. The second part was about research practical, internship and an excursion to Brussels.

One module took about three days per week for two to four weeks, which means we always had just one module at a time and for that just one assignment/task/presentation to work on. I definitely appreciate this form of schedule because you can concentrate on just one thing and don't have to learn for more courses at the same time.

Other positive things about the program are that we had time until the end of the semester to finish our assignments and that we had the opportunity to see many different schools everywhere in the Netherlands in the course of the lecture "Professionalism". On the other hand all these excursions were really expensive because we had to pay for the train tickets by ourselves.

Internship and Research

I was lucky to do the research and my internship in a primary school directly in Enschede. Monday and Tuesday I worked with my group (three other international students) in the school on our research. The task was to survey the school concerning internationalization and give an advice how to improve in this issue.

The Dutch school system is different to the Austrian, for instance children start attending school when they are four and finish primary school when they are twelve years old. Every Wednesday (from May until July) I had the pleasure to do my internship in a really likeable class (about nine years old). The teacher from my class was really friendly and gave me the opportunity to try out whatever I want, so I sang a German song with the children or did different English activities. Besides, we had to carry out some activities for our research which I also did in this class.

Conclusion

To go for an ERASMUS semester was one of the best decisions I made in my life and I would totally recommend it to everyone. Apart from that, I am really glad, that I have chosen Enschede, even though there are many other beautiful cities in the Netherlands as well.

8. Christine K. Bernhart, UCSYD Haderslev, Denmark, Mobility For Study, PHST

Since a couple of years it was my wish to go abroad again. A dream became true! I've been four month in Denmark as an Erasmus student. These four month have been the time of my life until now. I've met amazing people from all over the world, I've been exploring a beautiful country, I've gained experiences about the Danish-HYGGE-culture and I've been talking place in interesting courses held by great teachers. I really enjoyed my time in Denmark and I hope all the people who decide to go there, will love it as much as I did. Thanks for the breathtaking, fantastic and the awesome time I could spend there!

The application process took quite a long period of time, however, I was provided with competent and helpful advice in order to get my things done.

It was no problem to find the course programmes on the UC Syd website. I found everything quite fast (application form, different course programmes and learning agreement). The only thing which was really annoying was the Europass.

Description of the University:

UCSYD (University College South Denmark) is offering a wide range of higher education study programmes and courses at all levels, with an emphasis on first-cycle bachelor degrees in the fields of Educational Sciences, Health Sciences, Social Sciences and Communication Sciences.

Geographically, UC South Denmark covers Southern Jutland and has more than 6.500 students and 700 members of staff.

The study programmes take place at five regional locations: two main campuses in the towns Esbjerg and Haderslev, and three smaller satellite campuses in Kolding, Aabenraa and Sønderborg. These regional dispersions are seen as a source of strength. Embracing diversity for mutual understanding and inspiration is one of their central values: the meeting of different cultures and professional traditions; cross-disciplinary and cross-professional courses; and an overall emphasis on internationalisation, research and innovation.

Short Descriptions of the chosen Course Modules:

LIVING AND LEARNING TOGETHER

1 - Education and Culture in Europe (mandatory for all) 10 ECTS

A general introduction to Denmark, Danish history, culture and society and a Danish language course. Socratic dialogue - we depart our dialogues from reading the book Momo by Michael Ende. Project work - We learn from each other's education systems and create the very best education system. School experience (two weeks): You will observe the Danish way of teaching and organizing school, and you may try out some teaching yourself as well. The module ends with a final comparative assignment on a topic chosen by you.

2 - Outdoor Learning and Living for World Citizenship (Elective module) 10 ECTS

We will move outside the classroom in this module. All classes will depart outside the University, in the nature, or at the Museum in Haderslev. You will live for three days in an Iron Age inspired village and experience how life was in year 500 (B.C.) - 850 (A.C.). We will go back to nature to learn how to take care of the nature in the theoretical light of "World Citizenship". You will trek along the old "Hærvej" (Oxen road). The Trek is long so bring good footwear. We will learn how to cook food on a campfire in order to pass that knowledge on to kids in your home country. In this course you must be prepared to be outside most of the time - so bring warm clothes.

3 - Creative Learning in Schools and the Freedom Writers pedagogy. (Elective module) 10 ECTS

In Creative Learning in Schools we focus on the creative and "aesthetic" learning processes. Be prepared to work actively with drama, storytelling and role plays. As the only University in Europe we have a qualified teacher from the Freedom Writers Academy in the USA. This course will focus on writing as a mean to understand oneself and at times you might feel that this is getting very personal - so be prepared to get a deep understanding of yourself and the conditions of a human life in a late-modern society.

Registration process/The contact of the university and with the Erasmus office:

The registration processes either in Austria and afterwards in Denmark were not a big deal. The office in Haderslev provided us well in advance with all the required documents we will need. Most of it was done online and therefore easy. In case something was unclear, the International Office was always happy to help. The cooperation between UCSYD and PH Graz is well organized. Mr Heiko Vogl (PH Graz) and Ms Anne Christine Jeppesen were very obliging when I had any questions.

Finances:

The prices are generally in Denmark are pretty high. There are different supermarkets like Lidl, Aldi, Fakta, Fotex, Rema 1000, Kiwi, Netto a.s.o....

Netto, Lidl, Rema 1000 and Aldi are the 'low budget' supermarkets.

It's also quite expensive to visit restaurants. I can recommend Café Kridt. It's not the cheapest (Hamburger with french fries or potato wedges ~ € 15,-) but the quality of the food is great. They are using only fresh and regional ingredients.

Examples:

0,3l Beer € 4,30 - € 6,70

Housing ranges between € 300 ~ € 400

Cheapest cigarettes € 4,90

Diesel 1l ranges between € 0,94 ~ € 1,20

There is a bar directly at the University. It is called 'Fridays café' and it's open each Friday between 12:00 and 00:00 (sometimes longer). The prices there are pretty cheap because it's a students bar. Nearly everything is available for about 10 DKK (€ 1,34).

Public transport is also much more expensive than in Austria. However, you don't need public transport because the distances are not too far to walk. If you have to stay in the accommodation Christian X'vej you have to walk 30 minutes to the University. If you live in Varbergparken you need about 25 minutes. You can also rent a bike at the University for only 50

DKK (€ 6,72) per month.

Review on my studies abroad in academic terms:

Education and Culture in Europe: The first few weeks we had to be at the University we had to be there from Monday till Friday between 8:30 until 16:00. We had to compare the different educational systems between our different countries (Spain, Japan, Ireland, Austria, Switzerland, Belgium...). At the end we had to do a project work in groups to create our personal 'dream school' and present it to the others.

After the course 'Education and Culture in Europe' we had to go to our elective courses. I had chosen 'Outdoor learning' and 'Freedom writers'.

Outdoor learning: We had to spend 2 nights/3 days in an Iron Age village. To 'survive' we had to grind flour, stir butter, milk the cows, kill a chicken (not each of us, only three people), make fire, a.s.o. ...

After the Iron Age Village we were often working in the archeology museum, teaching children there, working on projects like the 'Renaissance Day'. We had also a huge hike at the end of the course (Day 1 ~ 10 km, Day 2 ~ 32 km) but not everybody was participating at the second day and this wasn't a problem.



Black smith family in Iron Age Village © by Christine K. Bernhart



Preparing dinner á la Iron Age © by Christine K. Bernhart

Freedom Writers: This is a great course based on arts, drama and writing. We had to think about our earliest childhood memories and write them down, to write a biography about our lives, to write about our experiences and personalities. We had to draw a picture about our earliest childhood memory, were working with materials like clay and cheese wax and took pictures. All these things have been published in an Freedomwriters Diary book 'Everybody has a story' of the Freedom Writers Foundation. We also had to watch the film 'The Freedom Writers', we wrote a postcard to Erin Gruwell, the founder of the Freedom Writers, and we could skype with her. (She is an amazing person with a strong personality!) For the drama part we had to improvise theatre scenes and to do a roleplay in groups at the end of the semester.

This courses have the most educational courses I've ever had! However, I didn't had to write a single exam or anything. But they way the teachers taught us and were encouraging our motivation was great! I gained a lot of ideas of how I want to teach and what kind of teacher I'd like to be.

The people who had chosen the subject English had to work on teaching methods and principles of teaching. They had to write an five hour exam at the end of the semester.

Review of my fieldwork experiences:

I had to do a two week internship in Christiansfeld Skole which was about 12 km far from Haderslev. It was a huge school for about 500 primary and secondary pupils. The most of the schools in Denmark as huge as this one or bigger. I really like the scandinavian educational system.



Christiansfeld Skole
© by Christine K. Bernhart

It's very important there that the children do a lot of movement every day. They do a lot of physical exercises during the lessons to increase the pupils' motivation. In each break the pupils have to go outside and to play in the very well equipped and huge playground.

The school in general was very well equipped. They have for example a huge room for music lessons. In this room you can find two pianos, several guitars, banjos and e-guitars, key boards, drums, trumpets a.s.o. ...

The atmosphere in the school was also very good. There was a lot of daylight, relax zones for the children, working zones for group work and a lot more. The children in general were behaving good and working totally independently. They did a lot of group work and were pretty good in doing that.



Arts class selfie ;)
© by Christine K. Bernhart

The teacher was more like a coach, a supporter and friend instead of a typically teacher with all his/her stereotypes. I really liked that.

The pupils are for example pretty good at English. Much better than Austrian pupils, but I have to say that all the films and series produced in America or the UK are not synchronised. So they are watching a lot of English speaking films and series on TV.

Denmark is also in school totally trust based, and it works. I really enjoyed my time in Christiansfeld Skole and I gained a lot of experiences. Our teacher there, her name was Susanne, was a great person and invited us on our last day for dinner in her house together with her three daughters. I was a nice evening.



Music class (Christiansfeld Skole)
© by Christine K. Bernhart

Social and cultural review on my study abroad:

The Danes are really nice, open minded and relaxed. It's not for nothing that they are called the most happiest citizens in Europe. There are not that much differences between the Austrian and Danish culture. But I want to tell you a few I've noticed:

The Danes love their liquorice.

Sometimes you can see baby buggies in front of restaurants. It's normal that the parents go into the restaurant to have their lunch or dinner and the babies have to sleep in the mean time outside in their buggies, even though if it's raining.

The Danes are really trust full and they would never expect that somebody is 'bad' or a liar.

The most of the Danes are very sporty and love healthy food. You can't find a lot of oversized people.

The service in restaurants is mostly very bad. In a lot of restaurants you have to go to the bar and order there.

Sometimes it's totally self service.

A lot of young women and men are married and have children. I think it could be a religious or traditional thing that a lot of young people are married by the age of 21~22.

The Danes have a good sense of humour.

The stereotype Dane is huge and blonde.



Dinner with friends
© by Christine K. Bernhart

Housing

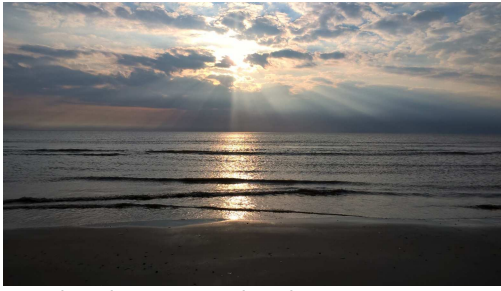
The Danes call it the 'ghetto' of Haderslev (Varbergparken) where I was living. But it sounds really hard. It's true, the buildings don't look pretty from the outside and I don't know if there were also living Danish citizens, however, I'm neither a born Dane. In Denmark I was also a 'Immigrand' like all the others which were living there. The neighbors were extremely friendly when I met them in the park and the children loved it to play with us. The apartment was basic but ok. I got the biggest room of the three and had my own balcony. All together we were three flat mates (two other Erasmus students) and the flat was about 75 squaremeters. Each of us had a bed, a blanket and a pillow, a desk, a chair and a wardrobe in the room. In front of the buildings is a huge park which is really neat and nice to relax in the sun. The University bought for each flat new kitchen utensils (only the basic basics) like plates, pots, cutlery, glasses, mugs and chopping boards. It was not really located in the center so we had to walk to the University 25 minutes each way, on the other hand, I really loved it there! The view from my balcony in the 3rd floor was great! There were a lot of other Erasmus students which were living in the buildings next to us. One of the other flats (the 'Spanish flat') was our party flat. The most of the people in Varbergparken became like family and if you were boring you just had to go into another building (doesn't matter if you were wearing your pyjamas) and go into the flat of the people you'd like to visit. None of us was ever locking the door (except nobody was at home) because Denmark is so safe. I had to pay €320 per month for my room. My flat mates had to pay € 310 each. But I have to say, that my room was double the size that their rooms and I had a balcony. There were also free parking lots for the people who were living in Varbergparken. The prize for the rent was including everything (rent, monthly costs like electricity..., laundry key and WiFi). We had a lot of furniture because we could see the bins from our window in the kitchen. And the people had thrown away a lot of stuff each week. We got a lot of nice chairs and shelves which made the flat more comfortable. Our accommodation was organized by the University. I would recommend everybody who wants to go to Haderslev that you tell Anne (the International coordinator there) that you want to live in Varbergparken. It's really social there!



Movie night in my room
© by Christine K. Bernhart

Temperature and Climate:

The weather in Denmark is extremely crazy! You have to be prepared for each season per day! I'm not kidding! We had days which began cold, then they were getting sunny and warm, suddenly it began to rain and it was getting cold again, then the rain turned into snow and it was stormy, and afterwards it started to hail and at the end of the day it was foggy. 4 seasons - 1 day! For a long period of time it was really cold but in the end of April/ beginning of May it was getting sunny and warm. I had all together 5 horrible sunburns!



Amazing view at Rømø beach
© by Christine K. Bernhart

Did You Gain Any Learning Experiences You Would Not Have Gained Without Staying Abroad?

To sum it up, an exchange semester not only gives you rich experiences, better language skills, an insight into a new culture, educational system and a country and its people, no, you meet wonderful people which are alike and gain friends for life. I would suggest to be a little bit brave, sign up for this adventure and make the best out of it.



Road trip through Denmark
© by Laura Kleinheinz

Do You Think Staying Abroad Provided Benefits For Your Future Job (As A Teacher)?

I definitely think that the experience of seeing another educational institution and its ways of working broadens one's mind and is a big plus in one's curriculum vitae. Furthermore, the experience of visiting schools in a foreign country is very precious and maybe also an inspiration which can be used when teaching in the future.

Did This Stay Abroad Affect Or Change Your Personality?

Going abroad always affects or even changes a personality. You have to step out of your comfort zone, leave your bubble and sometimes do things you would have never imagined to do. It is a good way of growing, of becoming who you really are.

Advice for you:

Go to Denmark! I didn't expect that it would be such a amazing experience!

If you go to Denmark: Be nice to Jette, Anne, Sam and Lars! They'll be always there for you if you need something! Travelling in Denmark: There is a really cheap bus from Kolding to Copenhagen. The name is Rute 1000 (<http://rute1000.dk/>) and the ticket is only € 7,- for students.

There is also another bus to Copenhagen starting in Haderslev, however, it's a bit more expensive. One way is € 20 for students (<http://xn--rdbillet-54a.dk/>).

There is a nice Island not far from Haderslev called Aaro. It's really beautiful and a visit worth. You can go there by bus, car or bike. It's only 12 km far from Haderslev. You have to go to the island by ferry. The price for the ferry is I think € 5,40 to go there and back.

There is another Island called Romo where you can find the biggest beach you've ever seen I guess. If you have time you can collect there thousands of seashells. Mando is also a nice Island but keep attention and check the times of low tide and high tide first. Ribe is the oldest city of Denmark and really nice and beautiful. You can enjoy this cosy city best if the weather is nice.

Skagen is the very north of Denmark and also really beautiful. If you are lucky you can see where the northern sea and the Baltic sea are collapsing and observe seals.

Aabenra and Aarhus are not really spectacular in my opinion. But people told me that these cities are great if you go there when there is a big event like the colour run for example.

If you visit Copenhagen (and I'm sure you will) take one or two days more and travel to Malmö in Sweden. There is a train going to Malmö directly from the Airport in Copenhagen. Malmö is a fantastic, small nice and cozy city. You will not regret it to go there!

Ok, I think that's it. The only thing I have to add: If you are in Denmark you MUST GO to Legoland! Lego is a Danish product. I know Legoland is for kids but if you go with ESN and a lot of your colleagues you will not regret it. It's quite expensive but a lot of fun with the right people!



© by Lluís Castillo

Hygge means the Danish lifestyle. There are many ways to describe hygge, we see it simply as the Danish ritual of enjoying life's simple pleasures. Friends. Family. Graciousness. Contentment. Good feelings. A warm glow. Certainly, hygge is intrinsic to the Danish lifestyle, but this feeling of well-being, so deeply satisfying and cozy, is something we all experience, each in our own way.



The beautiful lake in the city center of Haderslev.
© by Christine K. Bernhart



Amazing Aarø beach.
© by Christine K. Bernhart



Men at Sea: Esbjerg next to [Sædding Beach](#) on the southwest coast of [Denmark](#).
© by Christine K. Bernhart



Iron Age Village
© by Christine K. Bernhart

If you have any questions, feel free to contact me. ;) chrstine.bernhart@gmail.com

Author: Christine Karoline Bernhart

Proof reader: Nina Ulrich (03.09.2016)

9. Flora Bodrogi, University Of West-Hungary, Hungary, Mobility For Internship, Incoming, PHST

Proofreader: Marlene Grabner

First of all, I would like to tell you, that I was here in Austria in Graz in 2014 as an Erasmus student in the summer term and it was the best decision in my life.

I think everybody should join this program, because of him/herself. I have started to live here, what I mean by saying that is that my personality has changed a lot and I have met a lot of people from all over the world. I was alone in the beginning, but I didn't want to stay in my room, so I always took out the map of Graz and just went for a walk alone in the city. When you are abroad, you will gain so much new experiences, you will use the foreign languages you speak! This is why I have improved first of all my German and after that my English skills. I have never used English before, but now I am not afraid anymore if I have to speak with an English speaker.

Don't forget: "Once Erasmus, always Erasmus". This sentence is very important for me. The Erasmus Student Network has got a promotion video on YouTube, the title is We are Mov'in Europe. (https://www.youtube.com/watch?v=RPYyYP_SpPk)

Whenever I felt alone back home in Hungary I watched this video and felt the Erasmus spirit again. This is also why I decided to do the Erasmus adventure once again!

Before going abroad

Actually, I spent 14 months in my home country after my Erasmus, before I came back to Graz to do my internship. I graduated in Hungary in June 2015, I studied event management at the University of West-Hungary in Győr.

During the spring of 2015 I watched the movie often and felt that some pieces of me were still in Graz. I felt the need of travelling and broaden my mind even more. I searched for the possibilities, where I could do my internship or what other opportunities I have. Luckily, we have Internet, so everything was easier. I wrote a letter on Thursday to Susanne Linhofer, the head of the Institute of Diversity Management and International Relations of the University College of Teacher Education Styria and I got an answer on Friday: You are welcome at our university, you have the possibility to come to Graz again! I was the happiest person ever! We organized the paperwork together and I arrived again on the 25th of September 2015 in Austria.

Contact person

Marlene Grabner, BEd

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Marlene and me on the top of the Erzberg (Image by Flora Bodrogi)

Contact of the university:

Pädagogische Hochschule Steiermark; Hasnerplatz 12, 8010 Graz, AUSTRIA

Description of the university

The University College of Teacher Education Styria is a small, but atmospheric university. In my opinion it is very friendly,

colorful, the people are kind, helpful and very open-minded. There is an old building and also a new building at the Hasnerplatz. Both of them are nice, I really like the stairs, where you are welcome every day in every languages, like Willkommen, Üdvözlők etc. The buildings are modern, there is also a cantine, gym, a big hall, where the most important events are held. In the Theodor-Körner-Straße in front of the Spar is also one building with the library and if you want to find the International Office, you should go to the Ortweinplatz, because there is the fourth building of the university and we are on the second floor. Our office is big, we have got big windows, through which we can enjoy the sunshine and of course the students are always welcome here, if they need help.



Stairs (Image by Sara Bodrogi)

Finances and travelling

Before you go abroad, you should find an apartment or a dormitory, where you can live during your stay. In Graz you can rent a room from around 300 € pro month. The border is just the sky full of stars. You will be asked to pay caution, it means about 700-1000 € for the room, but you will get this back, after you moved out and left the room as it was before.

You have more possibilities to arrive your Erasmus town. I came by car with my parents, so I brought all my stuff to Austria, what I needed in this 8 months and the journey from my hometown was just 7 hours long.

Travelling by train: Budapest – Graz (one way ticket, If you buy it earlier 19 €) - 6 hours

Travelling by bus: Budapest – Graz (Eurolines, one way ticket 19 €) - 6,5 hours

Use the blablacar if you want to travel faster and cheaper!



Venice (Image by Flora Bodrogi)

Activities in Graz and around the City - What should you visit there?

You are finally arrived in this city, so you should visit everything you can.

First of all Graz is the best city to live, beautiful and the city center is amazing, there is the Landhaushof, Hauptplatz, Hofbäckerei Eddeger-Tax, Burg, Doppelwendeltreppe, Burggarten, Stadtpark, Dom, Mausoleum, Glockenspielplatz, Oper,

Kunsthhaus, Murinsel, Schlossberg, Kastner & Öhler. Just walk alone or with somebody and you will find something that is interesting for you. I can also recommend you the Schloss Eggenberg, Basilika Maria Trost, Botanischer Garten, Hilmteich, Burgruine Gösting, Fürstenstand/Plabutsch and Kalvarienberg. You can reach everything by bike/tram/bus.

You will like Steiermark. You can visit beautiful places around Graz, what I have seen: Bärenschnitzklamm, Kasseifalkamm are really good for hiking, Lurgrotte cave, Stübing the open air museum, Bärnbach Hundertwasser-church, Piber lipizaner horses, Deutschlandsberg and Leibnitz are in the wine region, Judendorf-Straßengel, Rein, Riegersburg Zotter-Chocolate Factory, Eisenerzer Ramsau, Schwarzlsee, Thalersee, Grünersee, Laßnitzhöhe.

If you would like to travel more, you should visit Hallstatt, this city is as wonderful as a cartoon. Salzburg, Vienna, Klagenfurt (Wörthersee), Innsbruck, Linz, Villach are the most important cities of Austria.

Slovenia and Italy are also not far away from Graz, so you can get to Maribor in an hour, to Venice, Palmanova and Trieste in 4 hours by car, but you can also use the busses and the trains. Just travel, explore and enjoy the beauties of the countries! Try to be a citizen of the world!

About my internship



With my colleagues (Image by Flora Bodrogi)

I have the possibility to be a part of the Institute for Diversity Management and International Relations, so I am working with the Incomings and Outgoings. I try to help here in everything also to Marlene Grabner, who was my contact person in the beginning. It is so funny, because last year, when I was in Graz, she was my buddy and now we are working together and we have a lot of fun. My colleagues are in the international team: Susanne Linhofer, Heiko Vogl, Sigrid Maier, Katharina Kamitz, Elfriede Koller and Daniela Samide. I am really happy, that I can work with such nice people together.

In my opinion it is very important, how they welcomed me. We had our first meeting in October together, from 9 am till evening. Then Susanne, my boss told me, that she is happy, that she can introduce me like a part of the team and she gave me a little Chocolate heart (Danke!). My first impression was so good and positive, that I can't tell you, what I was feeling there. Thank you for this!

In the beginning, I did all the work in the office like scanning, printing, sending E-mails, so administrative tasks. After that I got a task, I can write articles in German or in English - it depends on the topic - for the website of Erasmus+ Journal about Erasmus+ and studying abroad, learning languages, mobility, traveling and so on. I could never imagine before, that I can do something like this, but I like to do it very much.

Heiko Vogl is one of the publisher of Erasmus+ Journal (book and e-book), that's why I did the correction like an assistant in the Issue 3. I read a lot of interesting stories and I saw beautiful pictures.

I helped also to organize events. During the 8 months we had for example a Short movie competition, Open House Day, ENTEP Conference and International Week. I really enjoyed to participate in this events and I learned a lot of about team work and organisation, because it is totally different to do the work in the background, to the participation. I would say, in this office we have such a strong team, that everything is possible. In the end, if you get a lot of positive feedback you realize, that your work really matters.

I also learned, how can I use the online system of the PHST, the PH-Online and the Mobility Online, where all documents of the incomings, outgoings and data about partner university is stored.

It was a pleasure for me to be live in the Radio-Igel. Once I talked about my Erasmus experiences during the Open House Day and another time, Marlene, the buddies and me made a 1 hour long Erasmus radio show, which was wonderful! It is crazy, how many people come together because of the Erasmus programme! It was something unique, what I never did before. Of course my family listened to us from home.

Actually I learned here much more, than use some programmes, because I was a part of a wonderful team. It is unbelievable, how wonderful a job can be. In the past I never thought, I can find a perfect job for me but now, I found something for me, what I love. I worked here 8 months without stress, with great and friendly colleagues, who help each other. The atmosphere is amazing!

I made friends all over the world, I traveled a lot, I began to learn Spanish and Italian. Now I can understand the different

cultures better and I am always inspired by beauty everywhere. Thank you for the possibility!

I can't imagine how my life would be without Graz, international people, work and traveling! Luckily I got a job here in the international office after my Erasmus ended, I can stay one year more and continue the best part of my life. So what can I say? Thank you Erasmus!

10. Gernot Mausser, UiT Tromsø, Norway, Mobility For Study, PHST

Organisation and application

One of the first contacts I had was Magdalena Budinova. Later on I talked with Simonsen-Sagerup Morten and the Erasmus Institutional Coordinator Reidun Sundstrøm.

The Arctic University is the most northern University in the World. 12000 students and 2700 staff study and work at the University of Tromsø. More than 20 English taught master's degree courses and other English programmes at every faculty are available. About 10% of the students are from abroad. The PHST is just one of 200 partner universities.

Two of the courses I have chosen aim to improve my English skills. I hope I can gain some more understanding of cognitive processes during the third course to improve my overall teaching performance. Here is a short description of the courses:

1. English in Use

The course focuses on common mistakes and difficulties which learners of English have to face frequently. All the coursework is in English, but the language gets compared to Norwegian pretty often. Due to that, the course is especially useful for everybody who wants to learn a little bit Norwegian. For students of English, the coursework requirements are rather easy. Nevertheless, the addressed issues are interesting for advanced learners as well.

2. Cognitive Psychology

11. Giulia Boffelli, Università Degli Studi Milano Bicocca, Italy, Mobility For Study, Incoming, PHST



Graz: bowling competition with our Erasmus group.

Name: Giulia Boffelli

Nationality: Italian

Sending institution: Università degli Studi Milano Bicocca, Milano (Italy).

Faculty: Scienze della Formazione Primaria (Kindergarten and Primary school teacher).

Receiving institution: Pädagogische Hochschule Steiermark (PHSt), Graz (Austria).

Why graz?

Because of a thousand reasons. To summarize, choose Graz because:

- It's a university city, there are a lot of students and for this reason it's really a young and open-minded city.
- Graz is beautiful! To be a city, it has the perfect size: it's big enough to contain all the possible thing you can look for (cultural events and entertainment in general) but it's small enough to make it feel your home, your city. It's full of parks and trees and you can go everywhere with your bike. The center is really nice and you'll love to go for a walk at the Schlossberg.
- It's the perfect starting point to visit many places in Europe: you can easily reach many wonderful destinations and visit other countries.
- Because the Pädagogische Hochschule here is really well organized and full of amazing people: the International team is so helpful and active that you will feel like at home and you'll never feel lost. They organized a lot of courses for incomings during which we learnt a lot about different cultures and we had the possibility compare our cultures and to share knowledge and different points of view.

Review of my stay abroad in academic terms

It's difficult to focus on my Erasmus as I feel completely absorbed into this my new and different life, but thinking about a review of my stay abroad, I would say many thinks.

Talking on an academic point of view, I would say that I gained a new perspective regarding the University world and the way to see my faculty. Here in Austria everything is organized in a different way than in Italy: this university is very small, you can have a direct contact with the teachers and with all the colleagues. We have the possibility to do group work and I really appreciated the fact that during the internship we are two together in a class. This gave me the chance to share opinions, to plan together the activities, to have a different view on the same situation and so it was great.

What is significant to teach is something culturally determined: here in the University different things are taken into account. It's a more practice approach, they give more importance to put the theory into practice, to do and experience everything, to prepare a lesson plans. On the contrary, in Milano the practice part arrives as a consequence of a deep theoretical work of analysis of the situation and of the needs of the class, having as a base a theoretical framework of pedagogists and scientists.

I also learned a lot of things about different school systems and different conceptions regarding the competences a teacher should have. I feel more ready to be a teacher in the European Union!

Review of the stay abroad in cultural terms

In cultural terms, I can say that I really learnt a lot.

I can't even realize how many things I learnt about different cultures and ways of life. I'm deeply inside the Austrian culture thanks to my boyfriend and to my friends of the dormitory, but at the same time I feel inside the Canary Island culture, the German one, the Spanish one etc. It seems to live inside a wide variety of cultures and I love it: I love to listen to stories and traditions of other countries, I love to cook and to eat different food (yes, the Italian is not the only good food in the world), I love to have different timetables and I love to try to understand a person understanding his/her culture.

Thanks to the University courses for the incomings, we had the awesome opportunity to discuss and to grow personally and professionally exchanging perspectives.

Review of the stay abroad in social and personality terms

In social terms, I really feel a richer person. I think that nothing as an Erasmus could give me the possibility to enlarge my friendships and the same concept of friendship. Feeling close and finding similarities and differences in other friends and people let me understand that meeting new people is a really great experience of growth. I'm sure that I will never forget all the people I met because each of them, in diverse ways, gave me something that I will bring with me for the life. I feel that after this experience I'm more able to understand the others and to appreciate them and the diversity in general.

I'm more autonomous and I think I'm more able to discriminate between what is important and what is not.

I know myself better and I discovered parts of me and of my personality that I didn't know to have.

I also feel I can be more empathic and that I can go deeper in the relationships and for this reason I have to say thank you to all the people I met because without them I wouldn't be able to grow.

Experiences I wouldn't have gained without staying abroad

I gained everything in the literal sense of the term. The list would be endless and so I think that the word everything is my only way up to now to express what I feel. All the things I learnt and I earned were impossible to have staying comfortable at home and doing the same life every day.

I sincerely think that doing an Erasmus should be something obligatory for all the University students because only travelling and meeting new people you can have this kind of experience and enrich yourself understanding and living the European Union and the beautiful variety of the world in which we live.

You start thinking in a completely different perspective and all the things that you were doing before they're seen in a different way: you can really see your life from outside and learn better to overcome obstacles and to be independent, respectful and open-minded.

Benefits provided for my future job (as a teacher)

As a teacher, I think that staying abroad provides a lot of benefits. In our society isn't enough anymore to be able to understand and to live in your village or country: we have to think wider and to open our mind to a global perspective.

That's what a teacher should teach to her children, but to be able to do that she/he has to feel it and to live it personally.

I really think that after my Erasmus I'm more professionally competent and I'll be a better teacher, because I have something to teach to my students that I believe is important for their growth: the respect and the interest for the other cultures and for the others in general.

12. Isabella Aldrian, Katholieke Pabo Zwolle, The Netherlands, Mobility For Study, PHST

Coordinators:

Harrie Poulssen

Bert Thole

Ria Posthumus

all from the International Office KPZ Pabo.

Katholieke Pabo Zwolle
Ten Oeverstraat 68
8012 EW Zwolle

+31 (0)38 4217425

info@kpz.nl

University:

The Pabo is a rather small but excellent university in the Netherlands. According to that fact, the courses were demanding and the amount of paperwork seemed to be never ending.

Insights into the Dutch language, culture and the Dutch education system were really interesting and showed us the variety of such a small country.

Chances like the 'project week' where we got to know Amsterdam and Den Haag or the 'interactum sportsday' where we saw how Dutch students behave in a competition.

The International Class, composed of different nationalities like Turkey, Basque Country, Catalonia, Spain, Poland and Austria. Spending the daily routine at the university was valuable for everyone to extend our knowledge of other countries and cultures. Unfortunately, we did not get in touch with the real Dutch students because there were no courses we attended together.

Courses:

English language :1ects

Culture and Society 1/2 : both 2ects

Pedagogics 1/2 ped 1: 3 ects, ped 2 :2 ects

Dutch language 1/2 dut 1 :2 ects , dut 2: 1 ects

Coaching/ Counselling and tutorship 1/2 cct 1: 1 ects, cct 2: 2 ects

Drama and music :both 1 ects

Project week :1 ects

Research 1/2 res 1 :3 ects, res 2 :2 ects

Teaching Practice 6 :ects

In total: 30 ECTS

Registration process:

First you have to apply with a letter of motivation. Afterwards you get a mail from Ria or Bert with a invitation for a conversation via skype. This is compulsory for your registration progress. This conversation is about your current situation- studying, pre- knowledge about teaching and some private facts. It is rather easy-going and not that strict as I expected. A lot of information are given by the coordinators, so a pen and a piece of paper might be helpful to take notes.

Housing situation:

My roommates and I, we decided not to live in a students' home so we rented a little house nearby Zwolle via Air BnB. This is a good solution if you want to have your privacy. On the other hand you have to rely on the car or the train which takes about ten minutes to get to the city center. The public transport is rather expensive in the Netherlands so you have to think in detail before making the decision not living in the center.

However, if we needed a place to sleep after a night in town, friends were always there to share their bed with us.

Financial situation:

Apart from aliments, the daily life costs are 10% more expensive than in Austria. Public transport, fuel and eating in a restaurant are the most expensive goods.

If you think carefully on what to spend your money, you can live quite cheap in the Netherlands.

Teaching practice:

The best part of studying at the KPZ Pabo.

I was lucky being sent to a very good school- the Jenaplanschool in Heerde. It was a bit outside the city. It took us about 30 minutes to get there by bus but it was totally worth it to travel there every week/ day. The travel expenses were paid by the KPZ, so we got the money (ca. 290€) back.

The main teacher of the class where I was teaching was an experienced woman who knew exactly what she was doing and she gave us the opportunity to expand our knowledge in many ways. I taught together with a Catalan girl and we got along very well. I learned from her and the other way round.

The pupils from group 7 and 8 (family class from the Jenaplan concept, age from 10 to 12 years) were very pleased when we taught them. We had the chance to take part in the school musical and we contributed a Catalan and an Austrian dance to the program.

This should be done after going abroad:

After the Erasmus semester abroad, several things have to be done. Unfortunately a lot of bureaucracy is involved. If you requested for a subvention by the government (Stipendium/scholarship) you have to bring the transcript of records which has to be signed and stamped by your home university. Otherwise you have to pay back the top-up or worst case the scholarship will be cancelled.

Another way to get money for your semester abroad is the OEAD bureau in your province. There you have to bring documents from the home and the guest university. Of course stamped and signed.

In my case, we have to write an entry in this E-book to gather and exchange our experiences during our stay abroad. People who want to participate in the Erasmus adventure can get a close insight into this while reading through these entries.

- <https://www.oead.at>
- <https://www.stipendium.at>

Tipps:

Do not be afraid of the weather in the Netherlands! It can change very quickly so you should always have an umbrella or a rain coat with you.

Make friends! Not only those from the Erasmus program but also with the people from the city. Inhabitants from there can show you many unknown and undiscovered places and you get easily in touch with the culture.

Travel! Traveling in the Netherlands is easy and if you get a group ticket (facebookpage) it is really cheap. In this way you can explore the main cities like Amsterdam, Den Haag, Utrecht, Groningen or Rotterdam.

Don't expect too much from others. It is always you to make the Erasmus experience the best time of your life.

13. Jakob Stampfer, University Of Örebro, Sweden, Mobility For Study, PHST

Contact of the University:

University of Örebro
SE-701 82 Örebro
+46 19 303000
Sweden

Student Services Centre

If you have any questions about studies, admission or degrees

Phone: [+46 \(0\)19-30 37 00](tel:+46019303700)

E-mail: studentcentrum@oru.se

Opening hours: Monday-Friday 09.00-15.00

Admissions Office (Master's Programmes)

If you have any questions about admission to Master's Programmes as a freemover, e-mail: freemover@oru.se

Press Contact

Linda Harradine, Press Officer

Phone: [+46 \(0\)19 30 14 70](tel:+46019301470) Mobile: [+46 \(0\)70-643 14 70](tel:+460706431470)

E-mail: linda.harradine@oru.se

Records Office

The Records Office at Örebro University handles incoming post and registers university documents as well as answers questions about university records.

If you have any questions or need to get hold of any documents please contact the Records Office Administrators.

E-mail: registrator@oru.se

Telephone: [+46 \(0\)19-30 30 00](tel:+46019303000) (switchboard).

Erasmus-Office + coordinator:

Hanna Forsgärde/Ida Lindberg

International Coordinator

Responsible Coordinator for: Austria, Croatia, the Baltic states, Bulgaria, Hungary, Luxembourg, the Netherlands, Poland, Portugal, Singapore, Spain, Turkey and the Nordic countries.

Incoming Exchange students

If you are admitted as an Exchange student please contact the International Office for questions.

E-mail: exchange@oru.se

You can also find informations at the homepage of the University: <https://www.oru.se/english/study/exchange-students/>

Short history of the University

A modern broad-based university

Örebro University is a modern, broad-based university with internationally prominent research.

Örebro University in figures

- 17,000 students
- 500 doctoral students
- 80 degree programmes
- 700 single courses
- 3 faculties
- 8 schools
- 1,300 staff
- 510 teachers and researchers
- 130 professors
- 420 administrative, technical and library staff

Our history in brief

Örebro University has its roots in the higher education which was established in Örebro during the 1960s. In 1977, Örebro University College was established through a merger of the Uppsala University branch in Örebro, the Preschool Teaching Seminary, the College of Physical Education and Sport Science, and the College of Social Sciences. Örebro University was founded in 1999.

(<https://www.oru.se/english/about-us/>)

ESN-Erasmus Student Network

First I have to say, the start in my exchange semester was just amazing. Johanna and I flew out from Vienna to Stockholm on the 15th of January. We spent the weekend in Stockholm and went to Örebro by bus, which took us about 2 hours.

The welcome day for exchange students was on the 17th of January. It was a really warm hearted welcome and everything was organized very well.

Before we started our "Erasmus adventure" in Sweden, all exchange students were separated into small fadder groups (also in Facebook groups, which was-really good for communication).

There were 6 fadder groups and in every group where 4 fadders of Local or International students from the last semester.

ESN Örebro is a really good constructed and organized Organisation. The 100 International Students were divided in fadder groups, with 4 fadders for each group and one group leader. There were two "Generals" as well, who organised the activities and who led the fadders. We also had a webmaster, two travel coordinators, the vice president and the president of ESN Örebro. We started with 3 welcome/introduction weeks including lots of different parties, info meetings, action games, battles between the fadder groups and a lot of more activities. These activities were really helpful to get in contact with the

other international students and Swedish people.
ESN was like a big family in these 5 months for me.

Courses

I had 4 courses. The Swedish University system is really different compared to the Austrian system. You have one course for five weeks, with a final exam or a paper at the end. After this five weeks you start with the next course. It is a really nice system as you can focus on one course, finish it and start the next course fully concentrated.

My classes at the University were:

- Teaching and Learning, a Comparative Perspective- 7.5 ects
- Special Needs education – 7.5 ects
- Diversity in the classroom- an Intercultural perspective- 7.5 ects
- Sports Science, Outdoor Education and Recreation-7.5 ects

In each course we had 5 days of school practise, 6 hours a day (except the Sports Science course, there we had one day from 8-16.00 with kids). The language of the classes was English.

Application process

If you want to study at the University of Örebro, you have to do fill out an online application form with your data and your courses. There is a deadline for applying which you can find on the homepage of the University. If you need help with the application form, you can also get in contact with the International office. In the end you have to fill out your learning agreement, print it, sign it and give it to your home university to sign it and send it to the University of Örebro. What is really great about the University in Örebro is the fact that a room for living will be organise from the University. You have to fill out an online form if you need a room for the time there. You get your keys on the welcome day from “the Generals of ESN”.

Finances

The life in Sweden is more expensive than in Austria. It always depends on the person and how you deal with money, but you definitely need more money.

We had to pay the housing before we arrived there, it was like 350€ for one months. So we paid around 1600€ before we went there. For me it was really good because you paid your room already so you don't have to think about it during your stay abroad. We had a contract with the housing office from the 17th of January to the 17th of June.

My finances:

- 333€ from the Erasmus Program (money for the room)
- 250€ from my dad
- 220€ children money from the government
- 100€ from my mum

I saved a lot of money which I earned from being a ski instructor, playing soccer and work in the summer holidays.

All in all, you definitely need about 650-800€ for food, bus card, going out and other stuff.
Sweden is more expensive than Austria in every way.

I travelled a lot so I need sometimes spent more money in one month.

Review in academic terms

My choice to study abroad at the University of Örebro was one of the best choices I made in my life so far. The difference between the University system in Austria and Sweden is really big. From the PHST, I was used to have a lot of small courses at the same time. In Örebro it was different, we had one course for 5 weeks and it was possible to put all your focus on one course. The main language was English. The courses were split in 2 different grading sections.

First one were two assignments about different themes of the course with about 400-600 words connected with course literature and a presentation about a situation out of your school placement during the course.

The second one was a final paper with 1500-2000 words or a take home exam. It was also connected with course literature.

The grading system was also really different. In Sweden they have grades from A-F.

It was really hard to get an A or a B. A and B were like a 1 in our grading system. C and D were like a 2 or a grade between 2 and 3. E was like a 3 to 4 and F was fail.

For me it was not easy to get an A or a B because English is not my mother language and we had a lot of students with English as their first language. But I tried my best.

It was really nice to see another school system and grading system. My English is definitely better now than it was before and I really enjoyed the time there. Our teachers were really friendly and experts in their subject.

My life in Sweden and Örebro

Sweden is a wonderful country. For me it is one of the most beautiful countries I have seen so far. Örebro is a really nice small city in the centre of Sweden, two hours to the west of Stockholm by car. Sweden and also Örebro is really multicultural, open-minded and offers places and people for every type of human. It was the best decision of my life to study there. It opened my horizon in the way I hoped and I learned a lot about different cultures from all over the world. It is amazing to have contacts now in South Korea, Singapur, Australia, Hong Kong, India, all in Europe, Canada and the United States. One of my best friends in Sweden lives in Canada and I will visit her in February. An exchange semester shows you how multicultural the world is and I'm really happy to get a lot of new friends all over the world.

I travelled a lot to see also the neighbour countries and some parts of Sweden because Sweden is a really big country. I was in the North of Sweden in Hede with my outdoor course for a cross country skiing week, I visited Stockholm and Gothenburg in Sweden, I was in Estonia- Tallinn, Finland- Helsinki and I visit one of the most beautiful cities in Europe- St. Petersburg, Russia.

Some trips where organised by ourselves and the Russian trip was organised by ESN.

To sum up, I think my Erasmus semester was the best time of my life and I will definitely miss all the great and awesome experiences and people. For everyone who wants to go to an exchange semester but is not sure about it, please take the

chance and go as long as it is possible to another country for studying. You will not regret it.

Review of school practice

We had school placements in three of the four courses, were we had 5 days from 8.00-14.00 o'clock. I was in three different schools.

My first school was the International English school/ International Engelska skolan of Örebro. My teacher was Annika Müller and she taught the German and Swedish lessons. So we created with her the german lessons, and we had one presentation about Austria. The students there were between fourteen and twenty years old. It was really exiting to see how people in another country learn your mother language. It was a really nice experience.

My second school was in the suburbs of Örebro and was a primary education school. It was called Hovtaskolan. My teacher was Linda Axelsson and it was all in Swedish. It was the first grade of the school. My teacher worked with week plans for the kids and it was really interesting to see how it works.

My third school was the Risbergskolan. It was a High school and our teacher was Jessica Hallonqvist. For me it was the best five days of school placement. Risbergskolan is a special school with 80% non-hearing or hard hearing people. It was amazing how these people learned German and English. A translator was in the class and translates our words into sign language. We discussed about the Swedish system for non-hearing people and also about their culture. I think about learning the sign language after my studies at the PHST. It was so interesting.

For my Sports Science course, we had to organise an outdoor day for kids which was a great experience for me as a becoming teacher.

All in all, the best 5 months of my life so far.

14. Johanna Lienhart, Örebro Universitet, Sweden, Mobility For Study, PHST

Contact of the university

University of Örebro
SE-701 82 Örebro
+46 19 303000
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Contact of the Erasmus office/International Coordinator for Austria

If you are admitted as an Exchange student, contact the International Office for questions.

E-mail: exchange@oru.se

Ida Lindberg

Responsible Coordinator for: Austria, the Baltic states, Bulgaria, the Netherlands, Poland, Portugal, Spain and the Nordic countries.

E-mail: ida.lindberg@oru.se

Description of the university

"Örebro University is a modern, broad-based university with internationally prominent research. 17,000 students and 1,200 staff study and work here. We offer some 80 degree programmes at the undergraduate and Master's levels as well as some 700 separate courses. Örebro University cooperates with industry and commerce, local and regional governments and other organisations, both nationally and internationally."

The University of Örebro is separated into different parts, which can also be a bit outside of Örebro. We were at the main campus, where the focus is set on teaching and research facilities. Around the campus you find many cafés, restaurants, a big library, a gym and other opportunities to do any kind of sports.

Arrival days and first weeks in Örebro

On the 15th of January Jakob Stampfer, another guy from my university, a friend of ours and me arrived in the very cold, but beautiful Stockholm. There we spent two days, before we continued to Örebro. Due to the snow, it was a bit difficult to find the way to our accommodation, but we were so excited, that nothing could stop us.

On the first evening we had the Welcome Dinner and it didn't take long, until we found new friends, with whom we spent the first evening in our corridor.

The following weeks called "orientation programme" were full of sightseeing-tours and many new things. We were separated into fadder groups with four fadders for each group, which contained around 20 people. Fadders are like buddies, who are normal students at the university, even exchange students from the previous semester, who show you around, plan activities for you and are always there, when you need something. After the introduction weeks we met once per month in our groups to cook together, go bowling or have a barbecue.

From the beginning on I would recommend to buy a bike. We got one for 800 SEK (kronor) – which is about 80 euros – for the semester, but if you return in the end, you get 300 SEK (30 euros) back. You can buy them directly at the campus, as we did, or in a little bike shop on the way to the city centre. With the bike you are really fast at the next supermarket (2 minutes), in the city centre (10 minutes) and also everything else is really close.

My courses

Teaching and Learning, a Comparative Perspective

Content: The course departs from the assumption that teaching and learning are complex phenomena. What does it mean to learn? How can teaching promote learning? These questions are discussed from a comparative perspective throughout the course. You also examine learning as a literary theme, and discuss the role of literary texts in education.

Special Needs Education

Content: This course focuses on special needs education. The point of departure is different theoretical perspectives on special needs education which are discussed and compared throughout the course. Issues related to special needs education as they are formed in classrooms are highlighted from an individual as well as a societal dimension. One of the central discussions during the course focuses on possible meanings and implications of the concept inclusion.

Diversity in the Classroom - an Intercultural Perspective

Content: This course focuses on diversity as it emerges in school and in teaching methods. This means for instance that you analyze and discuss strategies for, and the consequences of, diversity in the classroom. A recurrent question during the course is how interculturalism takes shape in the encounter between intercultural societies and school. Scientific texts and fiction are used as tools for critical reflection.

Sport Science, Outdoor Education and Recreation

Content: The course will to a great extent take place in different outdoor environments. Focus is on the important role of the outdoors as a place for learning and outdoor activities as a way of improving fitness, well-being, personal growth and enhancing the quality of life. The course will deal with concepts as knowledge, challenge, adventure, close to nature as well as outdoor education and recreation as a method or a value, goal in itself. Experiences of winter-activities in the mountain area in Sweden, ancient cooking, survival techniques, rock climbing, cave creeping, horse back riding are included in the course. Finally the students will plan, arrange and evaluate an outdoor activity for a group of children/young people or another group of people.

In Sweden you have one course for five weeks and within this weeks you also have your examination. After one course ends the next one starts. In general we had four courses - three were from the topic „education“ and one we could choose from the other topics. For each course we got 7,5 ECTS credits.

The task for the education courses was always almost the same: An oral presentation about one specific situation during our internship, two small examinations and role plays, which we prepared for the lessons and an take-home-exam in form of a paper. For the take-home-exams we got the task and after that we had about three days to fulfill it. It was also very

important to relay it on the literature, which we had to read during each course.

We also had five days of internship in different schools, which I will describe later at the point „review of the school placement“.

During the sports course, we made different trips, where we went for cross country skiing, rock climbing, cave creeping and horseback riding. During this time we slept in cabins, in a kåta (the swedish word for tipi) or in a tent.

At the end we planed an outdoor-day with a school class, where we went into a forest and prepared different activities with the kids like games or making a fire. We also had to write a paper about the things that we´ve done during the course and our learning progress. Within this course I learned so much about myself and my limits. It showed me what is possible when people from all over the world come together and interact in different places and situations. Stephan, our teacher, taught us to think about the purpose behind things and what we can learn out of different situations. He guided us through the whole time and gave us an incredible insight „to be outdoors“.

Unfortunately this course is only available in spring semester, but for all the people who are in Örebro during this time, I would hardly recommend to take part of it



CC by Johanna Lienhart

Review of the school placement

During our education courses we respectively had five days in different schools. The school placements were always very interesting and I got a good insight in the swedish school system and the differences to Austria. I would say that Sweden is far ahead when it comes to technology and teaching methods. Another impressing point is, that the students always get free lunch at school, so you can be sure, that everyone get something good to to eat every day.

I was also in a school for deaf and hard of hearing students, which was especially interesting for me and motivated me to find out more about that topic and sign language. What many people don´t know, is that each country has it´s own sign language. We also had good discussions with the students, who wanted to know everything about the situation in Austria.

15. Julia Fleischanderl, University Of Hamburg, Germany, Mobility For Study, PHST

Contact person Hamburg: Dilbar Ernazarova

Dilbar Ernazarova is the leader of the international office of the education faculty at the University of Hamburg. I got many mails about the registration system called "stine" in July.

Contact: University of Hamburg

Rothenbaumchaussee 36, DE-20148 Hamburg, Germany

Faculty: Erziehungswissenschaften

Phone: 040/42838 5938

E-Mail: dilbar.ernazarova@uni-hamburg.de

Hamburg – The Gate to the World

I spent the summer 2014 on the German island of Sylt to do my practical training over two months. After that it was easy to decide that I would like to spend my Erasmus semester abroad in Hamburg. I had been to Hamburg only twice before then and I fell in love with the city. What makes Hamburg special is its rivers and the sea, its bridges and streets, its parks and cafes, its churches and mosques, its port and ships, its beach and ice rink, its combination of modern and old.

On September 7th my adventure began by taking the night train from Linz to Hamburg and sharing my compartment with refugees, who were also on their way to the cold north.

I was able to sublet a room in a shared apartment with two Germans. One of these, Lorenz, was 26 years old, and was studying medicine. He had been living in Hamburg for more than five years. The other flat mate was Victoria. She was 26 years and was also a newcomer to Hamburg. Our flat was in the district *Hamm-Mitte* which is very close to *Hauptbahnhof*. We were also very close to the airport; it was only 15 minutes away by metro. Unlike other students, I made myself at home quickly and I settled in very well. With courses starting mid' October, I had three weeks to get to know the city and find my way around. I really enjoyed running in *Hammer Park* and I liked how many shops we had in front of our apartment. There were four bakeries, a hair salon, restaurants and the supermarket chain *Edeka*.

The main reason I went abroad was because I wanted to write my bachelor thesis in another city. Having chosen an intercultural topic I was able to do courses at the "Akademie der Weltreligionen", which is a branch of the University of Hamburg. Here, at the University of Hamburg, I had a second supervisor for my thesis. I was also attending three courses at the faculty of pedagogic education and one lecture series called "Friedensbildung". I enjoyed all of my courses and I liked comparing my university in Hamburg to my university of teacher education at home. The University of Hamburg's campus is huge, there are more than 42,000 students studying in eight different faculties.

I also spent a lot of time outdoors discovering Hamburg's wonderful atmosphere with my Erasmus friends from Italy, Belgium, Luxemburg and other European countries. At the beginning of October an international group called PIASTA organized welcome events, sightseeing trips and get togethers for new students. We went to "Speicherstadt Kaffeerösterei", did a harbor boat trip, had delicious fish-snacks and drinks and ended up dancing in one of the many clubs on the famous *Reeperbahn*. At the weekends, my international friends and I took the train to visit new exciting places like Bremen, Lübeck, Lüneburg and Cuxhaven. In January I went with my two Austrian friends to the beautiful island Sylt. We also visited the restaurant I worked in during the summer 2014. It was very different from being there in summer because this time it was freezing.

What I appreciate most about my time abroad is that I had a huge amount of freedom to live as I wanted and to develop and evolve.

There may be challenging situations, however these can be overcome with patience and faith in yourself. I feel it's important to see new faces and to see things from a different perspective. Meeting all these new people from around the world made my life colorful and more exciting.

I loved living in Hamburg and so I extended my time here and started to work in an editorial office where I'm now undertaking Erasmus practical training.

This should be done after going abroad

Spending one semester in Hamburg has been one of the greatest decisions in my life. I had a great time and have friends all over the world. You should try to keep in contact with international people, so you can visit them anytime.

Registration process

The difference between the University system in Austria and Germany is really big. From the PHSt I was used to have a fixed timetable. In Hamburg you can choose courses from many different faculties. The registration process was easy because I didn't had to do 30 ECTS like a common erasmus student. I had to search a second supervisor for my bachelor thesis. Students must show a valid ID at the Service Desk at „Rechenzentrum“ and will get a personal access data for StINE, the university's information and organisation network.

Finances

I knew before that Hamburg is the second most expensive city in Germany, after Munich. So I went there by nighttrain and got a „Sparschiene-Ticket“ from ÖBB. The journey was around 40 €.

I saved money at my trips to Sylt, Lüneburg and Lübeck because of some special tickets you get when you're traveling in a

group of 5 persons. For each person the journeys were between 3 and 8 € for each person.

Fortunately I got a room in a commune with other two people. We lived in a nice flat near central station. I paid the same price as in Graz. I preferred buying food at the supermarket called Rewe, Penny or Lidl. So I tried to save money. For me new was to visit flea markets and „Kleidertauschpartys“ where I bought clothes and stuff like that.

All in all the costs total my costs for one month in Hamburg around 800€.

16. Katrin Strell, University Of Iceland, Iceland, Mobility For Study, PHST

Author: Katrin Strell

Reviewer: Theresa Majcenovic, Gloria Nowak

Contact Details

University of Iceland

Sæmundargata 2

101 Reykjavik

Mail: hi@hi.is

Homepage: english.hi.is

Before going abroad you will find a lot of useful information on this homepage, such as tips on how to find accommodation, pre-orientation videos, the guide for international students or the course catalogue. This website is definitely worth a visit!

School of Education

School of Education

Service center

Stakkahlid

Tel: +354 525 5950

Mail: menntavisindasvid@hi.is

International Office

University of Iceland, 3rd floor

Tel: +354 535 4311

Mail: ask@hi.is

The international office organises an orientation week for international students. The programme includes a crash course in Icelandic, organised walks around the campus, receptions with music, and school welcome meetings where the courses held in English are briefly introduced. The events are organised by the Student Council.

Erasmus-Coordinator

Aníta Hannesdóttir

Háskólatorg

University of Iceland

Tel: +345 525 4496

Mail: anita@hi.is

Aníta was always very patient and friendly when answering my questions - before, during and after my stay in Iceland.

Service Desk

University Centre 1st floor

Tel: +354 525 5800

Mail: askolatorg@hi.is

This is where you register and where you can pick up your student ID.

The University of Iceland - Háskoli Íslands

According to the Times Higher Education World University Rankings, the University of Iceland is currently ranked the 222nd best university in the world.

The University is divided into five schools (Social Sciences, Health, Humanities, Education, Engineering and Natural Sciences), 25 faculties and several hundred study programmes. In 2016 there were about 13300 students enrolled. With over 1000 students, Teacher Education is currently the biggest faculty.

My Courses

- Teaching English to young learners (10 ECTS)

- Teaching Practice (2 ECTS)

- Icelandic Nature and Cultural Legacy (10 ECTS)

- EFL learning and second language acquisition (10 ECTS)

(information according to the course description in the course catalogue or as issued by the instructors)

Teaching English to young learners

Course work consists of reading, oral and written assignments, presentations and class or online discussions. The course includes 2 ECTS teaching practice.

Content:

characteristics of young learners

appropriate approaches and techniques

National Curriculum objectives

listening and speaking

songs, games, drama and creative activities

topic-based work

reading and writing

teaching materials

the European Language Portfolio

assessment methods

Learning outcomes:

Students

demonstrate knowledge and understanding of the approaches likely to lead to success with young learners aged 6-12

demonstrate an understanding of the principles that underlie successful language learning and teaching

develop competence in organizing teaching with a variety of techniques and activities, based on professionally grounded decisions

can evaluate objectives, materials and approaches to meet the needs of learners in mixed-ability classes

demonstrate knowledge and understanding of assessment methods suitable for young learners

Teaching Practice

Aims and content: five days of teaching practice. Exchange students are offered teaching practice in Icelandic pre-, primary and lower secondary schools where they have the opportunity to get familiar with Icelandic schools and the school system.

Students will introduce their home country and participate in the school work and teach different subjects as applicable, such as language teaching or arts and craft. These are decided according to students' fields of interest and organisation of the school work.

Within a week after the last day of the teaching practice period, the students are required to hand in a one-page report of approximately 450 words.

Icelandic Nature and Cultural Legacy

This course consists of two parts. Due to of the very limited amount of daylight at the beginning of the term, it starts with the cultural part, and continues with the nature part in March.

Coursework comprises reading, oral and written assignments, presentations, class and online discussions, as well as an exam.

Content:

Cultural Legacy

The course will give an overview of Icelandic history and culture from medieval times to the present. An Icelandic Family Saga will be read. Some Icelandic folk tales and familiar motives from oral tradition will be looked into as well as modern and contemporary literature and other art forms.

Field trips are made to historical museums and art exhibits.

Teaching methods: Lectures, seminars, group work and field trips.

Nature of Iceland

Students learn about the weather and climate, geology, vegetation and animal life (wild and domestic). They attend lectures about the geology of Iceland and go on field trips to see volcanoes, hot springs and lava and study the geography of the country. They go birdwatching, to the seashore and to a woody hill.

Field trips (1-6 hours) are an important part of the course.

Environmental problems and nature conservation in Iceland are discussed.

Learning outcomes:

The student

should be able to discuss Icelandic culture and its connection to Northern Europe.

should be familiar with the main literary genres of medieval Icelandic literature and able to deepen their knowledge of one of them, the Icelandic sagas.

should have a general knowledge of Icelandic literary history as well as the history of other art forms in Iceland.

is able to describe the main geological features of Iceland.

knows what characterizes animal life in Iceland (origin of the fauna, few species).

knows what kind of vegetation is characteristic of the island.

knows what kind of environmental issues are the most troublesome in Iceland.

has experienced birdwatching and environmental interpretation.

has planned and practised presentations of natural phenomena to other students.

English as a foreign language (EFL) learning and second language acquisition

Coursework consists of reading, oral and written assignments, a presentation, and class and online discussions.

Contents:

Adolescents as learners of EFL

Learning and acquisition of other languages

Teaching and learning vocabulary, listening, speaking, reading, writing, grammar

Styles and strategies for learning languages

Learner autonomy

Teaching and learning language with technology

Language assessment

Learning outcomes:

Students will understand important theories and concepts that underpin EFL learning and second language acquisition, especially with regard to teaching the four language skills to adolescents. The course mainly focuses on the theories and concepts behind effective English language teaching and learning rather than on practical teaching methods and techniques. EFL/SLA examines the WHY behind language teaching.

Registration process at the University of Iceland

Students must show a valid ID at the Service Desk and will get personal access data for UGLA, the university's intranet. Via UGLA, students can order their student card at the Service Desk.

Finances

Flight Vienna - Reykjavik - Vienna: around 400€

Rent/month (room in central two-bedroom apartment - area code 105): 530€

It is hard for me to say how much exactly I spent on food but there is a list on the cost of living in Reykjavik on the university's website: http://english.hi.is/cost_of_living

Living in Iceland is substantially more expensive than in Austria, so here are a few tips to save money:

- Bónus is the cheapest supermarket in the country.
- Very often you can get discounts with your student ID, e.g. at museums.
- For a very small fee (9000 ISK/year) you can use the university's gym and attend sports classes there.
- If you live in central Reykjavik and you don't mind walking, you don't necessarily need to buy a semester ticket for the bus. During my exchange semester, I used the bus maybe two or three times (one ride is 400 ISK).
- For weekend trips, rent a car from SADcars. And yes: they really look sad because they are very old but we did not find a cheaper alternative anywhere else.
- Happy hour: I think the name is self-explanatory.
- Nova App: By using this app, you can get two-for-one discounts for meals in certain restaurants. The App is in Icelandic though.
- If you like drinking coffee, always order filter coffee. It is a lot cheaper than a cappuccino etc. and you usually get unlimited refills.
- The student cellar at the University is very pleasant and a lot cheaper than most other restaurants/bars.
- Apart from student housing, the cheapest accommodation in Reykjavik I heard of was the Salvation Army Guesthouse. Although it is apparently quite difficult to get a room there, it is definitely worth a try because it is very central.

Review on my stay abroad

Teaching practice

Landakotsskóli
Túngötu 15
101 Reykjavík
<http://www.landakotsskoli.is/>

During my teaching practice I spent ten days with two international classes at the private school Landakotsskóli. As I was not assigned to one teacher but to two classes (preschool to second grade & third to fourth grade), I was able to participate in various subjects, such as English, maths, science, music, French, arts and philosophy.

I know the school and especially the classes I visited in my teaching practice are not the Icelandic standard but rather privileged ones. With fewer than ten pupils, both of the classes were a lot smaller than the typical Austrian class.

About half of the pupils spoke English as their mother tongue; the rest French, Farsi or German. The teaching language was English, which most of the pupils had already been fluent in. One or two pupils per class had just started learning English, which is why in both classrooms English had to be taught as a first, second and foreign language.

Each subject was taught by a different teacher and I really enjoyed seeing so many different teaching styles. The teachers let me participate in their lessons and most of the time I got the opportunity to teach a small group on my own, which was a great educational experience.

In conclusion, I really enjoyed my teaching practice at Landakotsskóli and I learnt a lot from the dedicated and charismatic teachers there.

Academic life

Studying a semester at the University of Iceland was definitely a good choice for me. From the PHST, I was used to having a lot of different small courses. This time I only had three courses and the teaching practice which allowed me to go more into depth in those three subjects.

My focus in this semester was definitely on learning more about how to teach English. The course "Teaching English to young learners" was more hands-on and answered the "how," while the course "EFL and Second Language Acquisition" provided background information and rather answered the "why" when it comes to foreign language teaching.

In the third course, Icelandic culture and natural legacy, we went on numerous excursions and trips. We visited museums, craters, lava fields and many more interesting sights. But this course was not only interesting because we got to know more about beautiful Iceland and its culture and nature. We also had to write teaching plans and most of the exercises students had to do on the field trips can be simplified and done with school classes.

In all of the classes we had to do various small tasks throughout the semester which is easier to handle than only one big exam at the end. We also received very constructive and detailed feedback on our work, which I considered very helpful. Like everywhere in Iceland, students and instructors were on a first-name basis and maybe because of that I felt that the atmosphere in the classes was friendlier than in Austria.

Social life

Right at the start of the semester, the International Office organised an orientation week which was a good opportunity to get to know other exchange students. Other opportunities during the semester were trips and parties organised by the ESN (European Student Network) or the Icelandic culture and natural legacy course, which was only attended by international students. However, getting to know Icelanders was a lot harder. There were a few in my English courses and we had conversations during the breaks (on where to go in Iceland and Reykjavík etc.) but nothing more. Anyway, it was not difficult to find friends.

In a nutshell, I can very much recommend doing an exchange semester in this beautiful country with its rich cultural heritage and breathtaking landscapes.

17. Laura Atalaya Encinas, Universitat De Barcelona, Spain, Mobility For Study, Incoming, PHST

Personal Information

Author: Laura Atalaya Encinas

Gender: female

Home University: Universitat de Barcelona (Barcelona, Spain)

Host University: Pädagogische Hochschule Steiermark (Graz, Austria)

Bachelor: Primary school teacher

The city: Graz

Graz is situated in the region called "Steiermark", in the south of Austria. It is the second biggest city of Austria, but it does not look so big. It is a very quiet city but it is also plenty of live.

There are four Universities in the city, so it is a student city. You can see students everywhere, especially in the center, where they spend their free time. In the center you can find lot of shops, restaurants and pubs, so you can go to many places.

About what can you see in Graz, I would highlight the "Schlossberg", "Uhrturm", "Herrengasse", "Mariahilferplatz", "Stadpark" and "Eggenberg".



"Views to Herrengasse" Author: Laura Atalaya Encinas

The live-cost

Of course the cost of your stay will depend on how you want to live. It is clear that you are going to need more money if you like to go out every day or just frequently.

About the cost of the flats or residences it is around 250-400€ per month. In Graz there are lot of options, so you can find the best for your economy. For example, in a residence it is cheaper to share kitchen with six people than with only two.

Free time

As I said before, in the city you can find a lot of shops, restaurants and pubs where you can spend your free time.

You can find a big variety of restaurants with traditional food from Austria, Turkey, Greece, Spain, and Italy... The prices of the plates are almost the same like in Spain. There are also good pubs where you can eat very cheap. The only thing is more expensive than in Spain are the drinks.

Don't forget that in Austria they normally give tip!!! Nevertheless, the system to give tip is different than other countries like Spain. Here the correct moment to give tip is when the waiter tell you the price. For example, if the waiter says: it is 7'50€ you can say 8€ is okay.

About the nightlife in Graz, it is very active. There are many discos and great pubs where you can spend your nights. The area "Univiertel" is full of them.

Mobility

If you need to move around the city you can use the tram or the bus. A simple ticket cost 2'20€ and a 24 hours ticket 5€. However, there are more options. You can find them in the website: <http://www.holding-graz.at/linien.html>

There are students' cards, as well. To get a student card you have to go to the "Holding Graz" office proving with a sheet of paper that you are student in the city. Moreover, if you are student here, you can get a discount bonus in the same web. It is a bonus of 30€ discount that you have to present in the "Holding Graz" office, too.

Another option is go on foot or use the bicycle. Graz is a bike city and you can go everywhere with it. If you are sporty, it is a good option.

Studying in "Pädagogische Hochschule Steiermark"

Hasnerplatz 12, 8010 Graz (Austria)

Website: <http://www.phst.at/>

Pädagogische Hochschule Steiermark (or PHSt) is a university for teacher education. It is not very big, so in every class you are going to be maximum 20 students. It is very nice because the learning is more personalized than when you are many people.

The teachers are very nice and friendly and they always want to help you. They also treat you very well so there is a good atmosphere in the classroom.

If you are an Erasmus Student you do not have to worry. The international team will make you feel very comfortable since the first time. Does not matter if you come with someone from your university or alone (like I did) because you will feel inside a small family very quickly. This is possible because the international team plans lot of activities to get know each other and also are closed to everyone. We have a Facebook group and a Whatsapp group with all the Erasmus group (including teachers and buddies) so we are in contact every day and we plan things to do together.

About the subjects, as an Erasmus students you are going to take international modules where you are going to share your ideas and experiences with the other students, in order to learn more about other education systems. You are going to take languages course, as well, so you have the chance to improve your English and German. If your intention is learn German I would suggest you to start at home because then you have a base and it is much easier to learn it.

Moreover, you have the chance to make school placement in Austrian schools and take some "optional courses" where you can be in contact with Austrian students. You do not have to worry if the school practice or the courses are in German. Do not forget that it is a very good opportunity for you. Furthermore, the teachers will help you and will give you the chance to follow the lessons. For instance, there are teachers who mix English with German language in their lessons or if they cannot speak good English, some student will help you.

The decision to study abroad

Study abroad is not easy. It is not easy to be far away from your family and friends. It is also not easy to live alone (if you are not common with it) or study in a language which is not your mother tongue. Moreover, study abroad cost money.

Nevertheless, I would like to suggest you than even if it is not easy at the beginning, have the chance to go an Erasmus is a fantastic experience that you are not going to forget.

From this experience you are going to learn the most important thing: you are going to learn about the "LIFE" and how to "LIVE". You are going to grow up and open your mind. You are going to improve all your social and communicative skills in your language and in other languages.

Erasmus for me means growing, learning, discovering and having fun. Means meeting people around the world, share your culture with them and learn from the others.

So to all the people who have doubts about studying abroad, I only can say that you should be confident with yourself because you can with everything!

Go abroad, discover the world and have lot of fun, because now it is the perfect moment to live unforgettable experiences which are positive for our professional and personal future.

18. Lena Haas, University Of Iceland, Iceland, Mobility For Study, PHST

Kontakt Daten

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School of Education

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Erasmuskoordinatorin

Aníta Hannesdóttir
Háskólatorg
University of Iceland
Tel: +345 525 4496
Mail: anita@hi.is

Service Desk

University Centre 1st floor (Anmerkung: damit ist das Erdgeschoss gemeint)
Tel: +354 525 5800
Mail: haskolatorg@hi.is

University of Iceland - Háskoli Íslands

Die Universität wurde 1911 gegründet. Der Direktor ist seit Juli 2015 Dr. Jón Atli Benediktsson. Derzeit umfasst sie etwa 13.000 heimische und 1.100 internationale Studenten.

Die Universität gliedert sich in folgende Fakultäten:

- School of Social Sciences
- School of Health Sciences
- School of Humanities
- School of Education
- School of Engineering and Natural Sciences

Die School of Education umfasst folgende Studienrichtungen:

- Educational Studies
- Teacher Education
- Sport, Leisure Studies and Social Education

Meine Kurse

- Teaching English to young learners
- Teaching Practice
- Icelandic Nature and Cultural Legacy
- EFL learning and second language acquisition

Teaching English to young learners

Der Kurs hat ein Ausmaß von 10 ECTS, wovon 2 ECTS aus Unterrichtbeobachtung und Reflexion bestehen. Weiters besteht die Kursarbeit aus Leseaufträgen, schriftlichen und mündlichen Arbeitsaufträgen, Diskussionen, Präsentationen und Projektarbeiten.

Inhalt:

- Eigenschaften von jungen Lernenden
- geeignete Techniken und Ansätze
- die Zielvorstellungen des isländischen Curriculums
- Zuhören und Sprechen
- Lieder, Spiele, Theaterstücke und andere kreative Aktivitäten
- themenbezogene Arbeit
- Lesen und Schreiben
- Lehrmaterial
- das Europäische Sprachenportfolio
- Bewertungsmethoden

Ziele:

- Wissen und Verständnis von verschiedenen Lernansätzen für junge Lernende von 6 bis 12 Jahren

- Verständnis für die Prinzipien, welche dem erfolgreichem Sprachenunterricht zugrunde liegen
- Bewerten von Zielen, Materialien und Konzepten nach dem Bedürfnis von jungen Lernenden
- Wissen und Verständnis von Bewertungsmethoden für junge Lernende

Teaching Practice

Der Kurs hat ein Ausmaß von 2 ECTS. Nach der Unterrichtspraxis ist eine zweiseitige Reflexion (ca. 900 Wörter) abzugeben.

Inhalt und Ziele:

- Unterrichtspraxis in einer isländischen Volksschule oder NMS
- vertraut werden mit dem isländischen Schulsystem
- Vorstellen des Heimatlandes
- Unterrichten verschiedener Fächer, wie z.B. Sprachunterricht, Kunst und Handwerk

Icelandic Nature and Cultural Legacy

Der Kurs hat ein Ausmaß von 10 ECTS. Der Kurs besteht aus Vorlesungen, Gruppenarbeit, Seminaren und Exkursionen.

Inhalt:

- Lernen über Wetter, Klima, Geologie, Vegetation und Tierwelt
- Besuchen von Vorlesungen über Geologie
- Exkursionen zu Vulkanen, heißen Quellen, Vogelbeobachtung, Küsten, Museen, etc.
- Sehen und Studieren der Geographie des Landes
- Lesen von isländischen Sagen, sowie Edda-Geschichten und Volksmärchen

Ziele:

- an Diskussionen über die isländische Kultur und ihre Verbindung mit Nordeuropa, insbesondere in Verbindung zur Edda, teilnehmen
- Vertraut sein mit den fünf wichtigsten Gattungen der mittelalterlichen isländischen Literatur und einer Saga im Speziellen
- Diskutieren über die Verbindung der antiken Kultur zur Neuzeit und der modernen Literatur
- Beschreiben der wichtigsten geologischen Besonderheiten Islands
- Bescheidwissen über die charakteristische Vegetation Islands
- Bescheidwissen über die schwierigsten Umweltfragen Islands
- Erfahrungen im Bereich der Vogelbeobachtung und Umweltinterpretation machen
- Präsentation eines Naturphänomens

EFL learning and second language acquisition

Der Kurs hat ein Ausmaß von 10 ECTS und beinhaltet Leseaufträge, schriftlichen und mündlichen Arbeitsaufträge, ein Klassenzimmer- und Forschungsprojekt und eigenständig geleitete Seminare.

Inhalt:

- aktuelle Forschungen über den Englischunterricht als Fremdsprache, vorallem über Lernstile
- Lernstrategien
- Lernprobleme
- Lernautonomie
- Fremdsprachenkenntnisse und Aktionsforschung

Ziele:

- Verständnis über die Aspekte des Spracherwerbs
- Verständnis von Konzepten und Prinzipien in Bezug auf die Lernautonomie, Reflexion und Selbsteinschätzung
- vertraut sein mit Sprachforschung in Bezug auf den Unterricht
- an Unterrichtsforschung im Bereich Sprachenunterricht teilnehmen können

Registrierungsprozess an der University of Iceland

Die Registrierung an der Universität ist ganz einfach und unkompliziert! Einfach mit einem gültigen Personalausweis zum Service Desk spazieren und schon bekommt man den Zugang zu UGLA (das isländische PHSt-Online) über welches man auch die Studienkarte anfordern kann.

Finanzielles

Island ist, verglichen mit Österreich, teuer.

Alle Kosten zusammengefasst habe ich im Monat ca. €1000,- gebraucht. Darin enthalten sind Miete, Lebensmittel, Ausflüge, Lernmaterialien und auch die ein oder andere Party.

Unterkunft

Die Universität hilft dir nicht aktiv eine Unterkunft zu finden, hat aber auf ihrer Homepage

(http://english.hi.is/university/accommodation_0) ein paar nützliche Infos, Tips und Links zusammengetragen, mit deren Hilfe sich schnell eine passende Unterkunft finden lässt!

Reisen

Wenn man einmal in Island ist, sollte man das unbedingt ausnutzen und mindestens zwei Wochen einplanen um das Land zu bereisen! Am besten ist es sich ein Auto zu mieten (im Winter gerne auch Allrad) und sich auf den Weg, die Route No. 1 (Ringroad) entlang, zu machen. Im Winter sind zwar weniger Touristen unterwegs (die Touristensaison beginnt ca.

Rückblick

Schulpraxis:

Die Schulpraxis absolvierte ich an einer der ältesten Schulen in Reykjavik. Die Schule wurde von französischen Nonnen gegründet und als Privatschule geführt. Anders als bei uns sind alle Schüler von 3 bis 15 Jahren an einer Schule, somit ist auch der Kindergarten in das Schulleben integriert. In der internationalen Abteilung, in der ich meine Schulpraxis absolvieren durfte, wurden Kinder aus aller Welt, oder solche, die bald in ein anderes Land ziehen würden auf Englisch unterrichtet. Aufgrund der geringen Anzahl an Schülern wurden immer zwei Schulstufen zusammengefasst. In den Hauptfächern wie Englisch und Mathematik bekamen die SchülerInnen je nachdem in welcher Schulstufe sie waren unterschiedliche Arbeitsaufträge, in den meisten Fällen jedoch fand ein gemeinsamer Unterricht statt.

Universitäts(-leben):

Die University of Iceland ist aufgeteilt in fünf Fakultäten. Die School of Education liegt am weitesten weg vom Hauptcampus. Was einem als österreichische Austauschstudentin sofort auffällt ist, dass in Island jede/r beim Vornamen angesprochen wird, was für mich die Uni gleich familiärer wirken lässt. Die ProfessorInnen waren alle offen für unsere Wünsche und Erwartungen an die einzelnen Lehrveranstaltungen und auch jeder Zeit bereit uns weiterzuhelfen. Das gleiche galt für das International Office, mit dem ich doch viel Kontakt hatte. Man hatte immer einen Ansprechpartner und mir wurde immer sofort weitergeholfen.

IsländerInnen und ihre Kultur:

IsländerInnen sind, berechtigter Weise, sehr stolz auf ihre Kultur und Natur. Das merkt man unter anderem daran, dass die alten Sagen noch immer Platz finden in den heutigen Kunstformen. Es gibt Theater- und Tanzstücke, Skulpturen, Lieder, Malereien und Fotografien über die Sagen bzw. die Orte an denen die einzelnen Geschichten spielen. Sobald man sich aufmacht um das Land zu bereisen, trifft man automatisch auf Tafeln die die Geschichte diesen und jenen Ortes beschreiben und welche Rolle er in den Sagen spielt. Meiner Erfahrung nach plaudern IsländerInnen gerne über dies und das und erzählen über ihre Wurzeln. Sei es der Kassier an der Supermarktkassa oder die freundliche, ältere Dame im Hot Pot - Kontakte kann man in Island überall knüpfen! Die Hot Pots, die es in jedem der zahlreichen öffentlichen Schwimmbäder gibt, sind mir ganz besonders ans Herz gewachsen. Egal bei welchem Wetter, die Isländer lieben sie - und ich mittlerweile auch!

19. Lilith Schellnegger, University Of Hradec Kralove, Czech Republic, Mobility For Study, PHST

Erasmus-Preparation

The first time I got informed about the University of Hradec Kralove was during the International Week at my University of Education PHSt in Graz.

I attended the seminar where two teachers of the University of Hradec Kralovè presented their way of teaching and therefore their University, too. I was really impressed and liked their great sense of humour.

It might sound ridiculous, but after I recognized the ending of the name of their hometown Hradec Kràlovè includes the word "love" I felt like getting a sign of destiny. And that is the way how I started to think it over to go abroad.

So I contacted the Erasmus-office at my University and we started the cooperation for my Erasmus-term.

The Erasmus-team gave me all information necessary to go abroad and helped me out anytime and anywhere.

I had to sign several documents such as: Erasmus-agreement, housing application, student application, application for my student-card, learning agreement and an accommodation paper.

Therefore I got in contact with my coordinator at Hradec Kralovè and she supported me all the time since then during my whole Erasmus-term in a real patient and lovely way.

Furthermore I got an ESN-buddy who took care of me before and during my whole Erasmus term.

Accommodation and living costs

After I **arrived** in Hradec Královè I directly had to sign in at the reception of my accommodation and had to prepay for my whole residence in **Czech coronas** (CZK).

Fee without VAT per night: 83 CZK / 75 CZK

Fee with 15% VAT price per night from 1st January 2013: 95.45 CZK / 86.25 CZK

(These rates are based on a one month contract)

There are two different types of room: A 2 bedroom flat and a 3 bedroom flat.

Which means you live together with three or five other students (sleeping together with one or two students in one room).

The Halls of Residence at Palachovy koleje ("The Dormitories")

The Halls of Residence "Palachovy koleje" provide all equipment and services necessary for a college student including learning and sporting facilities, and a nonstop (24/7) reception service.

Apartments at the Palachovy koleje consist of two rooms, kitchen, bathroom and separate toilet. Kitchen is equipped with refrigerator and cooker. Duvets, pillows and bed-clothes can be borrowed from the reception free of charge.

The Halls of residence area includes also a laundry room, small fitness studio and playgrounds for volleyball, basketball and rooms with a piano.

Contact: Palachova 1129, Hradec Králové (building K, room V014)

Phone: +420 493 336 000 (every day from 6 -17 o'clock)

or +420 493 336 103

Email: koleje@uhk.cz.

(list of vacancies at <http://ris.uhk.cz/koleje/volnamista>)

The **next useful step** after arriving might be to visit your coordinator to get your student card and to sign the paper for public transport to get this card (after filing), either.

Generally the cost of living are really keen but mostly you will get high quality.

If there is some **help** needed to get through these first processes your buddy and your coordinator will be there for you, will support, accompany and translate (for) you.

And in general the inhabitants of Hradec Kràlovè (the Czech people) are very polite, helpful, friendly and open minded (as long as you are well behaved and patient, too).

Hradec Králové

Czech Republic, a country in the heart of Europe, is surrounded by mountains from almost every side and spreads on 78,867 square kilometres. It has a lot of natural treasures located all over the country. For example: Krusne hory & Sumava (on the west), stream of the Elbe river to Krkonose mountains, the protected area Cesky raj (in the middle), beautiful and myserious Prague (main city in the middle), historical cities like Kutna Hora & Brno (in the east) and of course the lovely city Hradec Kralove (north eastern part) – attractive and various landscapes, plants, animal species.

Hradec Králové (HK) is all around a cute pleasant city with beautiful architecture with no environmental burdens caused by large industrial zones.

The cityscape is influenced by two rivers, the Elbe (Labe) and the Wild Eagle (Divoká Orlice), and by a forest-park from the south-east. There are a lot of interesting buildings & places to visit, such as: Museums, Castles (in the near environment), the Ice-hockey-Hall (with their great team from HK), the White Tower, Churches, the Art House, a theatre, a big indoor swimming pool (and many other options and locations for doing some workout), great cafes, restaurants and clubs to spend some funny and delicious free time.

The **public-transport-system** in HK is really oversee able and splendidly constructed and the easiest way to get a ticket is to buy it in the bus or news stand (or get a public transport-card as mentioned before). When residing in Hradec Králové, you can comfortably travel around Czech Republic and the neighbouring countries. For example to Central Europe from the nearby town of Pardubice by direct trains (to Vienna, Berlin, Bratislava, Budapest, Warsaw etc.). Furthermore taxis operate 24 hours a day and are a very popular transport especially during the "party-nights". They are cheap if people share fares (round about 100 – 150 CZK).

Furthermore HK is nicknamed as a paradise for cyclists. From a residence to the school, or to the train station, where you can leave your bike in a secure robotized bike tower, you can travel everywhere just by using your own legs.

The University of Hradec Králové

The University of Hradec Králové has several offices dealing with international relations and each faculty/institute has its own international office.

Rectorate:

Veronika Měchurová

Faculty of Education:

Lucie Martinková (Erasmus - outgoing students)

Petra Nosková (Erasmus - incoming teachers and students, outgoing teachers;
non-European mobilities)

Faculty of Informatics and Management:

Michaela Plašilová (Erasmus - outgoing students; teachers)

Vendula Pourová (Erasmus - incoming students; non-European mobilities - students)

Philosophical Faculty:

Martina Eliášová

Faculty of Science:

Jana Novotná

Institute of Social Work:

Jana Popeláková

The University of Hradec Králové is a young yet established public educational institution, founded in 1959.

It consists of five parts such as: the Faculty of Education, Faculty of Informatics and Management, Philosophical Faculty, Faculty of Science and the Institute of Social Work – all of which offer studies in more than a hundred fully accredited bachelor's, master's and doctoral degree courses taken up around 9 000 students annually.

There is a rich spectrum of educational activity including fields of economy, management and computer science at the Faculty of Informatics and Management; social sciences at the Philosophical Faculty; educational and artistic disciplines at the Faculty of Education; science and technology courses at the Faculty of Science, and studies in a variety of social work disciplines accessible at the Institute of Social Work.

The student organization **ESN Buddy System** with Czech peers is dedicated to giving a helping hand to international students and what's more, they organize several activities like welcome-parties, city-trips, sightseeing-trips, international dinners, Czech-presentations, language-evenings, a survival-weekend and many more.

The university pays great attention to the care of its human potential including international students and employees, so all international students in each academic year are automatically booked in for accommodation at the university dormitories.

The advantage of this university is its relatively intimate environment that allows students and teachers to establish personal contact, which helps to discover each pupil's individual needs and set specific learning targets according to the student's performance and the chosen specialization.

Chosen courses

Before I went abroad I got a document to choose able courses and after choosing I got my Learning-Agreement-Paper to start studying at the University of HK.

My coordinator arranged everything to get me started.

There were some conflicting schedules at the beginning but my coordinator supported me all the time and I was able to change some of my courses and got everything I needed.

First I have to mention that each of my seminars were great, inspiring, inviting and challenging, enriching, motivating and much else! All of my teachers were professional and they were teaching with patience, mindfulness and passion for their subject!

Czech School Practice

Teacher: Mrs. Wolfova

First of all I sat in at two different classes to observe the way of teaching at primary school in Czech Republic (near my accommodation).

The teaching was really child-oriented and included teaching theory in its entirety.

Regularly changes of: social forms, activities, learning material

Learning types: cognitive (knowledge), affective (attitude), psychomotor (skills)

Active form of thinking: Creating, evaluating, analysing, applying, understanding and remembering.

The teacher was focused and tried to apperceive the pupil`s behaviour for adapting the best next step.

After my observation I was allowed to teach (or observe) in one of these classes every week.

I really enjoyed every moment and it was a pleasure to me to be with these children and the teacher.

Special Education

Teacher: Mr. Zikl

Goals: Basic information about disabilities & Special schools for people with disabilities

Content: Disabilities, treatments & institutions in comparison between other countries (Czech Republic, Austria, Germany, America etc.)

Cerebral palsy, Autism (Kim peak), Red-Syndrome, Disintegration disorder, AD(H)S, Prada Willi-Syndrome etc.

Special School visits every second week

Assessment: Research about the topics, reading tasks, presentation (specialisation on one topic), compulsory attendance for the special school visits

Czech for foreigners

Teacher: Mr. Vaclav

Goals: Basic knowledge >> to learn the basics and useful phrases in Czech language.

Content: Greetings, introducing yourself, family, hometown & country, verb to be.

Assessment: Homework after every lesson (writing an essay)

Life and institutions of the CR 1

Teacher: Mr. Sirucek

Goals: Geography, geology, biology, social science and history of Czech Republic / Hradec Kralove

Content: Symbols & political system of Czech Republic, Historical & cultural development of Czech Republic / Hradec Kralove

architectural eras of Czech Republic, celebrities of Czech Republic with regard to the culture (painter, writer, musicians, architects,...), geographical classification of Czech Republic, Hradec Kralove, Prague – main city of Czech Republic, population & language, UNESCO – monuments of Czech Republic, resources & economy & agriculture of Czech Republic, introducing my hometown

Assessment: Excursions, presentations, exam

Playing the piano

Improvisation

Accompaniments, Rehearsals

Teacher: MgA. Lenka Hejnová

Teacher: Mgr. Karel Koldinský

Teacher: Doc. Mgr. Michal Chrobák

Three individual lessons

Goals: Playing the piano, piano accompaniment & improvisation

Content: Improving musical aptitude (musical ear - listening to musical pieces & trying to infer their notes), improving your musical "mind playing", proper posture on the piano, improving left-hand right-hand coordination skills, fingering techniques, improving musical notation reading skills, improving finger placement & speed on the piano keys, different scales using proper finger placement, memorising & practice musical scales & chords

Assessment: Homework & practice

Teaching Theory

Teacher: Mrs. Vrabcová

Goals: Basic knowledge of teaching theories and its history

Comparison & reflection of your own way of teaching (Microteaching)

Content: Types of teaching, assessing your teaching style (quiz),

Book "Philosophical Foundation of Education",

A.S. Neill`s Summerhill School (advantages & disadvantages),

Terms like KSA, FEP, SEP, NEP ...

ERR Framework system and cooperative learning

Learning types & taxonomy

Czech Educational System

Level of the system of the curricular documents in Czech Republic

Creating a lesson plan (including teaching theory & microteaching)

Reflexion of your own influences while being educated

Assessment: Self-contained research in all the basics mentioned before (reading skills),
5 Assignments:

Take the online quiz assessing your teaching style,

Reading at least 4 chapters of the book and comparing personalities/conceptions/philosophies

Watching a film & documentation of Summerhill School for producing a table (reflecting and comparing),

Creating a lesson plan

Specify your individual teaching philosophy including basics of your research (essay - writing skills)

Practical English

Teacher: Mrs.Polehlova

Goals: Writing skills, reading skills, listening skills, pronunciation, grammar, vocabulary

Content: Tenses, passive (all forms) & it is said that ..., he/she is thought to ... etc., future perfect & future continuous, conditionals & future time clauses, organisation, introducing oneself and your country, experiences of your English-education, crime & punishment, weather, taking risks, expressing your opinion

Assessment: workbook ("New English file upper intermediate", two essays, one presentation (5 – 20 min.), one exam

Speaking Skills in English

Teacher: Mr.Clubb

Goals: Researching, outlining and summarising
Rhetorical skills

How to do a perfect presentation without any notes (or other tools & aids)

Content: Opening & closing, impact techniques, smooth structure, rapport building, effective phrases, facts & figures, voice power, body language, visual aids, FGM (female genital cutting – research), social topics of each presentation (Panic disorder – Panic attack)

Assessment: Researching & applying, regularly cooperation, final presentation of your own social topic (great research beforehand, no usage of notes during the presentation, exactly two slides of Power Point, 5 min. time for inform about the basic facts without comment, using/including all skills taught at the seminar), reflection/evaluation

Propaganda in movie

Teacher: Mrs.Halamova

Goals: Awareness of historical & developmental knowledge about "propaganda"

Content: Mediated politics, promotional culture and the idea of propaganda, semantics, propaganda & the ethics of political discourse, propaganda in pragmatic context, propaganda as communicative practice, Nazi propaganda in movies, communist propaganda, American propaganda (USA & World Conflicts), propaganda – the instrument of the communist regime in Czechoslovakia (1948- 1953)

Assessment: Reading homework, regularly cooperation

Swimming

Teacher: Mr.Roztocil

Goals: How to teach & practice correct swimming-techniques – focus on accurate breathing, body parts-position, head-, arm-, leg-, foot- & body-work

Content: Warm-up exercises, breathing exercises (afloat & underwater), body tension respective body relaxation, to float on one's back, three forward- & backward rolls at a single blow (underwater), to dive under, to glide (afloat & underwater), to push off underwater, breast-stroke swimming, backstroke swimming, front- & backstroke crawl, diving, (butterfly stroke)

Assessment: Exam / demonstration - accurate performance of all swimming-techniques (No mistakes allowed during the end-demonstration)

Rhythmics Gymnastics

Teacher: Mrs.Vodehnalova

Goals: Correct rhythmical body movements in association with music

Content: Warm-up exercises, accurate body parts-position, head-, arm-, leg-, foot- & body-work, standing-, walking-, running-, jumping-skills, group dynamics, space utilization, performance

Assessment: Exam – learn and show a special performance (practised during the last seminars – visible at: <https://youtu.be/497O4ZhUM5E>)

Review of academic terms

I had **seminar-lessons** every day during the week (Monday – Thursday).

Mostly they started round about 8 am and ended at 6 pm at the latest.

Most of these seminar-lessons lasted round about one to two hours long.

I got some homework (presentations, essays and reading work) till the coming week.

There was an examination-month after Christmas-holidays (January), which means: no seminars, but learning and writing for your final mark.

But I was able to pass some of my exams before Christmas-holidays, too – especially the Sports-courses and some of my English-courses.

I think that there won't be too much stress, if you try to attend every lesson of every seminar (take attendance for compulsory).

Review (cultural & social terms) & Reflection

In **Czech Republic** new and old elements (of all epochs) are connected in the architecture and the rich history of Czech cities. Therefore sightseeing might be a must and every city or countryside has its own spirit and will be impressing, for sure!

During some excursions and trips I was able to learn a lot about history, architecture, institutions of Czech Republic especially of Hradec Kralove, its surroundings and of Prague.

You easily are able to make **friendship** when you are living together at the dormitories and also because of the events and the support of the Buddy-System at Hradec Kralove. At first I have to admit that I was afraid that there might be a lack of privacy, if you are living/sleeping together in one room. But I really had luck - all of my flatmates are great persons! And I think that mostly all of the students living at the dorms tend to be really open minded, considerate and lovable (as long as you try to be the same). Our main language was English, but I learned a few words in other languages, too. Communication is very important and although it might be sometimes hard to express yourself in a foreign language, you will learn to express yourself in many different and funny ways (nonverbal). I was able to taste different cuisine when students invited me for dinner. The traditional Czech food is mostly meat oriented and consists of two or more courses. But you can find any kind of cuisine and great beer mostly everywhere and it is cheap and very tasty (as mentioned many times before)! It might get kind of tradition to go out together for having dinner and some drinks, too.

For me, the **people** in Czech Republic are really polite, patient, helpful, open minded and generally acting pretty "easy going". For that reason you might spend more time than expected while waiting for "something", but I got used to that and in the end I enjoyed this "waiting-periods", watched other people, started to be more aware of things going on around me.

Hradec Kralove itself is a small University City with a big culture-, industry- & education-history. Sightseeing tours are really recommendable, as I mentioned before! For example there are beautiful Parks influenced by the rivers (Elbe & Orlice), the Museum, the White Tower, the Holy Spirit Cathedral, the Gallery of Modern Art, the winter stadium, the football stadium, theatres, cinemas, the wonderful festivals such as the most famous music festival "Majales" (in April) ... etc.

You can go shopping in the centre and near the dormitories at Futurum (a big shopping centre). Located really close to the dormitories there is a small shop called Albert, where you can buy food and other everyday objects all day

(Monday – Sunday from 7 am to 8 pm). So, you might get everything you need and much more. And another time I have to mention that the prices are mostly very low but the quality is very high!

If you want to enjoy the **nightlife** you can visit the student's bar Maty's near the dormitories or the clubs like NOX and Level... In the centre are a lot of nice bars, restaurants and clubs, too. Mostly I went there with my flatmates from Czech and the Erasmus students, but you really get to know new people during the night and so your circle of friends will get bigger and bigger. I preferred to hang around with Czech friends and therefore I was able to visit there hometown, too.

I loved to visit Prague during the weekend to do some sightseeing and enjoying the nightlife. I fell in love with this beautiful city and its special spirit!

Overall I'm more than just happy that I got this chance for studying and living abroad!

I was able to improve my English skills and all of my seminars broadened my horizons. I learned how to teach in a very child centred but focused and patient way – although I wasn't able to speak the children's mother tongue.

I enjoyed every second of my School practice and all of my seminars, too.

I experienced a lot of "adventures" and found new friends.

I don't want to miss one second of this time and will come back to HK soon (for sure!)

In the end my destiny fulfilled, no more words left except **LOVE** (Hradec Kralove).

Jsem opravdu šťastná, že jsem tady mohla být!



HRADEC KRALOVE

Lovely people

Overwhelming surroundings

Very instructive seminars

Energetic time

(CC by Lilith Schellnegger)

20. Manisha Berkigt, Universität Zu Köln, Germany, Mobility For Study, Incoming, PHST

Author: Manisha Berkigt

To be an Erasmus Student at the PHST Graz was one of the best impressions I ever had before.

I came alone from Germany, from the University of Köln, to Graz but I didn't feel anytime alone. At the first moment I found a lot of nice people. And at least these people became my friends. With the digital networks like an Erasmus Facebook group or Whatsapp-group we were since the arrival connected. This was the easiest way to see who is also in Graz and who I will expect. Further the PHST teachers and our 'buddies' were really good organize . They offered us a lot of activities for the whole group, so we get to know each other pretty good and get the sense to be here as a group.

Also to see the city was a new experience. The old centre with the "Schloßberg" was impressive. On one of our first days here, our 'buddies' organized a city rally. For the most of us was it the first impression to see a lot of the city and to get orientated.

The PHST is a university in Graz, which is specialized for teacher education. Our erasmus courses were mostly about international education systems and international teacher competences. Therefore you have to discuss frequently with your erasmus members about the home education and self-experiences. Also the tasks are always changing so you have to work constant in different "international-mixed" group and work with nearly everyone of the erasmus group.



CC by Manisha Berkigt

21. Marco Störi, Università Degli Studi Di Milano-Bicocca, Italy, Mobility For Study, PHST

Università degli Studi di Milano-Bicocca

Piazza dell'Ateneo Nuovo 1

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Erasmus Office

incoming.erasmus@unimib.it

Coordinator: Prof. Lilia Teruggi, lilia.teruggi@unimib.it

About the university

The University of Milano-Bicocca was founded as autonomous organization on June, 10th 1998. In the Times Higher Education rankings 2015 dedicated to the best hundred universities with less than 50 years, the University was ranked 24th in the world, 1st in Italy.

The University of Milano-Bicocca was established on June 10, 1998, to serve students from Northern Italy and relieve some of the pressure on the over-crowded University of Milan. Groups of professors and researchers chose to come and participate in the enterprise. They were driven by their enthusiasm for the new, and by the chance to broaden academic horizons without having their work undermined by traditional methods of education. From the start, this very fertile climate became a unique training ground, which offered something new even in the most traditional disciplines.

Chosen courses

- Istituzioni di matematiche (8 ECTS)

Mathematic course about arithmetic

- Educazione all'immagine con laboratorio (9 ECTS)

Course about arts

- Didattica della lettura e della scrittura con laboratori e metodologia della ricerca pedagogica (10 ECTS)

Course about acquirement of literary language

- Attività di tirocinio del III anno (5 ECTS)

Teaching practice

Registration process

The registration process is very easy. There is a step-by-step instruction from the application to the departure on the website of the university:

<http://www.unimib.it/go/45303/Home/English/MENU-DX/International-Programs/Erasmus>

Review of my stay abroad

My stay in Milan was incredible - in a very positive way.

- Cultural terms

In my case the most important improvements were the cultural experiences, the social and of course the language experiences. I lived in a residence together with many students from all over the world. Most of the students were Spanish - also my roommate was from Madrid. I am very thankful that I could learn so much from these people. It's great to see different cultures and their habits.

- Academic terms

The academic program at the university was very interesting. Beside the different system they have, also the courses I chose were useful. The only course, which doesn't fit in this education very well, was in my opinion the mathematic course. The content of this course is not very easy and you can't use these things for primary school. It's very theoretical and you don't learn HOW to teach things.

However, the other courses were very interesting and I think I could gain some knowledge I can use in further jobs.

- Personal/social terms

The stay abroad definitely changed my personality in a positive way. I feel much more confident talking to strange people in different languages. In addition I became more independent. It's a new situation being so far away from home for the first time. You have to manage things on your own. But the good thing is: you will manage things on your own, because you have to. You always find a way.

Moreover I see the world with different eyes now. By meeting all these new people and talking to them, I see things in a different way. In this time I saw things I would never have seen if I wouldn't have done this stay abroad. I learned a lot - on the one hand by myself and on the other hand especially from the people I met and their attitudes.

School practice

I did my school practice in the "Scuola Primaria Rovani" in Sesto San Giovanni. I was in a third class and the teacher called Paola Tassone, who was a very good teacher in my opinion. This school was an all-day school. So the children had school from 9:00 to 16:30. The school setting is not comparable to these in Austria, but this doesn't influence the education at all.

The level of the pupils is very high. I think the content of the subjects (especially history, geography and other subsidiary subjects) is more difficult than in Austria. The Italian children learn things they can really use in the future. Moreover the teacher doesn't treat the pupils like little babies. The way the teacher treated her pupils was excellent. She transmitted the perfect relation between "being children" and "behave like an adult". For example the children were allowed to play a lot at school - especially in the afternoon. But on the other hand the teacher talked about very serious things, like sexuality or how babies are born. And I was quite amazed about the fact that the children didn't laugh or made fun about this topic. They asked useful questions and they were very interested. I don't know if a conversation like this would be possible in an Austrian class with eight years old.

All in all I liked the Italian primary school system. The children seem very mature and independent, but they also have enough time for "being kids".

Tips

I would definitely recommend to stay in a residence during the stay in Milan. There are two residences offered by the university. One is directly at the campus of the university (building U12) and the other one is about three kilometres away (building U22). I stayed in the U22 and it was a very good residence. There is a link to the residences directly on the website of the university (erasmus page). The costs are € 300,- a month for a double room. You have a own bathroom and a own little kitchen in your room in the U22. In the U12 there is a shared kitchen, which is closed from 11pm to 5am.

There are different ways you can go to Milan. If you want to go by plane, you should depart from Vienna. There is also the possibility to go by train (ÖBB) or by bus (Flixbus/Dr.Richard). The train for one way is about € 55,- to Graz and it takes about 12 hours. I think the bus is cheaper, but I don't know exactly how much.

If you have the chance to take your bike with you, do it! It's very useful to go to the university (~10 min. by bike).

22. Marie-Claire Katzensteiner, University Of Barcelona, Spain, Mobility For Study, PHST

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Erasmus-Office + coordinator:

Prof. Martina Kieling S. B. Rolim

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Oficina / *Office* 3317 (Edifici de Migdia)

[Universitat de Barcelona / University of Barcelona](http://www.ub.edu)

Facultat d'Educació / Faculty of Education

Passeig de la Vall d'Hebron, 171 - *Office* 3317
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Tel: +34 934 035 126
Fax +34 934 035 121

University - Campus Mundet

The Faculty of Teacher Education is located in the northern part of Barcelona, at the foothills of a mountain range called Collserola. During the Spanish Civil War the Campus was a prison, later it was transformed into a orphanage, until a couple of 2 previous orphans decided to build a school there. Campus Mundet is named after them.

It takes you 9 metro stop with the green line (direction: Trinitat Nova) to get from the city center of Barcelona to Campus Mundet, so you see it is pretty far outside of the city. But the Campus is the most beautiful Campus I've ever seen. It's pure nature. There are lots of palm trees with chirping parrots in it, the air is fresh and many cats are running (or better laying) around. Sometimes you can also see mini pigs on the campus. There are a lot of stairs, but if you are really lazy you don't have to worry because the Campus has it's own (free) bus.

My courses

Catalunya - History, Language and Culture - 2 ECTS

This course just durated 1 week and was held at the beginning of the semester. The aim of this course was to give us a short overview of important aspects of the Catalan culture. For example there were courses about sports, music, dance, food, history and language. I think this welcoming week was really interesting, I was able to learn some facts about my new hometown and I also got to know the other International students.

Spanish for beginners (A1-A2 level) - 4 ECTS

Llengua Anglesa per l'ensenyament - 6 ECTS

Aspectes culturals dels països de parla Anglesa - 3 ECTS

Polítiques socials internacionals i treball social - 6 ECTS

Practiques 3 - 9 ECTS

Application process

It was quite easy to manage the application process. You just have to do an online application from with your data and your desired courses. The easiest way to find the right courses is to write the coordinator of the Erasmus office. She sent me a list with the available courses from which I choose mine. Then you have to fill out your learning agreement, print it, sign it and give it to your home university to sign it and send it to the University of Barcelona. Of course it is exhausting getting all the signs and so on, but all in all, the application process was quite ok.

Just keep in mind: It might take weeks for the UB to answer your emails!

Finances

Roughly speaking the life in Barcelona is as expensive as the life in Austria.

Useful Tips:

Housing (spotahome, housinganywhere, Facebook Alquiler de habitaciones / Rooms for rent BARCELONA, loquo, idealista)

Erasmus Meeting - Shaz list, Bakus list, Welov

Thefts (mobile phone)

Restaurants: 100Montaditos

Free Walkingtour

23. Mariola Rodriguez Sacaluga, Universidad De Las Palmas De Gran Canaria, Spain, Mobility For Study, Incoming, PHST

My Erasmus in Graz



(CC by Mariola Rodriguez Sacaluga)

My name is María Dolores but, everybody called me Mariola. I am 20 years old and I study Primary teaching in the University of Las Palmas Gran Canaria. This year, I decided to take part into the Erasmus project to move abroad for some months. In this chapter you will know a little bit more about my experience during this period of my life.

Why Graz?

After a long time thinking about which place to choose, I finally decided that Graz was the one. At the beginning it was not an easy decision as you have to take a lot of details into account. I spent a lot of time trying to find information about some of the possible places. It was a friend of mine who told me about this city and, after looking about it on the computer, I couldn't resist choosing it because of how beautiful, clean, organised and calm it looked like. Moreover, Austria is a country that is known because of its good Educational System and the good level of English.

The University college of Teacher Education

This university is perfect to do an Erasmus due to the fact that it is a very well structured organisation. Every time you have a question concerning to whichever topic, you only have to write an email and they answer you immediately and help you.

They offer you a special program for Incoming students in which you can learn about 'International teacher Competences'. It includes courses based on learning about Europe and its programs, working in an International team, it provides you tools and activities that you can use in your future as a teacher and, of course, learning languages and cultures. You can also do some practices in an Austrian school so that, you can learn how schools works from the inside. I had the opportunity to be in a bilingual school and I learnt a lot of activities and methods to teach English as a second language.

They also let you study some courses that the regular Austrian students have. In my case, I chose courses about painting, role-play, rhythm, more English and Montessori. With this, you can learn about what you like to include it in your teaching. It was great to be able to do it.

Life in Graz

Graz is a very young, kind and sporty city. For me it is a perfect place to live in because it is not overcrowded, it is a very green city and the people who live here is really nice even if you are a foreign person. From the first moment I felt really comfortable living here and that is the most important thing.

There is an organisation called 'ESN' that you can join and in which you will have some facilities and discounts and also some trips, parties and activities organised by them. And you also have some buddies from the PHST who organise great activities like bowling, going to the chocolate factory or the wine route and are there to help you with what you need.

According to the money, you can really not spend a lot of it if you know how to manage it. There are some cheap places to buy food and to eat outside as well. There are good connections to the cities next to it to travel and you can find some activities to do inside Graz to not to get bored. The buddies and the University will help you with this at the beginning of your stay.

But the best of the best that you get home after all are the international people you meet. Sharing everything with them abroad, experiences, food, opinions... makes you feel closer to them and you form friendships that you know will last long. It is sad when you have to say goodbye to them but, you know you will see them again to show them the place where you were born and to see where they did or to know another country.

The only negative aspect that I found about Graz is the weather. It wasn't that bad but I'm not really used to the cold. So, even though it was nice to experiment the autumn and the winter for the first time in my life, some days it was too much for me.

Conclusion

I enjoyed this experience a lot, it makes you feel more independent and it also provides you some knowledge about other places from Europe and so, you have a more open mind after that and about another type of education from which you can take the aspects you like the most to incorporate them to your way of teaching.

It is something I really recommend for every student from Europe. Not only because of the academic part, that I think that you can really learn and improve a lot of aspects, but also because of the social and cultural one.

The only thing you should know before is that being an Erasmus is not all about parties, speaking only with people from your home country and travelling around every country of Europe every week, that is good too but, if you just do this, you will be just in a long holiday. Being an Erasmus is also learning new languages, knowing international people, cultures and different points of view and studying courses that you don't have in your home University.

24. Marlene Steif & Theresa Neubauer, Windesheim University Of Applied Sciences, Mobility For Study, PHST

Authors: Marlene Steif & Theresa Neubauer

Contact of the university

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Description of the registration process at the host organization

After we had decided that we want to go to Zwolle and study at the Windesheim University we had to undergo the registration process for the Erasmus programme as well as the one of the host university. This included filling in a special form that was provided by Windesheim as well as writing a motivation letter. Furthermore, we had to send Windesheim an English version of the courses which we had already done at the PHST. This was a bit hard and time consuming as we do not have English names for all the courses and it was sometimes hard to find the right translation. After this we had to choose the courses to create our learning agreements. Then all the important documents were sent to the university by our coordinator Heiko Vogl. At the end the only thing that was missing was the acceptance email for which we had to wait quite long. It took some time but in the end of June we finally got it and we were able to register for a room in a dormitory in Zwolle which will be our new home in September. The good thing is that my host university has reserved rooms in some dormitories in Zwolle which are only for international students. For the accommodation we chose a dormitory called 'Talentenplein'. It was built in 2014 and is very close to the city center which was one of the main reasons why we decided to rent a room there. We will be sharing a room with another person from the Erasmus programme, which will also be a new experience for us as I've never lived in such a dormitory before.

Description of the university

Windesheim University of Applied Sciences is one of the biggest universities of applied sciences in the Netherlands. The university is located in the southern part of Zwolle and about 20 300 students study at this modern university. Study programmes in 50 disciplines are offered which puts emphasis on student-centred education. International student can attend the university as an exchange or regular student, as many courses are taught in English.

Zwolle

Zwolle is a provincial city in the northeast of the Netherlands with about 110 000 inhabitants.

Windesheim is in Zwolle, a provincial capital northeast of the country's geographic centre. With a population of over 110,000, Zwolle is an economic hub with a rich history. At its heart, cobbled streets thread their way between great churches and imposing monuments to the city's mercantile past. Around this inner district is a dynamic modern town. Large enough to provide all the amenities of twenty-first century life, yet small enough to keep them close at hand.

Chosen courses

Pedagogy and Didactics in Dutch Schools:

This course gives a detailed overview about pedagogy and didactics. A lot of this course covers a wide range of topics concerning pedagogy and methodology. Theory is put into practice during these lessons.

Goal: learn how to approach pupils with learning problems or disabilities

Career Coach Counselling:

This course is related to the Internship and deals with your personal development. Your progress and own goals are in the focus of attention.

Dutch School System:

In this course the Dutch School System will be explained as well as factors such as the curriculum.

Internship Intermediate A:

- observing the teacher/ class
- talking with students
- reflecting on the lessons
- participating in activities
- getting to know the school

Internship Intermediate B:

- observing the teacher/ class
- communicating with students
- preparing lessons
- teaching lesson
- participating in school activities

- reflections -

Windesheim and the Netherlands; introduction module of several Dutch aspects analysed in an international perspective:

This course gives an introduction to studying at a Dutch university and the Netherlands. It is a compulsory module for all international students and should help all the students to get to know Zwolle as well as Dutch traditions.

Dutch language 1: Introduction:

In this course the Dutch language will be introduced. The emphasis is on expanding the vocabulary and speaking skills.

Dutch language 2: Intermediate:

This course is the follow-up course to Dutch Language 1: Introduction. The knowledge will be expanded and the emphasis will be put on communication.

Drama & Improvisation:

This course deals with all kinds of drama activities with a special focus on your future profession. You gain an insight on body language, energies, etc.

Dutch Society 2:

Dutch Society 2 was a self-study course. The main focus was on a comparison between your home country and the Netherlands in all different kind of aspects.

And now for something different! The empowering effect of creativity (Drama):

This course is about all kind of drama activities and how you can use them in your professional role as a teacher.

Arrival

There are many ways to get to Zwolle. We decided to go there by plane as it is the fastest way. We booked a fairly cheap flight from Vienna to Rotterdam. The airport in Rotterdam is very small and doesn't have a train station. Therefore, we had to take a bus to get to the Rotterdam Centraal train station. The public system in the Netherlands is very good and it was very easy to find our way to Zwolle. When we arrived there some of our SUN-mentors, who are responsible for all the international students, picked us up. They took us to our accommodation and already told us some facts about the city. On the next day we had an introduction at our university where we got all the useful information for the coming weeks. At the weekend we already had our first welcome party which was organized by SUN and was a good way to get to know more Erasmus students.

During our first week we had a lot of activities to get to know the city and people. We also had to register at the municipality in Zwolle and got our "Burgerservicenummer" which made us a real Dutch citizen.

Over the semester the SUN team did a lot of activities and they even took us to a theme park in Efteling. They always made sure that we felt safe and comfortable in the Netherlands.

Transport

In the Netherlands nearly everyone has a bike so it was very obvious that we bought a bike at the beginning of the semester. You can buy bikes at the shops in the city center or from former Erasmus students. Unfortunately, there were no bikes from former students available so we had to buy ours from the shop. Dutch people go everywhere by bike and you can find a lot of biking paths all around the city. Cyclists even have got their own traffic lights.

As already mentioned before, the public transport system is very good in the Netherlands. You can nearly get everywhere by train and they even have wi-fi in their buses or trains which facilitates the travel. The cheapest way to buy train tickets is to make use of the special offers such as "dagkarts" which you can buy at several shops like Hema, Kruidvat, etc. Another option would be to buy group tickets which is very beneficial for groups of 10 people because then you pay 7 euro for a return ticket.

Author: Marlene Steif

Teaching practice in comparison to Austria

First of all I have to say that internships here are completely different in comparison to Austria. I have the feeling that it is here far more important what the students want to learn during internship than in Austria as they can participate more in the organizational part of the internships. At home we get told when our internship starts and we have to be there once a week on a fixed day. Our attendance is compulsory and we cannot do the internship at a different day. All the formal documents were very important in my former internships as they had to be signed every day I was present there. This was not the case at my internship in the Netherlands as I was responsible for writing down when I was doing which activities. Furthermore, I kept track of all the things I did in a weekly journal which helped me to reflect all the activities I participated. Especially at the beginning I just observed lessons which was sometimes hard as some of the lessons were in Dutch. I saw different kinds of lessons and could really analyze the lessons which do not differ a lot from the ones I observed in Austria.

At the end of my internship I had to teach several lessons in the form of co-teaching or on my own. Even though I'm already in the fifth semester and I've had a lot of internships so far I still learnt a lot in the feedback I got from the teacher as well as from the coach as it was always very constructive. Most of the time I taught lessons about Austria which I always did in the form of co-teaching. I have to admit that I didn't like these lessons so much as they were very teacher-centered even though we told the students a lot of information about our country.

My coach suggested that I teach two lessons on my own to really have the chance to be the teacher all the time. I prepared two lessons which were very similar to the ones I did at home. I taught O3B about refugees and the situation in Austria and have to admit that the students participated a lot during the lesson. All in all I think the lesson was quite okay even though I still have to be stricter in some situations. I think the students liked the different activities as I really tried to plan my lesson as student-centered as possible.

All in all I think my internship was a really nice experience and I think I learnt a lot. I was able to see so many lessons which broadened my horizon. Even though I had some difficulties with the organizational process at the beginning I really liked being at that school and I wish that I have the chance to teach such a bilingual school one day when I've graduated.

Final Reflection

When I look back at the last semester there are a lot of things I can say. When one of the lecturers at the introduction meeting talked about her semester abroad describing it "the time of her life" I couldn't believe her. I knew it would be a great experience, but to say it was the best time of your life - I was unsure about that. But in the end, after all the experiences I got, after all the people I met, after all the trips I was able to make I can say she was right. Looking back this was the best semester at a university I've ever had that's why I want to reflect all the impressions I got and how they changed me.

Studying at a Dutch university

When I first saw Windesheim I was impressed by its beautiful campus. In Austria I study at a way smaller college with about 2000 students. I really liked the modern architecture of the buildings and took a lot of pictures, especially of the X-building. In Austria most universities still have a rather old-fashioned architecture which was why I was so astonished by the one of Windesheim. At the beginning it was very confusing to find my way through campus as there are so many rooms. What I also liked very much was the fact that we could call our teachers at Windesheim by their first name. In Austria something like that would be impossible, but I realized that it eases the atmosphere between teacher and student. As I'm going to be a teacher I would also tell my future students to call me by my first name if I could as then they wouldn't just see me as an authority person, but also as a person they could talk to. In general I had the impression that teachers and students have a good relationship here. Furthermore, they offer a wide range of courses for international students. I was able to learn a lot of things about the Dutch language as well as about the school system in the Netherlands. In addition to this, I was really impressed by the high number of English courses and I didn't know that so many German students are studying here. I think that's a very useful approach of Windesheim to a more globalized world. In general I see far more foreign students doing their studies in the Netherlands than in Austria which is a pity for my home country as it would give us an internationalized perspective on all kinds of topics.

Studying together with all kinds of nationalities:

That's one of the main advantages when it comes to studying abroad: you get to know all kinds of people from other countries and learn so many new things. For instance, one of my friends here is Chinese and she taught me so many things which I've never learnt in school. It was surprising how different their culture is compared to ours. I really enjoyed sitting over a coffee and discussing random things which are different in their home country. I think I will never forget those things I learnt from them as it was far more interesting than any Geography lesson I had in school. I really enjoyed the way we bonded and the fact that we called us "Erasmus Family". I was able to find friends for life here and it didn't matter if we spoke the same language or had the same culture - we enjoyed each other's companies and had the best time here. That's what I like about this program so much - everyone is in the same situation. Being new and foreign in a country is not always an easy thing but because we had each other it was very helpful to get to know the city and the country.

Encounters with Dutch people:

Apart from some cyclists that were yelling at me when I was accidentally blocking their way I can say that all encounters with Dutch people were mainly positive. In my opinion Dutch people are very friendly and polite. I hardly ever met someone who couldn't speak English which is, unfortunately, not always the case in Austria. People here are also very open as I often had a conversation with strangers who really wanted to know a lot about my home country. Unfortunately, I didn't have many courses with Dutch students but in the few I had the students were very helpful. As I did my internship in a Dutch school I was able to meet a lot of Dutch pupils who always wanted to hear how my Dutch is. I learnt a lot about Dutch food and traditions at the SUN-activities as well as at my internship school. I really enjoyed talking to local people and learning more about the language and the culture. Even though I'm from a European country as well where the language is very similar to Dutch there are still some differences.

What does your stay abroad mean for you as person:

During the last months I gained a lot of experience. Not only was I able to learn about the Netherlands I also heard a lot about other countries. This helped me to become more open and even let me overcome my shyness. Especially for my future teaching job you need to have an open attitude towards other people and I think all the experiences I was able to gain here really helped me to grow personally. When I will go back to Austria I think that I will definitely see a difference in interacting with other people. As I already mentioned before I was able to learn so many things and became a more open person. I really can say that I never felt home-sick here which was a surprise for me as I thought I would miss my home country and all the things I'm used to. I liked feeling as a part of the "Erasmus Family" and I really enjoyed my stay here. Furthermore, I was able to improve my English as I became more fluent which will be very beneficial for my future profession.

What do you take home:

All in all I can say that I had a very nice semester abroad. I was able to gain so much experience in all kinds of fields. I really enjoyed seeing a different university and teaching in a Dutch school. When I go back home I will always remember the good time I had in the Netherlands. After all, this semester changed me more than the past two years at my university at home. I know that I will definitely come back and visit the Netherlands again. I really enjoyed being here and all of my friends and family who came to visit me said what a beautiful country it was. Beside a lot of new clothes and souvenirs I bought in the Netherlands, I take home so many beautiful memories and experiences which I would have never had if I stayed home. I take home a more open attitude towards people and I realized travelling really broadens your mind. Even though this quote sounds a bit cheesy I think it really sums up my semester abroad:

"You will never be completely at home again, because part of your heart will always be elsewhere. That is the price you pay for the richness of loving and knowing people in more than one place."

Author: Theresa Neubauer

Teaching practice in comparison to Austria

To reflect on my Internship, I want to state out the differences and similarities between the teaching practice in Austria and the Netherlands. First of all I must point out that my Internship in the Netherlands was completely different than my Internships in Austria. Back home you have your practicum at one fixed day per week together with another student, although you do not teach together. This day is the same day for every student of the semester. The teaching activities and the number of excursions are exactly stated out from the university. Being a part of the school organization or observing the teacher or the class is not really a part of the Austrian Internships. In Austria they are very strict about the documents that come along with the Internship. All the lesson plans have to be signed by the teacher and the coach and every day of presence at the Internship school has to get signed from the teacher as well. Here in the Netherlands I experienced that the Internship was more students-focused. I could choose my Internship days in relation to my schedule and I had far more

opportunities regarding the activities. I had the feeling that being a part of the school organization in total was much more important during my Internship here. Furthermore I had to schedule my activities by my own and I had to keep track of them. Writing a weekly journal really helped me to be aware of the happened things and activities. But I have to commit that I had some difficulties at the beginning of the semester with the organizational process of my Internship, because it was not very clear for me how many days I should be at the school and so on. But after I figured out how it works I was really glad to be at the Parkschool mostly once a week.

Final Reflection

Erasmus – an experience that is incomparable. I had the chance to spend one semester abroad. For several reasons I chose the Netherlands and I studied at the University of Windesheim in Zwolle. Spending time abroad in a new and different country without your family and friends means a lot of new experiences.

First of all I want to write about my experiences while studying at a Dutch University. When I saw the university of Windesheim for the first time I have to admit that I was totally impressed. The whole campus is so modern and well structured. The different buildings with the different departments were really big and impressive. Especially the X-building affected me; I could feel the learning atmosphere in there. Everywhere were nice places to study alone or in bigger groups and the best thing about it was that everywhere was the possibility to charge your laptop or mobile phone. I have to say that I was not used to that rambling university buildings back home.

Another experience that comes to my mind when I think about studying at a Dutch university is the fact that all the classrooms were equipped with the most important electronical basics. Every room had a beamer and good Wi-Fi-connection.

Another complete new experience for me was the big cafeteria at the university. There was a huge choice of different cheap dishes. Especially the coffee stores made me happy. I liked the opportunity of getting cheap and fresh coffee every day at the university. Back home eating and drinking coffee at the cafeteria is really expensive.

Through my Erasmus stay I made a lot of experiences about studying with all kind of nationalities. First of all it was a complete new situation for me to speak all the time in English. All the lectures, seminars and the internship were in English. Through this common language studying with all kind of nationalities was possible. In general it was very interesting to get to know the know-how and thoughts from students from all over the world. The sharing of thoughts and the different ways of thinking influenced all the lectures. But I have to commit that working together with other students from all over the world was not always easy. Influenced by the different school and university systems students had different ways of working and several ideas about the “quality” of the seminar papers or other group works. Sadly most of my lectures or seminars were just in a group of five people and three of them were Austrians, one girl was from Belgium and the other one was from China. Therefore I did not have that much studying experience with people from all kind of nationalities.

My life in the Netherlands offered me the opportunity to encounter a lot of Dutch people. To be honest I had no idea about the Dutch mentality before I came here because I have never been to the Netherlands before. I would describe the Dutch as open, helpful and warm-hearted people. Through one course at the University I had the chance to spend some time with Dutch students, with two of them I actually became real good friends. I like their easy-going, open and uncomplicated behaviour. Spending time with them, eating typical food, getting to now the Dutch culture and traditions made me really feel like a “Dutch-girl” sometimes. But I have to add that I did not have any more amicable contact with Dutch people. Furthermore I got impressions about Dutch people while going for dinner or shopping, while meeting sports trainers at the gym or in any other typical daily activities like grocery shopping, buying a bus ticket or going to the hairdresser. All these people were always friendly and encouraged to explain things in English and to give you a helping hand. I experienced that in general the English level of Dutch people is very high.

All things considered the stay at the Netherlands means a lot for me as a person. In general I would say that all my experiences influenced me as a person. I would not say that I am a different person now, but I can definitely say that I developed my personality. All the good but also the negatives and hard things while my stay at the Netherlands let me grew. Living so far away from all my friends and my family let me find out a lot about me as a person. Before I came here I was a really shy and quiet person. Getting in touch with new people helped me to get rid of my shyness. I feel more comfortable now to speak with new people and of course my English language skills got better. Furthermore I had the chance through my stay at the Netherlands and the experience Erasmus to get to now people from all over the world. Through spending five months together and through living really close with the others at the student accommodation “Talentenplein” some of them got really good friends and I do not want to miss them in my future life.

To sum up I can take home a lot of new experiences and impressions through these five months abroad. Through studying at a Dutch university and meeting people from all over the world, what means getting to now a lot of different nationalities, through encountering Dutch people I developed my personality and I grew as a person. This is for me the most impressive and important thing that I can take home. Knowing no one and living on my own for the first time helped me to get rid of my shyness.

Beside from my personal development I can take home ideas about a modern school and university system. In my opinion schools and universities with low hierarchy systems helps to get people more creative and to develop more critical thoughts.

What it all amounts to is that I am really thankful and pleased that I had the chance to spend five months in the Netherlands. I am grateful that I had the opportunity to meet all these people and to make these entire not always easy but important experiences.

25. Marta Piqueras, University Of Lleida, Catalonia (Spain), Mobility For Study, Incoming, PHST

Personal Information

Author: Marta Piqueras Garcia

Home University: Universitat de Lleida (Catalonia, Spain)

Host University: Pädagogische Hochschule Steiermark (Graz, Austria)

Study Abroad

Since I started my studies in the university I wanted to go abroad, and my degree, Bilingual Primary Education, offered that. Before come here I was a little bit nervous, a lot of questions came into my mind: Will I adapt well? How will be the lessons in the university? Will I meet nice people? Will I like the city? The country? Is not one semester too much? Where will I live? Which are the steps to live and study there (about documentation and legal stuff)?

Once here, everything has been perfect! The city, people, university, accommodation, any problem and a lot of stories to tell! Now I would wish to stay longer, Erasmus has been the best experience in my life! If I can, I will repeat or do something similar, and I will recommend everybody.

PHST (Host University)

Hasnerplatz 12, 8010 Graz (Austria)

Website: <http://www.phst.at/>

Pädagogische Hochschule Steiermark (or PHSt) is a university for teacher education, with a school inside of it. The teachers are very nice and friendly and they always want to help you, it surprised me a lot, they are so close so you can ask whatever you need. Furthermore, you will have the attention of the international team and the buddies. At the end, all of them, international team, teachers, partners... will be like your little family here.

In my case, we didn't attend a lot of courses because we did more school placement than our partners, so the ones we went were all about international education system and competences (for me, very interesting), we have been talking about education a lot, and comparing each education system from each country we had in class. Also we did a lot of projects and artefacts, very useful to bring back home.

About the school placement, we was in Odilien Institut, in the second grade. It was amazing... I'm so sad to leave the kids and our teachers there... I learnt a lot, more than a lot... they work also with blind people and a lot of children with special needs, and I never couldn't imagine how many things I discovered there. All the teachers were so friendly (I think it's about people in Austria, they are so nice, even if they don't seem like) and children... well, we don't speak German (now we are able to say some sentences but not to have a conversation) so it was a little bit tricky with the pupils at the beginning because they don't speak English with seven years old, but, there are a lot of ways to communicate, among them, non-verbal communication, and with the time, we have interacted with them so much, we know each of them, we taught three times with the help of our teacher and it was great. I love their system also, they have two teachers in each class, one of them to pay attention to the children with special needs while the other it's giving the matter. In our class both of them were able to do it (because both have primary education and attention to diversity), and each week they change their papers, so children have two ways to understand or ask questions to the teachers, if you don't understand one, maybe the other one can help you.

ESN (Erasmus Student Network)

They are an organization who takes care of all the incomings in all Europe. They offer you a lot of help, in Graz, if you have the ESN card you have many discounts in shops, excursions, activities, a SIM card and a free bank account number. I recommend you to have this account in the bank cause you can use it to take out money without commission, also for the Quick payments (like to buy cigarettes in the street, make the laundry in the dorm or in few supermarkets that you only can use this kind of card, not Visa for example).

It's very useful to check their webpage: <http://unigraz.esnaustria.org/> and take a look at the activities the offer, parties, etc.

26. Nina Rahbar, City Of London School For Girls, United Kingdom, Mobility For Internship, PHST

Author: Nina Rahbar
Reviewer: Kate Visick

Contact of the school

City of London School for Girls

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Responsible person in the receiving institution

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Head of German
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Description of the school

City of London School for Girls is an independent day school for girls aged 7 to 18. The school has existed since 1894. Around 700 pupils attend the school every year. These girls enjoy an academic curriculum and extracurricular activities. The school offers various clubs like netball, drama, choir, science and language club which the students attend after their last lesson on different days.

The goal of City of London School for girls is to encourage the students to be curious, creative, independent, intelligent and strong young women with positive attitudes, an open mind and respect for others. The school values are the City Girls R's: respect, responsibility, resilience.

The teachers make sure in every lesson that every girl has the opportunity to show her opinion and ask questions. Every classroom is equipped with a Whiteboard and a computer. Every girl has a tablet which she uses just for school. A special attribute as well is that the school hires native speakers as language assistant who support the students by learning a foreign language. It is not uncommon for some students to visit with their teachers for example Spain, France and Germany in a school year to practise their language skills.

The school is located in Barbican, in the financial area of London. It is also very close to the famous St. Paul's cathedral.

Description of courses/ my lessons

I had the honour to be the German language assistant in CLSG from October 2015 to May 2016. I taught girls between the ages of 12 to 18 years. Mostly I helped the students with their oral skills in one-to-one-lessons but I also supported the teachers in the classrooms.

The English school system is very different to Austrian. Teachers have their own room and the students change the rooms for their lessons. The forms are named after the years, for instance "Y13" means that the girls are in their last year of school, they doing their A-level (Matura) at the end of the school year.

A whole school day has 8 periods. The school starts at 9:10 am and ends at 4 pm. From 1 pm to 2 pm is lunchtime. There is a cafeteria where the students can eat. Twice a week, on Monday and on Friday, there is an assembly in the morning. So the school starts 20 minutes earlier. At the assembly students get important news concerning the next days and there are always some presentations about school trips or projects. After the last period girls can join in various clubs.

Next I am going to describe my lessons.

Y13

During the one-to-one-lessons with my Y13 students we discussed topics like animal testing, nuclear power station, homeless people, the fashion industry, the death penalty, and environmental problems. My students needed all these topics for A-levels. My students and I tried to find pro and contra arguments for every topic and had interesting discussion on provocative issues. I taught them new vocabulary and phrases and I tried to support them by encouraging their speaking confidence. For the 6th formers it was very important that they became fluent in German and felt comfortable while talking.

Y12

During the one-to-one-lessons with my Y12 students we talked about different issues like family, friends, future plans, fashion, music, renewable energy and environmental problems. We also practised their speaking, conversational skills with the "Speaking cards". I helped them to find good phrases for oral exam like: "Meiner Meinung nach... Laut der Studie... Es ist nicht zu leugnen."

Y11

The teacher told me the topics and practised them with the girls. Mainly I helped my pupils to improve their speaking. We studied the answers for the exam questions. I only talked at the same time with two or three girls.

Y10

The teacher sent me small groups of students. I tried to help them to improve their oral skills. We talked about different topics like sport, holidays, food in the German speaking world, friends, healthy life style and family. I always tried to do something fun with the girls like playing a game or preparing a small dialogue.

Mentoring

I offered mentoring at lunchtime. Students could pop in if they needed help. Mostly one girl visited me at the library and we practised speaking and grammar. A few days before the exam many girls accepted my offer and popped in.

German fun Club

Girls from Year 7 and Year 8 join in this club. We played many games and had a lot of fun. I liked the club because it was my only chance to teach German to young children.

Grammar Club

In this club I tried to answer all the questions about German grammar. Believe me, it is hard work to find a good answer for the questions like "Why do Germans need 4 cases? Why is there a zu in front of sehen in the sentence: Es ist schön dich zu

sehen? Why do you call it der Mond (In every other language it is die Mond)?

Comparison of my Austrian and English teaching practice

Basically I practised German conversation with small groups or I helped to improve the German skills of my students in one-to-one-lessons in London. Sometimes I talked with the whole group about Austria or another topic like Austrian artists and played games.

I have learnt a lot in this year. Mainly I have recognized how important a good relationship between student and teacher is. A good relationship is the basis for learning..

Differences between schools in Austria and England

Austria

Teachers move every lesson to another classroom

There are no all day schools (I haven't any experience with that in Austria.)

There are no uniforms.

If teachers have breaks between their lessons, they are allowed to go home.

If teachers are done at 12 for example, they are allowed to go home.

Lessons are between 50- 55 minutes long.

There are no detentions.

Marks: 1-5

Students have a private life, they can be kids.

England

Teachers have their own classroom, students change the rooms for every lesson.

I worked at an all day school (9 am-4pm).

Students have to wear uniforms.

If teachers have a break or they finished their last lesson at 12pm, they are not allowed to go home. They have to stay in school until 4pm every day.

Lessons are between 40 -50 minutes long.

Marks: A-F

There are detentions every week.

Students learn and study the whole day at school and then they have to do their homework and learn. My students told me that they studied every day until 11 pm (Years 11- 13). Also at the weekends they have one study-day. The second day my girls played sports or they did charity work (helping homeless people...)

Description of the registration process at the host organisation

I had to fill out many different forms. Most important was to get the National Insurance Number and my DBS-Check. I needed those to get a bank account and without a DBS-Check I would not be allowed to work with children. It took a few weeks to get the forms; I also had to do an interview for my National Insurance Number.

Finances

London is a very expensive city. Especially the rent is horribly high.

Rent just for a room per month: 450- 800 Pounds per month

Public Transport in London: 1-3 Zone 150 Pounds per month

Food: It depends where you are going, Lidl is the cheapest shop, Waitrose is the most expensive shop. I needed around 50 pounds every week.

Restaurants and Pubs: Those are not for a low budget, but are worth visiting.

Useful tips

If you are looking for accommodation in London, it is the best to join in several groups on "Facebook" and create a profile on "Spareroom". You can find easily a room but my advice is that you visit the room, house, flat and the area before you move in.

You can book cheap train tickets on the website "trainline". Coaches are sometimes cheaper but slower (check out "National Express")

There are many nice and good restaurants in London. "Whetterspoon" pubs are cheap and the food and beer is alright.

You can buy early-bird tickets for shows at theatres or you can try to get ticket at a box office for the same day.

Review of the stay abroad in cultural terms

London is an amazing multicultural city and has a lot to offer. Every district is different and you will meet people from countries all over the world. I spent my free time exploring London. Mostly I went sightseeing and visited museums. Below you will find my favourite places in London.

1. Brick Lane: This is a very fancy area in East London. There are many restaurant, coffee shops and second hand and vintage shops. At the weekend there is a flea market, a food street market and an art market. Many young people spend their free time in Brick Lane. Also there are always musicians playing on the street. The walls of many houses are very special- they are decorated with graffiti, you can find some of the famous street artist Banksy.

2. Parks are wonderful in London, especially a walk in Hyde Park is always a good idea.

3. London museums are stunning. The admission is free and you can spend hours there. Also the late-nights are quite interesting. Tate Modern Art and the National History Museum are my favourites.

4. Camden Market: This market is a great place to buy souvenirs.

5. The Scooter Cafe in Waterloo is my favourite place for a traditional cup of tea or an English hot chocolate. It is a colourful, small cafe with great prices. Because I love cats- at the cafe there lives a cat!

6. Kew Garden: A dream for gardening lovers.

7. Brought Market is the best food market in London. It is worth a visit.

9. See a show at a theatre: I recommend seeing some shows. I tried to go every second month and enjoyed it. Every play is different but honestly the money is worth it. I am crazy about the costume and the design of the stage.

10. Fight against homesickness: At Angle (Angle tube station) there is a restaurant and Viennese coffee shop called "Kipferl".

It serves typical Austrian food like Schnitzel, Äpfelstrudel and Vanillekipferl.

Review of the stay abroad in social terms

It is very easy to meet people in London, go for a coffee together or have a chat at a pub. But in my opinion it is very hard to make friends. I met so many different people because of language exchange meetings (over 20 people). However I just met them once or twice. It seems that they were not interested to keep in touch in a long run. Besides it appears to me, that men are not able to be friends with women. They always have other thoughts.

At the end I have two English friends, who I meet frequently while my time in London. I am very glad that I met them, I always had a great time.

I also met different language assistants from all over the world but in the end I met every week two other German assistants, who did not live in London. I met them at a workshop for German assistants in London and we went on some trips together. I think that we will keep in touch back in Austria.

At school I had good chats with the other German teachers and with the other languages assistants but we did not meet really in my free time.

Because of my landlady I learnt a few things about English culture.

Overall English people are very friendly and helpful but it takes a long time to know them well.

Finally...

I don't want to miss any day of my time in England. I loved the great moments and I learnt to appreciate bad situations. I have learnt to handle everything by myself. I am grateful for getting to know so many new people, getting new friends, getting familiar with a new culture, lifestyle, and attitude and improving my English skills.

I loved the teaching and being an assistant in such an amazing school was fabulous. It was an unbelievable fascinating time and a wonderful experience.

During my stay abroad I got stronger and braver and I believe more in my qualities.

My advice: GO ABROAD TO GROW!



Tower Bridge (CC by Nina Rahbar)



Brick lane- Streetart (CC by Nina Rahbar)



London Eye (CC by Nina Rahbar)

27. Patrick Di Battista, Windesheim University Of Applied Sciences, The Netherlands, Mobility For Study, PHST

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About the university

With 20.300 students, thousands of other study participants and more than 1.800 members of staff at sites in Zwolle and Almere, Windesheim is one of the biggest universities of applied sciences in the Netherlands.

Windesheim was founded in 1880. Windesheim as it currently exists was formed in 1986 as the result of the merger of several education providers. The merger was a process that took place over a number of years with more and more institutions joining.

Chosen courses

ECTS	Course name
3	Pedagogy and Didactics in Dutch Schools
2	Career Coach Counseling
2	Dutch School System
3	Internship Intermediate A
3	Internship Intermediate B
3	Dutch Language 1: Introduction
2	Windesheim and the Netherlands, introduction module of several Dutch aspects analyses in an international perspective.
3	Dutch Society 1

Registration process

You can find everything from information about different studies to the "Application form" on the website of Windesheim.

<http://www.windesheiminternational.nl/study-programmes/exchange-programmes/>

You are always in contact with the international office and they reply quite fast and with the input/output needed.

Finances

There are 3 student housings offered from Windesheim. All are maintained by SSH – a dutch company renting flats to students – and all 3 are very different.

Talentenplein: Double room, separated beds, kitchen and bathroom shared with your roommate, about 12mins (by bike) from the university à new building, very clean, not allowed to be loud post 10pm



(Room 280, Talentenplein, Patrick Di Battsita)

Leliestraat: Double room, bunkbed, kitchen and bathroom shared with your roommate, about 12mins (by bike) from the university à old building, there are parties pretty much every day

Rijnlaan: Single room, about 30mins from university à quite new, just a few stundets there

I lived in Talentenplein, room 280, and really enjoyed it. The price is quite high with € 370 per month but the location near the city center (3mins by bike) is great and all the facilities needed, work very well. There are supermarkets, coffee shops, bars, restaurants... within a few minutes.



(Talenteinplein, ZWOLLE, Patrick Di Battista)

Review of my stay abroad

I learned a lot about myself. Most important I learned that home is where your heart is and (maybe) where I belong to – but that does not say anything about where I'm going to. Most of my family and friends saw my Erasmus semester as a big vacation or a way to get away from home – on some days it was. But on the other days it was hard work.

Maybe not so hard work for school but you still have to study. For me the hardest and most important thing to learn was how to deal with all the time and opportunities you have here. You think about yourself and the way your live is going on quite some time I would say. Maybe even more time you would like to, or should, think about it. All those thoughts about my family at home, my new friends here and me in the middle were so important – so important to reflect on and think about them. And at the end to draw conclusions. I can't say anything about those conclusions at the moment and maybe I can't say something about them in the future but all those things I did and will do, will effect my life in a positive way and this is what I learned.

What changed most is my view on friends and friendship. At home, I have the same friends for a really long time now. I simply did not see a reason to make a lot of new friends – the few I had, were just fine for me. In the last 3 months I saw that different people could be such a big enrichment for my life. Some showed me that it is fine to be childish again, some to go out and drink the whole night long – just because you like to, others shown me behaviours I really don't like and hopefully will never adopt. And the last group of people showed me that you could be an important source of knowledge they are happy to take hold on. And isn't that the one thing everybody is looking for? Being important for someone?

I might not be a different person or even a different teacher on the outside but my perspective on many things has changed – and that makes the difference.



(Friends, Flying Horse)

School practice

I came to the Netherlands with the opinion that your classrooms, your teachers, your style to teach are way better than ours. This is in some aspects true, the classrooms are full of technology but you cannot use without electricity or even if just one cable breaks. If so, all those exercises which work on tablets and all the content you prepared for the smart board are useless. Worst case: there is no other option to teach the content. Because there is no chalk board or paperwork you brought in case of... I learned that I like technology I can rely on – like my chalk or my papers. A smart-board is very useful for content like pictures or videos but for my daily work I prefer the old fashioned way.

This old fashioned way also meant that I like my classroom pretty quiet – I see that as a way to show respect not only for the teacher but also for the other students. In Annette's classroom it was never really quiet, but it was never really loud. It was at a level, kids were used to work and they worked together, they were even forced to work together. Kids should first ask their neighbour, then the whole table and at last the teacher – in this way they learn something from a classmate, the classmate learns that his knowledge is actually important and of course the teacher has a lot more time for students really in need for help. I will totally bring that home to Austria and will implement that into my way of teaching.



(view from the Pepperbus, ZWOLLE, Patrick Di Battista)

Tips - Stay hungry stay foolish

First: Stay in a student house! This experience with all the new people you meet is the best you can make. Of course you meet people when going to university or when going out. Living with so many strangers (for the first 2 days) and then becoming a family with all the benefits and problems occurring changed my view and behaviours on many things. Second: Be open-minded! Try everything – even if you are afraid of it. You will regret not eating, not going somewhere or not attending something when you are back home again and then the chance is lost.

28. Paul Neumeister, Oslo And Akershus University College Of Applied Sciences, Mobility For Study, PHST



Stunning view from Preikestolen Lysefjord/Stavanger/Norway (Image Paul Neumeister)

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Pillestredet 52

Open from 0800-1500

E-Mail:

opptak@hioa.no

General information about Oslo and Akershus University College of Applied Sciences (Hioa)

Hioa is located in three different locations (Pillestredet, Kjeller, Sandvika) in Oslo. The main campus and home of the Faculty of Education and International studies (LUI) is in Pillestredet near to the Oslo Palace and the city center. There are four faculties at Hioa.

Hioa is located in a former brewery. There is a big canteen, where you can get healthy and fresh food. On the campus are a few different restaurants, bars and cafes. Especially in spring and summer it is nice to sit outside in the yard enjoying the warm Oslo sun ;). There is a student pub in the basement of the main building, where you can get beer and drinks for an acceptable price. There are a lot of weekly events (Pubquiz, Winetasting, Erasmusparty,...), you can bring your own food and eat there.

In the buildings are a lot of work places available. It is possible to meet there with other students and prepare for your courses and exams. You can use the Student-WIFI (Eduoram). There is a big library where you can get all the literature you need for your homeworks or reports. There are a lot of computer-work-places, scanner and printer, which you can use with your student password and your student card. You can also buy the literature for your courses in the book shop in the university buildings.

It is a little difficult to find the correct rooms of your courses, but you can get a map in the office at Pillestredet 52.

Description of the chosen courses

Name: Multicultural Identity in a Global World (spring semester 2016)

Academic coordinator: Mrs. Kristin Danielsen Wolf

Goals: The main focus is on exploring the concepts of culture and identity in the context of the present day globalization.

Course requirements: Active participation in classes and discussions; individual presentations; short and final report; oral

exam

ECTS: 30

Language of Instruction: English

Topics:

- Cultural Identity and Cultural Awareness
- Childhood and Identity Construction
- Intercultural Communication, theory and practical experience
- Culture and World-view
- Culture and Religion
- Culture and Ethics
- Human Rights and Childhood
- Cultural Identity and Racism
- Traditions, Festivals and Rituals
- Processes of Globalization
- Global Consciousness
- Cross-cultural Competence
- Social Commitment in a Globalized World
- Fieldwork introductions and discussions
- Traits and trends in norwegian schools and kindergardens

The lessons were based on little frontal input and a lot of discussion in smaller groups and also in the whole class. We did a few excursions to different organisations and museums fitting to the topics in the classes (Synagoge, 22nd of July Center, Oslo Red Cross,...).

Information to the course on www.hioa.no

Name: Norwegian language for foreign students, beginners level

Language of Instruction: Norwegian and English

ECTS: 5

Course requirements: Active participation in classes and discussions: oral and written exam;

Classes: two times a week

The Norwegian classes are voluntary, but if you are going there you should be prepared and work on the topics of the courses before, so you can follow the classes. I can highly recommend to visit the Norwegian classes and to try to use the new skills in everyday life.

Organisation and application process

I wanted to spend a semester abroad since I started my studies at the University of Graz. After my change to the University for secondary teacher education Graz I took my last chance and decided to spend a semester in Oslo. The process of organisation and application was well organised by the home and the guest university. But there are a lot of things to do and you should start early enough. It's important to check the Mobility Online Account regularly, to be sure that everything is going well (I had problems with my Learning agreement after I came to Oslo, because it was not signed by the receiving institution). It is important to accomplish all the organisation before you leave, because it is more difficult to manage it from abroad. I recommend to be in personal contact with the people from the international office at your home university. If you have any questions, go to their office and ask. Normally it is easier to get the right information in a personal conversation.

There are a lot of deadlines you should not miss (Learning Agreement, Applying for housing, Applying for the courses at the guest university,...). When you are registered at Hioa, it's easy to manage all the further organisation, because there is an official page called "MyPage", where you can handle everything. I had the possibility to apply for six housing opportunities. You get an offer for one and you have to sign a contract. It's important to fill in the right termination date. On "MyPage" are a lot of useful informations on student life in Oslo. You can register for sport activities, which are really cheap, or you can have a look at the menus of all the student restaurants on the different campuses.

You have to pick up your keys at the SIO-office at the Campus of Oslo-University. It is easy to find. Afterwards you can move in and stay in contact with SiO by using mypage.

Travelling to and arriving in Oslo

I decided to travel by car, because I wanted to take all my sport equipment with me and I also planed to travel a lot throughout the semester. I wanted to have the possibility to make a lot of trips in the great landscape around Oslo and the south-west of Norway. I started my trip to Norway together with a colleague from my home institution, who was going to spend a semester in Carlstad/Sweden. The first day driving to Hamburg was long and very exhausting. We spent two days in Hamburg visiting friends of us. Then we continued the journey up to the north. We were travelling through Denmark across the Öresundbridge and stayed one night in Malmö/Sweden. We walked through the city and visited the main sights. On the next day we drove up to Carlstad. We were welcomed by the Buddies of my colleague and spent the night at some swedish students in a student house. It was the first time I had to speak English and I had to get used to it. I was excited about going to Oslo in the morning of the following day. I had to say good bye to my colleague and to continue my journey on my own. It was an around four hours drive to Oslo. There were no border controllands and I arrived well at the SIOSenter of Oslo University, where I could pick up my keys for my student house and the room. The people at the SIOSenter were very helpfull and friendly. After picking up the key I drove to my student house and was searching for a place to park my car for free. You can have an agreement with a parking company, so you can park the car at your student house, but it's really expensive. So I parked my car in a street next to the student house. I arrived in Oslo almost one week before the orientation week started, so I was the first to be in our seven people flat in the student house. My room was not really big, but it was quite ok. After two days of walking around in the city and getting to know the sights a few of my flatmates arrived. We went to Ikea together and bought the things we needed for our rooms and the kitchen. It's easy to get to know each other, when you are sharing a kitchen. The people in my flat were from all over the world (Japan, Marokko, Scotland, Germany, Norway). It's really interesting to live together with people from different cultures. I enjoyed it very much. It's important to speak a lot, although you are not that good in English. I think it's the only way to improve it.

Orientation- and Buddyweek

At the beginning of the orientation week we met all the international students, who were going to study at Oslo and Akershus University College of Applied Sciences. We got general information about student life and all the other things we had to organize in the first week (registration at the police, get a student ID-Card,...). Every student was allocated to a Buddygroup of around 10-15 people. All over the week we met in our Buddygroup for joint actions. So we got to know each other very well. There were some Buddygroup-Challenges we had to solve as a team (Campuschallenge,...). It was really great fun to spend time with the guys from all over the world. The people from my Buddygroup were all joining my course "Multicultural Identity in a global world". We got tips from our norwegian buddies about where to buy cheap food and drinks and what we have to see in the city. They gave us their phone numbers and we added them on facebook, so we could contact them all over the semester. The orientation week was a good opportunity to get to know a lot of people and to get a lot of useful information for the daily life in Norway.

Review of the stay in Oslo in academic terms

It was great to take part in a course with international students from all over the world and share and learn from the different experiences with and in the educational systems from their home countries. I got to know different accesses and had the possibility to reflect on and broaden my personal accesses.

The course was very well organized. I had just one course for 30 ECTS, especially designed for incoming international students. Different professional competences were contributed in the lectures by speakers from different fields (pedagogics, psychology, religion, sociology). The lecturers tried to create an open and welcoming atmosphere for the students and tried to encourage students to share their personal knowledge and experiences in various discussions.

I had to read and prepare a lot to make it possible to follow the lectures and to participate actively in the discussions. I had to buy some books and also had to read articles on an online platform of Hioa. The online platform was very useful to gain all the information about the course and stay in contact with the student colleagues and the lecturers.

Under the course we made a few excursions to museums and charitable institutions in Oslo. I am working for a few benevolent institutions in Austria so it was interesting to see how they work and function in Norway.

I had to write a short and a long report and take an oral exam to reach a course assesment. It was really elaborate for me to write my first scientific paper in English. It took me a long time and a lot of personal effort to finish the first short report. It was getting easier to write and read in English later on in the semester. We had to hand in our reports on the online platform and also got the information about our grades there.

We had to prepare ten topics out of the course literature for the final oral exam. This ten topics covered the teaching content of the whole semester. It was a challenge to sit in front of two professors and speak freely about a scientific topic in another language than in my mother tongue, but it went pretty well and the atmosphere was friendly and appreciative.

It would have been nice to have more contact to students from Norway, but we only had one norwegian colleague in our group.

Review of the school practice

The school practice was included in the course. Everything was organized by the responsible person for the course Kiristin Wolf. The school practice included four weeks with three days. We only had to contact the responsible persons in the schools. I visited four different schools all over Oslo. It was interesting to see diverse schools with students with different cultural and social backgrounds.

In my first week I visited a school in a part of Oslo with a strong resident majority of people with migrant backgrounds. I joined classes of different teachers and age groups of students. It was my first insight in a foreign school system. Because of my missing Norwegian skills my task was to observe the structures, learning and teaching methods, students and teachers behavior. I had the possibility to see different teachers in different subjects. The teachers were strived to teach in English as much as possible. I was surprised about the excellent language skills of teachers and students. The teachers interest in information about the austrian school and educational system was differed from teacher to teacher. I had the possibility to ask a lot of questions about the norwegian system, both to the students but also to the teachers. The students were very interested in getting to know me and my social background. I had a few really nice conversations with them.

The second week in fieldwork I visited a school in the suburbs from Oslo. I had the possibility to see and take part in a few physical education lessons. Because of the good English language skills of the students I could teach and instruct a few of the exercises. It was interesting to experience a teaching situation in a different language and with students with a completely different social background. I enjoyed the time at this school, because the teachers were very interested in information about Austria, our school system and my personal background. The school was also endeavored to implement inclusion. There were a few things I can use in my future work as a teacher in Austria.

The third practice week was the most impressive and enjoyable time in norwegian schools. The school was located on the other side of the Oslofjord and I had to go there by boat. It was kind of a countryside school with a stunning landscape with lot of natural space around the school, where the children could spend their breaks. The teachers used the possibilities of nature around school and tried to organize their lessons in a way to include a lot of excursions. I saw a lot of teaching lessons where the teachers used modern methods. I was surprised about the appreciation of diversity in the classes. The teachers tried to take up the different cultural and social backgrounds of the students and included them with honest interest into their lessons. Both the teachers and the students were absolutely interested in my origin and my background. I had a lot of fruitful conversations and had a few possibilities to teach a sequences in different lessons.

In the fourth practice week I had contact with lived inclusion. In the class was a deaf student and it was so nice to see how an esteeming surrounding influences the mutual behavior of students and teachers. Individual support was very important. The students had a lot of space to work on their interests and to share them with their classmates and the teacher. I learnt a lot about the structure of norwegian school and educational system out of conversations with teachers and the headmaster of the school.

It was absolutely interesting to see another school system and how teaching works in different countries. It was great to reflect on the experiences in fieldwork with my classmates from all over the world at university. It was possible not only to get insights in norwegian school system, but also in all the school systems my classmates have experienced. I learned a lot about my own person but also good practice for my future work as a teacher in Austria. If there will be a possibility in the future I can imagine to work as a teacher in Norway for a limited time.

Review of the stay abroad in cultural terms

The cultural differences between Austria and Norway are not that biq. You have to get used to the case, that the Norwegians

are distanced in the beginning, but when they get to know you better they are very kind and warmhearted. It was a little difficult for me to get in contact with Norwegians, because there was only one norwegian student in my course. The Norwegians organize their private life in small organizations like clubs or societies. The members of such society are often a circle of friends, who spend time with each other. I joined the running group of Hioa and was very happy to win a few norwegian friends out of the members of the group. They often go out together or organize special evenings with each other.

The Norwegians are open-minded, active and outgoing. There are thousands of people doing cross-country skiing or running out in the close woods and mountains every day and in all weathers. The norwegian society attaches a great importance on sport and fitness. They like the stunning landscape all over the country and spend a lot of time outdoors with their whole family.

Almost every norwegian family has a so-called "Hyttta" somewhere in the deepest countryside. They spend their holidays there, living on a few squaremeters, without electricity, running water or a water toilet. They enjoy the silence and the beautiful landscape with their family. Cross-country-skiing is really big, they start with two years of age and end dying on their skis ;).

If you are in Oslo you have to visit a sport event on Holmenkollen in winter. The Norwegians go really crazy and spend days barbecuing in the snowy woods and whooping their nordic ski stars. That is quite typical norwegian and every visitor has to experience that. I can highly recommend it.

Review of the stay in social terms

It was great to live in a flat with six other guys from all over the world. We had a really nice time together and tried to undertake a lot together. We made a few smaller trips (around Oslo, Southwest Norway,...), but the best was, that we tried to cook together once a week. We had a few nice dinners with traditional food from our homecountries. I made deep friends just by living together in a flat with a few guys.

The buddy week in the first week at university was really great. I got to know a few of my future classmates and also a few norwegian students.

I can recommend to join every event organized by the university or any student society. It is really a good possibility to see a lot of the cities sights, meet nice people and make friends. And you can get something for free (entries to cinema or museums, food,...).

You should not sit at home, because every hour you spend alone at home, you miss some great student action all over the town. I enjoyed to go outdoors and experience the most beautiful nature I have ever seen. The Norwegians are completely different, when they are outdoors. Everyone is greeting you and enjoying life.

I made my best friends at university. My classmates were really great. I will remember our trips all over Scandinavia my whole life. The best trip was the "Hyttatrip" to the cabin of our norwegian classmate. We enjoyed a few days in the middle of nowhere, with supernice people, great landscape and two stunning nights with nordic lights.

I had no norwegian phone number, but I stayed in contact with my friends by using social media. You can get Wifi almost all over the town.

Did you gain any learning experiences you wouldn't have gained without staying abroad?

The greatest learning experience was to be in contact with so many nice people from all over the world. You gain insights in different cultural affected ways of thinking and learn to reflect on your own way of thinking.

I definitely learned to organize my life and be responsible for everything in daily life, beginning with shopping of food, doing the laundry or handling with a different language in academic terms.

It was really interesting to get insights in another educational system and the working methods of teachers in Norwegian schools. I tried to connect my experiences from Austria to the new experiences from Norway and gain a personal benefit for my future work as a teacher.

Do you think staying abroad provided benefits for your future job (as a teacher)?

The insights in a different educational system made it possible to reflect on the structures and methods which are in use in the Austrian school system. I learned a lot of armamentarium to use in my future life as a teacher.

The multicultural atmosphere in my student group strengthened my opinion that the social coexistence of humans with different cultural background in a society is a great enrichment for every society.

Finances

I knew before, that life in Oslo would be very expensive. So I tried to save money by travelling to Oslo by car and taking a lot of things with me (bike, food, a little bit of alcohol,...). The journey to Oslo was adventurous, but absolutely worth it. All the costs for the journey were separated in two, because a student colleague of mine joined the ride spending a semester abroad in Karlstad/Sweden. The journey was around 175 € for each person.

I can highly recommend travelling by car, because you can save money at your trips in Norway. If some friends of you join your trips, you can share the costs.

If you travel by car, you have to think about the high costs for the fuel (1,2 to 1,4 €) and the toll (bigger streets and bridges, tunnels). You have to register your car at the toll authority in Norway (photos of the number plate are taken at the toll stations) and after a few months you get a digital invoice. A trip from Oslo to Bergen and back for example is around 40 to 50 €. It was possible to park the car in the streets around the Sogn student house. But you have to be careful of the dates for street cleaning. My car was once confiscated and I had to pay around 300 €. :(

The costs for the student houses differ, if you want to be in the city center and if you want to have your own bathroom and kitchen. I took the cheapest offer. Sogn student house is in the northern parts of Oslo. I shared my bathroom with six others. The room was around 300 € a month. There were no additional costs.

There are a few different grocery stores where you can buy food and everything you need for the household. Most of my things I bought at the grocery store at my student house or on the way home from university (REMA 1000 or KIWI). The grocery stores have applications where you can find informations about special offers. It is worth the effort to compare different prices at different grocery stores, because food is really expensive.

I had to pay the rent for my flat in Graz too. All in all total my costs for one month in Oslo around 1000 €.

Everyday life and useful tips

I lived in Sogn student village in the northern part of Oslo. I enjoyed it very much, because the surrounding is very green and it is just a few hundred meters up to Songsvann where you can find endless cross-country-ski, hiking and running tracks. The nature is stunning beautiful and easy to explore. The rooms in the student house have around 12 squaremeters. I shared a bathroom and a kitchen with six people. It depends on the flatmates, but I never had any problems with hygiene or noise.

If you want to make sport you have any possibility at SIO Athletica, the sport department of Oslo university (any kind of sport). You can get a membership for around twenty Euros a month and can use all the offers as often you want (gym, swimming pool, sauna,...).

Oslo has a lot of sights and museums. There are a few offers every week where you can get in museums for free. I can recommend to visit as many museums as possible, especially the Kon-Tiki and the Jewish museum. The Nobel-Prize museum in the city center has various exhibitions all over the year. The Munch museum varies its exhibitions every three months and is absolutely great.

I loved the city center of Oslo. It is modern but also has older and really beautiful parts. The opera house at the Oslo Fjord and the City hall are absolute highlights. It is nice to have a walk along the Fjord, in summer but also in winter.

If you have the ticket for public transfer you can also use the boats to the islands in the Oslo Fjord. Especially in spring and summer they are really green and you can enjoy a day in the Oslo sun and swim in the clear but very cold Fjord.

In the modern parts around the Oslo opera house you can find a lot of nice spots to chill and have a nice time. There are thousands of people in the summer enjoying the sun and the Fjord.

One of my favourite spots in the city is the Vigeland's park. Hundreds of beautiful sculptures in a landscape with really old trees and a lot of space for activities (running, barbecue,...) makes it to a liked place for the inhabitants of Oslo.

I can't mention every spot you should visit while staying in Oslo. They are too various. Oslo is absolutely great and you will gain unforgettable experiences living there.

Reflection on the semester abroad

It was one of the best decisions in my life to take the chance to spend a semester abroad. It was a priceless experience I would never like to miss. To live in another country for a longer time expands one's horizon and amplifies your personality. I think that every teacher should spend some time in another country getting insights in other educational systems to get new views on his/her work in classrooms and the structure of the system. I learned a lot about myself and profited of being on my own in another country and having the possibility to live half a year leaving all the daily life back home. It left me more conscious about myself and the structures in my surroundings.

One of the best things of the semester abroad was to get to know so many people from all over the world and to recognize that we are all quite the same. I hope to stay in contact with all this stunning people and see a lot of them again.

It was great, but it is also nice to come back home!!



Unbelievable hike to Trolltunga/Norway (Image Paul Neumeister)

Proofreader: Sabine Kernbichler

29. Phillip Schantl, Karlstad University, Sweden, Mobility For Study, PHST

Contact of the university:

Karlstad Universitet
651 88 Karlstad
054-700 10 00
Sweden

If you have questions about your exchange or if you need course informations.

Welcome Centre

When you arrive at Karlstad this will be the first place you see at Karlstad university. It is located near the main entrance and you get every information you need.

Phone: 054-700 10 00
E-Mail: valkomstcenter@kau.se
Opening hours: monday - friday 8.00 - 15.30

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The International Office

If you need help with your accomodation or courses you can always contact the international office for informations

Phone: 0046 (0)54 700 10 33
E-Mail: exchange@kau.se
Opening hours: Monday and Wednesday 13.00 - 14.30

A short overview about the history

Karlstad university is one of the youngest universities in Sweden. It was founded in 1977 when it still was an university college. It granted the university status in 1999 by the government of Sweden. At the moment there are about 40 training programmes, 30 programme extensions and 900 courses within humanities, social studies, science, technology, teaching, health care and arts. The university grew very fast when in 2009 there were 7750 students, in 2015 already 16000.

For more informations about the history of Karlstad Universitet visit:

<https://www.kau.se/en/about-university/about-karlstad-university/facts-about-university/history-short>

General information about Karlstad and the Karlstad university

Karlstad is a pretty small city in the south-middle in Sweden. It is located in the north of the Vänern (3rd biggest Lake in Europe) and there are many "beaches" you can go to swim and hang out with a very nice view over the lake.

With about 70 000 people living in karlstad, it is ranked as the 17th biggest city in Sweden. The city is quite small and has some nice places where you can rest and you can walk around seeing some rivers and the beautiful landscape of Sweden.

Arrival and first weeks in Karlstad

I went by car to karlstad with Paul Neumeister, who was going to study abroad in Oslo. He had to be at his university at the 8th of January, so we started our trip at the 2nd of January, because we wanted to make some stops and wanted to drive stressless. We made stops in Hamburg, Malmö and Karlstad.

Because of that I arrived in Karlstad very early. It was the 5th of January and it was in the deepest winter weeks. There were about -15° C and it was a shock coming from the warm Austria. I was the first one of all exchange students who arrived for the spring semester. This early arriving included some Problems, because I did not get my accomodation until the 11th of january. Fortunately all the exchange students were divided in in total 8 groups with about 15 students and 3 hosts in each group. So I knew exactly who I had to contact and it was no problem to find a room for those days. The first two days I slept in the flat of one of the organisers of IESK, the organisation that organized many events as well as trips to Lapland and Russia. One day I slept in a common kitchen, which was very funny when suddenly a girl came in at 3am and was shocked, because she did not expect someone to be there. The positive thing about coming that early was that i got to know many of the old exchange students, who gave me very good insider tips.

Courses

At first I have to say you have many options which course you take. We had to choose out of about 40 courses in English. The system at the university is different to the one in Austria. The semester is divided in 2 Parts, which change at the half of the semester. In total we had to earn 30 ECTS, which courses we take, did not matter. So i took:

1. Part

- Swedish as a Foreign Language 1 - 7,5 ECTS
- Aspects of Sweden - 7,5 ECTS

2. Part

- English for international students - 15 ECTS

Swedish as a Foreign Language

This was actually the only course we had to attend. We had the course 2 times a week for one and a half hour each. I chose the course, because I wanted to learn the Swedish language, at least the standard sentences and I wanted to talk to Swedish people as well. It was a strange feeling the first lessons, when we were sitting in the course just trying to pronounce Swedish words. But after some training lessons it was a lot easier to do it right. We had 3 examinations. A listening comprehension, an oral exam and a written exam. At the end you have basic knowledge of the language and I could already read most of the things I saw.

Aspects of Sweden

This course took just 4 weeks and it was about Religion, Politics and History. One week for each topic. At the end we had to write an assignment for all of the topics, one for each. It was kind of hard, because there was not a lot of time, especially at the beginning. It took me about three days writing for every topic.

English for international students

The whole second part of the semester was about this course. We had lessons once a week for 2 and a half hours. We also had to write an essay every week, which was sometimes very easy and at the end very hard and very specific. We learned how to write an essay, how to pronounce the words in English correctly and how you improve your presentation skills. At the end we had to finish 2 big essays and we had a powerpoint presentation.

To summarize I have to say that you have enough time to spend with friends and travel around, because most of the students in those courses are exchange students and the teachers already know that you travel a lot and that you want to enjoy your Erasmus life, so they understand if you skip a lesson.

Finances

Most things in Sweden are a little bit more expensive than in Austria. But you can save money easily if you know where to go. There are 3 types of grocery stores in Sweden. One is called Willy's which is the cheapest and comparable with Hofer and there is also a Lidl in Sweden which is also very cheap (With cheap I mean pretty the same as in Austria). Those stores are quite big but you have to travel some time. Then there are stores like Billa and Spar, they are a bit more expensive and then there are small shops that are very expensive. In front of campus is one of those stores, but you should avoid going there.

At the start you get the Money from the Erasmus programme. It is about 2000 Euro, which you already need for your room. I had to pay my room in advance, so I spent that money for the room. In Austria I worked for 20 hours and there was a possibility to take a break for Education reasons and I got money from the AMS. It was 450 Euro per month. Then I got 100 Euro from my parents as well.

So all in all I had about 550 Euros each month to live with. Actually it was enough but there were many trips we did. So I recommend having money on the side if you do an exchange semester.

My life in Sweden and Karlstad

As I already said, I arrived at the 5th of January in the deepest winter with about -15° C and about 3 hours of sun. Yeah, that was really cold but the landscape is really beautiful when you see the snow everywhere. Especially in the first weeks there were many parties and a lot of events to get to know each other. So, you have to be very "trinkfest" as I would say in German.

The university was outside of the city centre. It took 15 minutes by bus to go to the center. About 5 minutes away by foot from the university was the campus, where all Erasmus students and also some Swedish students lived. There were 6 houses with 2 or 3 floors and about 10 rooms each floor. In the middle of the campus was kind of a forest with a barbeque inside. When it started to get warmer there were many days we met there and had some drinks and food. Because the 6 houses were very close to each other, you always had contact to the other students and you got to know them very easily. On a regular day you always met your flatmates in the common kitchen.

What will be in my mind for the longest time will be the awesome trips. For example Lapland, where we had to take a 23 hours bus ride to the north of Sweden and Norway. We spent 3 amazing days there with the highlight seeing the northern lights.

We organized a trip to Iceland as well. We rent 2 big cars (6 people each) and drove through the country. The special thing about Iceland is, you are allowed to camp everywhere. There were also trips to Russia, Estonia, Finland, Norway and Denmark. So, you will see a lot of different countries and cultures.

Review of school practice

For the school practice, we had to do the same amount of hours as in the PHST. We were at the English international school in Karlstad. We got the contact informations from the international office at the university. The children were in the age of 10 - 16 and in the first 3 days we were just observing the subject physical education. The system is different to the system in Austria. They also have a theoretical part, what I think is very good and informative and the students know, why they should make sport and why it is so important. At the fourth day we had the chance to teach. One of the teachers gave us the topic of the lesson and we had to explain some games for the students there. Then we had to keep the class under control, which is quite hard at the beginning, because there are 30 students for one teacher, which is also different to Austrian classes.

In total it was a very nice experience and I do not want to miss a thing.

30. Sandra Schüttbacher, Katholieke Pabo Zwolle, The Netherlands, Mobility For Study, PHST

University

**Interactum University of Applied Sciences, Teacher Training College Primary Education
Hogeschool Katholieke PABO Zwolle**

Ten Oeverstraat 68,
8012 EW Zwolle,
The Netherlands

KPZ is an independent university of applied science, teacher training college, which focusses on students becoming excellent primary school teachers, practice-based study providing valuable educational development. The University has more than 650 students and about 70 employees. Students appreciate the KPZ for several years as one of the best teacher training colleges and best small university in the Netherlands.

KPZ is personal, exceptional, developing and connecting. It is exceptional because of its willingness to think out of the box which sometimes means we deviate from mainstream ideas. KPZ has a unique educational concept which aims to develop the professional teacher with outstanding outcomes. KPZ provides a fertile learning environment and creates a strong community spirit. We offer sincere personal attention, personal development and cooperation, an open and inquisitive attitude and are striving after quality. KPZ is a Catholic college with an open identity where everyone is welcome. The European Commission has awarded the [charter 2014-2020](#) to Katholieke Pabo Zwolle.

Erasmus office

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Study programme

Dutch Culture and Society

World Citizen Project. This module focuses on our common (European) future and the role of education in it. Moreover you are confronted with the question in which way history, culture (including art) and society shape our cultural identity, our way of being.

Pedagogics

You learn to use a lesson preparation that meets the criteria and how to use various didactical teaching methods which contribute to a proper pedagogical climate. Dutch and international concepts such as Jenaplan, Dalton and Development Education (Reform Pedagogics) are discussed.

Dutch language

Several aspects of learning and teaching Dutch language are part of this course. Non-native speakers will improve their understanding as well as their pronunciation of Dutch. You gain insight in functions and components in languages, theories on language development and differences and similarities in languages. You will design teaching material based on aspects in linguistics.

Research in combination with English language

Nowadays teachers need research as a means of providing theoretical foundation for improved professional development and practice. You will deepen your understanding of teaching and will share your ideas publicly with colleagues by reporting on your research. Writing and presenting a paper in proper English.

Music and drama

You learn songs and games for children from several countries and teach your fellow students a song from your home country. You learn about the didactical approach of teaching a song and you make a video production out of a picture book for children using methods of drama.

Teaching Practice

You gather a broad picture of Dutch education and reflect knowledge by doing goal-oriented observations. You prepare and carry out lessons in your teaching practice class.

Teacher in Europe student conference (TIE)

You learn in an international environment how to design a project under Erasmus and to complete a final proposal.

Project Week Amsterdam - The Hague - Excursions and museums

Cultural trip (3 days) with your fellow students to the west of the Netherlands. This includes 2 overnight stays in a Stay-Okay hostel in The Hague. You reflect on two experiences during this week in a paper.

Coaching hours

You reflect on yourself, your role and the roles of others in a team of colleagues. You prepare yourself for the teaching practice and make a design of an imaginary ideal school using the knowledge and experiences acquired during the courses and practical training and research.

Registration Prozess

First we had to apply with a letter of motivation and a recommendation of one chosen teacher from our home institute. This was followed by a mail from Bert with an invitation for a skype conversation. I had the conversation with Bert and we talked about my studies and private facts. It was very relaxed and he informed me about all the necessities according to the studyprogramme in Zwolle.

The first day we arrived Ria asked us if she should pick us up at the train station but Sigrid and I were coming with the car so we immediately went to our house we rented in Heino. We found our housing via Air bnb because the student's home was too expensive for us. There was a possibility to stay at a camping place but it is 5 km away from university and rather expensive. Another housing possibility was a student's home in Leliestraat but we have not been informed about this possibility.

We got a Mail from Ria about the first courses in the introduction week. So we just went to the University on Monday and started with the introduction day.

We got the student's card with which we could print in black and white for free. For the colour printing we had to pay. We put 25 Euros deposit on the card which we got back on our last day. On the first day we had a free "lunch". We got a sandwich and some soup.

Finances

The Netherlands are more or less as expensive as Austria. There are cheap restaurants in the city centre but also expensive ones. Most shops are open every day till 8 and on Saturdays till 6. Jumbo and Albert Heijn are the more expensive grocery shops but there are also cheaper ones like Lidl or Aldi.

For our housing we had to pay 266 Euro per month. We were three girls in the house.

Housing situation

There are two student's homes in Zwolle but I decided to look for a home by myself, because the student's homes were too expensive. So I found a nice woman via AIR BNB who rented her home for 5 months. Isabella, Sigrid and I lived together in this house and we paid only 266 Euros per month.

The only problem we encountered was the public transport. We lived 16 km from Zwolle so we had to take the train which is quite expensive. There is an OV chipcard with which the trips get less expensive but still 3 euros one way with the train to Zwolle is not cheap.

Teaching practice

First I was really excited about the TPR, but I soon found out that not all schools in the Netherlands are so innovative. In my case I was sent to the Parkschool Zwolle, which is a very traditional school with no alternative education at all.

The school system differs a lot in the Netherlands. Primary education starts with three and ends with 12. Afterwards the children go to secondary school till 16. In Parkschool I had the children in group 7, they were between 10 and 11. There were 30 children in the class and they were really lively.

Our tutor told us we could do whatever we wanted as long as it fits in their traditional concept. I was in the TPR with a girl from Spain. Her name was Paula and we did great lessons together.

A really nice thing about the TPR was that the University paid the travel expenses. So I got in total 150 Euro back.

This should be done after going abroad

After the Erasmus stay you have to send a request for a subvention by the government (Stipendium/scholarship) which means you have to bring the transcript of records, signed and stamped by your home university to Eva Weixler (OEAD). Otherwise you have to pay back the top-up or the scholarship will be cancelled.

Next up you have to write an E-book about your stay abroad. Moreover you have to perform the language assessment test again (Online Linguistik Support).

There is also an online form you have to fill in (EU survey). The learning agreement and the transcript of records have to be sent to your home institute to get the abatement of your stay.

Useful links:

- <https://www.oead.at>
- <https://www.stipendium.at>

Tips

The weather is your enemy. The certain way to be wrong is to think you can forecast it. Take rubber boots, raincoat and umbrella with you and do not think that the rain is not present in every season.

Travel as far as you can. There are so many beautiful places in the Netherlands. The flights from Amsterdam are really cheap, but you have to book them before April.

You never have enough time, but while staying abroad it passes double time. Talk to your classmates, they will soon become your family and together homesickness can be cured quite easily.

Never forget, twenty years from now
you will be more disappointed
by the things you didn't do
than by the ones you did do.
So throw off the bowlines.
Sail away from the safe harbor.
Catch the trade winds in your sails.
Explore. Dream. Discover.
(H. Jackson Brown Jr.)

31. Sebastian Knaus, University Of Karlstad, Sweden, Mobility For Study, PHST

Campus

I arrived in the darkest hours of Sweden at the 18th of January. During this time of the year, the sun usually rises around 10 am. and goes down around 4 o'clock. It was not easy at the beginning to get used to these special conditions but some crucial facts made it simple to cut the darkness out.

First, I spent my time in Sweden at Campus, which was situated approximately 1 km away from University. Each student had his or her own cosy flat with its own bathroom, which made living much more comfortable. Moreover, there was one big common kitchen for each floor. I shared my floor with people from all over the world. On many different occasions, we had dinner or lunch together. Everybody offered at least one time special cuisine of his or her country. I can say that the "Wiener Schnitzel" was a highlight for many students.=)

At the beginning, there were a lot of activities that everybody got in contact with each other. Honestly, our hosts did a great job and tried approach everybody to the Swedish culture. There were certain rules which made living easier for us students. Especially when it comes to groceries. The hosts showed us the most popular and cheapest places for groceries and it helped me a lot to save money.

Due to the fact that we were all living so close together on Campus, people did so many activities even in their meantime. We didn't even have to use the benefit of social media so often, because we literally saw each other on a daily basis. I guess that especially the campus life made my stay in Sweden so special and unforgettable. Furthermore, the connection between Campus, University and city centre was easy to reach as well. The buses usually go every 10 minutes and it takes you just a few minutes to get easily from A to B.

University

The University of Karlstad is rather new and modern than other Universities in Sweden. Therefore their slogan "Nobody puts a baby in a corner" replies that fact. During my stay in Sweden i took the courses: "Intercultural communication" and "English for international students". My aim was to improve my english as well as get in touch with many different cultural aspects as possible. It was very interesting to hear about other peoples habit and the traditions in other countries. I guess, this course opened my eyes about the world view and how different people live in other countries. The second course was based on writing papers academically and speaking in front of people.

On my point of view, one of the big advantages of Karlstad University is their big modern library. It has 3 floors and the students spend most of the time to study in the library. You can eat, drink and mingle at the same time. There is just one floor, where you are not allowed to talk. The University tries to get the students together that their learning outcome is much better working in groups than studying alone at home. When i did my assignments, i always did it at the library and there were always teachers you could ask questions.

Another crucial fact, why i liked to spend time in Karlstad was the numerous sports activities at Universities. There were many different activities (football, floorball, badminton,...) you could apply online, even as an exchange student. Furthermore, the universities own gym or the sport activities were the easiest way to get in contact with the Swedish students.

School practice

Me and My colleague Phillip Schantl taught for 20 hours in total in the "Engelska skola Karlstad", which is actually an English international school. It was a really nice experience to see the difference about Austrias and Swedish school system. We had the opportunity to teach physical education in different classes. In fact, the learners got taught physically as well as theoretically. I have never seen or heard about teoretical lessons in Austria before. Therefore, our teacher told us the importance that the learners should have at least a little bit of background knowledge about their movements during the lessons.

All-in-all i can say that it has been the best decision to get in another country to study and meet new friends for life. At the end of the semester we made on massive video to show how we have become one big Erasmus family.

our video about an unforgatable semester: [LINK!!!!](#)

copyright: Sebastian Knaus, Lucas Culliton

32. Selina Wolf, Univerity Of Huelva, Spain, Mobility For Study, PHST

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University of Huelva

The university of Huelva compared to the PHST (Austria, Styria) is a very big campus. There are around 12.000 students. And always students from the erasmus programm (around 220 Erasmus students). The founding of the Univeristiy of Huelva was in 1993.

In Huelva there are 3 university campus:

- "EL CARMEN": This campus is the biggest one. There are a lot of buildings and everything is new and modern. (It's better to have a bike there, otherwise you have to walk a lot). You have there a lot of faculties and a big cafeteria. This campus is provided at the end of the city. I had all my courses there.
- "LA MERCED": This university is the Faculty of Business Science in the city center of Huelva.
- "LA RABIDA": This university is the Polytechnic and it's far away from the city. You have to take the bus and it takes more or less 1 hour.

University Courses

- Spanish A1 (6 ECTS): This Spanish class was about all the basics in the Spanish language. We had this class two times a week (Tuesday and Thursday). Our teacher was from Germany. Of course she was good in spanish but I (and a lot of other students) had a problem to follow her lessons. She gave us a lot of information and the lessons were a lot about theory, but we all had a problem to understand it. In the end of the course we had an oral exam, a written exam and a listening.
- Attention for diversity in early childhood (6 ECTS): This English class was about diversity, disabilities and all about children. The level of English was really low, some Spanish students couldn't understand everything and some of them (for me it seemed like) not to know any English at all. I was a little bit shocked, because only a few spanish students can speak English. During the course we had some groupworks and presentations and two written exams.
- Especilazion Deportiva: fútbol y voleibol (6 ECTS): This sport class was divided into two parts with two different teachers. The first 2 months of the semester we had soccer with a Spanish teacher who couldn't speak english very well. He tried his best to explain us a little bit in English. But the whole theoretical part was in spanish. During the course everyone of us had to prepare a football lesson (Practical part). In the end of this soccer course we had an exam. The teacher was so lovely and gave us the questions in English. The second part of this course (the other 2 months) we had volleyball. The teacher was also Spanish but he has a really high level of English. So we had no problem to follow the lessons. We had the same conditions as in football. We learned a lot in these courses and it was really intresting for me, to see how spanish classes are working.
- Ensenanza y Promocion de otros deportes (6 ECTS): This course was also divided into two parts but with the same teacher. The first part of the semester we had Judo. It was only a practical course without theory lessons. The second part was Tchouckball. In both of them we had to write a diary about all lessons and we had to write a work about 10 pages. In the end of both parts we had a practical exam.
- Practicum:

"El Puntal" - that's the name from the school where I did my internship. The school is in Bellavista. It's a small village near to Huelva. In El Puntal there are 13 primary school classes and 28 teachers. Next to the school (it's the same building) is a kindergarten which contains also 5 extra classes. A lot of children in spanish schools wear a school uniform. In El Puntal the children do not need it, but they can if they want. In Austria the primary school takes four years, from the age of 6 until the age of 10. In Spain there is another system for primary school education. It is a little bit different than in Austria. The primary school in Spain takes six years from the age of 6 until the age of 12. In Austria it lasts only 4 years. It was really interesting for me, because in Austria I teach also older children.

The teaching methodology is different than in Austria too. In Austria schools they teach more in an open way (self-studing). For us it's very important, that the children can learn from themselves. They often work in groups and the teacher can help them if they need something. In Spain it's not the same. The teaching methodology is more in a frontal way. Not always, but the most time.

We needed 60 hours for our practicum. We were allowed to choose the days when we want to do our practicum. It was really nice, because we could do it, when we had time to do it. So it was perfect, because of the courses at the university. While the practicum we could see every class we want to. So we had the opportunity to see a lot of subjects and to join many teachers. I was often with Ramon and Eduardo. Ramon is a very good english teacher and Eduardo a sportteacher. In physical education the teaching methodology was so different than in Austria. I was a little bit shoked. One day we were skating with all students and the teacher was so relaxed. In Austria you always have to control everything. In Spain everyone is relaxed and noone cares when not everything is going right. In Austria it's always strikt and everything is planned. In Spain it's completely different. Also the relationship between the teacher and the child is more intimate than in Austria.

Before the school starts, the kids are waiting outside of the schoolbuilding for their teachers. The teachers fetch them outside and go together in the classrooms. Most of the children don't have a schoolpack like in Austria. They do not wear them on their back. They have a "trolley". For me it was nice to see, how the children came to school. The majority came with their parents. It was so lovely to see this. Also when the school was over, all parents were waiting outside for their children. In Austria the children go by bus or by foot. In my opinion the people in Spain are more famialial. I always went by bike to Bellavista. It's not typical in Spain to go by bike to school or to work. The children were really surprised when they saw me with my bike.

I felt so welcome there. All of the children were so lovely and nice. Not only to me but also to everyone. Also the children with disabilities were completely integrated. The children always hugged me and wanted to know everything about me and my life. They were so interested and so cute. I am really happy, that I had this wonderful experience. I will never forget these children and these happy people there.

Registration

I've got all informations from the platform of the university Huelva. You can find there all informations about the registration. You can find all useful informations here: <http://uhu.es/english/erasmusplusincoming>

Normally there is a welcome-week before the semester starts. I've got a lot of helpful informations there.

Finances

The life in Spain is cheaper than in Austria. Normally you pay for a room in Huelva around 160 - 190 Euros. Also the nightlife is so much cheaper than in Austria. In a bakery near to my flat, you get a coffee for € 1,20.

Review of my study abroad in academic terms

I arrived 1 week before the university starts. One week before the university starts is a "Welcomeweek" for all Erasmusstudents. It's not obligatory but it's helpful for your stay abroad. It's not very easy to find the right courses or to get the courses you like. I changed my learning agreement 3 times. Because some courses I chose before, didn't exist or overlap with some others.

Different to Austria is, that you get so much more ECTS for one subject.

My life in Huelva

I arrived on the 7th of February in Sevilla. I took the plane from Munich to Sevilla. But you also can go to Faro. Huelva has no airport, but Faro and Sevilla (both are 1 hour away from Huelva). The first time I slept in a Hostel (Interjuven). I met there a lot of other Erasmus students. The first days were really exciting, because everything was new and I needed to do so many things. We were looking for a flat and ESN Huelva was so helpful for us. Three days after arriving we found a nice flat directly in the city center. I was living with one Austrian girl and one Swedish girl together. Before I came to Spain I thought it is a country in the south and it's always warm there - FALSE! The first 2 months it was really cold there. Also in our flat, because in Spain they don't have heaters inside.

Relax! - In Spain it's very important to "chill". When you want to buy something and you want to pay - it takes a lot of time. I think Spanish people don't know the word "stress". Everything takes a long time. The first time I was a little bit nervous, but you have to come down and to learn how to deal with the Spanish mentality. And you can't go shopping in the time between 13:30 and 17:00, because at this time it is siesta there. All shops are closed. Also the times to eat are very different than in Austria. In Spain it's normal to eat their dinner around 10 pm. Everything is later than in Austria.

Huelva is a good place to travel. And you have enough time to do it (also when you have university). You can go to all places in Andalusia by car. It's not very expensive to rent a car there when you are 5 people. Also Portugal (Algarve) is only 1 hour away. I loved it.

It was the best decision to do this semester abroad. I met so many nice people from all over the world. I know now so many other people and lifestyles. I see the world with other eyes now.

Best decision ever to live 5 months in SPAIN !! :-)

33. Sigrid Weinzettl, Katholieke Pabo Zwolle, The Netherlands, Mobility For Study, PHST

**Interactum University of Applied Sciences, Teacher Training College Primary Education
Hogeschool Katholieke PABO Zwolle**

Ten Oeverstraat 68,
8012 EW Zwolle,
The Netherlands

Erasmus office

Mr. Harrie Poulssen,
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Assistant International Office
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International office
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The University

KPZ is an independent university of applied science, teacher training college, which focusses on: students becoming excellent primary school teachers; practice-based study; providing valuable educational development. The University has more than 650 students and about 70 employees. Students appreciate the KPZ for several years as one of the best teacher training colleges and best small university in the Netherlands.

Description of chosen courses

Dutch Culture and Society

World Citizen Project. This module focuses on our common (European) future and the role of education in it. Moreover you are confronted with the question in which way history, culture (including art) and society shape our cultural identity, our way of being.

Pedagogics

You learn to use a lesson preparation that meets the criteria and how to use various didactical teaching methods which contribute to a proper pedagogical climate. Dutch and international concepts such as Jenaplan, Dalton and Development Education (Reform Pedagogics) are discussed.

Dutch language

Several aspects of learning and teaching Dutch language are part of this course. Non-native speakers will improve their understanding as well as their pronunciation of Dutch. You gain insight in functions and components in languages, theories on language development and differences and similarities in languages. You will design teaching material based on aspects in linguistics.

Research in combination with English language

Nowadays teachers need research as a means of providing theoretical foundation for improved professional development and practice. You will deepen your understanding of teaching and will share your ideas publicly with colleagues by reporting on your research. Writing and presenting a paper in proper English.

Music and drama

You learn songs and games for children from several countries and teach your fellow students a song from your home country. You learn about the didactical approach of teaching a song and you make a video production out of a picture book for children using methods of drama.

Teaching Practice

You gather a broad picture of Dutch education and reflect knowledge by doing goal-oriented observations. You prepare and carry out lessons in your teaching practice class.

Teacher in Europe student conference (TIE)

You learn in an international environment how to design a project under Erasmus and to complete a final proposal.

Project Week Amsterdam - The Hague - Excursions and museums

Cultural trip (3 days) with your fellow students to the west of the Netherlands. This includes 2 overnight stays in a Stay-Okay hostel in The Hague. You reflect on two experiences during this week in a paper.

Coaching hours

You reflect on yourself, your role and the roles of others in a team of colleagues. You prepare yourself for the teaching practice and make a design of an imaginary ideal school using the knowledge and experiences acquired during the courses and practical training and research.

Diary

I spent my semester abroad in Zwolle, it is a wonderful town in the Netherlands, together with Sandra Schüttbacher and Isabella Aldrian both students from the Phst in Graz. We attended the Katholieke Pabo Zwolle, this is a rather small university and it is specialised on primary education.

I did my teaching practice at the International School in Eerde. This school is well known for its diversity and all the subject are taught in English. I was responsible for 6 children from 4 to 6.



(International class in Eerde by Sigrid Weinzettl)

As I heard that I have to work with that age group I was rather unhappy because I wasn't used to that and I really wanted to teach in secondary school but it was not possible. During my stay in the International School my mood changed completely. I had so much fun in that class and my mentor was amazing. She gave me feedback which was enormously useful for me and she challenged me immensely. I also learned a lot about the importance of diversity and how it could be used in class. Moreover, the school's values were somewhere between Montessori and Dalton education, and both styles of teaching were totally new to me. The focus of our education at the KPZ was on the different alternative learning styles. At university itself we had many music and drama lessons which I for my part totally enjoyed. We had research, culture and we also learned a little bit Dutch. Now to the cultural terms:

As I wrote before we had many culture and society lessons at university where we learned some basic historical facts about the Dutch citizens. Further, we had to compare all the things they have told us with values and beliefs from our home country. During our whole stay abroad we worked on our cultural awareness and self-awareness.

In our free time we travelled a lot. We found many cheap flights from Amsterdam to England, Ireland, Norway and so on.



(Terschelling Island in the Netherlands by Sigrid Weinzettl)

Aside from that we drove from Austria to the Netherlands with the car so during our whole stay we had the ability to use the car whenever we wanted. This fact gave us a lot of freedom and I would do it again. Going from A to B was so much easier.

Furthermore, I have to mention that Sandra, Isabella and I stayed in a house 16 kilometres away from Zwolle. The house was furnished and on the countryside. We had a lot of space for ourselves and our guests. But for my next study abroad I would choose a student's flat. As far as I know there are two of those student houses in Zwolle. One is called Talentplein and the other one Lelistraat. Both are actually only able to rent for Windesheim students. Windesheim is another university in Zwolle. If they do not have enough students to fill the flats on their own then it is possible for other students to rent a flat there. The reason why we chose the house was that we had no information about that flats beforehand. KPZ has only connections with a camping site which is 5 kilometres away. To sum up, going abroad was the best decision I have ever made. I learned so much about myself and useful real life skills. This stay abroad was extremely useful for me as a future teacher. Further, I extended my horizon towards other cultures, different countries and other people and their way of living. I had an amazing time in the Netherlands and I met new friends from all over the world which enriched my whole life so much. I am really

thankful for that wonderful opportunity.



(Camping site Agnietenberg by Sigrid Weinzettl)

34. Stephanie Oswald, Saxion University, The Netherlands, Mobility For Study, PHST

Exchange Program (TEC - Teacher Training for European Competences)

This program was developed to work on European Competences to broaden the view on education or even to become an International Teacher or a Coordinator of international projects at a school. The focus of this course lies on globalization and intensifying the contact between European Universities. It prepares future teachers for the more internationally oriented education of the future.

The big advantages of this program are that you do not have to choose courses by your own to get the credits you need for this semester (in total 30 credits) and mostly I had enough time during the modules to work on the given tasks. In some courses we also made short and interesting excursions to get to know Enschede better.

My courses:

European Professionalism:

The focus on the course was on other European education systems and innovative international perspectives on education related to the demands of modern society as well as the 21st century skills.

European Diversity - Multiculturalism:

The topics of this course were cultural differences, dimensions to classify cultures, basic models of socialization, consequences of cultural differences in education, the relation between beliefs and behavior, and cultural diversity within one society.

European Identity and Cultural Heritage:

The content is about personal, national and European roots and habits.

European Citizenship:

Students gain knowledge about political, economical and idealist motives for European integration.

European Language Competences (English/ Dutch):

The students learn the basics of the Dutch language and improve their English language skills (reading, writing, listening, speaking, self-regulated learning, learning strategies/methods).

Research Practical:

This internship at a selected Dutch primary school contains the modules „Project design“, „Appreciative Inquiry“, „Proposal international project“ and „Policy advise primary school“. The students observe different lessons and do some activities with the children. Furthermore, they have to create a project regarding internationalization and at the end of the internship they write a policy advise for this school.

Internationalization at home/ Broaden your horizon:

You and the other students of your class take part in an excursion to Brussels.

Saxion:

In 2015 the university moved from Hengelo to an all-new campus in Enschede. This place offers a lot of high-tech facilities to support the focus on integrating technology in education. The lessons for the TEC program took place in the Edith Stein building, which is next to the main building. The university is located in the city centre of Enschede. In the main building the university offers a print service and a doctor. It is very nice that the university is constructed in a way that students can find enough places to learn, sit and work together.

Contact details:

Telephone number: +31 570 603789

E-mail address: internationaloffice@saxion.nl

Postal mail address:

Saxion University of Applied Sciences

International Office

P.O. Box 70.000

7500 KB Enschede

the Netherlands

Campus Enschede:

M.H. Tromplaan 28

7513 AB Enschede

Application process:

The application had to be done online. The whole process was a bit complicated, due to the system change of Saxion University. But with the help of the International Office from PHST and Saxion University the registration was no problem after all. However, the people from Saxion University were very attentive and replied quickly on questions and requests.

Arrival & Housing:

The trip to Enschede was quite exciting and my colleges and I were tense if someone from Saxion University was waiting at Enschede train station due that initially nobody replied to our arrival information e-mail. Furthermore we got more stressed after our train had a delay of two hours, but after a short call about our new arrival time they picked us up and brought us to our accommodation.

If you want to save money, it would be better to search for an accommodation by yourself, because often it is much cheaper than the accommodation Saxion organizes for you. When you are going to search by your own I would recommend to use social media e.g. a facebook-group („Sise independent: Saxion International Students Enschede“), which offers rooms and flat shares for students.

The positive factor of choosing a Saxion accommodation is that you do not have any efforts. Actually you pay too much (480 € per month - WLAN included) for that what you get. The flats are not in good conditions and not well-resourced. The first thing we had to do was to clean the entire flat and buy some things like a water boiler.

If you are going to live outside the city center or generally in the Netherlands it is crucial to have a bicycle. Considering that there are no hills within the Netherlands, you can get everywhere very fast and easy, without spending money in public transport.

Spare time:

During my stay I also had enough time for traveling. You can see many interesting cities without passing too much time in the train (Amsterdam, Hamburg, Paris,...) due to the very good public transport system in the Netherlands, but, as you can imagine, you will spend a lot of money.

However, in Enschede you can have a lot of fun too. There are a lot of possibilities for shopping in amazing stores. So therefore I would recommend do not take too many clothes with you! Furthermore, there are many festivals and parties in Enschede as well, especially on the campus of University Twente. Also every Tuesday and Saturday there is a big open market at the Oude Markt, where you can eat and drink and buy fresh food.

School practical:

The teachers in the schools we visited are focusing on active participated learning. The students learn mostly by their own experience with searching for information autonomously and learning-by-doing. There are many different school types, which are using reform pedagogical concepts like Freinet, Jenaplan,... . Every school has the possibility to define its own curriculum related to these concepts. Everyone in this school system has much freedom for learning, creating and teaching. As a result, all participants feel more responsible of their learning and teaching success, too. The teaching is very open and individual considering the children's needs.

Conclusion:

This semester abroad was a big adventure, a challenge and a professional as well as a personal enrichment. The biggest take away from my Erasmus semester was the improvement of my English language skills. It was great to be a part of an International class. I met so many people from different countries, e.g. Indonesia, Spain, Korea,... and got acquainted to their cultures and behaviors. During some classes we had to form different working groups and as a result I learned so much about other people and also about myself.

During the school excursions and the internship I experienced a lot about the Dutch teaching attitude. The teachers give the children much freedom/space for their own methods and they trust them that they gain the knowledge autonomously. The way of teaching is more child-centred so that the children mostly decide about what they want to learn - they get the opportunity to choose the topics.

I can recommend every student at PHST to study abroad! In fact you do not only learn a lot about other countries and cultures, you also learn much about yourself. You start thinking out of the box and in greater dimensions, you see things from other perspectives what broadens your own horizon. Finally, great things never came from comfort zones!

35. Susi Lutz, PH Schwäbisch Gmünd, Germany, Mobility For Study, Incoming, PHST

GRAZ

Great

Residential home

Austrian

Zest of life

In January 2015 Änni and I had an idea to do an abroadsemester in Graz. We thought about "why not Graz. It is in Austria in the Steiermark?!" :)

It was the best decision, because Graz is such a beautiful old city with many Universities and Colleges. There are many young people and all the time is something going on. The PH Steiermark ist also a nice college. The informations of the PH and all the learning progress are important for our education to become teachers. Also the work with international students is an new unique experience. And i think all the friendships will be forever. :-)

Every sozial student should do it!!

This is an impression of GRAZ: "Der Schlossberg"



CC by Susi Lutz

36. Tim Missethan, University Of Barcelona, Spain, Mobility For Study, PHST

Contact of the University:

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Gran Via de Les Corts Catalanes, 585
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Tel.: (+34) 934 021 100

Erasmus-Office + coordinator:

Prof. Martina Kieling S. B. Rolim

Oficina de Relacions Internacionals / *International Relations Office*

Oficina / *Office* 3317 (Edifici de Migdia)

[Universitat de Barcelona / University of Barcelona](http://www.ub.edu)

Facultat d'Educació / Faculty of Education

Passeig de la Vall d'Hebron, 171 - *Office* 3317
08035 Barcelona
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International week

I arrived in Barcelona on the 28th of January and the University started with an international week on the 1st of February. My first impressions of the city and the campus were amazing and I fell in love with the city very quick.

At the international week we got to know something about the campus, surroundings and the catalan culture.

We had different classes about:

- Differences between a traveler and a tourist
- Catalan dances, music and tradition (festivals)
- Sport in Catalunya
- International heroes in children's literature
- Surviving Spanish
- Surviving Catalan

It was a warm hearted welcome for the international students and they really tried to help us to get along at the first days. We also got a "buddy" - a student who helps you if you have any difficulties.

Courses

My classes at the UB are:

- Cultural Aspects of English-Speaking Countries
- The English Language in an Educational Content
- Physical Education
- School Practices
- Spanish Course

My classes are all in English, except the Spanish course which is in Spanish and the P.E which is in Catalan.

Application process

You have to do an online application from with your data and your courses. You can write the coordinator of the Erasmus office for a list of the courses or you search for them online. In the end you have to fill out your learning agreement, print it, sign it and give it to your home university to sign it and send it to the University of Barcelona.

Finances

The life in Barcelona is almost same expensive as in Austria. It always depends on the person and how you deal with money, but for me it was easy to have an overview about my finances and I never run out of my budget.

Review in academic terms

I arrived about a week before the university starts. At the beginning we had an International week which was helpful to get to know an overview about the city, culture and the university. Also you met the other international students on the campus. The staff of the international office was very nice and to get along at the campus was really easy. I changed one of my courses because I realized that it was really boring, and didn't benefit any of my goals I want to reach in life, so that's a good point on studying abroad, you can choose your courses and change them if you realize that they are not very helpful or overlap with other courses.

My life in Barcelona

Barcelona is a wonderful city, it has kind of a magical flair and I fell in love with the city straight away. It's multicultural, open-minded and offers places and people for every type of human. As I was bored of my life in Austria, I did the best decision of my life and came to study here. It opened my horizon in the way I hoped to and I met so many people who made me grow in mind and spirit, and I'm grateful of that. I got to know people from almost all over the world, and I got to know how those people live life in their countries, and it made me rethink life, so I see the world now with other eyes than before.

To sum up, I think doing an Erasmus exchange is an unique experience for everyone, and everyone experiences his/her own "magical" semester abroad, with all the things the mind allows you to learn and grow, and so I did too.

Review of school practice

The school practice was amazing, I connected from the very beginning with the children and the school, so it was the best practicum I ever had so far in my studies. Compared to Austria it's a really big difference! I appreciated the time I was able to spend with all those people in the school, they made me feel welcome and respected me as who I am. Moreover, the atmosphere was more like a big family, which I really miss in Austrian's school system, so I enjoyed every day I spent in the school.

37. Tina Maria Hofer, Oslo And Akershus University College Of Applied Sciences, Mobility For Studies, PHST

Author: Tina Maria Hofer

Proof reader: Leon McClean

The idea of applying for an exchange semester was on my mind ever since I have started higher education and therefore it was quite obvious to make it happen. The application process took quite a long period of time, there was always an e-mail to expect from either the sending institution or the receiving institution but I definitely have to mention that I was provided with competent and helpful advice in order to get my things done.

Although when looking for information on the website of the university, it didn't seem to be updated frequently, so this was a bit confusing when going through the programme.

It is also helpful to keep an eye open for groups (International Students at HiOA or ESN Oslo) on Facebook as students from the previous semesters can offer support and questions can be answered in no time.

Høgskolen I Oslo Og Akershus

Oslo and Akershus University College (short HiOA) is the largest state university college in Norway and also has subsidiary campuses in outer Oslo, namely in Sandvika and Kjeller.

HiOA offers higher education programs up to PhD and furthermore, offers studies and conducts research in health professions, social sciences, engineering, liberal arts, education and other fields.

HiOA was established in 2011, the campus itself used to be a brewery. The campus has a nice bar to chill out down in the basement where also weekly pub quizzes and other events are taking place, a stationary and a bookshop, plenty of workspaces and a well-visited library. Additionally to that, the campus itself hosts various bars, cafés and restaurants where you can find cheap eats and drinks.

General Information About The University College And The Study Programme

University: HiOA (Oslo and Akershus University College of Applied Sciences), Faculty of Education (LUI)

Course: Multi-cultural identity in a global world (spring semester 2016)

Coordinator: Ms Kristin Danielsen-Wolf

Duration: Jan-May

ECTS: 30

Erasmus office (International office)

LUI Information Center (Faculty of Education and International Studies):

Pillestredet 52

Open from 08:00-15:00

E-Mail: opptak@hioa.no

Postal address: P.O. Box. 4 St. Olavs plass

N-0130 Oslo, Norway

E-Mail: post@hioa.no

Web: www.hioa.no

Classes:

Cultural Identity and Cultural Awareness
Alternative Value Dimensions
Childhood and Identity Construction
Music and Identity
Childhood Constructions
Language and Culture
Dialogues between children and adults
Music and Cross-cultural understanding
Global Consciousness
Structure of Culture
Human Rights and Childhood
Music in immigrant communities
Culture and Religion
Multicultural education and inclusion
Multicultural education and bilingualism
Processes of Globalization
Multicultural Identity
Culture and Ethical Challenges
Social commitment in a global world
Cultural Identity and Racism
Traits & Trends in Norwegian Schools and Kindergartens
Fieldwork introductions and discussions

For further useful information I suggest visiting: www.hioa.no

Registration Process

The registration processes either in Austria and afterwards in Norway were not a big deal. The office in Oslo provided us well in advance with all the required documents we will need. Most of it was done online and therefore easy. In case something was unclear, the International Office was always happy to help.

Finances

Prices in Oslo are pretty high, it doesn't matter what you're looking for, even the daily grocery shopping can be depressing sometimes. Always keep your eyes open for "tilbud" or "salg" which mean special offers or benefit. Discounters are going to be your choice of shopping! As well as a place called Gronland (in Gamle Oslo near the main station) where lots of Turkish and Pakistani grocery shops with good deals are located. Definitely choose KIWI or REMA 1000 supermarkets.

Some examples:

Housing: ranges between 300-600 EUR

Ticket for public transport (30 days): 40 EUR

Prices of groceries really depend on what you want and like...

Coffee: 3,50 - 6 EUR

Beer (0.5l): 9 EUR

As I did not want to spend money on public transport I have decided to walk as my student housing is in walking distance (about 15 minutes). Monthly travel cards are up to 45 euros, a single ticket for an hour is about 3.50 euros, so therefore money I definitely want to spend on other things.

Museums offer student prices, so all in all not a bad deal if you want to check out a museum and look at some fine Norwegian art. However, on Thursdays you get the chance to visit some of the museums for free!

Visit www.visitoslo.no for further information. Also useful is to download the **app of visitoslo**.

Review Of My Studies Abroad In Academic Terms

In the first week of uni we had general introduction courses and this also included getting to know each other (teachers and students) and telling the teachers something about ourselves, educational background, interests, etc. Mainly we talked about the terms "identity", "culture" and "language" in class. We also had a short glimpse in the field of "childhood constructions" which will be helpful for our fieldwork period in March. Our course also includes a class which is called "globalization" and I have to say that it is really interesting to see how you can connect this topic to an educational context. The teachers are doing really well in order to explain their ideas.

In week 7 we had to hand in a short report of approx. 2 000 words about a topic which we could choose from the content of our previous lessons. I decided to write about inclusion and how it is dealt with in Austria but also make a connection to Norway. When going through the literature it was interesting to see that Scandinavians themselves don't think their educational system is that good or developed. For example, a lot of Austrian educators are looking up to the Scandinavian system and hope that it will be like that in Austria one day but especially Norwegians are still not that happy about the system.

Our study programme also included excursions to the Intercultural Museum in Oslo which is hosting an exhibition about the "Roma people in Norway", visited the "22nd of July Center" which hosts an exhibition about the terrorist attacks which happened five years ago. This visit was very emotional and mental but Norwegians will never forget what happened at this terrible day. At the end of our study programme we did an excursion to the "Anti-Racism Center" where experts told us about the current situation in Norway.

Generally speaking I have to say that the organization of the courses and excursions are great. The teachers try to set up their classes so everyone can easily follow as levels of English differ quite a lot in our course group.

Review Of My Fieldwork Experiences

Schools

1.1 Nesoddtangen Skole: Kongleveien, 1450 Nesodden

1.2 Trasop Skole: Hellerudveien 83, 0672 Oslo

2.1 Midtstuen Skole: Einar Skjæraasens Vei 21, 0782 Oslo

2.2 Vevelstadåsen Skole: Vevelstadåsen 30, 1405 Langhus/Ski

The Norwegian school system

Our study programme also includes 4 weeks of fieldwork in schools in and around Oslo. In my first period of fieldwork I'm going to visit two schools, namely "Nesoddtangen Barneskole" which is located on a peninsula (yes, my daily way to school was very exciting as I had to catch the ferry) and "Trasop skole" which is located in the very east of Oslo.

In general I have to say that my expectations are very high as the Scandinavian school system tend to be one of the best in the world.

The Norwegian school system is a bit different to the Austrian school system. Children stay in primary school ("**Barneskole**") for seven years and after that they visit the Lower Secondary School ("**Ungdomsskole**") from grades eight to ten.

In the first year of primary school students spend most of their time playing educational games and learning social structures, the alphabet, basic addition and subtraction, and basic English skills. In Grades 2-7, they are introduced to Maths, English, Science and Religion, Aesthetics and Music, which is completed with the subjects of Geography, History and Social Studies in the fifth grade.

No official grades are given at this level. However, the teacher often writes a comment, analysis, and sometimes an unofficial grade on tests. Tests are to be taken home and shown to parents.

When the students enter lower secondary school, at the age of 12 or 13, they begin getting grades for their work. From eighth grade on, students can choose one elective subject of their interest. Typical offered subjects are languages, e.g. German, French and Spanish as well as additional English and Norwegian studies. B

After they have completed this two stages of compulsory education, they can either move on with Upper Secondary School ("**Videregående Skole**") or continue with a vocational training school. After completing Upper Secondary School the pupils are able to continue their education in a university or a college.

FIELDWORK, PERIOD 1.1: NESODDTANGEN BARNESKOLE, grade 6 (11-12 yrs)

Nesoddtangen barneskole is a quite big school (around 600 pupils and 40 educators) situated on the peninsula of Nesodden

which is easily reachable with a ferry from Oslo. The neighbourhood of the school is very rural and it seems like it is a totally different world comparing it to the busy Oslo city life. The school itself is one of the poorest schools in Norway concerning classroom facilities, e.g. computer rooms and a kitchen, but is still of good standard if comparing it to Austria.

The class I was visiting was a sixth grade consisting of 24 pupils at the age from 11-12 years. The pupils seemed very well behaved and respectful towards their form teacher and us, the students coming from the university college. I liked the relaxed and comfortable atmosphere in the classroom, the pupils worked VERY independently and helped each other a lot. I was very surprised to observe this as they are still very young but they seem to take responsibility and at some point act like adults. The teacher gives them a lot of freedom and trusts them, although she mentioned that it took her quite a bit of a time to reach this level of discipline in class which makes everything so much easier. The level of English is also worth mentioning. It would make classes so much more easier if children start speaking English that early, of course, as there are hardly any translations in Norwegian on TV Norwegians are forced to watch the English version and read along the Norwegian subtitles.

When it comes to matters of inclusion, I cannot say a lot, as all the children were Norwegian native speakers even though a couple of them was adopted. Only one student was suffering dyslexia but he was able to follow the classes and could do special exercises on his computer.

Furthermore, they do a lot of activities outside. It doesn't matter if it is raining, snowing, storming or sunny, the pupils have to go outside. No one is allowed to stay in the building. Additionally to that I was surprised to see a huge room for the staff of the school with sofas, a kitchen and a small library. I think this amenities are very important and necessary to create a positive atmosphere in a school.

This first week of fieldwork left a very positive impression but I'm curious how the other three schools are going to be.

FIELDWORK, PERIOD 1.2: TRASOP BARNESKOLE, grade 7 (12-13 yrs)

The second week of fieldwork I spent in the east of Oslo, namely in Trasop. This time we could follow and observe a 7th grade, the learners were about 12-13 years old. The form teacher welcomed us very friendly and lead us to a very spacious area where the employees of the school could relax during their breaks. We were offered coffee and tea and had a nice little chat about the school and his class. The school was a bit more multicultural than Nesoddtangen skole but they were all quite at the same level and there was no need for a lot of differentiation. As in Nesoddtangen skole, the learners worked very independently and helped each other, they were very disciplined and took their classes seriously. During their breaks they would watch educational movies which I was not used to but when asking the teacher he said it is very common to do that in Norway and he was surprised that we do not offer that. The learners eat during watching the video clips and after that they are obligated to go outside. In general, schools offer a lot of breaks, especially for the younger ones. I thought this was very positive, as younger learners have problems with concentrating too long. In the next two days the school was having a project. Every teacher organized a little activity for the learners and the learners had to pick for of them from a long list, for example learning them how to play chess, cooking, knitting, various kinds of sports, fun activities in Maths, carving, Yoga, puppet theatre and so on and so forth. The learners enjoyed it a lot, as it just happens once a year. It was also nice to see how the teachers engaged.

FIELDWORK, PERIOD 2.1: MIDTSTUEN UNGDOMSSKOLE, grades 8 & 9

The third week of fieldwork I spent in Midtstuen skole, in a quite rich and rural area up at Holmenkollen. As the principal told us it is a very rich school and offers a lot of equipment for the learners, e.g. music instruments and sports equipment. As it is a "Ungdomsskole", this school only hosts grades 8, 9 & 10. Again I was surprised about the huge area for the teachers, an own kitchen and free coffee and tea all day long. Most of the teachers are very young and probably come directly from university. Additionally to that, they were dressed VERY casually, e.g. ripped jeans and shorts. We were able to observe grades 8 and 9. The learners were really interested in the foreign visitors (us) and asked us a lot of questions. We were also able to see a dance class and a music class. The learners were split in four groups and had to perform two songs, either a song by Imagine Dragons or Pink Floyd. Each band had a piano player, a singer, a bass player, a guitar player and a drummer. They did a really great job and enjoyed it a lot, even though they are going to be graded on their overall performance at the end of the semester.

FIELDWORK, PERIOD 2.2: VEVELSTÅDASEN (SKI) BARNESKOLE, reception class

Vevelstadasen barneskole is located outside of Oslo, in the very South. More children with non-Norwegian background were visiting this school. The school also offered a reception class, a so-called Innføringsklassen. Again, the school offered a huge common room for the teachers with a kitchen and small offices for the teachers. The class I was able to follow was a so-called Innføringsklassen.

The class consisted of 11 learners from four different countries, namely Kurdistan, Poland, Syria and Somalia. Some of the learners were related each other. The class was supported by the teacher, Mrs. N. and her assistant, Mrs. S. from the Philippines. Mrs. S. is not a teacher but has great knowledge of languages. The age level ranged from 8-12 years. The atmosphere in class was very familial and cosy. Even coming from four different countries, the learners had respect for each other because they have one goal in common: to learn Norwegian and understand the Norwegian culture as quick as possible.

The main goal for all was to learn Norwegian and about the Norwegian culture in general. The school offered own books for the learners. Mrs. N. talked a lot with the students and tried to get everyone talking and involved. She used a lot of mimes, gestures and body language to help them to learn and understand certain things. Furthermore, Mrs. N. gave a lot of positive feedback and praised them to keep them motivated.

The teacher and the assistant split the class into two groups, whereas the assistant works with the better ones and the Mrs. N. with those who need more support. Their timetable mainly consists of Norwegian, Geography, Maths, P.E and Arts. I saw the teacher using a "Somali-Norsk" dictionary in order to avoid misunderstandings in class. The learners appreciated this form of help very much. Mrs. N. would also look for suitable pages on the internet in Arabic in order to help them if they would not understand words or expressions. She also asked students in class to help and translate for their colleagues. The learners of this reception class are following a certain curriculum, but the teacher has quite a bit of freedom and can choose what is suitable or not.

Not all the learners live nearby, so the government offers free transport for them to come to the school. Usually the children visit the class for 10 months and after that they get into the normal classes. If they haven't reached a certain level of Norwegian they have to stay longer.

Social And Cultural Review Of My Stay Abroad

The buddy programme which was organized by the university was super useful to get to know my fellow students/buddies for the semester. The university did well in organizing all these activities for us exchange students and it really seems like they know what they're doing.

Generally speaking, the employees at the campus are very friendly and helpful and always have a smile on their faces. Furthermore, I have to mention their perfect English skills as this is not common in every country and makes things a lot more easy.

We were a quite an international bunch of people - students from China, Finland, the Czech Republic, Spain, Belgium, Italy, Germany and the United States formed my study group.

We met up everyday in order to do something together, for example "campus challenges", "neighbourhood challenges", opera, visiting museums, hiking, ice skating or just meeting up for dinner or a drink in a pub (and if I say one drink, it really is just one drink as I mentioned above, alcoholic drink are very expensive).

Besides getting to know a totally different educational system, I was also interested in the Norwegian outdoors and of course, the culture respectively cultural differences. In addition to that I have signed up for a Norwegian language course.

In order to get a little insight in cultural differences the university urged us to sign up for an event called "How to be a Norwegian student" where we got to know the "Real Norwegian world" (not only in an educational way) a bit better or at least understand why they act sometimes quite "weird". I did not get to know a lot of people outside university life. Norwegians are very introverted so most of the time I was spending time with my classmates.

Housing

I was staying in a student house in one of the hip districts called Grünerløkka and therefore located very central. My housing is quite pricey, even though you can get better deals in the outskirts of Oslo, but you will need a bike or have to use public transport to get around. The housing is organized by a student organization and you have to do your application on housing online as well as the payment and deposit process. Don't worry too much about it, the university puts you in touch with them and the following steps are easy. If possible, go for a room in the student villages of St. Hanshaugen, Ulleval, Grünerløkka or Sogn.

For further information and a little insight visit: www.sio.no

Temperature And Climate

In January it's freezing cold (well, up to -14 degrees) and every now and then it's snowing but luckily the sun comes out during the day and there's a chance to warm up a bit even though warm clothes (at least three layers) are definitely required! I know, this may sound a bit awkward in a city but you will definitely need it! As the climate rises in April and May I would also suggest to pack summer clothes but always beware of a weather change. A sweater, raincoat or even an umbrella is definitely recommended! Do not trust the weather here! :-)

Did You Gain Any Learning Experiences You Would Not Have Gained Without Staying Abroad?

To sum it up, an exchange semester not only gives you rich experiences, better language skills, an insight into a new culture, educational system and a country and its people, no, you meet wonderful people which are alike and gain friends for life.

I would suggest to be a little bit brave, sign up for this adventure and make the best out of it.

And remember: Always be a littler bit kinder than you have to :-)

Do You Think Staying Abroad Provided Benefits For Your Future Job (As A Teacher)?

I definitely think that the experience of seeing another educational institution and its ways of working broadens one's mind and is a big plus in one's curriculum vitae. Furthermore, the experience of visiting schools in a foreign country is very precious and maybe also an inspiration which can be used when teaching in the future.

Did This Stay Abroad Affect Or Change Your Personality?

Going abroad always affects or even changes one's personality. You have to step out of your comfort zone, leave your bubble and sometimes do things you would have never imagined to do. It is a good way of growing, of becoming who you really are.

38. Verena Horn, King Edward VI Upper School, England, Mobility For Internship, PHST

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Description of King Edward VI Upper School (KEGS)

The school itself was built in 1550 and was originally a grammar school for boys. However, now it is a comprehensive school and besides the main building there are several other buildings so the school seems massive. The additional buildings to the school are very important, though, due to the fact that they give the students the possibility to learn in the best environment. Moreover, KEGS is very engaged in enrichment activities and therefore, provides students with many opportunities to broaden their minds, whether this is in P.E., arts, drama, languages, music and many more. The school's debating team has a national reputation and the members consistently receive awards.

All classrooms are equipped with the newest technology and provide a projector, a white board and/or a smart board. Aside from that the students can choose between a number of ICT rooms which are equipped with either Microsoft or Apple computers so that they learn how to work on both systems and can have a good command of Microsoft as well as Apple tools.

Description of Teaching

The way of teaching and learning and the structure of a school in the UK differs in many points compared to the Austrian when I think about King Edward VI School. However, this doesn't mean that one system is better or worse than the other. It just means that when you are teaching at an English school you shouldn't think it would work the same way as at an Austrian one.

Let me begin with the structure of KEGS:

As I already mentioned before there are several buildings and over 100 staff members. I say staff members because there are not only teachers. Staff is divided into areas they are responsible for, like Leadership, Key roles, Head of Colleges, Head of Subject Leaders, "ordinary" teachers, admin and support staff, technicians, assistants, you name it. As you can imagine, people don't know each other anymore and during 8 months, every day you get to know new people.

Students in the years below 12 have to wear a school uniform. In year 12 and 13 they are allowed to wear their everyday clothes. But they are not allowed to wear hoodies, caps or tank tops. They don't wear house shoes and they also don't have lockers provided for the students in the school. This is why the children always carry their jackets or coats with them.

In the next paragraph I'm going to introduce you to the way of teaching and learning when it comes to learning a language, since I haven't got experience in other subjects.

First of all, in UK every teacher has their own classroom. The students change between rooms and even buildings, depending on what subject they are going to have next. In a way this resembles being at Uni. Anyway, the students are not very good in the lower years when it comes to language learning. I think this is the case because almost every assessment they have is standardised. They know exactly what the exam will ask or want them to know. As a consequence, the children learn everything by heart but have no idea what they learn. This means, when there is an oral exam and you don't ask the examinee the questions in the right order as they have learnt it, he/she will probably not know what to answer. Also, I experienced loads of situations where I asked students what they want to say with their notes because they made no sense to me, and I always got the same answer, that they have no clue neither.

Besides, it is difficult to explain the German language to most of them as well because they suffer a lack of grammatical knowledge, and they also have problems with English. They don't know the difference between a verb, an adjective, an adverb or a noun. I know that this is more and more the case in Austria, but it just makes things harder especially when you have to point such things out for students in year 13 who are doing their A-levels in May and June all the time.

All in all, I can't complain about teaching in King Edward VI School. My mentor teacher has been very helpful. We even split the year 10 and 11 classes so that I also had the chance to teach which I really appreciated. Because of that I could gain more experience in teaching and have learnt how to deal with certain situations, like being on school trips.

Description of Registration Process

The registration process for being a German assistant in UK was easy. It's thanks to the Centre for International Relations in Education at the University of Teacher Education Styria and the website of "weltweit unterrichten" where everything you need to know is explained in great detail.

The first thing you should do when you are interested in becoming a Language Assistant (which I really recommend especially to all English students) is to see one of the staff at the International Office because they can give you good advice and help with the registration process. The next thing you have to do is to visit the website of "weltweit unterrichten" and apply for a "Sprachassistentenz außerhalb Österreichs". After you have applied online and sent the required documents to the organization, you'll have an interview with people of the responsible authorities probably in March. They'll interview you in German as well as in English and they'll ask you things like "Why you want to become an assistant", "How would you present Austria in class" or "What things would you do in class with this topic" (they'll give you a topic).

Finances

Living and housing in the UK is obviously more expensive than in Austria. This is why you should not start converting prices when you buy food or clothes here, pay for your rent (GBP 105 pw) or phone contract (giffgaff GBP 15 pcm). According to 'weltweit unterrichten', language assistances outside of London City Centre receive GBP 887 per month. In the beginning, I

had some troubles with my payments. Suffolk County Council deducted National Insurance (GBP 25) which you have to pay, but then deducted Pension and Tax as well. This is why, it was a bit hard to 'survive' the first 5 months, and without the Erasmus+ grant and my parents it wouldn't have been possible. However, as soon as you get paid the correct amount, you shouldn't have problems anymore.

I suggest that you exchange at least €1000 before you come to England because you will get your first salary at the end of October and if there is a problem, like for example the problem I had, you'll be happy to have some money.

Review of your stay abroad in academic terms

Becoming a language assistant was one of the best decisions I have ever made. I could improve my English a lot and got so much more fluently. Also, spending time with my English friends and therefore, getting to know many English phrases helped me learn and I feel really comfortable when speaking English. Simply put, I really enjoyed being in the UK and also that I had the chance to experience teaching in another country before starting my teaching career in Austria.

Review of the stay abroad in cultural terms

Those 8 months in the UK gave me loads of impressions. I could visit places in England I probably wouldn't see when I would just come for holidays. I fell in love with the singularities every place here has, starting with brick houses in Suffolk to limestone buildings in Bath. Every little village has its charm. Also, I could experience the friendliness of salespeople in supermarkets who call you "My dear" or "Darling" and tell you to "take care". Moreover, I never had so much tea before in my life and I'll miss Sunday's roast dinners, which are also kind of a tradition.

Review of the stay abroad in social terms

In my first weeks in England, I was flabbergasted when people I didn't even know, for example the cashier in Waitrose or the barista in Costa called me "My dear" or "Lovely". Besides, I was thrilled by their willingness to help. I have been on a trip to Scotland with friends and we haven't had the slightest idea where we are, so we stand there on a pavement with a map in our hands when all of a sudden a young woman asked us if she could help us find our way. In the end, she even walked with us to the place so that we couldn't get lost again.

Also, I was really lucky to find a host family who did a lot of activities and trips with me. And, I'm also very thankful that I had such a lovely host sister which became a really good friend by now. Because of her, I got to know a lot of people who made my stay very enjoyable. Furthermore, I'm happy that I got to know the French Assistant of Upper County with whom I could share the new experience.

Did you gain any learning experiences you wouldn't have gained without staying abroad?

Yes, I did. I learnt how to live more independently and how to deal with bureaucracy.

Do you think staying abroad provided benefits for your future job (as a teacher)?

Yes, I think so. Not only because I could improve my English but also because I got to know what teaching on a daily basis is like. I definitely benefited in a way that I now have a better feeling when it comes to talking to students, explaining difficult topics or being on a school trip where you have to deal with so many other things as well, especially personal ones.

Did this stay abroad affect or change your personality?

Yes, absolutely. It made me think about my future and what I really want in life. I think I grew up a bit in the last months. This experience made crossing the line between student's life and adulthood a bit easier because on the one hand, you have to deal with taxes and pension scheme and on the other hand, it's not really working full-time since you work for just 12 hours a week.

Useful tips (housing, traveling ...)

In terms of finding a place to stay, I would suggest to ask the school first. Some of the teachers do have empty rooms in their houses. If you don't want to live with a family, which I think is better because you learn the English way of life and you always have someone to talk to and ask in case you need help. I would also send an email to County Upper School (or other schools in the area) and ask if they have an assistant for the upcoming school year, so that you can get in touch with this person to maybe find a place to stay together. I wouldn't recommend renting a flat just for you. First of all, it's very expensive and secondly, you have not really a chance to speak English then.

Traveling during your stay is easy because you have a lot of free time. I got myself a Coach Card (£10) for National Express and a Rail Card (£30). Those cards save you a lot of money. Also, think about the time when you book a train or a coach for a journey. The closer your travel date is coming the more expensive fares get. I travelled a lot around England and Scotland, and I also have been to Iceland which was amazing. If you're planning to fly somewhere, for example to Ireland, have a look at Ryan Air or Easy Jet, since they always offer very cheap flights when traveling just with hand luggage.

What I also missed is getting a credit card before I came here, because if you want to rent a car, as I did with friends in Scotland, you need a credit card for putting down a deposit otherwise it's not possible to rent it. I don't say it's a must to have one, since I also didn't get one in the end but did a lot of travelling; I just want to make clear that it makes things a bit easier.

Before you start your assistant's job in UK, you are going to have an introduction seminar organized by "Weltweit Unterrichten" which I highly recommend to visit. The seminar lasts for five days and normally is in July. In those five days you get to know the other assistants, you take part in seminars that deal with teaching German as a foreign language and you get the chance to talk to former assistants who give you a lot of useful hints and information about your year in England.

Images

Some impressions of my trips.



London City Centre - Greenwich (CC by Verena Horn)



Old Man of Storr, Isle of Skye, Scotlandenwich (CC by Verena Horn)



Seven Sisters Nation Park, near Brighton (CC by Verena Horn)



Lavenham, Suffolk (CC by Verena Horn)



Gullfoss Waterfall, Iceland (CC by Verena Horn)



Roman Baths, Bath (CC by Verena Horn)

39. Victoria Oswald, Saxion University, The Netherlands, Mobility For Study, PHST

Arrival:

Together with my sister Stephanie and our colleague Bettina Blaha, we started our journey to Enschede on the 4th of February 2016. We were very excited because we did not know what to expect. We arrived in Enschede by train. It was a very long journey because it took 13 hours. But we bought our tickets for 70 Euros. We started at 5:45 am. Unfortunately our train was delayed, so we arrived in Enschede about half past ten. Nevertheless we tried to call a contact from "Saxion housing" and they responded immediately and we were picked up by a student from the university Saxion. We reached our destination by taxi, which was paid by the university. We had no problems with our arrival because the staff who is responsible for the exchange students took care for us.

Accommodation:

I lived in the Roelof van Schevenstraat. This housing consisted of flats for three persons. Many Erasmus students lived at the same place. That was a big advantage because we got to know each other very quickly. Unfortunately not everybody from the teacher training program lived at the same housing, because there was another dormitory too. That was the reason why we had to do some group works at the university. There were some disadvantages at my housing too. First of all it was very expensive. When you don't want to spend so much money for a room, it is better to search for a flat on your own. It also could happen, that you have roommates, who put no emphasis on cleaning. Unfortunately this happened to me and this was a little bit annoying. I think it was slightly unfair too that everybody in the flat had to pay the same amount of money although the sizes of the bedrooms were different. For example I had the smallest one and my wardrobe wasn't in my room. The way from the housing to the university took 30 minutes by foot and 15 minutes by bike. I liked the location because it was calm. Near from our housing were two big parks, where I could go running. Next to the housing there was a supermarket too, which was very comfortable.

My courses:

I really liked the Saxion of Applied Science. My experiences which I had there, were completely different to my home university. I really appreciate their system, which is organized in modules. We had a course over two weeks and after that we had to do an assignment. Then the next module started. Because of that you are able to do different assignments throughout the term and you don't have to do everything at the end of it. All in all I had to do 10 modules to gain 30 credits. In the subject "European Professionalism" I learned other educational systems in Europe and innovative international perspectives on education, related to the demands of our modern society and 21st century skills. Another subject was "European citizenship" where I learned about intercultural education and the "Harvey Model". I had English lessons too, where I could improve my language skills. A further subject was "European Identity" and "Cultural Heritage". There I learned about personal, national and European roots and habits. In the subject "Multiculturalism" I learned a lot about diversity and the consequences of cultural differences in education. Another subject was "Dutch". It was very interesting because it was very practical. On one occasion, my classmates and I had to go to a supermarket and ask (in dutch) the shop staff for groceries. Other modules were the "Internship" and the "Research Practical", where I had to go to a primary school to do some activities with the children. I also had to do a project about "Internationalisation" and "Multiculturalism", which was for the module "Research Practical". We also did an excursion to Brussels too, which was compulsory. At the university the teachers were so kind too and always wanted to support us. They gave us the feeling that they trusted and appreciated us and they treated us as equals and as teachers. But I could recognise this phenomenon in many primary schools which I visited during my exchange program. There the teacher is not above the children - he or she is more among them. We got the chance to visit many different kinds of schools, including reform schools. I learned a lot from these schools. But there was a disadvantage too. Some schools weren't located near to Enschede. So we had to travel a lot by train, which was often expensive because we had to pay for it by ourselves. Sometimes it was very unfair too. Some students had the opportunity to visit a school near Enschede and other did not have this chance. That was the reason why some students had to spend more money for these excursions than others. But I have to emphasize that I was very glad about this school visits because it was amazing and I could profit from these excursions.

Culture:

During the exchange program I had enough time for travelling and exploring the cultural life in the Netherlands. Almost everybody knows the "Klompen" which are the typical wooden shoes. The country is very famous for cheese too, especially the "Gouda". The Saxion University offered excursions, from which I profited a lot. Once there was the opportunity to see the "Keukenhof" and a "Cheese-factory". With the international class we did a trip to Brussels. There we visited different kinds of museum and we had a sightseeing tour through the whole city. For this trip we had to pay 250 Euro plus the cost for the arrival and the departure in Brussels.

Review of the stay abroad in social terms:

During Erasmus I met so many people from different countries and that was an amazing experience because every nation has its own mentality and attitude to life. There we could learn a lot from each other. You can take advantage of these different attitudes, which you think will help in your life.

Learning outcomes:

Without staying abroad I would have never shared a flat with two girls from different countries. One girl came from Spain and the other girl was from Indonesia. It was an interesting experience although we had a different attitude to cleaning. We were completely different but we managed to live together for five months.

Furthermore, I learned a lot about reform schools. I already had lessons at the PHST Graz about this issue, but I have never seen these methods in practices. During the exchange program my class mates and I had the opportunity to visit different schools with reform pedagogy.

I also have to mention that I was totally impressed how many books in English the library had at the university in Saxion.

Benefits for my future:

We got a lot of input about multiculturalism, diversity, and politics, because the aim of these courses was getting a teacher with European competences.

I feel more confident in speaking English now, too. In my opinion staying abroad broadened my horizon because I gained a new attitude to life and I am more open minded too.

Personal learning outcomes:

I am sure that staying abroad was the best decision that I have ever made. Before I went to the Netherlands I was not sure if I had made the right decision. But after two weeks in Enschede I knew I would have great experiences there, which would have an influence on my way of being a teacher.

I also got more self-confidence because I was on my own. I could not ask my parents everything.

What is more I was quite astonished that the subjects were totally different to the subjects from my home university. During this exchange program we got the chance to gain competences, which an European teacher should have.

Review of the school practice:

During my Internship in the school "Enschede Schoolvereniging" I did several activities with the children. It was very impressive because the pupils understood a lot in English and although they were young some of them had an incredibly high English-level. Their pronunciation was very good too.

There the teachers were very friendly and helpful too. They also were cooperative when my class mates and I had to do some interviews for our project. In this school there was a good climate among the teachers and they always tried to support each other. I also appreciated their behaviour towards students. I was always well prepared but it didn't have to be perfect. When I made mistakes then it was not bad because I am here for learning.

Surrounding:

Every Tuesday and Saturday there was a big market in the centre of the city.

The English level in the Netherlands is very high so it is no problem to communicate in English. Some people were able to speak in German too because Enschede is very near to the border of Germany.

I don't think that I improved my grammar in English a lot, but I lost my shyness in speaking English. First it was a challenge but after two weeks I was used to speaking English although it was not free of mistakes. A big advantage was that my flatmates weren't able to speak German. Because of that I had to use English.

Spare time:

During the term I had enough time for travelling. At the train station you could buy a "ov-chipkaart". This card was very handy because you could avoid buying tickets inside the Netherlands and it is not only valid for trains - you also can use it in trams and buses. You have to upload money and then you only have to check in and out.

In the Netherlands "Keukenhof" and "Giethorn" are worth seeing. There are very beautiful cities too, especially Amsterdam, Utrecht and Den Haag.

Conclusion:

I liked it very much that it was not necessary to buy a phone card because almost everywhere I had Wifi, for example at the university, in the city and in almost every bar. The Netherlands are very advanced, which I could see in the schools too, because every class was provided with a whiteboard.

I was really impressed by one special school which was located in Epe. It was a "Jenaplan" school. I learned about this kind of reform school at my home university but I have never seen one before. It was an amazing experience because we were guided by children through the school. They were only ten till twelve years old but they were able to speak English with us and this at a very high standard. I was totally impressed. The head principle told me that they fully trust their pupils and they believe in their skills and I think that is very important.

It is very Dutch to have a bike during the stay. There are two facebook sides (University of Twente- Marketplace and Sise independent: Saxion International Students Enschede) where you can find it easily and cheaply. There you also can find other stuff except bikes.

KATHOLIEKE PABO ZWOLLE

- 40.** ALINDA WESSELS, ALBERT SCHWEITZERSCHOOL, CURAÇAO, MOBILITY FOR INTERNSHIP, KPZ
- 41.** ANNE GRÉ GESCHIERE, RICHENEL SLOOTESCHOOL, SURINAME, MOBILITY FOR INTERNSHIP, KPZ
- 42.** ANNE PRIKKEN, VIVES, BELGIUM, MOBILITY OF STUDY, KPZ
- 43.** CARLIJN DE BOER, PETRUS DONDERSSCHOOL, SURINAME, MOBILITY FOR INTERNSHIP, KPZ
- 44.** DANIELA THERESIA TRIEBELNIG, UNIVERSIDAD DE HUELVA, MOBILITY FOR STUDY, KPZ
- 45.** DERK VAN VOORST, LAGERE SCHOOL BONDEKO, UGANDA, MOBILITY FOR INTERNSHIP, KPZ.
- 46.** DORIEN DE HAAN, KATHEDRALE KOORSCHOOL, SURINAME, MOBILITY FOR INTERNSHIP, KPZ.
- 47.** ELINE WINTERS, ST. FRANCISCUS, CURAÇAO, MOBILITY FOR INTERNSHIP, KPZ
- 48.** ELISE FEIJEN, ST. PETRUSSCHOOL, SURINAME, MOBILITY FOR INTERNSHIP, KPZ
- 49.** ESMEE VAN WELSEME, ST. FRANCISCUS, CURAÇAO, MOBILITY FOR INTERNSHIP, KPZ
- 50.** EWOUT DELLEMIJN, UNIVERSITY OF DERBY, UNITED KINGDOM, MOBILITY FOR STUDY, KPZ
- 51.** ILSE VAN HUIZEN, NETHERLANDS INTER-COMMUNITY SCHOOL, INDONESIA, MOBILITY FOR INTERNSHIP, KPZ
- 52.** IRIS HOGEBOOM, PETRUS DONDERSSCHOOL, SURINAME, MOBILITY FOR INTERNSHIP, KPZ
- 53.** JUDITH SCHWIETERS, LINKÖPING UNIVERSITY, SWEDEN, MOBILITY FOR STUDY, KPZ
- 54.** KEVIN VAN HEUN, VOLKSSCHULE PIESENDORF, AUSTRIA, MOBILITY FOR INTERNSHIP, KPZ
- 55.** KIRSTEN KOS, DALARNA UNIVERSITY, ZWEDEN, MOBILITY FOR INTERNSHIP AND STUDIES, KPZ

- 56.** LOTTE NIEUWENHUIS, VIVES, BELGIUM, MOBILITY FOR STUDY, KPZ
- 57.** LYNN BUSSCHER, ELIZABETH 2, SURINAME, MOBILITY FOR INTERNSHIP, KPZ
- 58.** MAARTJE BUS, VOLDA UNIVERSITY COLLEGE, NORWAY, MOBILITY FOR STUDY, KPZ
- 59.** MANON HEKMAN, UNIVERSITY OF HRADEC KRALOVÉ, CZECH REPUBLIC, MOBILITY FOR STUDY, KPZ
- 60.** MANON VAN DER KEMP, ALBERT SCHWEITZERSCHOOL, CURAÇAO, MOBILITY FOR INTERNSHIP, KPZ
- 61.** MELISSA SIETSMA, ST. PETRUSSCHOOL, SURINAME, MOBILITY FOR INTERNSHIP, KPZ
- 62.** MICHELLE BRAND, ALBERT SCHWEITZERSCHOOL, CURAÇAO, MOBILITY FOR INTERNSHIP, KPZ
- 63.** NIKI REUSKEN, DALARNA UNIVERSITY, SWEDEN, MOBILITY FOR INTERNSHIP AND STUDY, KPZ
- 64.** RENATE MELAARD, ST. ALOYSIUSSCHOOL, SURINAME, MOBILITY FOR INTERNSHIP, KPZ
- 65.** SANNE SMEEMAN, FREINETSCHOOL KLIMOP, BELGIË, MOBILITY FOR INTERNSHIP, KPZ
- 66.** TINEKE EEUWEMA & FENNY EKELMANS, UNIVERSITY OF LINKÖPING, SWEDEN, MOBILITY FOR STUDY, KPZ
- 67.** WENDY BUITING, VOLDA UNIVERSITY COLLEGE, NORWAY, MOBILITY FOR STUDY, KPZ
- 68.** WIEP REIMERT, ST AGNESSCHOOL, SURINAME, MOBILITY FOR INTERNSHIP, KPZ

40. Alinda Wessels, Albert Schweitzerschool, Curaçao, Mobility For Internship, KPZ

Before going abroad

Contact Dr Albert Schweitzerschool:

Saliña z/n. Curacao

Phone number: (+5999) 465-4811

E-mail: infoasfo@vpco.org / lriley@vpco.org

About the school

Dr Albert Schweitzer School is a Protestant school. It is a big school with 25 classes. Every class has 25 till 30 students and there is one teacher for every group. The school has got 730 students and they are still growing because every year there are applying over 200 new students. The main language is Netherlands but they are also speaking a lot of Papiamentu.

Still at home

When we were still at home, we had a preparation day at the KPZ with other students from other schools. During this day we got a lot of information about our internship. We get to know which school we have our internship and we have got some useful information about living in Curacao. Also we get to know that we don't need a visa. Only when you stay longer than 90 days.

Review of your stay abroad in academic terms

We arrived the 24th of February in Hato, Curacao. We started our internship the 7th of March. Friday the 26th of February we visited our school to meet the teachers and children. When we arrived at Dr Albert Schweitzer school at 10:00 a.m. We walked into the schoolyard and met the principle. A Dutch woman who is a really kind. She walked to our classes and introduced us into the class. My class was group 4. It was a group of 31 children. The first week i was observing the children before i could give lessons. It immediately struck me that the teacher spoke in the imperative. After one week I could start teaching. I was allowed to know what lessons I wanted to give every day. I started to give a lot of math and Dutch lessons to this class. I was able to practice to be more stringent and consistent.

Review of your stay abroad in cultural terms

The most common religion is Catholic. We visited a church on national woman day. But the language of the service was Papiamentu. A really nice woman wanted to help us and came to us to translate the service. It was a really nice experience. The service is different from the service in the Netherlands. Here they sing and dance, it is really fascinated.

The people here are very kind and want to help you with everything. They always see the bright side of life. They don't experience stress. They are so relaxed. Only in traffic they are really stressed. They hump for everything and ride with full speed. There are no rules in traffic.

At school, there were some differences. When the bell rings, the children go standing in line waiting for the teacher to give comment. When they arrived they pray. They pray three times a day. The lessons are in Dutch. You can notice the differences in the Netherlands and here, in the Netherlands the teacher and child are on one line, here the teacher is the boss.

Review of your stay abroad in social terms

The people in Curacao are very kind and hospitable. I've got the feeling the island is happy every day no matter what. Our proprietor called us his family. He said that he and his girlfriend are our second mom and dad. When we are in trouble or we want to know something, we can always call them.

When you walking the street, you meet a lot of people. Rich people on their way to work but also poor people, who are begging for money. But most of the time the people are very nice. They greet you when you walk beside. They want to help you with everything. At the supermarket there are some boys who can pack your groceries and bring it to your car for a little money.

The sun is always shining and the beaches are really nice and clean. The water is bright blue and you always see the ground. There are many beautiful fishes in the water.

Useful tips

When you want to rental a car, you need to ask your proprietor for a car. Most of the time your proprietor got really nice cars and when something happens, you know for sure your problem will be helped.

The second tip I've got: there are a lot of vacations here, so you've got a lot of free time. Discover the island and do things you never would do. I've done cliff jumping here (Playa Forti), make sure your time is word it.

You don't need to get money when you're still at home, when you left the airport there is a ATM. You pay with Nafl. Antillean guilders. The rate of exchange is +/- 1 Nafl = €0,52.

When you have a traffic accident, you need to call a number. You don't have to put your car aside. You must leave your car standing as the accident is happened.

And the last tip I've got: take a trip to Klein Curacao, this bounty beach is absolutely my favourite beach. You need to be here once. You can snorkel here and swim with turtles.

Budget

Retour plane ticket: €699

Residence: 850 Nafl.

Car rental: 220 Nafl. (I shared a car with 4 other girls)

Grocery: +/- 100 NafL. every week

What has this internship to offer you?

This internship was really an experience, but the communication was really bad. Its a big school with 300 children. You can indicate your preference for yourself which group you want to give your lessons. At the school there's a supervisor that u can ask if you have questions about your internship. You have to be lucky in which group you can give your lessons, because i gave lessons in group 4 and i could give lessons everyday.

What needs a PABO student to be able to run this internship?

a PABO student needs to have a good proffesional attitude And might have to adapt well to the culture. They should be aware that it may catch out you must raids in another class.

41. Anne Gré Geschiere, Richenel Slooteschool, Suriname, Mobility For Internship, KPZ

Hello,

My name is Anne Gré Geschiere. I lived three months in Suriname. These three months my During these three months I did an internship at the Richenel Slooteschool in Paramaribo. In January I called the school. I have spoken with mr Mohadin. He asked me to send him an e-mail, which included some information about me. We made an appointment to meet in my first week in Suriname.

On the 29th of February I cycled to the Richenel Slooteschool. Here I met the director and the teacher of the group, furthermore the director guided me around the school. The Richenel Slooteschool is a primary school and the main language is Dutch. The school teaches children aged 4 till 14. The ages of the children in my group differ from 8 till 10. It is a Catholic school. There are a lot of different communities at school such as: Hindus, Javanese, Creoles, Chinese and Indians. It is nice to see that everyone respects each other even though they have different cultures. The school starts every day at 7:45 AM and closes at 12:45 AM.

It was a 15 minute drive by bicycle from the place I lived to the school. I lived in the Prinsessenstraat 114, in a pink house, with 13 other students Five of them, included me, lived on the groundfloor. You can find this house on www.stagewonen.nl.

Internship

My first day as a teacher at the Richenel Slooteschool I watched how my mentor taught the children. I think her way of teaching was very direct. She told the children what to do and the children did it. I would have chosen an other way of teaching myself. The second day I decided to teach the children myself. I tried to teach just like my mentor did, even though I did not like that way of teaching in the first place. The children listened well, but I still didn't like this way of teaching. The next day I tried to do something cooperative. I think it is very important that children work together. The children were really excited, but because of their lack of experiences with such 'free activities', the lesson became chaotic. I realised I was constantly correcting them. I had to be the 'angry teacher' and I don't want to be like that. Nevertheless I tried to do new things during the lesson to make the children work together, but unfortunately the lessons kept being chaotic and I decided to switch to my mentors way of teaching again.

Daily schedule:

In het schema hieronder gebruik je verleden tijd en tegenwoordige tijd door

The day starts at 7:45 AM with the 'Flag Parade'. The children sing together with their teachers the National anthem.

Thereafter, the children are going to their classrooms. First there is time for praying and after that the lesson starts. At 10:15 AM till 10:45 AM the children have a break. After this they have class till 01:00 PM.

I have learned a lot, like being clear to the children, being confident, being emphatic but also thinking about myself. I don't want to lose this experience.

Culture and nature

Like I mentioned before, like I mentioned before there are various communities in Suriname. These communities came in different ways to Suriname. Lets start with the Indians. These people are also called the 'Inheemse'. Which is the name for the original inhabitants of Suriname. This are the original Surinamese inhabitants. When Europe discovered Suriname they built plantations and used slaves to work on the plantations. These slaves were imported from Afrika. Many slaves tried to escape from the plantations. These 'escaped' slaves were called 'bosnegers' or Creoles. They still live in the inland of Suriname. Furthermore, Suriname has Indian immigrants, because they thought they could earn a lot of money in Suriname. The Javanese thought this too. In this way many communities have come to Suriname. They all live together in Paramaribo. The nature of Suriname is beautiful. The country has a lot of different landscapes. Examples are tropical forest and savannah. A lot of rivers flow through Suriname. When you go on trip in Suriname you can choose out of three categories. You can go to the coast, the nature (jungle) or you can choose for culture. The coastplaces to go are: Bigi pan and Galibi. Bigi pan is a house on the water. Galibi is an Indian village where you can see sea turtles laying their eggs. When you want to admire nature the best places to go to are Brownsberg, Voltzberg and the several waterfalls. As regards culture, your best option is going to the inland of Suriname. Here you have the villages of the Creoles and the Indians. Furthermore there are various kinds of animals. For example: caiman, spiders, turtles, dolphins, monkeys and a lot more.

Costs

One euro is 7 Surinamese Dollar. It is much cheaper to live in Suriname than in the Netherlands. The course in Suriname is very variable. This means that the price of the products is changing every day. This is a list of the costs I had during the three months I stayed in Paramaribo.

- Flight	900 euros
- Apartment	795 euros
- Bicycle	90 euros
- Live	350/400 euros a month
- Trips	750 euros

42. Anne Prikken, VIVES, Belgium, Mobility Of Study, KPZ

Erasmus

I was first going to study in Sweden. It was very difficult to find housing in Sweden so at the last moment I switched to study in Belgium. I have been visited Bruges before so I know I liked the place a lot. I was really exciting to spend 5 months of studying in the beautiful Bruges.

Contact University

Campus Brugge

Studiegebied Onderwijs
Xaverianenstraat 10, 8200 Brugge
+32 50 30 51 00
ond.brugge@vives.be

Contact Erasmus office

Els Callens

coordinator internationalisation area Education campus Brugge, Tielt and Torhout

special needs education - education in big cities campus Tielt

VIVES university college Teacher training and education campus Brugge, Tielt and Torhout

Xaverianenstraat 10 B-8000 Brugge , Beernegemstraat 10 B-8700 Tielt and Sint-Jozefstraat 1 B-8820 Torhout

mobile 0032 485 400 119

els.callens@vives.be

The university College

Vives is an University College in the city Bruges in West-Flanders. Vives has 13.000 students and 1250 staff members spread over 6 campuses. I already knew the school because of the exchange with Bruges 1 year ago with the KPZ. You can choose between 6 fields of studies. I study teacher training. The school focus on three important things within the school: drive (being the best you), connection (learn from each other, practice), innovation (newest form of education). Vives is an Catholic school. But everyone is allowed to go to the school no matter your religion.

History

The name of the school, VIVES, referring to Juan Luis VIVES (Valencia, 1492 or 1493 – Bruges, 1540). Vives is considered the largest Spanish scholar of the 16th century and after Erasmus, the main representative of humanism in the Netherlands. Vives especially known as an educational expert. His ideas lay at the basis of modern ideas about education, psychology and pedagogy, he also was an advocate of a united Europe.

Chosen Courses

So the next step was to arrange my learning agreement. Because I was late in the program because of my switch from Sweden to Belgium I couldn't choose my own learning agreement. I had to do the courses they gave me.

1. Global issues and focus on Flanders and Europe (5 EC) - make a task every week after the course.
2. Social and intercultural competences (5 EC) - Reflection task about yourself, after every course make a part of your own reflection on yourself.
3. A broad view on education in Flanders and Europe (4 EC) – Group work about special needs children, presentation, individual task.
4. Diversity in/and education (3 EC) – Individual task.
5. Science (3 EC) – Task about growing seeds, presentation STEM activity and research in two pairs.
6. Science research(4 EC) – Research task about STEM activity.
7. English (4 EC) – Presentation, listening task, writing task, speaking task.

The finance

Travel: gas (my parents brought me by car so I could bring a lot of stuff, nice!)

House: €2050,- (5 months)

Live/ food/ going out/ having dinner: +/- €400,- (1 month)

Bike: €6,- (1 month)

Trips in Belgium: By train, it is cheaper than the Netherlands.

Review of the school practice.

I didn't do practice because I liked the idea of 'studying' more. I wanted to focus on myself and find out how I could live on my own. I wanted to see how independent I am. During the 5 months I learned that I can perfectly be on my own without parents. I didn't miss them one second. I loved the time I had for myself and to do whatever I want. Cleaning the house and cooking was also really easy, I thought it would be more work and work I didn't like.

Review of your stay abroad in academic terms

I wanted to study abroad for a long time. It is the perfect way to find out about yourself. Can I speak good enough English? Can I manage everything on my own? These are all questions before going abroad.

The study in Belgium was easy. I had courses 3 days a week and sometimes 4 and also some weeks with only 1 day course. I feel way more relaxed than in the Netherlands because than I have school all the time and a lot of homework. Understanding English was not difficult for me, also the speaking went well. I wasn't shy to speak English so I talked with everybody about everything and that's how I made contact with everybody so fast. The tasks were easy and in the first week I already knew that in the end I would get all the points I needed without stressing. When I look back at the 5 months 'studying' it felt like a vacation for me.

Review of the stay abroad in cultural terms

Dutch people are open in the communication, the Belgium people have a more closed personality. I prefer an open communication more. I grew up in an environment where it is very important that you get an high education level, good work, earn enough of money. I experienced that they focus too much on work and money and not focusing enough on doing what you love to do or what makes you happy. Enjoy the life you live now and not starting to enjoy when you are 65+ and done with working. I learned that I want to enjoy life from the moment and do the things that makes me happy instead of looking at a job which earns the most money. People in Belgium are more relaxed and enjoying life a bit more I think. They do everything a bit slower and in the Netherlands the people are more stressed sometimes.

Review of the stay abroad in social terms

Do I make easily contact with others students? Can I live without my parents and friends? Will I miss the Netherlands? Do I like Belgium and the people?

During the 5 months I didn't miss my friends and family at all. I get in contact with people from Belgium and from my Erasmus class very easy. I had a lot of fun things to do. I loved to have my own room, kitchen and bathroom. I cooked every night so I proved myself that I can take care of myself. I manage my own business and I don't need anyone from home. I felt so lucky that I had the change to do this Erasmus trip, thanks to my parents! I made Erasmus friends all over the world and I hope I can visit them someday. I thought this journey will have a lot of ups and downs but I didn't experience the down moments. It was only ups and happiness all the time. My boyfriend and I broke up during my stay in Belgium after 4,5 years but this gave me a feeling of freedom.

Reflection

I mentioned some things before of how I experience my stay in Bruges. But overall I loved to stay in Bruges because of the beautiful city with the old houses and the cozy, small feeling you get from the city. I think about leaving the Netherlands after one year of studying and start a life in Bruges and find work in Belgium. Doing the Erasmus journey makes you richer. You learn a lot from other people from other countries. Also you see a lot of differences in education because of all the presentations about everybody's own hometown and education. After the trip I am more open minded towards other cultures. I am so happy that I started this Erasmus trip. If you have the change, do it! It makes your life richer.

Tips

Housing If you are going to Belgium rent a room at Amicorum, werkhuisstraat 7, it provides nice and clean rooms with your own kitchen and bathroom for around €400,-

Bars Drink a beer at Trappiste, Theatre, Poatersgat and then going out in Coulissen.

Restaurants Visit Ribs&Beers you can eat unlimited ribs for €18,- , ChiChi's Mexican's.

Trips Visit Blankenberg beach, Ieper, Bredene beach, Oostende beach, Gent the study city where you can party very well, but also staying in Bruges is nice. Do some historical trips in Bruges and visit the museum Historium.

Social Be open to everybody, talk to people, ask a lot of things, make contact with your classmates, say a lot of yes instead of no, go outside and enjoy!

Thankyou for reading my e-book!

Questions? feel free to contact me! anneprikken@hotmail.com

43. Carlijn De Boer, Petrus Dondersschool, Suriname, Mobility For Internship, KPZ

Hello everyone,

We have went to in Suriname for 3 months, doing internship at a primary school in Paramaribo. I lived in a house with 3 other students, so we are with 4 students in one house. My internship was at Petrus Dondersschool. We are loved it, but sometimes it's a bit hard. The children do not listen that well as children from Holland, usually you want them to do things but they don't listen. After the 2 months we saw a lot of improvement and now the children are behaving better and they learned our rules, so they listen better but it is a work still in progress.

After we took a suitcase with a lot of school materials our lessons improved. It is required for the children to bring their own school material but some of the parents doesn't have enough money to afford it, so some children doesn't have everything they need. That is why our suitcase with the material improved so much the classes.

Due to the very good weather we do a lot of nice things. We swom in our own swimming pool in our garden and this is the best thing to cool down after a day of internship. Besides the swimming pool we have been to a nice trip to Bigi Pan. It's a nice place in the woods and you can only go there by boat, there has a diverse wild life, flamingo's and other beautiful birds. Some other places that we like to visit are river beaches around town and we can swim there.

I'm is loving to follow Salsa classes, in Suriname it is a very typical dance style. There are a lot of places that you can enjoy this type of music and dance. That is not the only kind of music that we listen in the clubs here, they play all kind of music in the clubs and the best ones are Havana Lounge and Danceclub Tequila.

The food around here is very nice and not so expensive. The places that we go often to eat are: Zus en zo, 't Vat, Blauwgrond, Jiji's and de Waag. At this places you can find food from Europe or Suriname. A place that is very good to eat only Surinames food is at Blauwgrond .

I also went to Peperpots for the nature and animals, to Braampunt for turtoise and to Apiapaati for a few days in the jungle. These things were very nice. I love the nature in Suriname. I've also done the quadtour. This was also very nice.

It was a nice Internship. They were really nice to me and they had a lot of trust in us. We could practice everything and they loved our hard work.

When you want to do the same internship, you have to come with a lot of ideas. The school loves this, is brought school materials from Holland. I introduces new rules en ideas. They want to get a better school and they like you to help them. When you are an exciting students they really love to have you there.

My costs:

Airline ticket €940,-(with extra suitcase)

Hous, one room €255,- (per month)

Bicycle €60,- (for 3 months)

44. Daniela Theresia Triebelnig, Universidad De Huelva, Mobility For Study, KPZ

This should be done before going abroad

Contact:

University of Huelva Departamento de Education-Factultad de Ciencias de la Educacion- Campus "El Carmen"

Coordninator:

Telefono: +34959 219245

Fax: +34959219224

University of Huelva:



The University of Huelva has around 12.000 students and over 1000 students how are a part of a exchange program Most of the students are from spanisch speaking countries or from italy.

In Huelva exists three Campus

1. "Campus el Carmen":

This campus is incredible big and he consists of many diffrent buldings and faculties. You can select a lot of diffrent studies. The Campus has a big librar and two cafeterias. You can eat there really cheap, but it isn´t really healthy food. Otherwise there are a "Dia" and a "Lidl" next to the University. Also there is a big shopping center next to the University. So you will never be without a lunch.

2. "La Merced":

It is the Faculty of Business Sience in the city center of Huelva. Most of the Erasmusmeetings are there. For example all travels with ESN start there.

3. It is the Polytechnic and located in "La Rabida", next the "museo de de cristobal colon" and the industrie of huelva.

University courses:

1. Spanish A1
2. Attention to diversity in early childhood
3. Especialisacion Futbol y Voleibol
4. Nuevas Tendecias actividades fisicas expresivas

Registration:

You can find all informations about the registration on the plattform of the University. Only tipe in Google: University of Huelva Erasmus. So you will find everything.

<http://uhu.es/english/erasmusplusincoming/>

Afterwards you have some meetings or deadlines you have to follow.

Finances:

All in all I can say that the south of spain is really, really cheap, if you compair it to Austria.

For example one fresh orange juice you only pay 2 Euro (05 l) In Austria you would pay 6 Euros for that. Also going out for dinner is really cheap. If you go in a normal restaurant, you have have a starter, main dish and dessert, of course included a drink for 10 Euros.

But try out in Huelva:

Kalaka vinos y tapas:

This is for me the best restaurnt. You can eat there the typically tapas of spain. It is a little bit more expensive , but the best food i have eaten. You can try there the spinach salat. You can compair the price with austria. This restaurant is located in Av. Martin Alonso Pinzon , 20, 21003 Huelva, Spain, so directly in the citycenter.

room:

Normally prices for rental room is 160-200 Euro, but without water and electricity bills. They are coming all two months.

I payed 220 Euro for a big apartment. I shared it with two other people and the had a extra guestroom. So all our visitors could sleep there.

Puplic transport:

The puplic transport is really bad and expensive in Huelva. Only the way to Sevilla is good organised. There are all hour one

bus. But if you want to go more far away there is only one bus a Day. So check it out before. Also the bus to the University is really expensive. Normally one ticket is 1,20 Euro. If you have a card of the busstation it is 0,75 Euro for every way.

Really expensive:

Skincareproducts are really expensive in Spain.

Review of my study abroad in academic terms:

I arrived at the 7 of february in Huelva. And i startet to search for courses at the 8 of february. At the first day you have to go to the International office, who's located next to the big cafeteria. There you get a appointment meeting, where you have to tell them your courses. This meeting is really important. You have to go there.

The next step is that you find courses who exists in this semester. It was quite hard for us to find the right courses, time, and room. But I think that is normal for the first days in Erasmus. One week later the normal courses start. For each course i got 6 ECTS, which is completely different to our homeuniversity. But you have to do more for this credits. For example in volleyball we had to write a diary, and we had to teach one time. And the end we had a test about the volleyballsystem.

The teacher in Huelva are really openminded, relaxed and nice. Time is nothing for them. If the course starts at 13:30 it's perfect to be there around 14:00. So you are definitely on time.

Social and Cultural Review of my stay abroad:

I started my study abroad at the 07. 02. 2016 at Munich. Two other students of my group had the same flight. I had a flight to Sevilla, one of the hottest cities in Andalucia. There i took the bus to the busstation "Plaza de Amas". There we met one of the best girl of all Erasmus. She is called Verena and she is from Germany. Last week I visited her in Nürnberg.

We took together the bus to Huelva. There we booked three days in a hostel. It was quite ok. It's the only hostel in Huelva, so all new erasmusstudents where there. So you could meet them the first day.

Me and the other two austrian girls tried to find new people to. We thought it is really necessary for us, to improve our english, spanish. Otherwise we would speak only german.

So one of the first things we did, was to organise the ESN-card. So we could book the first trip to Madrid. You can get the ESN-card for 10 Euros in their office, next to the International office.

Please: IMPROVE YOUR SPANISH, before you go in this country. Of course we also had one A1 course at the University, but it was to less time. You have much more freetime, if you can speak with the people.

Flats and living:

I was living with two other persons in a huge flat in "Calle Rabida 32". One other austrian girl and one swedish girl, how didn't like the erasmusfeeling. She only had dinner or lunch in her room. So I always say, that I was living with another austrian girl. Everybody had his own room and we shared one big kitchen, livingroom, roof top and a huge balcony. Yes our flat was really big. The best to study and having Erasmusparties. Our flat was located in the citycenter, next to everything. Bars, restaurants, supermarket and partyplaces. So perfect. But we had a lot of troubles with our landlord. At the end we lost our deposit. Check out before you rent a room: Wifi, washing machine is working ...

Mobilephones-Spanish Pre Paid Card:

At the first week we tried to get a Pre Paid Card, included with wifi. It was really hard for us, because nobody spoke english, and we didn't speak spanish. So the perfect combination. But after a few ours in the shop we got one and it was really cheap. 10 Euros per month was enough to have contact with spanish persons and using the wifi. I also had a contract with my austrian company. So i payed 7 Euros per month more and I could talk to my family 1000 minutes per month.

Temperature and Climate:

When I was packing my suitcase, I didn't expect such a cold country. We were freezing around two months. At the second weekend we bought one winterjacket in Madrid. The april was really rainy but the may and june were perfect. Perfect weather, to go to the beach after or between university.

Traveling and Erasmus:



CC by Daniela Theresia Triebelrig

Traveling was the most reason to go to Erasmus. And Huelva is a really good place to go around. I have been 13 times to Portugal. Portugal is amazing. If you go to Sagres you want to stay there for your whole life. In Spain i visited Madrid, Parque Nacional de Donana, El Rocio Sevilla, Bolonia, Cadiz, Tarifa, Gibraltar, Sanlucar de Barrameda, Aracena, Malaga, Ronda Barcelona and so on.

But my favourite tip was Morocco. I have been ther for 6 days. From Marrakesch up to the mountains and down to the desert. It was my dream to go there, and i did it. I only payed 25 Euro to Marrakesch and back 27 Euros. So the airport of Sevilla is the best decision.

- Did you gain any learning experiences you wouldn't have gained without staying abroad?
- Of course, definitely language experiences. More in spanish, than in english. I took 3 courses in spanish, to hear the language. At the beginning it was really hard, but after a few weeks i could understand some sentences. We also had one spanish course at the university, but the teacher was like a military person, so had no energy to follow her. Also the trip to marocco helped me a lot, because there were only spanish speaking persons and me.
- Do you think staying abroad provided benefits for your future job (as a teacher)?
- Hopefully, i can provided benefits for my future job. As a teacher you can teach everywhere. So I really thing about going abroad for a time to teach.Maybe in Portugal, which is my fafourite countrie.
- Did this stay abroad affect or change your personality?
- "EASY GOING": This is my new philosphiie. Spanish and portugies people are quite more relaxing, if you compair them with austrian people. "THEY NEVER HAVE STRESS", for them the word "stress" do not exist. Before erasmus, i was a really stressfully person. And now , nobody can stress me. It was so funny, how fast it comes, that you change. I met my friends in Barcelona. It was one and a half month after my start at Erasmus. Normally I was the first person who is ready for going out. In Barcelona they had to wait for one hour of me. Not because of puting make-up on my face. No, only the same dressing up with more time for me. I never want to change that again.

Practicing in Collego El Puntal Bellavista



CC by Daniela Theresia Triebelrig

After one and a half month we finally got an internchip in one school next to Huelva. I always took the bike to go there. It took me arround half an hour. It was a good work out.

The first day we were 5 minutes late, of course typically for spain. Nobody recognise that, because most of them were also late. Our coordinator was really kind to us, and his english was perfect. We didn't expect that. The principal was really openminded. Everybody wanted to help us every time. We could choose our timetalbe and also the classes we want to see. Perfect, so we could to to every subject we wanted. It was a really helpfull experience, to see also other subjects. Normally we only had to do the hospitasion. But if i heard that they do not have the subject I am studing in Austria I wanted to teach. My coordinator supported me a lot. I prepared a presentation for the children, to help them to follow me better. He controled

it. Each student did his own bracelet. It was such a nice experience that teaching is working everywhere.

The school is generally not so organised like Austrian schools. But what they are doing, it is working. A big difference between Austria and Spain is, that presentations of the student is one of the most important things they should learn. Each student has to do a presentation in a week. So imagine, how good they are in this part.

We had a really good relation with the other teacher. One day they invited us to go to the mountains with them. We had a really funny, practicing English day.

I also tested the children for my final written exam in Austria. Because I want to find out the differences between the style of dressing between Austrian and Spain students. I told the university 2 weeks before, and nobody had a problem with that.

I could learn a lot in this school. Different ways to teach, Spanish, because the students have spoken Spanish to us, and more openminded feeling.

45. Derk Van Voorst, Lagere School Bondeko, Uganda, Mobility For Internship, KPZ.

Hoofdstuk 1: Even voorstellen.

Beste lezers,

Vanochtend stond ik op en pakte een rode stift. Enthousiast zette ik een kruis op mijn aftelkalender. Een kalender die ik vorige week heb gemaakt en aangeeft hoelang het nog duurt voordat mijn reis naar Uganda begint. Over 9 dagen is het zover en zal ik vertrekken om drie maanden stage te gaan lopen in Uganda. Ik ben Derk van voorst, 20 jaar oud en derdejaars pabo student op de Katholieke Pabo in Zwolle. Vorig jaar begon het allemaal en kregen we de kans aangeboden om een stage of studie te gaan volgen in het buitenland. Gelijk werd ik enthousiast en natuurlijk pakte ik deze kans met beide handen aan. Toen duurde het nog ongeveer anderhalf jaar voordat ik zou vertrekken en nu zijn dat nog maar 9 dagen die ontzettend snel voorbij lijken te gaan.

Naast dat ik dus ontzettend veel zin heb in dit avontuur begint er langzamerhand ook wel een gek gevoel te ontstaan in mijn buik. Een gevoel van spanning, maar ook het idee dat ik straks drie maanden op ongeveer 10 uur vliegen van jullie af zit. Gelukkig zijn er tegenwoordig allemaal manieren om in contact te blijven met de mensen die in Nederland zijn en het moeten doen met de koude temperaturen, terwijl het in Uganda rond de 30 graden is op het moment.

Mijn vliegtijd op de heenweg is zo'n twaalf uur vanwege een overstap in Rwanda. Een rechtstreekse reis naar Uganda was niet echt mogelijk of zou erg prijzig worden. Terug zal ik vliegen over Nairobi en zal de vliegtijd wat korter zijn. Uiteindelijk kom ik over 9 dagen aan in Entebbe en zal ik met de auto naar dit appartement hieronder worden gebracht.

Meer verhalen, afbeeldingen en vlogs? Kijk even op: www.facebook.com/DerkVoorUganda



CC by Derk van Voorst

46. Dorien De Haan, Kathedrale Koorschool, Suriname, Mobility For Internship, KPZ.

Kathedrale Koorschool Suriname
Mgr. Wulfinghstraat 2
Tel: +597 472521

Internship

The Kathedrale Koorschool is a small school in the capital of Surinam: Paramaribo. This school is a primary school with children in the age of 6-12 (sometimes older) years old and the main language is Dutch. Everyday the children came to school from 07:30 till 13:30. It's simply too hot to stay in school after 13:30 (in my opinion after 12:30 ;)). The Kathedrale Koorschool (KKS) is a School of Hope and Inspiration. When children want to go to the KKS, they have to do an audition in singing. The musical teacher and the headteacher decided whether the children will be accepted (or will be denied).

Every week the children gets a lot of music lessons. They learn to sing a lot of songs, they learn some musical theory, they have choral song and they have to do musical battles against other students. I'd like all the music in this school and when I go home I know I've learned a lot about teaching children in music.

Every morning (instead of rainy days) we started in the auditorium to start the day. The children will sing the national anthem, sometimes in Dutch, sometimes in Sranan Tongo and they will pray. After that, the children return to their classroom and then the lessons will started.

In a Surinam school you have to be very strict and consistent, otherwise the children won't listen to you.

What's included in your internship?

My internship offers many new insights into teaching. You'll learn how to be very strict and consistent. You havev to teach without many material schoolstuff. Your creativity will be exploded. The KKS is a great school to have a intership, because they are very friendly and they want you to inspire them.

What does a student needed when he/she choose your internship?

I think every student must do an internship. In Surinam you need some patience, sometimes you have to think: "let it go". You have to be motivated and when you're going to Surinam you don't want to improve the educationsystem, you have to inspire people to improve the educationsystem. Finally you have to be flexible. Every day is just an another day.



CC by Dorien de Haan

Stay in Surinam

During my time in Surinam I stayed in a house with 4 other KPZ-students. We've been staying on Fred Derbystraat 123. It was a house with 4 rooms, 2 kitchens, 2 bathrooms, 2 toilets and a swimmingpool. I paid 255 euros for a month and I think it was a realistic price. For dinner we cooked together and we bought our food in the Tulip, a supermarket and other Chinese supermarkets. The Tulip is a Dutch supermarket. We found our house on the internet, www.stagehuisvestingsuriname.nl.

Culture

I think Surinam has the most beautiful gathering of cultures of the countries I've ever visit. There are a lot of different cultures. People from all over the world with different religions and it's ok to believe what you want to believe. They respect each other and they are very friendly to everybody (something we can learn from).

Nature

When you visited Surinam you have to discover the whole country. There are a lot of beautiful places like Bigi Pan (we've seen a lot of beautiful birds over here), Danpaati (Jungle/river resort with the most lovely people I've ever seen), Bergendal (you can cross the river with a Zippline) and so many other places. Everyday its about 30 degrees so you can enjoy all this beautiful places. I also like the rainy days when you can take a shower in the garden. It's a part of the Surinam nature.

Costs

Travel: €850,-
House: €785,- (3 months)
Live: +/- €200,- (1 month)
Trips: what you want, you can make it as expensive as you want +/- €600,-
Extra: Curaçao (ticket €330,- activities +/- €200,-)
Bicycle: €60,-

47. Eline Winters, St. Franciscus, Curaçao, Mobility For Internship, KPZ

Preperations

Together with 4 other girls, we choose to go to Curacao for the internship. The KPZ arranged the internship, the only things we had to managed: our tickets, the accommodation and some documents. We booked our tickets at D-reizen, it's a dutch company. A niece from one of the girls arranged that for us. We all searched for an accommodation and we had some contact with owners from different accommodations, but after a month we found the perfect accommodation for the five of us. The documents we had to arrange were an passport, a VOG (Verklaring Omtrent Gedrag, a dutch certificate that proves that your past behavior is not an obstacle for fulfilling a certain role or function in society).

Curacao

Curacao is a Dutch caribbean island. It belongs to the ABC-islands from the Dutch Antilles. It's a constituent island of the Kingdom of the Netherlands. Curacao has a population of more than 150.000 inhabitants on a surface area of around 444 square kilometres. It's capital is Willemstad. The language they speak the most on Curacao is Papiamentu and Dutch. The island has an tropical savannah climate with an average temperature of around 30 Celsius degrees.

Internship

I did my internship at the Sint Franciscollege in Willemstad. I was placed in the fourth grade, and one of the other girls was also placed at this school and also in the fourth grade. In my class a had 33 pupils, so it was a big group.

I found it a difficult internship, because at my school the children spoke together only Papiamentu. Some children could speak Dutch, but not very well and they didn't speak it often. My mentor spoke Dutch very well, but in class they spoke about 80%-90% of the day Papiamentu. You can understand that teaching for me was very difficult, so I didn't gave very much lessons. That was a pity.

At my school they use methods, for math they use an method from Curacao (because the valuta they use here is guldens, so this also has to come back in the math method). For language lessons they use an Dutch method (but they also got Papiamentu lessons). The Dutch methods are forwarded from the Netherlands. Very often these methods are out of date and they don't have enough books for every pupil, so they have to share. Also the workbooks are copied, they don't use the original workbooks.

The teaching is very different from the Dutch teaching. They do a lot of classroom teaching and the teachers yell a lot to the children (condescending). Also my mentor never walked around when the children were working on the command.

For me it was particular to see all the differences between the teaching in the Netherlands and on Curacao. Because Curacao is after all an constituent island of the Netherlands, so you would think it would be similar to each other. Despite of all the differences in teaching, the Sint Franciscus was a nice and instructive school to do my internship. I had nice contact with the other teachers and they didn't do very difficult about illness or teaching other subjects (like drama). So it was definitely worth it!

What does this internship offer you?

This internship offered me different things. I think this internship would offer you more knowledge about the education around the world, but especially Curacao. And it's strange that there are so many differences between the education in the Netherlands and Curacao, because Curacao is still a part of the Netherlands. You will respect differences between children more, and than particularly the differences between descent and the different skincolors.

What do you need if you chose for this internship?

You need to have a lot empathy. Most of the children can't speak dutch very well, so you need to have empathy for that and you need to adjust to that. So if you want to go to curacao, you need empathy and you need to have the ability to adapt.

Finance

If you want to know more about my finance, you can send me an email:
e.winters@kpz.nl

48. Elise Feijen, St. Petruschool, Suriname, Mobility For Internship, KPZ

St. Petruschool ~ Jozef Israëlstraat

Paramaribo, Surinam

Before the internship

In the end of 2015, I had a first contact moment with the principal from the St. Petruschool. From the beginning, the contact was very difficult. The principal don't answered the e-mails, and the phone-contact was difficult because of the time differences. At the moment I had the principal on the phone, she was difficult to understand.

When I was in Surinam, Melissa and I went to the school, to meet the principal. We were there and the principal was very nice. She shows us the school and she introduced us to the teachers. We were allowed to choose the group where we would like to teach. I choosed group 5. This was a group with 29 children.

Internship

When I first meet the class, there were a lot impressions that I have. The education was so different and there was less attention to the pedagogical way of teaching. I saw things what my amazes. All of the lessons were clasical and the children work individual. There was no attention to work together, so that's something I have tried to do.

The children loved to work together and they loved to learn with games. The children were not aware of learning, while they play a game.

From monday till wednesday, I teaches the children in group 5. Thursday was a day, to work home for my schoolwork. The methods they work with, are the same as the ones in the Netherlands. The only thing that is different, is that they were changed into a Surinam context.

Culture

In Surinam live a lot of different people. All those people have a lot of different cultures and a different way of living. There were Javanese, Chinese, Surinamese, Creole, Indians and more. All these different peoples live together and they accept each other. This is something you also see in the classes. All of the children are playing with each other, although they have different backgrounds. We also have a trip to the inland. We have go to Gunsî. This is a place where people live without luxury. This was very special to see. They work for there own food. They cook on fireplaces. I will never forget these people.

History

In the history of Surinam they were dependent. A lot of countries had Surinam as there property. Also the Netherlands had a huge influence here. The history of Surinam knows also a slave period. We have been at Fort Zeelandia. This is a fort where you can see a lot of the history of Surinam. We also did a plantage bicycle tour. We have been in plantage Peperpot en New-Amsterdam.

Nature/Climate

Surinam have a lot of great nature. More of the half of Surinam is a jungle. I also went on a trip to Brownsberg and Gunsî. We have walked in the jungle and we have swing on a liana. In the jungle you have a lot of medical plants who can heal. The people who live nearby the jungle uses this in there lifes. In Surinam you have 4 seasons. You have two seasons with rain (a big and a little rainseason)and you have two seasons with sun.

Costs

At the moment is Surinam in a crisis. The exchange rate is fluctuating. So the prices of the products increases. We have bought our products in the Tulip. This is a supermarket, with Dutch mark products. This is a more expensive supermarket than all the other supermarkets in Surinam. This costs are based on the time that we were in Surinam.

Airline ticket	800,-
Rent house (3 months)	795,-
Rent bike (3 months)	90,-
Living (3 months)	900,-
Trips	644,-

Total 3229,00

Two other questions

1. What has your internship place to offer?

This internship will make your education experiences bigger. You learn about differences in teaching and I've learned more about the education, that I don't want to use. In Surinam is a lot to do and you feel save there. The intership offers you a lot of autonomy. You have to do a lot by your own. But because of this, you learn more.

2. What do you need, when you choose for a internship like this?

You have to stand open for a new experience. You have to stand open for a lot of differences in the way of living and education. In the school you need a attitude, to say what you want to do. Otherwise you sit in the class and you do nothing. Also you need a creative mind. The children there have not many materials so you have to find a way to teach them.

49. Esmee Van Welsem, St. Franciscus, Curaçao, Mobility For Internship, KPZ

Preperations

Together with 4 other girls, we choose to go to Curacao for the internship. The KPZ arranged the internship, the only things we had to managed: our tickets, the accommodation and some documents. We booked our tickets at D-reizen, it's a dutch company. A niece from one of the girls arranged that for us. We all searched for an accommodation and we had some contact with owners from different accommodations. A friend from my highschool stayed at Casa7 before we were going to Curaçao. So after a month we found the perfect accommodation for the five of us. The documents we had to arrange were an passport and a VOG (Verklaring Omtrent Gedrag, a dutch certificate that proves that your past behavior is not an obstacle for fulfilling a certain role or function in society).

Curacao

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Internship

I did my internship at the Sint Franciscollege in Willemstad. I was placed in the fourth grade, and one of the other girls was also placed at this school and also in the fourth grade. I had 33 pupils in my class, so it was a big group.

I had a very nice time at this school, but is was also very hard. It was a difficult internship, this because the children spoke only Papiamentu together. Only a few children could speak a little word Dutch. Even I haven't had that much contact with all of the children, I had a very good band with some of them. During my internship I haven't give that much lessons, this because the children and my mentor spoke almost the hole day Papiamentu.

At my school they use methods, for math they use an method from Curacao (because the valuta they use here is guldens, so this also has to come back in the math method). For language lessons they use an Dutch method (but they also got Papiamento lessons). The Dutch methods are forwarded from the Netherlands. Very often these methods are out of date and they don't have enough books for every pupil, so they have to share. Also the workbooks are copied, they don't use the original workbooks.

The teaching is very different from the Dutch teaching. They do a lot of classroom teaching and the teachers yell a lot to the children (condescending). Also my mentor never walked around when the children were working on the command. They scream through the class when they need something. It's never quiet during the day.

There is also a big difference between the schools here in Curaçao. The school where I did my internship was a Curaçao-based school. There was no influence from teaching like they do that in the Netherlands. It's nice to see this difference. But when you want to see this at my school and want to teach you have to speak Papiamentu. So my school isn't the right place for our KPZ students to do their internship. The only thing they can learn at this school is the typical Curaçao-based teaching. But when you have to finish some schoolsubjects, it is very hard to do that at the St. Franciscus.

Useful tips

When you want to rental a car, you need to ask your proprietor for a car. Most of the time your proprietor got really nice cars and when something happens, you know for sure your problem will be helped.

The second tip I've got: there are a lot of vacations here, so you've got a lot of free time. Discover the island and do things you never would do. Go swim with dolphins, swim with turtles and jump from cliffs.

Finance

Retour plane ticket: €670

Residence: 850 Nafl.

Car rental: 220 Nafl. (I shared a car with 4 other girls)

If you want to know more about my finance, you can send me an email: e.welsem@kpz.nl

50. Ewout Dellelijn, University Of Derby, United Kingdom, Mobility For Study, KPZ

Contact of Derby University: Laura Williamson

Contact Erasmus Office of the KPZ: Harrie Poulsen

Derby is an university with approximately 10.000 students. Those students could study all kind of things in Derby. From Arts till Engineering till Education.

I'm going to follow three modules in Derby. Two of those modules are about children with a learning difficulty or disability. The first one: Exploring disability is about disabilities in general. All kind of disabilities will be discussed in this module. The second one is about Special Learning difficulties in the classroom. How could you help those children with a disability in classroom to include them instead of that they are the kid with that label. The third module is about intelligences. The theories around intelligences (psychometric and non-psychometric). It is a lot of theory but it is interesting to know how a child is learning.

All these modules have a little bit the same assignments. Exploring disabilities and special learning difficulties have two courseworks. For both you have to make a poster/leaflet and you have to write as well an essay (2000/2500 words).

The poster for exploring disabilities is about how effects the disability your daily life. It is about one specific disability or impairment and it is your choice which disability or impairment. The essay you have to write is about what are the effects at applying for a job and it is about the debate if your disability you have chosen a disability is or not.

The poster for special learning difficulties is about giving the teacher information about a specific disability that could help him or her to teach that specific kid.

Registration process:

First of all I had to apply for the modules through sending a email to the internationaloffice with my choices. If they were alright they would send me back that form signed. Of course you had to fill in the forms for the Erasmus scholarship.

In England at the university of Derby I had a day for making my applyment final so that I would be a official student. It took about two hours. They gave my studentpass and from now on I was an official student of the Derby University.

The first days:

The university of Derby had an introduction programm for international students. If you flown at special days the picked you up at the airport and would bring you to your accomodation. The university has student hallcity centre. My accomodation was Nunnery Court. Their was place for arround 300 students at this hall. The other halls had place for arround 350 students each complex. There are approximately 7 big halls. The room was not that big but really useful and clean. You share your flat in this hall with four other students. You are sharing as well your kitchen, shower and toilet. Every week there is a cleaner for these common rooms.

I'm quite tall so I did a request for a taller bed. They had one and the housekeeper installed that specific bed when I was gone. The services at the halls of the university were great. If there was a problem they solved it in less than 12 hours.

The introduction week started the next day with a guided tour through Derby. The guides were as well international students of the university. They showed us arround and helped us with the basic stuff you had to arrange. This first week is important for you as a international student because this was the week for making friends.

Finances:

England is expensive from the perspective of a Dutch person. The flight was not but the normal life in Derby was. The room I had was arround 550 euros each month. It was a great accomodation but expensive and there was a disadvantage with the contract for his room. As an Erasmus+ student they had a special contract till the end of May. But still that contract was too long. The semester ended already the 27th of April. So most students and friends will leave then as well to there home. So there is no reason for you to stay till the end of your contract (a little bit a waste of your money).

If you do not a lot and you are just there for your study you will spent not a lot of money a budget arround 50 pounds is good enough. I had a lot of trips with friends and I row in England then a budget of 50 pounds is not realistic. Trains are expensive. You pay quite easily 40 pounds for a zigzag. But if you make a reservation for a specific train through the internet it could safe you 15 till 20 pounds. The only thing is that you need a creditcard for that. In England you need a creditcard for everything so please take a creditcard with you if you go to England in general.

The bus is in England the opposite. The bus is most of the time quite cheap. So I took the bus most of the time to see places. Your travel time will be longer but you will safe a lot of money. In England they have got as well special grouptickets for the bus (As well if you go with just another person you could safe money with a groupticket).

So if you do trips and stuff to see the country you will spend arround the 500 till 600 pounds each month.

Review of your stay abroad in academic terms:

I have learned a lot at the university of Derby. The lectures were great. The teachers who gave the lectures were well educated and they were well known with the subject they spoke about. So I've learned a lot academic terms and phrases. Because you were aware of all there knowledge about the subjects you were extra motivated and it inspires me. The essays were good for the writing skills in academic terms. As well were the essays good for practicing your searsching skills for good theoretic articles.

There was a lot of time for you as individual to ask for time. The teacher had no problems to check sometimes your essays or give some great tips to make your essay more succesful.

Review of the stay abroad in cultural terms:

There is difference between the dutch culture and the English culture. What I definitely noticed was that English people were more polite than dutch people. So I've learnt that it is sometimes better to be more polite to arrange something instead of be straightforward.

Thanks to the international introduction week I had interaction with more cultures. Because of that I realise that I live in a great culture with respect for someone his own will. There was for example a guy from azerbaijan. His was in Derby for his study and finished it but after a few days he had to go home for his arranged marriage. He had a wife chosen by his parents.

Because of all those kind of cultures you've had interaction with your gonna appreciate your own culture but I've got more respect and more understanding for other cultures because of my English adventure.

Review of the stay abroad in social terms

Through this experience I am more autonomous and have more self-esteem. I think that I am more capable to make the difference between important stuff and not important. I know myself better and I have discovered parts of me and from my personality that I didn't know or came up more than I could imagine. I feel after this experience I'm more able to understand the others and to appreciate them and the diversity in general.

Did you gain any learning experiences you wouldn't have gained without staying abroad?

I sincerely think that doing an Erasmus should be something obligatory for all the University students because only travelling and meeting new people you can have this kind of experience and enrich yourself understanding and living the European Union and the beautiful variety of the world in which we live.

You start thinking in a completely different perspective and all the things that you were doing before they're seen in a different way; you can really see your life from outside and learn better to overcome obstacles and to be independent, respectful and open-minded.

Do you think staying abroad provided benefits for your future job (as a teacher)?

I think it was very useful for me as a becoming primary school teacher. I think it is useful because English is the most common language in the world and that is why it is becoming more and more important in education in the Netherlands because we are a country who has wide spreaded contracts and busnisses all over the world.

Good English education is because of that quite important. I have improved my English in the United Kingdom so I think that I will get easier a job.

The introduction week started the next day with a guided tour through Derby. The guides were as well international students of the university. They showed us around and helped us with the basic stuff you had to arrange. This first week is important for you as a international student because this was the week for making friends.

Finances:

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The bus is in England the opposite. The bus is most of the time quite cheap. So I took the bus most of the time to see places. Your travel time will be longer but you will save a lot of money. In England they have got as well special grouptickets for he bus(As well if you go with just another person you could save money with a groupticket).

So If you do trips and stuff to see the country you will spend around the 500 till 600 pounds each month. `

51. Ilse Van Huizen, Netherlands Inter-Community School, Indonesia, Mobility For Internship, KPZ

Author: Ilse van Huizen

Internship coordinator of the KPZ: Harrie Poulssen

Before going abroad:

Headmaster: Mrs Janet Desjardins

School: The Netherlands Inter-Community school

Place: Jakarta, Indonesia

Email: info@nis.or.id

Telephone: +62 21 7823930

The school:

The Netherlands Intercommunity School is a international school. There is a dutch and an English stream. The whole school contents 160 children. Some classes are really small with 3 or 4 children others have more like 16 children. Every class has one or two teachers and most of the classes got there one TA's (teacher assistants). They speak dutch, and English with the IPC- lessons on the dutch stream. The English stream only speaks English. The meetings are in English. There are a few intership places at the NIS, be early and have a good CV and motivation letter if you want to do your internship here!

At home:

Before you go to indonesia you need to get a Social- Culture VISA. The NIS helped me with this, you need documents from them and you can't do this on your one. I paid for my visa around 100 euro's and I did this at a special comppany named: Visumpro (it is in The Hague.)

Review of your stay abroad in academic terms:

It was a great experience. I have learned a lot about international education and it was good to be alone at the otherside of the world. I have experienced a lot of new things in education to children. I have learned to work with IPC. And because of illnessy of my mentor I had the class a several times for myself. I also had the chance to have al look at the NTC lessons (Nederlands Taal en Culuur) these lessons are all over the world taught.

Review of your stay abroad in cultural terms/social terms:

The religion in Indonesia is the Islam. It is really normal to walk in a burka despite the hot weather. Mostly every woman is wearing headscarves. You need to dress yourself properly, so no thanktops and no shorts. As a woman you should not go on experience by yourself it's better to go with a local. A lot of man will try to 'get' you, so you better act as a married woman.

Indonesian people see foreigners as really special. The love to call you 'bulle' what means foreinger, so you better smile and say hello.

They people can't speak english, so you need to be really independent and plan everything in advance, example by coming home from the school or shopping mall. The people are very kind and very helpful even there is less communication possible.

The traffic is a chaos in Jakarta, be prepared if you are in a hurry.

Everything is really cheap in Jakarta except the groceries stores. Those are really expensive because only the expats will use them, you will pay 2 euro's for yoghurt. Everything form dairy produce is very expensive. The use Rupiah as a currency. 1 euro is 15000 rupiah, and that's enough to have a good lunch in a local market.

When you will meet new people it is very normal to give eachother 2 kisses. Do not be put off when this happened!

Also, when you want to travel to Bali, you will see that there is a lot of differents between Indonesian islands. Bali is very rich and a lot of people talk english there. It looks like a whole other country!

Useful tips

- Stay cool. I had car accedent when I was not even one hour in Jakarta. You just need to stay calm and then everything wil be alright.
- To go to your internship you need to get the 'go-jek' or grab application. You will order a scooter with driver who gets you through the traffic. It is really cheap and fast, I use this for everything in Jakarta. As a woman were your 'marriage ring'!
- Only travel with blue brid taxi, those have a meter! Do not go with any other taxi companies this can be really dangerous!!
- Do not get upset with taxi drivers order by application (blue bird), they don't understand everything about adresses. Just help them to make sure they can find you.
- Explore Indonesia as well. Jakarta is a really dirty city and there is not that much to do. You can't go to the beach because of the polution. So book a flight and go to Yogyakarta or Bandung, Bogor. When you have more time visit Bali and the gili islands, it's really a must see!

Budget

Retour airplane ticket with stop-over in Doha. I was flying with qatar airways which I can really recommend, I paid €670.

Residence: I had a hostfamily

Go-jek/Grab for 3 months: 2 euro's each day

Trips to Yogyakarta and Bali around 2000 euro's

For any questions please contact me at:

i.huizen@kpz.nl

52. Iris Hogeboom, Petrus Dondersschool, Suriname, Mobility For Internship, KPZ

Hello everyone,

My name is Iris, I am 19 years old and i'm going to Suriname for internship in Ferbuari for three month.

We are already 2 months in Suriname, doing internship at a primary school in Paramaribo. We live in a house with 1 other students, so we are with 4 students in one house. Renate internship is at St. Aloysiusschool, Carlijn is at Petrus Dondersschool and I am also have my internship at de Petrus Dondersschool. We are loving it, but sometimes it's a bit hard. The children do not listen that well as children from Holland, usually you want them to do things but they don't listen. After the 2 months we saw a lot of improvement and now the children are behaving better and they learned our rules, so they listen better but it is a work still in progress.

I bring a suitcase with a lot of school materials that I am using in my classes. I have a traffic light to give a volume indicate while de students work independently. When the traffic light is on red the children needs to be quite and work alone. When de light is on yellow they can consult on a low level. When de traffic light is green they can collaborate. Also the reward pot worked pretty well.

Due to the very good weather we do a lot of nice things. We swim in our own swimming pool in our garden and this is the best thing to cool down after a day of internship. Besides the swimming pool We have been to a nice trip to Bigi Pan, It's a nice place in the woods and you can only go there by boat, there has a diverse wild life, flamingo's and other beautiful birds. Some other places that we like to visit are river beaches around town and we can swim there. The midlands of Suriname are the beautyfull places to be. The nature is just perfect and almost not touched. We want to Apiapaati. It is a village in de midlands op Suriname. We had to drive 3 hours by car and 4 hours by boat. It was a long journey but it was worth it. The best thing to see was de people in de villages. The live so peaceful with eachother. The live a simple but happy life.

Dansing is a big thing in Suriname. We have the kazumba, bachata, merengue and the salsa in Suriname. De salsa was one of my favourites dances. It is a very typical dance style. There are a lot of places that you can enjoy this type of music and dance. That is not the only kind of music that we listen in the clubs here, they play all kind of music in the clubs and the best ones are Havana Lounge and Danceclub Tequila. On a thursday we first have salsa lesson and after that we a going to Havana Lounge to practice what we haved learned in de lesson.

The food around here is very nice and not so expensive. The places that we go often to eat are: Zus en zo, 't Vat, Blauwgrond, Jiji's and de Waag. At this places you can find food from Europe or Suriname. A place that is very good to eat only Surinames food is at Blauwgrond

Costs

Travel: €850,-
House: €785,- (3 months)
Live: +/- €200,- (1 month)
Trips: what you want, you can make it as expensive as you want +/- €600,-
Bicycle: €60,-

two questetions about my internship:

1. What had my internship place to offer?

My internship place gives me the space to do my own thing. I can teach my own way. In my classes I also have large share of the lesson content .

2. What does a student need if he/she chooses for my internship place?

A student that chooses my internship shoes be about to reflect on herself. De teachers will not

give you tips of tell you how you can do it better. You also have to be convident and be able to just stand for a group that is not your training group. They will use you as a substitute because they think you are able to do that.

I have had a wonderfull time. I would recommend it to everybody!

53. Judith Schwieters, Linköping University, Sweden, Mobility For Study, KPZ

Chapter 1 - General information

Study at:

Linköping University
SE-581 84 Linköping
www.liu.se

Contact Erasmus office

Kerstin Karlsson
international.office@liu.se

Description of the university

Linköping University (LiU) is one of Sweden's larger academic institutions and among those that offer the largest number of professional degree programmes, in fields such as medicine, education, business, economics and engineering. Research is conducted within a variety of disciplines, with strong internationally recognised research environments, e.g. materials science, information technology and disability studies.

Since gaining university status in 1975 (and before that, too), LiU has worked with innovation in education and research. For example we were first in Sweden to introduce interdisciplinary thematic research, problem-based learning (PBL), graduate schools and several innovative study programmes.

There are four campuses in three cities: Campus Valla and Campus US (both in Linköping), Campus Norrköping (Norrköping) and Campus Lidingö – Carl Malmsten Furniture Studies (Stockholm).

Description of chosen courses

Outdoor Education and Outdoor Didactics - 15 EC

This course will give you insight into Outdoor Education in relation to different school subjects, subject areas and themes. You will also learn how to use outdoor skills as a tool for teaching. There will be lectures, seminars and excursions both out of doors and at the university.

Nordic Culture - Area of emphasis: Educational Science - 15 EC

The course give insights into Nordic cultural life, Culture is known as the system of shared beliefs, values, customs, behaviours, and artefacts. From an educational point of view we explore and discuss culture, identity and citizenship. We study esthetical expressions in for example literature, fine art, craft, film and music for children and youth. Students will visit and experience both urban and rural surroundings. The course will also give the participants the possibility to take part in Nordic natural outdoor activities as part of their experience and learning. The course include two compulsory seminars with a cost for the student.

Teaching Practice- 8 EC

The course consists of teaching practice for exchange students with previous experience of teaching practice. Students observe lessons, teach and participate in different activities in a school. The course is planned individually to suit the exchange student. Students who apply for this course need to indicate what subject area, grade (age of children) and particular interests they have. An excerpt from the Criminal Records in English is required.

Beginner's Course in Swedish for Exchange Students, level A1 - 7,5 EC

This course is intended for exchange students with no previous knowledge of Swedish and has the same content as the A1-course above. The aim of the course is to give students a basic knowledge of Swedish with an emphasis on oral skills. The course includes pronunciation exercises, oral training, basic Swedish grammar and short, writing exercises.

Detailed description of the registration process at the host organisation

I applied for this mobility in October. I was debating between Linköping University and Falun, Dalarna. After a lot of meetings, I finally decided for Linköping. I was just on time for the deadline and applied for 4 different courses, as you can see earlier. After about two weeks I got an e-mail saying that I was accepted and that I needed to start searching for a room in the city. The University couldn't provide me a room so I had to search it myself. This went really bad, but eventually I got an email I did get a room from the university. The registration process was really easy; once you figured it out it was all easy to fill in the application forms.

Chapter 2

Review of your stay abroad in academic terms

I will go through all of my courses one by one.

I really loved the Outdoor Education course. Most of the student in that class were taking the course for the whole year, so at the end of the year, they had to write a master's Thesis as well. We had two lessons a week; one on Tuesday and one on Wednesday. The lesson on Tuesday was mostly filled with theory and literature, we had to read a lot of articles. The lesson on Wednesday was mostly outside, because we were going to bring the theory to practice. It was so helpful to see and do the things we learned about. The teachers were enthusiastic and they always wanted to help you. I would really recommend this course!

Nordic culture was really nice as well. The lectures were somewhat boring and long, but the teacher was the nicest man ever. He had heart for his job and always talked full of passion about the Nordic culture. The best side of this course are the live-seminars. These are trips to special places inside Sweden where you will visit and meet people. The group will really form itself during the first trip, which is at the beginning of your semester. The information is not that interesting, but the way it's presented is really nice, so I would definitely recommend this course!

The course teaching practice was a good course, partly. I had to do 20 days of internship at a primary school in Linköping. I was matched with an English teacher who taught in the fourth and fifth grade. I only saw English lessons and I could help the students with questions they had. These 20 days were enough to see the benefits of the Swedish school system and the single subject teachers. You also have 5 lectures / work seminars. These are weird. You learn almost nothing and the 'discussion' never starts or it dies really fast. You have to read a few articles, which are quite interesting, but they 'add' nothing to your experience. I really like my internship so, yet again, I would recommend this course.

Swedish for exchange students is a really nice course as well. You learn the basics and get to practice a lot. In the end, you

have to make a test to show that you learn enough to pass the course. You also have to do an oral exam. That is really fun because, if you attended all the lessons, you're able to have a good conversation which is a real boost of your self-confidence. The lessons are quite easy and really practical; a real recommendation!

Review of the stay abroad in cultural/social terms

I learned so much about culture, people and myself. I learned I can adjust really well, as long as I can keep some things of my own culture as well. I loved living in my own dorm room, but once I got a big flag of the Netherlands, my room felt more like my own room. This was the same when I put up pictures and cards of people at home. These things can make me feel at home, wherever I am.

I learned I could definitely live in the Swedish culture. I needed to adjust for some time in the beginning but afterwards, I really loved the culture. The way people act, the way they handle things, the way they talk to each other; I could see myself living here. Swedish people are so much more calm than Dutch people. They take their time and really pay attention to *you*. It may take longer (that's why they queue so much, I guess), but it's so much more personal. Even in traffic, you can notice a big difference in culture. Swedish people are safer and not that rushed, they stop for pedestrians even though they don't even want to cross the street (This happened to me once, it was hilarious)!

What I also notices during my stay in Sweden, is that I can't cooperate with Asian people that well. I don't really know why this is, but I just get annoyed. They (and now I'm talking about (probably) a minority of the Asian people, and just about the few I saw in Sweden) don't introduce their own ideas, they're always talking when they're not allowed and they don't want to talk when they're asked. They wait until somebody else starts and takes the initiative. I, as a Dutch person (straight-forward, loud, enthusiastic), am the complete opposite. I always take the lead and they would get annoyed (or they would act annoyed) if I did. I'm happy I did my studies in Sweden instead of any Asian country...

Review of the stay abroad in social terms

I really loved the social part of my Erasmus period. I loved hanging out with people from different countries and finding out the differences and similarities. I discovered German and Dutch are so similar, if you talk really slowly to each other, you both can understand each other.

A 'big' part of the social part were the parties. I applied for a peerstudent very early, and I was lucky to get the nicest student ever. She was, of course, Swedish and she was in a 'festerit', which is a party committee. They organise the parties of one section of the university. She would take me to all kinds of parties and preparties. She would introduce me to everyone and all of a sudden, I had a lot of Swedish friends as well. It was amazing and I would love to go back to visit them all again.

I lived in a corridor, this is a hallway with 8 separate rooms and a kitchen + common room. I wasn't the only international student in my corridor, there were 2 others as well. The other people were Swedish. I never hung out with them, until one point. From that moment on, we were practically inseparable and we did everything together. I learned a big part of the Swedish culture through them.

Useful tips

- Apply at Studentbostäder as soon as possible to collect points!
- Arrange a room for the first weeks if the university doesn't provide you a room, this way you'll be able to find something else while you're there
- Apply for a peerstudent (ESN Linköping)
- Make small trips by yourself. Go to Stockholm for the weekend or take a cruise to Helsinki/Riga/Tallin. You'll find out things about yourself you would never find out while you're travelling with other people
- Make trips by car, rent a car and just drive around. The landscape is so much prettier just outside the town
- Take the campusbus to Norrköping. This city is close and beautiful
- Don't buy your bike on Facebook. Buy it at a bike shop and sell it back at the end of your semester for half the price.
- If your family is visiting, rent a guestroom from Studentbostäder (or use it for the first weeks!). This is cheap and really convenient.

Images

If you want to see pictures or read more about my time, you can visit my blog: www.judithinzweden.waarbenijj.nu or email me at j.schwieters@kpz.nl

54. Kevin Van Heun, Volksschule Piesendorf, Austria, Mobility For Internship, KPZ

Author: Kevin van Heun

Internship coordinator of the KPZ: Harrie Poulssen / Ria Posthumus

Internship

I am doing my Internship in Austria. In the village Piesendorf. It is a small Village between de Mountains. It is an modern School. The Director says: 'When the Village have much Money, you can built a modern School. In Juni 2015 I have search for al School. When I mailed the School I have one Day later the Answer. In this School they talk German. Normaly they talk 'Pinzgaurisch', but German is easier to learn. You can see it als Fries - Dutch. In this school is much possible. You can give your lessons and it is a nice school. I have feel me there welcome. My internship was from 29.02.2016 bis 20.05.2016. The school starts at 7.30 and finish at 11.30 or 12.30. The last our is religion. We do'nt give that. there is another teacher. There is 1 break von 15 minuts. From my appartement it was 5 min to walk to the school. It is an beautiful school. The childern are very Respektvol and hofflich. They give te teacher and me a hand when they come in. It is a big school. I can give many lessons in German.

When you chose this school, you have to talk German. In this Bundesland they speak different German. It is a dialect. That can makes it diffecult.

Appartement

During my Internship I wil sleep in an Appartement by Dutch people. They have renovate all Appartements. So it's a nice Place to stay.

My Appartement names: Chalet Sonnentanz in Piesendorf. It was a expensive appartement, but a wonderful one. I have a balkon and a kitchen.

Money/village

I have traveled by a Sleeptrain (100 euro)

The Appartement is (2000,- euro for 3 Monaten)

It was expensive to live there. It's a tourist place. In the little village was a schwimmingpool, tennisarea, skatingarea, 3 restaurants, much Appartements, Church, 2 trainstaitons, 2 supermarkets.

Öffentlichen Verkehr

When you would like to travel, you can travel by Bus and Train. A bigger Village is 8 km far. The bus and train are going every half Hour. Von December bis April you can travel with a Skibus. These Bus is Gratis and are going 3 times at morning and 3 times at evening. The Supermarket is in the village, but expensive. A billiger supermarket is 8 km away.

Culture/nature

The nature is wonderfull. Everywere are mountains. you live at 800m, so in winter you can have snow. The village is at the sonneseite, so es gibt wenig schnee. the mountains are between 1700m and 3500m high. It's very nice to walk and cycle there. There is a See (Zell am See) with a nice view. You can Schwimm from end of may. It's a nice place to live. The people are very interested. You can talk with them and they are nice.

When you chose to make an internship in Austria/Zell am See than:

- you have to speak German
- The people speak German, but there is a dialect to. The people speak normaly 'Pinzgaurisch'.
- You have to been a open person. It's another culture.
- There are not many younger people. It is a little village.
- It makes it easier when you have a little condition. You have always to walk uphill;)

For more questions you can ask me at my mail.

k.heun@kpz.nl

55. Kirsten Kos, Dalarna University, Zweden, Mobility For Internship And Studies, KPZ

University: Dalarna University in Falun

Contact person: Susanne Corrigo

Description university:

The university is very small, and is placed outside the center of Falun in a sports area. The ski jump of Falun is behind the school, even as the running track, swimming pool, indoor sport center and the cross country area. In front of the school is a hotel where a lot of sport people are staying during sport events.

What very special is, is the library of the school. The library is just renovated and it is really beautiful (see the picture). The library is not only for students of the university, but also for the inhabitants of Falun. From the center and the student residents it is approximately 20 minutes walk to the university.

Chosen courses:

- Beginner Studies in Swedish for International Students I (7.5 credits)

This course is for exchange students, and you will learn the basics of the Swedish language. This course includes pronunciation, grammar and writing exercises.

- The Swedish Education System (7.5 credits)

This course is for exchange students, and you will learn more about the Swedish educational system. This course also includes 10 field study days. You can do those days in one or two schools.

- Outdoor Education in Science (7.5 credits)

This course is for exchange and Swedish students. You will learn how you can use the surroundings within your lessons. And how pedagogical activity outdoors can stimulate learning and physical, psychological and social developments.

- Introduction to Swedish Culture and Society (7.5 credits)

This course is for exchange students, and you will learn more about the history of Sweden and how it is in Sweden nowadays.

Registration process:

On the website of the university is a clear description of the registration process.

www.du.se -> press 'English start page' -> press 'How To Apply' -> press 'Apply to DU as an Incoming International Student (Exchange)'. Then you will see 8 steps that you have to follow, for applying you have to follow the first 6 steps.

1. Nomination: your home university must send a nomination for you.

2. Application for the Student Exchange: after the nomination you can apply your self by filling in the online application.

3. Course Application: after you received a Letter of Acceptance, you can apply for a residence (do this on time! Otherwise you don't have a place to stay. So when you decide to go to this university make sure that you fill in everything on time so you have time enough to find a place to stay. The housing company is working with registration days, that is why you have to apply very quickly). You can also now apply for the courses; you have to do this online.

4. Learning Agreement: once you are admitted to your courses and received the Letter of Admission, you have to send the International Office your approved Learning Agreement.

5. User Account and Timetables: when you have been accepted, you have to create a user account (you can find the description on the website). After that you have access to Fronter (course materials, timetables etc is standing on Fronter).

6. Registration and Call for Participation (Roll Call)/ Decline Place in Course: before you can join a course, you have to register yourself, two weeks before the start of the course (you have to do this online). Once you have been accepted, you can see all the course information on Fronter and you are able to follow the course.

<http://www.du.se/en/Study-at-DU/How-To-Apply/International-Students-Inbound-Exchange/>

The registration process is quite long, and you have to do a lot of things. But on the website of the university is a clear description of the steps you have to take, so if you follow these steps, it will be easy to register yourself and you know exactly what and when you have to do something.

Review of my stay abroad in academic terms.

Beginner Studies in Swedish for International Students I

We can recommend you to do this course. It is useful to know something about the Swedish language and you will also learn a bit about the Swedish culture. As a Dutch, Swedish is not hard to learn. It is a part-time course, that means that you will have this course for 10 weeks. You will have twice a week a lesson. Another good thing about this course is, that almost all the international students are following this one so it's a good way to learn people.

It is also possible to follow the same course, but then a level higher, this means that you will get more grammar, and we heard that it is quite difficult. So we decide to stop after the first level, because you know the basics and that is the most important thing.

The Swedish Education System

This course gives a good opportunity to take a look in Swedish schools, because you will have 10 field study days. You can see how teachers in Sweden are working, and we have experienced that it is a big difference. The field study days has enriched our knowledge, and a broad our view of education. Beside the field study days you will have seminars about the education system.

Introduction to Swedish Culture and Society

If you are interested in the Swedish culture, history and how it is nowadays, than it will be a interesting course. The lectures are very broad and have many topics, some of them are interesting but not all of them. It is a good course, but for us too much history.

Outdoor Education in Science

We can recommend this course because you do a lot of things outside. We have learned how to make a fire and how we can use a playground as a learning place.

It was interesting because we have learned how we can use the environment for lessons.

Beside going outdoors, you will also have a few seminars.

Review of my stay abroad in cultural terms

We went to Sweden in the middle of January. When we arrived we were surprised about the amount of snow, insane! In the city where we lived (Falun), was a kind of student house. A big building where around 500 (nationals and internationals), but to get a room/apartment there, you have to gather points. When there is a free room, the one with the most get the room. We

were too late to gather enough points to get a room when we arrived, so we did our own research for a place to stay. We rented a red Swedish workers house from a particular. We shared the garden with the owners but they were really really cool. The man picked us up with car from the station when we arrived, and showed us the city, the grocery stores and the way to the university. Falun is a city that is built around the mine. The copper mine was a major source of income in the whole 18th and 19th century. It's closed since 1992.

We did also a lot of trips. The best trip that we did, was our trip to the high north of Sweden. We rented a car to go there, because we thought that it was much nicer than to go by train, bus or airplane (this is what other students did). We rented a car because we wanted to see the different landscapes that Sweden has to offer. On our way up high, we saw a sign of the famous ice hotel in Lapland, so we went off the route to visit this. You have a lot more freedom and places to go and see than when you are with a big group or organization. On our way back, we went to Norway as well to see the Fjords and the country side, very beautiful and worth it. We did also a lot of trips in Sweden itself. We saw almost all the big cities, the national park with the highest waterfall of Sweden (it was frozen when we went there, amazing!) We really recommend to rent a car when you are planning to go on a trip, it's a way cheaper than the bus or train, and a way easier to come on your final destination.

Review of my stay abroad in social terms

'The Swedish people'

A lot of people think that Swedish people are individual. In some way this is true, but when you know the people, they are totally not individual. The people are very open, social and would like to help you, if this is necessary. When you go to the student bar, you will meet a lot of international students but also Swedish students.

20% of the population in Falun are really from Falun itself, but the rest are people from elsewhere in Sweden. This means that there are a lot of Swedish students from other cities and they are just like you new there. So it is easier to make contact with them and become friends with real Swedish people. That is why we have experienced that Swedish people are not individual or shy.

'The Erasmus people'

You really have to experience it by yourself. Everybody is very open and wants to talk with you. Everybody has the same "problem", you don't know anybody in the beginning. But everybody wants to have a great time, and that makes it much easier to make friends. If you are staying in the student residents, then it is even more easier. We lived in the town, so we needed to make contact with other people during the courses or when we went to a party. The greatest thing is that you will have friends from all over the world, and you will learn more about their culture. And they are also very interesting in your culture.

Budget

In Sweden you have to pay with Swedish kronor, so you have to divide by 9 if you want the price in Euro's

- Housing: €200 (we were lucky because we were living with the three of us, a student room is around €300).
- Groceries: €50 every week per person.
- Going out: depends on yourself. A beer is around the €3,50 (in student bar) in normal clubs or bars it is around €6. Wine is very expensive if you go to a bar, one wine is around €7.
- Trips: €2500 in total, but this also depends on yourself. We did a lot of trips by our self. If you go with more people or with an organization it will be less.

Tips

- Rent a car if you're planning to go on a trip (easier and cheaper)
- Save enough money (around 3000, when you want to do nice trips and visit a lot)
- Apply on time for a student room.
- Check your insurance before leaving. Make sure that you have a good one, because most travel insurances are for three months.
- It is important to get a credit card, because you need this to make reservations for train, car rental or hotel/hostel.

56. Lotte Nieuwenhuis, VIVES, Belgium, Mobility For Study, KPZ

Before going abroad

The big decision

In my second year of school we had the choice to go study abroad. At first I thought 'O no, I would never live in another country for over three months'. But in the weeks after I started thinking about it. After that I decided to go studying abroad. My English is terrible so I couldn't go to English speaking countries. Then I asked Harrie for some advice. He gave me the option of Vives in Bruges. That was an idea I really liked. So I decided to apply for this University College.

The University College

Vives is a University College in the beautiful city Bruges in West-Flanders. They have 13.000 students and 1250 staffmembers spread over 6 campuses. You can choose between 6 fields of studies. I have chosen for teacher training ofcourse. The international office here is leaded by Lien Grauwet (+32 50 30 52 33).



CC by Lotte Nieuwenhuis

The Application

Before I could start at this school I had to arrange some things. So I started to fill in my application form. Here I had the opportunity to apply for a house too. I think this was the most easy way to find a 'kot' for €345,- each month. After filling in I had to sign. My home institution has to sign and then I could send it to Vives together with my registration of my home institution. After receiving Vives accepted my application form.

The courses

So the next step was to arrange my learning agreement. Not the most easy part. This had to be signed by myself, my home institution and my host institution. After a lot of emails it was good that I will follow the following courses:

1. Global issues and focus on Flanders and Europe (5 EC)
2. Social and intercultural competences (5 EC)
3. A broad view on education in Flanders and Europe (4 EC)
4. Diversity in/and education (3 EC)
5. Digital media in the school (3 EC)
6. Practice in primary school (4 EC)
7. English (4 EC)

The costs

After this the next step was to arrange the financial part. As a Erasmus student you are very lucky because you get a lot of money from the national government and the European Union. This is €388,61 each month from the Dutch government and €840,- in total from the Erasmus+ project (EU). Also this was not easy to arrange. You had to fill in a lot of forms, a lot of signs and a lot of mails and changes in the DUO system. But when you do this correctly you get a lot of money.

After going abroad

Academically experiences

I really liked the idea of going to University College in another country. What do they learn there? Is it different than at the KPZ? I think it is. But I followed an international programme (VICKIE), so this is not what the regular students learn. But I liked it. We had a lot of free-time to explore the country. In the courses we learned to work and discuss with people from another country. I didn't like the content so much. This was a lot that I already learned in the KPZ.

Cultural experiences

The differences in culture between The Netherlands and Belgium are not so big. So culture was not the main obstacle. But there were a few differences. For example the way that Belgians treat foreigners. They are not so open. I didn't feel so welcome. For example in my studenthouse. Luckily I had some Erasmus housemates, but the Belgians ignored us. They even spoke about us in Dutch while we were in the same room. Also in the shops they were not really welcoming. They were not friendly.

Social experiences

But luckily I had a lot of Erasmus friends. The people that I liked the most came from Austria, Switzerland and Italy. We did a lot of things together. Such as visiting Gent, Brussels, Ieper (Flanders field), Blankenberge beach, Oostende beach, Hallerbos and so on. To meet people study is better I think. Because than you are in a class together with all people that are alone and want to meet new people. In the begining I was affraid that making friends would be difficult because you don't speak the same language, but afterwards I can say this was totally not an issue. Dutch people can speak English very well. And when you are not so good in English (such as me) you will learn it really fast!



On this picture you see me with my foreing friends (CC by Lotte N.)

Learning experiences

Overall I learned a lot in this 4 months. Not only for being a teacher, improving my English or working in a Belgium school. But also for myself as a person in this world. I learned about making friends, living on my own and arrange things for myself. I went to Bruges as a teenager and came back as a grown up.

Benefits for my future teacher life

I think as a teacher it is important to go abroad. Than you can see how good the Dutch schoolsystem is. The differences between The Netherlands and the Belgian Freinetschools is not so big. But I heard about a lot of other systems. From Czech Republic till Sweden and from Spain till Hungary. And I think we don't have to complain. We get well payed and we have a good workcondition even we think we don't have it.

Changes in my future personal life

The biggest changes is for my personal life. I learend how to live on my own. I had to clean, cook, do the dishes, go to the washingsaloon, do the grocery. And everything by myself. When there was a problem, I had to solve it by myself. My perents were not there to help me. I also learned a lot for my social life. First I thought that it was difficult to make friends when you can only speak English, but as I said, you learn it really fast. And than it is easy to make friends, because everybody is there to meet new people.

Experiences in the practice

I also did one month of practice in Freinetschool De Tandem. This was a nice experience. It think the Feinetsystem is really simmilair to the Dutch Jenaplansystem. They work a lot together, planning is important and they also sit everyday in the cirkle. The big difference is the time that they learn outside the classroom. This were the things we did outside the classroom during my practice: biking on the playground, going to the libary, going to the swimmingpool, going on a camp, going to the glass-blower, receiving a correspondence class. A lot of thing as you can see. I learned that it not has to be so difficult to go somewhere. And the children really like it.



This is Freinetschool de Tandem (CC by Lotte Nieuwenhuis)

Things that you have to do in Bruges

Going out: Club Coulissen, Cafe Pick, Beercafe La Trappiste

Restaurants: Ribs & Beers, Ellis gourmet burger, Lilalou

History: Museum Historium, Minnewaterpark, Koningin Astrid park

Day trips: Gent, Brussel, Antwerpen, Hallerbos (in april), Blankenberge beach (by bike)



The beautiful Hallerbos (CC by Lotte Nieuwenhuis)

Now you have an impression about my 4 amazing months!

57. Lynn Busscher, Elizabeth 2, Suriname, Mobility For Internship, KPZ

Sint Elisabeth 2

Monseigneur Wulfinghstraat 7

Paramaribo, Suriname

+597 472265

25 februari is the day I am going to Suriname. I'm going there for my internship (3 months). In januari it was the first time I contacted the school I was going to: Sint Elisabeth 2. The contact was very hard in the beginning. The headteacher didn't respond to the phone. School days are from 8 am to 12.45 and I had to call between this time, taking into account that there is a 4 hour time difference. I wanted the email address of the headmaster, so I could send her some information. The first few times I spoke with the vice-principal, who gave the wrong email address. In the end, I got the right email and I could finally send her an email. The first week I was in Suriname I would like to come along and meet the group I was going to do my internship at.

We found our house through Mitchell Alvares. We have lived in a bright pink, beautiful Prinsess -like house for 3 months.

The internship

The headmaster hasn't been the headmaster of this school for a long time. Still, she knows a lot about the school and she really wants the best for everyone.

I was allowed to have my internship in the third grade, group 5. The teacher was quite young but she was a good and very kind teacher. The children were lovely and I could do and teach everything I wanted. I noticed that I was way too soft for the Surinamese way of teaching, I needed to be more stern to keep the children's attention. I learned at this internship to be very strict and clear and consistent!

After the Easter holidays I had to go to another class. I indicated that preschoolers had my preference. I was allowed to go to the preschoolers internship. It was a very crowded classroom, it was obvious that the teacher needed some help. I enjoyed the first weeks at the toddlers. After a few weeks I found out it was really heavy work with the toddlers. The children are not very kind to each other and towards the teacher. There was a lot of fighting and a lot of nagging (the whole day). I was not used to it and I found that I liked the toddlers less than I had hoped.

However, I had a fun time at the school and I learned a lot. Things I never would do, but also certainly things that I'm going to take with me to the Netherlands.

Culture

In Suriname you will find many different cultures. There are a lot of ethnic groups: Hindoes, Creoles, Javanese, Indians and Marrons. All groups live at and with each other and it's going very well. All cultures have found their own spot. In the city are churches, but also mosques. There are many Chinese shops, where you can buy (sometimes cheap) groceries and other things. Also the tourists are very well received and they are very friendly towards interns. Though the only downside is that if you are white you could expect a lot of hooting and whistling from the Surinamese people if you're on a bike or so.

Nature/Climate

In Suriname it is actually always hot. In the time we were there it haven't been below 25 degrees, and this is the same in the evening. There are a lot of clouds, but without the clouds it's almost too hot. Also, even if there are clouds you need to put on sun protection because you burn a lot faster than you think. There is a tropical rainforest in Suriname. You can make several trips to the rain forest. Here you can find many different trees and exotic animals.

History

If you want to learn a bit of the history of Suriname you need to go to Fort Zeelandia in Paramaribo. You can visit it every day till 2 o'clock, on Sunday you can do the trip with a guide, he can and will tell you everything you want to know about the history of the fort.

Also, we did a trip to Gunzi. In Gunzi you can see how the people used to live in Suriname. Gunzi itself is still a very primitive village. The people wash their clothes, they do their dishes, and wash themselves in the same river. They live in small wooden shacks and live off the food that grows on their own piece of land. Sometimes it is a 4 hour walk to this land. They do this every single day.

Costs

Life in Suriname is not very expensive, also the taxi costs nothing fortunately, you need this very often. At the Tulip, this is a Dutch -like supermarket, the products a bit more expensive, but you have a lot of choices.

Flight 800 euros

Apartment 900 euros (for 3 months)

Bicycle 90 euros (for 3 months)

Trips 400 euros

Live 300 (for 1 month)

Last questions

What has your internship to offer?

I think my internship can offer you a nice time during your time in Suriname. They treat you like an intern, but also like a real teacher. They will ask what you think about some things, if you want to help with some things. Also some of the other teachers will contact you and they want to chat with you. Personally I liked the gymteacher the most. She is so enthusiastic about every thing and she will contact you all the time she sees you. She's a very good teacher and very nice to the children, I liked her very much.

If you want to give lessons, you have to ask it by yourself, because they won't ask it. I also think the preschoolers aren't a very good class to do your internship. My teacher does it for a very long time, so she wants to do as much as possible herself, so you have to create new lessons if you want to give a lesson. New sort of lessons are very hard for them, because they are not used to it.

About what skills does the student needs to have when he/she choose your intership?

A uniform from their school they really like, but it isn't required.

Do not be shy! When you are shy, you really have to choose an other country I personally think..

You need some nice things to make your lessons nice and interesting. They're not used to special things in the lessons, so they will like it very much! And bring stickers :)

And just be yourself!

58. Maartje Bus, Volda University College, Norway, Mobility For Study, KPZ

Information about the school

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NORWAY

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The University

Volda University College (VUC) was originally founded 150 years ago, as the first teacher training college in rural Norway. Nowadays the school offers a lot more studies: media and communication, general and pre-school teacher training education, social sciences, child care, social planning and governance, linguistics, math and science, history, arts and crafts, outdoor life and physical education, music and drama. VUC is perhaps best known for its journalism school, having educated many of the most important and influential journalists in Norway over the last thirty years.

More than hundred international students are enrolled at Volda University College during any given academic year and their number is growing. The university college is among the foremost in internationalisation in Norway. This semester (spring 2016) there were more than 120 international students.

The university campus is compact, just like Volda is compact. The buildings are all within five minutes walking distance from each other, and very close to the student accommodation. The sports hall is across the street from the university college buildings and gives students the opportunity to use the sports facilities.

The school is always open. Every student has his own studentcard. This studentcard gives you access to every school building, the card is even working in the nights and weekends. So if you want to work at school, that's always possible.

The courses

The credit system at Volda University College is really different from what I'm used to. For one semester you need 30 credits, so far that's normal. But the most courses VUC offers are of 15 ECTS credit value. This means you only need to take two courses for one semester.

The courses I chose are ERASPORT (15 ECTS), Religion and Culture (15 ECTS) and Norwegian language and academic life (5 ECTS).

ERASPORT

This course is only for international students. The course will give you an introduction to Norwegian physical education, sport traditions and outdoor life (friluftsliv). The course is organized into both practical and theoretical subjects.

Theory:

At the end of the course you know how the Norwegian school system and voluntary sport is organised, the aim, content, organization and didactics of physical education in Norway. You learn about the traditional, Norwegian outdoor life (friluftsliv). And you compare all the findings with your home country.

Practical:

This course is also a practical course. You practise different kind of activities that are typical for the Norwegian physical education: Skiing, swimming, orienteering, traditional games and ballgames and dancing.

Work requirements and examination:

You need to write 3 papers as a work requirement. At the end of the semester there is a three day individual written home exam of approximately 3000 words.

The grading scale is pass or fail

Religion and culture

Within this course you will learn about the role of religion in the Norwegian society, from introducing Christianity the Middle Ages to the plural society in the present days. The course contains three subjects; The history of Christianity in Norway, modernity and religious change in Norway and religion and world views in public discourse. During the classes you will compare the Norwegian history and culture with the history and culture from your home country. You'll find out that religion and culture are completely different from each other in every country.

Work requirement and examination

You need to write two essays of approximately 1500 words. The topic of the paper will be published during the course. Every student will receive tutoring during the writing process.

And there is an oral exam, the oral exam is about all the subjects who have been discussed in the lectures.

The essays count for 60% and the oral exam for 40% of the final grade.
The grading scale is A-F. A is the highest and F is fail.

59. Manon Hekman, University Of Hradec Kralové, Czech Republic, Mobility For Study, KPZ

Hoi!

Ik zal me eerst even kort voorstellen, zodat je weet van wie dit verslag is. Ik ben Manon Hekman, 20 jaar en op dit moment nog een derdejaars PABO-studente. Ik heb ervoor gekozen om dit jaar mijn Erasmus-studie in Tsjechië te doen en dan wel in Hradec Králové.

Ten eerste iets over waarom ik ervoor gekozen heb om mijn studie in het buitenland te doen. Ik heb altijd al graag veel van de wereld willen zien, maar helaas houden mijn ouders niet zo van reizen en had ik voordat ik zelf op vakantie begon te gaan eigenlijk alleen maar Nederland, België en Duitsland gezien (misschien vandaar wel mijn reisdwang). Vanaf m'n 16^e (denk ik?) ben ik zelf vakanties uit gaan kiezen en ondertussen zit West-Europa er voor mij wel op, dat klinkt al als best wel wat als je de landen even op je vingers telt, maar heb je wel eens een wereldkaart bekeken? Dat is echt 3x niks. Gelukkig ben ik nog 20 en heb ik nog tijd zat :D

Alleen al omdat ik wilde reizen, wilde ik vanaf leerjaar 1 al naar het buitenland. Dat was echt een doel voor mij (met buitenland dacht ik echter niet aan Tsjechië.. maar daar kom ik later wel op terug). Verder ben ik altijd vrij beschermd opgevoed, ik woon nog bij mijn ouders, ging naar een kleine middelbare school en had eigenlijk nooit veel tegenslagen gehad. Hierdoor was ik helemaal niet zo zelfstandig als ik graag had willen zijn in mijn 20^{ste} levensjaar, wat is dan beter dan in het diepe springen en gewoon 5 maand op mezelf in het buitenland te gaan wonen?

Ten derde was ik het Nederlandse leven wel een beetje zat, ik deed iedere dag hetzelfde en zat echt in een sleur. Ik verveelde me. Dit daagde me uit en zorgde ervoor dat ik nieuwe dingen ging uitproberen.

Waarom dan studie in plaats van stage? Dat is eigenlijk een heel simpel antwoord; ik wilde zo lang mogelijk van mijn tijd in het buitenland kunnen genieten. Dan is 5 maand langer dan 3, zo simpel was het.

Vanaf leerjaar 1 heb ik het van de daken geschreeuwd *"in leerjaar 3 ga ik naar Engeland!!!"*

En zo heb ik 2,5 jaar lang keihard gewerkt om te sparen voor het o-zo dure Engeland. De Erasmus-procedure ging van start en ik was er helemaal klaar voor. Ik had me ingelezen, ik ging op "sollicitatie" bij Herman, ging allemaal helemaal prima en ik kreeg een go, oftewel, ik mocht gaan!!

Daarna ging het allemaal wat minder, ik schreef me in voor de universiteit van Derby en kreeg maar geen gehoor. Dit duurde weken en volgens mij zelfs 1 of 2 maanden, ik had alles geprobeerd, de mail naar meerdere e-mailadressen (meerdere keren) gestuurd, de universiteit gebeld, het mocht allemaal niet baten. Ik had er op een gegeven moment echt he-le-maal geen zin meer in en dat was totaal niet te vergelijken met de Manon van zo'n 2 maand geleden. Toen ik 's avonds huilend op de bank zat (als het nu al zo ging, hoe moest het dan wel niet gaan als ik uiteindelijk in Engeland zat?? Was ik daar überhaupt wel welkom?? Zo voelde het in ieder geval niet) besloot ik de volgende dag naar de International Office te gaan en te zeggen dat ik niet meer naar Engeland wilde.

Zo gezegd, zo gedaan. De volgende dag zat ik (opnieuw huilend, sjongeje) bij Harrie aan het bureau en gezegd dat ik dit niet meer wilde. Harrie reageerde hier gelukkig heel chill op en begreep me volkomen (maar zelfs als hij dat niet deed, hallo, het is mijn studie), hij gaf me meerdere opties van andere universiteiten waar ik nog naar kon kijken, want bij de meeste uni's waren ondertussen de inschrijvings-deadlines al voorbij. Hoe hard ik het ook probeerde, nergens werd ik enthousiast van.. *moet ik dan maar thuis blijven?? Was dit het??* Allemaal gedachten die door m'n hoofd rondspookten. Weer stond ik de volgende dag bij Harrie voor de deur en heb ik eerlijk toegegeven dat ik het allemaal maar niks vond..

"Heb je ook naar de universiteit in Tsjechië gekeken dan?" vroeg Harrie me.. Tsjechië, **Tsjechië**, dat was nou echt een land waar ik in de eerste instantie écht niet heen wilde. Dit was dan ook een universiteit die ik in mijn zoektocht had overgeslagen. Als allerlaatste hoop toch maar de website van de *universiteit van Hradec Králové* opgezocht (ik kende tot nu toe alleen maar Praag), maar daar klikte toen toch wel wat. Alles zag er chill uit, het was goedkoop en alles was geregeld! (iets wat ik wel heeeeel fijn vond, na al dat gezeur met Derby). Dus in één dag ging mijn inschrijving eruit en volgens mij had ik zo'n 2 dagen later mijn acceptatie binnen. Ik had daarmee ook een kant-en-klaar (interessant uitziend) vakkenpakket en een kamer. 3 vliegen in 1 klap!

Eindelijk voelde ik het enthousiasme wat ik al veel langer had moeten voelen.

En dat enthousiasme bleef, veel hoefde ik eigenlijk niet voor te bereiden, want mijn ouders hadden besloten me met de auto weg te brengen en ik had geen speciaal visum ofzo nodig.

Tot ongeveer een maand voordat ik wegging, niks negatiefs hier hoor, maar toen begonnen de zenuwen toch echt wel omhoog te klimmen. Iedere keer dat ik aan Tsjechië dacht, aan 5 maand in m'n eentje kreeg ik toch wel een beetje een brok in m'n keel. *Gaat me dit wel lukken? Bega ik hier niet een enorme fout?*

Het leek allemaal zo onwerkelijk, maar toen zat ik dan toch echt in de auto naar Tsjechië, ik kon het me nog steeds net voorstellen dat dit daadwerkelijk ging gebeuren. Terwijl we in de auto zaten (m'n ouders, zusje en ik) verwachtte ik dan ook dat we ieder moment een auto-ongeluk ofzo konden krijgen, omdat het allemaal gewoon zo raar was. Gelukkig is dit niet gebeurd en kwamen we allemaal heel in Hradec Králové aan (ook al zijn Tsjechen wel echte oermensen op de weg hoor, kan niet zeggen dat ik me daar 100% veilig voelde).

Voordat we echter in Hradec aankwamen, had ik al wat indrukken van Tsjechië opgedaan, oud, grijs en lelijk. Lekker positief? Nee. Realistisch? Ja. De geschiedenis van het communisme in dit land en de armoede was goed te zien, maar ik gaf mezelf de opdracht om te leren door deze lelijkheid heen te kijken en het mooie ervan te gaan inzien (spoiler: dit is niet gelukt).

In Hradec wachtte mijn buddy Zuzana me op, voordat ik in Hradec aankwam had ik via Facebook al wat contact met haar gehad en ik belde haar op om te zeggen dat ik haar kon meeten. Ik stond voor Palachova, de studentenflat. Ze hielp me met inchecken, want ik werd direct geconfronteerd met de eerste persoon die geen Engels sprak (net zoals 90% van de Tsjechische bevolking). Hij probeerde heel lief te zijn en begon in het Duits tegen me te praten, ik lief knikken en glimlachen, maar helaas begrijp ik van Duits net zo weinig als van Tsjechisch, begreep mijn buddy ook geen Duits en werd het allemaal maar een rommeltje.

Ik moest in cash m'n huur betalen voor de komende 5 maanden. Nu gebruiken ze in Tsjechië de Tsjechische kroon ipv de euro. 27kroon is ongeveer 1 euro, 100 kroon is dus minder dan 4 euro. Kronen hebben munten van 1,2,5,10,20,50 en vanaf 100 gaan de biljetten op naar 2000. Moet je je dus even inschatten met hoe zo'n pakket geld ik aan kwam zetten. (Ik had bijna zo'n filmscene willen naspelen waarin je een koffertje open klikt en er dan allemaal nette stapels met bankbiljetten in liggen). Goed, de huur was uit mijn hoofd zo'n €100 per maand (!!!!!) en dan betaalde je nog zo'n extra €50 per maand voor water, licht, gas en internet (wát een lachertje vergeleken met Nederland), ik kreeg mijn sleutels en we gingen naar mijn flat; B24. In mijn hotel-ervaringen dacht ik dat dit op de 2^e verdieping zou zijn.. dit was echter de 7^e. Er was een lift.

In de flat aangekomen, was dit normale grote, voor een beginnend stel dat in een appartement gaat wonen. Ik deelde de flat echter met 5 andere meiden, maar die waren er niet toen ik aankwam. Er waren 2 slaapkamers, in beide 3bedden en

bureaus, er was een keuken, een toilet en een badkamer..

Na 2 nachten in Tsjechië te hebben overnacht in een hotel met mijn ouders, gingen zij naar huis (huilenhuilenhuilen guttegutgut) was ik alleen. Maar dan ook echt alleen. Voor het eerst in mijn leven (très dramatique). (En alleen bleef ik. Voor zo'n 5 dagen (nog dramatischer)). In een poging tot sociaal doen, plaatste ik een bericht in de facebookgroep van de International Students (deze heb ik 2week later verwijderd, sinds deze bij nader inzien wel erg zielig en sneu en vol zelfmedelijden klonk). Dit bericht plaatste ik op mijn 1^e avond, met de vraag of er al anderen in Hradec waren aangekomen en of die misschien samen wilden eten (ik had niks geen pannen) of misschien samen een kroeg op wilden zoeken? Ik was namelijk niet van plan om mijn eerste avond alleen door te brengen (en te huilen en depressief te doen). Ik kreeg al snel een reactie van een van de buddy's; het semester begon pas over 2 weken en ik was de 1^e die aankwam, er was een bar "Maty's" waar vaak wel mensen waren, ga daar maar heen. Uhm, oke, leuk. Dus ik ben nog twee weken alleen? (De flat was namelijk helemaal leeg, op de 2 andere bedden in mijn kamer na, maar na een beetje stiekem in schriftjes gebladerd te hebben, zag ik al snel dat die 2 meiden Tsjechisch waren). En ik moet alleen naar een bar? Zo niet mijn comfortzone. Toen kreeg ik een berichtje van Zuzana (mijn buddy), ze ging vanavond met wat mensen naar Maty's toe, ik mocht wel mee?

Daar ging ik dan, één van de veeeeele volgende avonden in Maty's. Ik ontmoette vele mensen van het winter-semester (die dus binnen 2 weken weg zouden gaan) en merkte dat sociaal doen eigenlijk helemaal niet zo moeilijk was! (hah, bier). Ik werd direct uitgenodigd voor een afscheidsfeestje in iemands flat de volgende avond en ik greep alle kansen maar aan om mensen te ontmoeten.

De dag hierna ben ik een beetje door de stad gaan lopen, ik kwam er al snel achter dat daar niet zoveel te doen was, na 3 uur rondgedoeld te hebben had ik nog geen een winkel gevonden wat geen 2ehands kledingwinkel was. Gelukkig had ik wel de Tesco gevonden, een enorme supermarkt waar ze zo'n beetje alles verkopen wat je als mens nodig kunt hebben (dit overdrijf ik, sorry, maar ze verkochten wel echt veel), van koffers, tot tuinartikelen, tot TV's, tot brood (wat hier echt niet te eten is zeg, gadverdamme). Ik had dus boodschappen en pannen! En kon zelf eten koken; lekker Nederlands: aardappels, groente en vlees. Het was nog lekker ook, ik was supertrots op mezelf. 's Avonds ging ik naar het afscheidsfeestje van wat mensen en ontmoette ik nog meer nieuwe mensen, het was echt supergezellig (hah, vodka). Nadat we door de receptionisten uit de flat waren gekickt (geen feestjes na 11uur 's avonds, geloof me, we zijn zelfs een aantal keer door de politie de flat uitgekickt, de feestjes gingen soms door tot 4 uur 'sochtends), gingen we naar La Fabrique, een club. De week ging een beetje hetzelfde door, iedere dag kreeg ik van iemand wel een berichtje of ik mee ging voor lunch of diner, of 's avonds naar een flat kwam of naar Maty's zou gaan. De dagen bracht ik vrijwel alleen door, lopend door Hradec met mijn camera, probeerend iets moois te vinden in Tsjechië (nogmaals, niet gelukt, behalve Praag btw, Praag is nice).

Na 5 nachten alleen in de flat te zijn geweest (wat op één of andere manier best wel weer eng was, achter ieder geluidje zocht ik wel iets, grote baby) kwam 's middags opeens een van de Tsjechische meiden binnen, helemaal enthousiast was ik en ik stelde me voor. Anna heette ze, dat was het enige waar we in 5 uur over hebben gepraat. In mijn hoofd was het al een en al paniek, wordt dit mijn kamergenoot? Serieus? Wat doe ik hier??? Later die avond kwamen echter één voor één 3 andere flatgenoten van mij aan, uit Peru, Equador en Turkije. Met hen was het direct supergezellig en ik werd een beetje aangewezen als guide, sinds ik Hradec al zo'n beetje uit mijn hoofd kende en ook de mensen in Maty's kende! Iedere avond was er wel een feest en ik begon eindelijk te genieten. Toch waren we het met de Erasmus-meiden in B24 het ergens over eens *het klikte NIET met de Tsjechische meiden*, hier waren zij het ook mee eens.. want de volgende dag hingen de volgende brieven in de flat.

Hierna besloten wij te gaan verhuizen, dit sloeg ja helemaal nergens op. We gingen op zoek naar nieuwe kamergenoten en hadden 2 nieuwe personen gevonden. We gingen naar de *dormitory director* en zij vond het helemaal prima, we konden de volgende dag al verhuizen. Toen veranderde er echter een aantal dingen en waren we nog maar met zijn 4en, we vonden 2 nieuwe mensen en *blablabla* à ik weet niet meer precies hoe alles ging; maar op een gegeven moment werd de flat gebeld, een van de Tsjechische meiden pakte op en ze begonnen te verhuizen. Toen werden wij weer op het matje geroepen, echter om te horen dat het al vaker voorgekomen was dat mensen bij de Tsjechen weg wilden en dat er in B24 dus een patroon te vinden was. Dit keer zou dat niet gebeuren, wij moesten echter wel voor 5uur die dag 2 nieuwe kamergenoten zien te vinden en die moesten bij ons ingetrokken zijn.

Ondertussen waren al veel mensen aangekomen in Hradec en had ik van een aantal mensen gehoord dat ze hun flat niet leuk vonden (velen woonden nl. met 5 Tsjechen in één kamer). De eerste dagen had ik iedereen direct toegevoegd op Facebook, dus ik begon iedereen waarvan ik me dat kon herinneren te berichten. Binnen no time hadden we 2 nieuwe kamernoten gevonden (Venezuela en Polen) en kon het verhuizen beginnen. Toen ze ingetrokken waren concludeerden we gezamenlijk dat de Tsjechen de flat verschrikkelijk smerig achtergelaten hadden, we gingen de volgende dag met zijn allen spullen voor de flat kopen, schoonmaakartikelen. En 's avonds hebben we met z'n allen de eerste (en laatste) grote schoonmaak uitgevoerd met als afsluiter een wijn en chocolade-party. En zo begon het semester van de legendarische B24 - flat.

("it's gonna be legendary" – HIMYM, iedere episode?)

Nu is het misschien een goed moment om te vertellen dat ik dit schrijf terwijl ik op mijn bus zit te wachten om terug te gaan naar Nederland. Uitstelgedrag? Ja. Ik heb wel een blog "bijgehouden" (lees: 3x geupdate), maar dat was letterlijk wat feitjes opsommen haha.

Nu ik dit aan het schrijven ben is het eigenlijk best wel leuk! Ik heb echter een nachtbus dus ik ga zo slapen, maaar dat is voor jullie totaal niet belangrijk haha.

Ik vertel dit meer om het feit dat ik me dus niet alles meer herinner. Ik weet ook niet precies wat de bedoeling is om hier in dit verslag te vertellen, maar we zullen het wel gewoon zien haha.

- timelapse naar 2 maand later, ik ben weer helemaal thuis en zit weer in de oude sleur, maar om het laatste deel van mijn Erasmusbeurs te krijgen moet ik dit verslag nog afschrijven -

Nadat ik iedere avond in Maty's zat had ik wel zo'n beetje iedereen ontmoet en was het superleuk, iedereen was een beetje zoekende naar zijn/haar groepje mensen n dit was dan ook het moment dat iedereen het meest sociaal was. Naast de vele halve liters bier (wat zijn de fluitjes bier in Nederland toch schattig!) die er in die paar weken doorgingen was het halverwege maart toch ook wel een keer tijd om naar de de universiteit te gaan. De eerste week had ik samen met een Belgische jongen, Dries, allemaal "kennismakingsgesprekjes" met de docenten, we hadden beide het standaard vakkenpakket van Education gekozen en waren overal de enige 2 studenten in de klas, waardoor we altijd les hadden in kantoorjes in plaats van in klaslokalen.

Dat mensen in Tsjechië geen Engels spreken, was ik ondertussen al wel achtergekomen, maar universiteitsdocenten kunnen vast wel een redelijk woordje Engels spreken, toch? Wrong. Ook mijn docenten hadden google translate open staan en kwamen met gebrekkig Engels de lessen door.

Tijdens deze eerste week kregen we echter wel al te horen wat we voor de vakken zouden moeten inleveren aan het einde

van het semester; wat was ik blij! Voor 6/10 vakken hoefde ik alleen maar aanwezig te zijn en af en toe een kleine presentatie uit te voeren, voor 3 vakken een essay van 4 pagina's en voor m'n stage iedere donderdag 1 uur achterin de klas zitten. Helemaal prima!

Schijn bedroog echter en de verveling sloeg op een gegeven moment wel toe hoor, vergis je daar niet in, het was superchill natuurlijk en ik heb van deze break van de drukke studie op de KPZ echt genoten. Maar de weekenden waren niet in Hradec Kralové door te brengen, dan verveelde je je dood.

Daarom was het belangrijk om echt een groepje vrienden te hebben om weekendtrips te gaan maken, erg veel van Tsjechië heb ik niet gezien moet ik eerlijk toegeven, wel was ik bijna ieder weekend in Praag te vinden en heb ik reisjes gemaakt naar Hongarije, Polen, Bosnië-Herzegovina, Servië, Kroatië, Albanië, Montenegro en Macedonië (niet in deze specifieke volgorde).

Reizen in Tsjechië is heel makkelijk omdat ze een busmaatschappij hebben, studentagency zoek maar eens op, die goedkoop door heel Tsjechië reizen, maar ook internationaal! Ik ben bijvoorbeeld voor 50 euro heen én terug gereden naar Boedapest (en dan heb je gratis drankjes, supercomfortabele leren stoel, gratis wifi in Tsjechië en een tv-schermje met volledige series & films in de database).

Ook heb je voor 8 euro een treinretour naar Praag en rijden er vanaf Praag en Pardubice (ook dichtbij) vele internationale treinen, die je voor een prikkie kunt boeken.

Meer door deze reisjes dan door het goedkope leven in Tsjechië ben ik in totaal zo'n 3000 euro kwijt aan mijn Erasmusperiode (en ja dit is met de Erasmusbeurs en de buitenlandse uitwonende studiefinanciering, oeps). Meer dan ik had verwacht? ja. Maar heb ik met volle teugen (bier) genoten? Sowieso.

De huur van de flat was zo'n 150 per maand, dus hieraan was ik 750 kwijt, dan mijn vakanties samen ook zo'n 1300 euro, dus in principe was ik zo'n 410 euro per maand kwijt in Tsjechië en dan heb ik vrij luxe geleefd, vind je dit teveel, is het zeker goedkoper te doen!!

Ik heb echt de tijd van mijn leven gehad en kan het me niet voorstellen dat ik al deze superleuke mensen, die ik ondertussen vrienden noem, van over de hele wereld niet zou hebben ontmoet & mijn studie in Engeland zou hebben gedaan.

Ik heb mensen ontmoet uit Duitsland, België, Letland, Rusland, Oostenrijk, Frankrijk, Spanje, Italië, Turkije, Noorwegen, Azerbeïjan, Monte Verde, Kenia, Amerika, Taiwan, Noord-Korea, Mexico, Brazilië, Polen, Argentinië, Chili, Peru, Venezuela, Roemenië, Bulgarije, Oekraïne, Jemen, India, Nicaragua, Dominicaanse Republiek & Bolivia & weet zeker dat ik bij iedereen een logeeraadres zou kunnen vinden, net zoals zij ook altijd bij mij langs zullen kunnen komen (althoewel ze alsnog allemaal denken dat ik in Amsterdam woon).

Wil jij veel mensen van over de hele wereld leren kennen, goedkoop kunnen leven (halve liter bier voor 90 cent), een break van je drukke studie aan de KPZ en toch wel vrij easy je studiepunten behalen terwijl jij jezelf duidelijk probeert te maken aan mensen die geen Engels spreken, maar vooral genieten met mensen van over de hele wereld en de tijd van je (studenten)leven hebben? Ga dan zeker naar Hradec Kralové in Tsjechië, ik heb in ieder geen moment spijt gehad van mijn tijd daar :D

Voor foto's kan je mijn (paar) blogberichten over mijn tijd in Tsjechië bekijken op <http://manonhehman.waarbenjij.nu/>

Lijkt jou dit nou supervet en wil je nog wat meer weten over mijn tijd in Tsjechië? Dan kan je me altijd aanspreken op de KPZ of een mailtje sturen naar m.hekman@kpz.nl

60. Manon Van Der Kemp, Albert Schweitzerschool, Curaçao, Mobility For Internship, KPZ

Contact Dr Albert Schweitzer School.

Saliña z/n. Curacao

Phone number: (+5999) 465-4811

E-mail: infoasfo@vpco.org / lriley@vpco.org

About the school

Dr Albert Schweitzer School is a Protestant school. It is a big school with 25 classes. Every class has 25 till 30 students and there is one teacher for every group. The school has got 730 students and they are still growing because every year there are applying over 200 new students. The main language is Netherlands but they are also speaking a lot of Papiamentu.

Still at home

When we were still at home, we had a preparation day at the KPZ with other students from other schools. During this day we got a lot of information about our internship. We get to know which school we have our internship and we have got some useful information about living in Curacao. Also we get to know that we don't need a visa. Only when you stay longer than 180 days.

Review of your stay abroad in academic terms

We arrived the 24th of February in Hato, Curacao. We started our internship the 7th of March. Friday the 26th of February we visited our school to meet the teachers and children. When we arrived at Dr Albert Schweitzer school at 10:00 a.m. We walked into the schoolyard and met the principle. A Dutch woman who is a really kind. She walked to our classes (my class is grade 6) and introduced us into the class.

The first week was about observing and getting to know the children and the teacher. The teacher said the class was very noisy and busy, in her words 'hard to handle'. She said she wouldn't let me alone with the class for a long time, because she don't want me to struggle with this class. In fact, after one week I was teaching all by myself because the teacher was somewhere else very often. First, I liked it to teach alone and getting to know the children, because it's a good preparation for my graduation year. I didn't liked the fact that I could not prepare my lessons as well as I wanted to. I also wanted more feedback, because afterwards I heard that I was doing a lot of things 'the wrong way'.

I think that your internship here depends a lot on what kind of class you get and of course the teacher. Three days during this internship, I taught as a substitute teacher, because the teachers were ill. Those days I experienced another vibe when I was teaching, the children liked the way I taught them the subjects. The children in my own class liked it to, only the teacher didn't think it was good for the class.

For this country you have reckon with the fact that the teachers aren't very pedagogic. My teacher wasn't also, and for me it was like a culture shock. One thing you learn for sure here is to be consistent with rules, when you say it is like that, the children have to accept it immediately. In The Netherlands it's very different, so I can take this with me. I also developed my vision on education very well, because in this internship you can figure out what fits by you as a teacher and what doesn't fit. You also need the ability to adapt to the education system, because that is what some school expect from you.

Review of your stay abroad in cultural terms

The most common religion is Catholic. We visited a church on national woman day. But the language of the service was Papiamentu. A really nice woman wanted to help us and came to us to translate the service. It was a really nice experience. The service is different from the service in the Netherlands. Here they sing and dance, it is really fascinating.

The people here are very kind and want to help you with everything. They always see the bright side of life. They don't experience stress. They are so relaxed, or as they say it in Curacao: Poco Poco.

The traffic in Curacao has different rules than the traffic in for example The Netherlands. Vehicles from the right don't have the priority to go first, but the road that goes straight. You can pass cars either left or right when you think they are driving too slow. When locals are driving, they are doing a lot of other things, like brushing their hair or playing games on their phone. You have to be very alert when you are driving in Curacao, because the communication between cars isn't very good.

At school, there were some differences. When the bell rings, the children go standing in line waiting for the teacher to give comment. When they arrived they pray. They pray three times a day. The lessons are in Dutch. You can notice the differences in the Netherlands and here, in the Netherlands the teacher and child are on one line, here the teacher is the boss. The children need to respect the teacher and the teacher is always yelling. She is talking about the children in a way the children are stupid or always naughty. I found it very difficult to teach the same way as the teacher, because I am not like this. The children are used to it, so I did my best to live up to their expectations.

Review of your stay abroad in social terms

The people in Curacao are very kind and hospitable. I've got the feeling the island is happy every day no matter what. Our proprietor called us his family. He said that he and his girlfriend are our second mom and dad. When we are in trouble or we want to know something, we can always call them.

When you walking the street, you meet a lot of people. Rich people on their way to work but also poor people, who are

begging for money. But most of the time the people are very nice. They greet you when you walk beside. They want to help you with everything. At the supermarket there are some boys who can pack your groceries and bring it to your car for a little money. A word you hear a lot when you're walking the street is dushi, this word has a lot of meanings, but it is always something good.

The sun is always shining and the beaches are really nice and clean. The water is bright blue and you always see the ground, the temperature of the water is also very nice and warm. There are many beautiful fishes in the water, with a snorkel you can see them. On some beaches there are local restaurants, you can taste local food here or meet with local people. Also in Willemstad you have a lot of local restaurants, they are called the 'snèk', you can get a 'pastechi' (pastry) over here or 'karni stoba' (stewed meat with rice).

Useful tips

When you want to rental a car, you need to ask your proprietor for a car. Most of the time your proprietor got really nice cars and when something happens, you know for sure your problem will be helped.

Get your driver's license, in Curacao everybody travels by car. The public transport is very irregular, so you can't depend on the busses. Walking to your internship isn't always save, so be sure you have your driver's license and a car.

Try to learn the basics of Papiamentu, you can use them when you walk on the streets and the locals really appreciate it. For example 'good morning' in Papiamentu is 'bon dia'. On google you can find lists with a lot of basic words.

Taste some of the local snacks, like a 'pastechi' or 'Johnny cake', these are deep fried buns with chicken or cheese in between. They are not very healthy, but they taste very good. These snacks you can get by local restaurants (snèk). Other local food is 'karni stoba', it's stewed meat with vegetables and baked rice. You can get this by almost every restaurant and it tastes very nice.

There are a lot of vacations here, so you've got a lot of free time. Discover the island and do things you never would do. I've dived form a cliff, the cliff was twelve meters high (Playa Forti). You can also climb the Christoffel Mountain (Christoffelberg), it's a huge climb, but the view is totally worth it!

You don't need to change money when you're still at home, when you left the airport there is a ATM. You pay with Nafl. Antillean guilders. The rate of exchange is +/- 1 Nafl = €0,52.

When you have a traffic accident, you need to call a number, you can ask the number by your proprietor. You don't have to put your car aside. You must leave your car standing as the accident is happened.

And the last tip I've got: take a trip to Klein Curacao, this bounty beach is absolutely my favourite beach. You need to be here once. You can snorkel here and swim with turtles.

To do list to spend your free time

Restaurants:de Kleine Wereld, eetcafé de Buren, de Gouverneur en de pizza's bij Zanzibar (the best pizza's on the island).

Going out: Zanzibar, District 1850, Cabana Beach, Kokomo Full Moon Party and Wet and Wild/Mambo beach.

Beaches:Grote Knip, Playa Porto Mari, Cas Abao and Playa Kalki.

These are, for me, the most beautiful beaches on the island

Exploring the culture:Ostrich Farm, Hato Caves, Blue Room cave (boat trip by Captain Goodlife), Christoffel mountain, Shete Boka National Park and much more!

Budget

Retour plane ticket: €699

Residence: 850 Nafl.

Car rental: 220 Nafl. (I shared a car with 4 other girls)

Grocery: +/- 100 Nafl. every week

Pictures

If you want to see any pictures to make a decision, you send an e-mail to m.kemp@kpz.nl and I will answer you as soon as possible. If you want to know more about my internship and about the island, you need to go to <http://manonvdkemp.waarbenijj.nu/>

61. Melissa Sietsma, St. Petruschool, Suriname, Mobility For Internship, KPZ

To contact the St. Petruschool was in the beginning very difficult, because there is a time difference of five hours between the Netherlands and Suriname. Eventually I speak with my Director and we agreed that I came in the first week to meet the school and colleagues. The St. Petruschool is a school with 16 groups. Each grade have two groups. Group a and b. The school begins each day from 7.45 till 12.45. Every monday there is a flag parade to open the schoolweek with all the children.

Through the internet we rent a house for three months. We have found the house on www.stagehuisvestingsuriname.nl. Signing the rental agreement was very easy, because the contract was in Dutch. This is one of the reasons why I went to Suriname for internship, because the main language is Dutch.

Internship

Monday till Wednesday I gave lessons on the St. Petruschool. Thursday was a study day at home to work for my research. The first days during my internship there were many impressions. The education in Suriname is different than in the Netherlands. The education in Suriname is very performance-oriented. Every week make the children tests. In addition, the teachers are very directly and they speak a lot with the imperative. The classes are also very big. I had a class with 31 children. The classrooms are very small for so many children. The parents need to pay for the material for the children. The children have to bring their own pencils and notebooks.

On monday the school starts with the flag parade. The children of the whole school are together and singing the National song. This is in Dutch and in Sranan Tongo.

The methods for the subjects are the same as in the Netherlands, but somethings are changed. For example, the children don't work with euro's but with SRD during math.

Positive aspects; the children work hard, the methods books are good and the teachers are consistently.

Negative aspects; the children make every work individual and make not work well together. And there is too few materials to work adaptive.

What's included in your internship?

My internship offers many new insights into teaching. How you can teach with little material to children. And you learn as a teacher to be consistent. You should be direct to the children to keep order in your classroom. The teachers take good care of you. They want that you have a good time at their school.

What does a student need when he/she choose your internship?

The student that choose for the St. Petruschool must have motivation to do something on a day. If you are nothing offering, the teacher will do everything self. You must dare to stand up for yourself. And the student must be able to deal with the different culture and they should be adapt it.

Culture

In Suriname life many different peoples. Particular is that these people all live together and respect each other's culture.

During the internship you see no difference between the rich and the poor children, because they wear a uniform.

There are also several trips to the jungle where you can see how the people live in a different culture. I have done this for three days on a trip called Gunsi. During this trip I have experienced what it is to live with resources. The people make their own home-grown food and wash their clothes still in the river. In the city you notice that you are in a different culture. The people from Suriname whistling at you when you drive on the bike. And there are in addition to the usual supermarkets very many Chinese shops where you can buy your food.

History

When you live in Suriname you should also find out some of the history. At Fort Zeelandia, you will learn the entire history of Suriname. You can do this with a guide. The plantations are a hot item in the history of Suriname. You can find plantations where you can see which means they all converted here. You can do this with a nice mountain bike tour. You ride 35 km and you stop by two different plantations. New Amsterdam and Peperpot. Here you can see the slave prisons and you can see how grow different sources such as coffee and cocoa.

Nature/Climate

During the period February till May it is every day tropical warm. It is always above 25 degrees. So it is very important that you always use sunscreen, even though there are clouds. The rainy season begins at the end of April. Then there are days when it just raining. Suriname exists for the most part of jungle. You can see the nature during trips to the jungle. Here you can find different species of trees and animals.

Costs in Suriname

Suriname is not very expensive, but if there is a crisis the products be more expensive. Indeed, the exchange rate changed every week. It is a must to take the taxi in the evening, but this is very cheap.

Airline ticket	800,-
Rent house (3 months)	795,-
Rent bike (3 months)	90,-
Living (3 months)	900,-
Trips	644,-
Totaal	3229,00

62. Michelle Brand, Albert Schweitzerschool, Curaçao, Mobility For Internship, KPZ

Contact Dr Albert Schweitzer School

Salina z/n. Curacao

Phone number: (+5999) 465-4811

E-mail: infoasfo@vpco.org / lriley@vpco.org

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Still at home

When we were still at home, we had a preparation day at the KPZ with other students from other schools. During this day we got a lot of information about our internship. We get to know which school we have our internship and we have got some useful information about living in Curacao. Also we get to know that we don't need a visa. Only when you stay longer than 90 days.

Review of your stay abroad in academic terms

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The first few days we were observing. The children were very curious. The first day they wanted to ask a lot of questions, but the teacher didn't give them time. I was sitting in the back of the class and was talking to two boys, who said the class was really noisy and asocial. I think they want to scare me the first day. They also told me last week the substitute teacher became overwrought and that they will do that to me too.

I didn't have much time to teach because of the EFO-test. This is a test for all the children of grade 8. Back in Holland they call it CITO. This school wants all the children to HAVO/VWO. The parents are complaining about trainees because they think the trainees can't teach as a normal teacher.

Sometimes teachers were ill and didn't show up. The trainees need to teach the grades without a teacher that day. I taught three times as a substitute teacher. I experienced it positive but also negative. The positive thing is that I was free to do anything I wanted. Most of the time the children were very supportive and enthusiastic. The negative thing was that I never got any feedback and some children were very rebellious and gave a big mouth.

Review of your stay abroad in cultural terms

The most common religion is Catholic. We visited a church on national woman day. But the language of the service was Papiamentu. A really nice woman wanted to help us and came to us to translate the service. It was a really nice experience. The service is different from the service in the Netherlands. Here they sing and dance, it is really fascinating.

The people here are very kind and want to help you with everything. They always see the bright side of life. They don't experience stress. They are so relaxed. Only in traffic they are really stressed. They hump for everything and ride with full speed. There are no rules in traffic.

At school, there were some differences. When the bell rings, the children go standing in line waiting for the teacher to give comment. When they arrived they pray. They pray three times a day. The lessons are in Dutch. You can notice the differences in the Netherlands and here, in the Netherlands the teacher and child are on one line, here the teacher is the boss. The children need to respect the teacher and the teacher is always yelling. She is talking about the children in a way the children are stupid or always naughty. The children said: "First I was scared of the teacher. But now she is nice but strict."

Review of your stay abroad in social terms

The people in Curacao are very kind and hospitable. I've got the feeling the island is happy every day no matter what. Our proprietor called us his family. He said that he and his girlfriend are our second mom and dad. When we are in trouble or we want to know something, we can always call them.

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The sun is always shining and the beaches are really nice and clean. The water is bright blue and you always see the ground. There are many beautiful fishes in the water.

Useful tips

When you want to rental a car, you need to ask your proprietor for a car. Most of the time your proprietor got really nice cars and when something happens, you know for sure your problem will be helped.

The second tip I've got: there are a lot of vacations here, so you've got a lot of free time. Discover the island and do things you never would do. I've done cliff jumping here (Playa Forti), make sure your time is worth it.

You don't need to get money when you're still at home, when you left the airport there is a ATM. You pay with Nafl. Antillean guilders. The rate of exchange is +/- 1 Nafl = €0,52.

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Grocery: +/- 100 Nafl. every week

Pictures

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Wat heeft jouw stageplek te bieden?

Mijn stageplek heeft veel te bieden. Je kunt hier heel veel leren en dan vooral hoe je het niet wilt. Je moet wel heel sterk in je schoenen staan, omdat je op Curaçao nog wel wat merkt van het machtsverschil. Je bent hier maar een stagiaire en verder ben je eigenlijk niks. Daarnaast leer je hier waarom het zo belangrijk is om een pedagogisch klimaat te scheppen en hoe je dat doet. In Nederland merk je vooral dat het heel erg normaal is om op een bepaalde manier met kinderen om te gaan, maar hier weet je waarom het zo normaal in Nederland is. Toch vind ik het jammer dat ik niet heel veel les heb mogen geven. Hierdoor kijk je alleen maar hoe je mentor het doet. Het eiland heeft je veel te bieden, de plek is heel mooi en je leert hier om echt op eigen benen te staan. Je komt er sterker uit.

Wat heeft een Pabo-student nodig als hij/zij voor jouw stageplek kiest?

De student moet sterk in zijn/haar schoenen staan. Je moet open staan voor kritiek, want dat kun je hier veel krijgen. Ook moet de student beschikken over communicatietechniek. Je leert heel veel bij de SLB-lessen wat je hier kunt toepassen. De student moet kunnen overleggen en moet tegen een stootje kunnen. Daarnaast moet de student goed inzicht kunnen houden in zijn/haar portemonnee want het eiland is hier bijna twee keer zo duur als in Nederland. Ten slotte moet de student kunnen genieten van zijn/haar tijd in het buitenland, want het is voorbij voordat je het weet!

63. Niki Reusken, Dalarna University, Sweden, Mobility For Internship And Study, KPZ

University: Dalarna University in Falun

Contact person: Susanne Corrigox

Description university:

The university is very small, and is placed outside the center of Falun in a sports area. The ski jump of Falun is behind the school, even as the running track, swimming pool, indoor sport center and the cross country area. In front of the school is a hotel where a lot of sport people are staying during sport events.

What very special is, is the library of the school. The library is just renovated and it is really beautiful (see the picture). The library is not only for students of the university, but also for the inhabitants of Falun.

From the center and the student residents it is approximately 20 minutes walk to the university.

Chosen courses:

- Beginner Studies in Swedish for International Students I (7.5 credits)

This course is for exchange students, and you will learn the basics of the Swedish language. This course includes pronunciation, grammar and writing exercises.

- The Swedish Education System (7.5 credits)

This course is for exchange students, and you will learn more about the Swedish educational system. This course also includes 10 field study days. You can do those days in one or two schools.

- Outdoor Education in Science (7.5 credits)

This course is for exchange and Swedish students. You will learn how you can use the surroundings within your lessons. And how pedagogical activity outdoors can stimulate learning and physical, psychological and social developments.

- Introduction to Swedish Culture and Society (7.5 credits)

This course is for exchange students, and you will learn more about the history of Sweden and how it is in Sweden nowadays.

Registration process:

On the website of the university is a clear description of the registration process.

www.du.se -> press 'English start page' -> press 'How To Apply' -> press 'Apply to DU as an Incoming International Student (Exchange)'. Then you will see 8 steps that you have to follow, for applying you have to follow the first 6 steps.

1. Nomination: your home university must send a nomination for you.
2. Application for the Student Exchange: after the nomination you can apply your self by filling in the online application.
3. Course Application: after you received a Letter of Acceptance, you can apply for a residence (do this on time! Otherwise you don't have a place to stay. So when you decide to go to this university make sure that you fill in everything on time so you have time enough to find a place to stay. The housing company is working with registration days, that is why you have to apply very quickly). You can also now apply for the courses; you have to do this online.
4. Learning Agreement: once you are admitted to your courses and received the Letter of Admission, you have to send the International Office your approved Learning Agreement.
5. User Account and Timetables: when you have been accepted, you have to create a user account (you can find the description on the website). After that you have access to Fronter (course materials, timetables etc is standing on Fronter).
6. Registration and Call for Participation (Roll Call)/ Decline Place in Course: before you can join a course, you have to register yourself, two weeks before the start of the course (you have to do this online). Once you have been accepted, you can see all the course information on Fronter and you are able to follow the course.

<http://www.du.se/en/Study-at-DU/How-To-Apply/International-Students-Inbound-Exchange/>

The registration process is quite long, and you have to do a lot of things. But on the website of the university is a clear description of the steps you have to take, so if you follow these steps, it will be easy to register yourself and you know exactly what and when you have to do something.

Review of my stay abroad in academic terms.

Beginner Studies in Swedish for International Students I

We can recommend you to do this course. It is useful to know something about the Swedish language and you will also learn a bit about the Swedish culture. As a Dutch, Swedish is not hard to learn. It is a part-time course, that means that you will have this course for 10 weeks. You will have twice a week a lesson. Another good thing about this course is, that almost all the international students are following this one so it's a good way to learn people.

It is also possible to follow the same course, but then a level higher, this means that you will get more grammar, and we heard that it is quite difficult. So we decide to stop after the first level, because you know the basics and that is the most important thing.

The Swedish Education System

This course gives a good opportunity to take a look in Swedish schools, because you will have 10 field study days. You can see how teachers in Sweden are working, and we have experienced that it is a big difference. The field study days has enriched our knowledge, and a broad our view of education. Beside the field study days you will have seminars about the education system.

Introduction to Swedish Culture and Society

If you are interested in the Swedish culture, history and how it is nowadays, than it will be a interesting course. The lectures are very broad and have many topics, some of them are interesting but not all of them. It is a good course, but for us to much history.

Outdoor Education in Science

We can recommend this course because you do a lot of things outside. We have learned how to make a fire and how we can use a playground as a learning place.

It was interesting because we have learned how we can use the environment for lessons.

Beside going outdoors, you will also have a few seminars.

Review of my stay abroad in cultural terms

We went to Sweden in the middle of January. When we arrived we were surprised about the amount of snow, insane! In the

city where we lived (Falun), was a kind of student house. A big building where around 500 (nationals and internationals), but to get a room/apartment there, you have to gather points. When there is a free room, the one with the most get the room. We were to late to gather enough points to get a room when we arrived, so we did our own research for a place to stay. We rented a red Swedish workers house from a particular. We shared the garden with the owners but they were really really cool. The man picked us up with car from the station when we arrived, and showed us the city, the grocery stores and the way to the university. Falun is a city that is build around the mine. The copper mine was a major source of income in the whole 18th and 19th century. It's closed since 1992.

We did also al lot of trips. The best trip that we did, was our trip to the high north of Sweden. We rented a car to go there, because we thought that it was much nicer then to go by train, bus or airplane (this is what other students did). We rented a car because we wanted to see the difference landscapes that Sweden has to offer. On our way up high, we saw a sign of the famous ice hotel in Lapland, so we went off the route to visit this. You have a lot more freedom and places to go and see then when you are with a big group or organization. On our way back, we went to Norway as well to see the Fjords and the country side, very beautiful and worth it. We did also a lot of trips in Sweden it self. We saw almost all the big cities, the national park with the highest waterfall of Sweden (it was frozen when we went there, amazing!) We really recommend to rent a car when you are planning to go on a trip, it's a way cheaper then the bus or train, and a way easier to come on your final destination.

Review of my stay abroad in social terms

'The Swedish people'

A lot of people think that Swedish people are individual. In some way this is true, but when you know the people, they are totally not individual. The people are very open, social and would like to help you, if this is necessary. When you go to the student bar, you will meet a lot of international students but also Swedish students.

20% of the population in Falun are really from Falun self, but the rest are people from elsewhere in Sweden. This means that there are a lot of Swedish students from other cities and they are just like you new there. So it is easier to make contact with them and become friends with real Swedish people. That is why we have experienced that Swedish people are not individual or shy.

'The Erasmus people'

You really have to experience it by yourself. Everybody is very open and wants to talk with you. Everybody has the same "problem", you don't know anybody in the beginning. But everybody wants to have a great time, and that makes is much easier to make friends. If you are staying in the student residents, then it is even more easier. We lived in the town, so we needed to make contact with other people during the courses or when we went to a party.

The greatest thing is that you will have friends from all over the world, and you will learn more about their culture. And they are also very interesting in your culture.

Budget

In Sweden you have to pay with Swedish kronor, so you have to divide by 9 if you want the price in Euro's

- Housing: €200 (we were lucky because we were living with the three of us, a student room is around €300).
- Groceries: €50 every week per person.
- Going out: depends on yourself. A beer is around the €3,50 (in student bar) in normal clubs or bars it is around €6. Wine is very expensive if you go to a bar, one wine is around €7.
- Trips: €2500 in total, but this also depends on yourself. We did a lot of trips by our self. If you go with more people or with an organization it will be less.

Tips

- Rent a car if you're planning to go on a trip (easier and cheaper)
- Save enough money (around 3000, when you want to do nice trips and visit a lot)
- Apply on time for a student room.
- Check your insurance before leaving. Make sure that you have a good one, because most travel insurances are for three months.
- It is important to get a credit card, because you need this to make reservations for train, car rental or hotel/hostel.

64. Renate Melaard, St. Aloysiusschool, Suriname, Mobility For Internship, KPZ

Hello everyone,

My name is Renate, I am 21 years old and i'm going to Suriname for internship in Ferbuari for three months. It's the second time that I go to Suriname and I can't wait to see everybody again.

I lived with three other students in a house in Paramaribo, very closed by the city. That was very nice because you can go by bike to the shops, but also to the primary school. My internship was at St. Aloysiusschool in Paramaribo. It was wonderful to teach at this school, but sometimes it's a bit hard. The children do not listen that well as children from Holland, usually you want them to do things but they don't listen. After 2 months we saw a lot of improvement and the children are behaving better and they learned my rules, so they listen better but it is a work still in progress.

I bring a suitcase with a lot of school materials that I am using in my classes. I have a traffic light to give a volume indicate while de students work independently. When the traffic light is on red the children needs to be quite and work alone. When the light is on yellow they can consult on a low level. When de traffic light is green they can collaborate. Also the reward pot worked pretty well. I had also a kind of vase in the class, when they worked good they deserve a ball, when the vase was full with the balls we will do something nice together. For example playing outside or playing a game, something what the children like to do. It worked very good and the children liked it very much.

Due to the very good weather we do a lot of nice things together (with my roommates). We swim in our own swimming pool in our garden and this is the best thing to cool down after a day of internship. Besides the swimming pool We have been to a nice trip to Bigi Pan, It's a nice place in the woods and you can only go there by boat, there has a diverse wild life, flamingo's and other beautiful birds. Some other places that we like to visit are river beaches around town and we can swim there. The midlands of Suriname are the beautiful places to be. The nature is just perfect and almost not touched. We want to Apiapaati. It is a village in de midlands op Suriname. We had to drive 3 hours by car and 4 hours by boat. It was a long journey but it was worth it. The best thing to see was de people in de villages. They live so peaceful with each other. They live a simple but happy life. I did also trips by myself, I go to Fredberg, it was an amazing trip. You go by car to the jungle and you have to walk very long to the mountain. If you are on the mountain you have a fantastic feeling, it is a beautiful place!

Dansing is a big thing in Suriname. We have the kazumba, bachata, merengue and the salsa in Suriname. My roommates goes to salsa lessons, but I didn't like it that much so I stay at home. But that is not the only kind of music that we listen in the clubs here, they play all kind of music in the clubs and the best ones are Havana Lounge and Danceclub Tequila. On Thursday everybody go to Havana Lounge, it's a very nice place to dance and a lot of students will come here.

The food around here is very nice and not so expensive. The places that we go often to eat are: Zus en zo, 't Vat, Blauwgrond, Jiji's and de Waag. At this places you can find food from Europe or Suriname. A place that is very good to eat only Surinames food is at Blauwgrond.

Costs

Travel: €850,-
House: €785,- (3 months)
Live: +/- €200,- (1 month)
Trips: what you want, you can make it as expensive as you want +/- €600,-
Bicycle: €60,-

Two questions about my internship:

1. What had my internship place to offer?

My internship place gives me the space to do my own thing. I can teach my own way. The teacher is most of the time not in the class and sometimes they don't come to school. But I think you learn a lot if you have to do it by yourself. I really liked it, because it gives me the feeling that I can do it by myself. It gives me confidence. Normally I am very dubious, but now I know that I can do it!

2. What does a student need if he/she chooses for my internship place?

A student that chooses my internship school has to reflect on herself. De teachers will not give you tips of tell you how you can do it better, because most of the time they are not in the classroom. You have to believe in yourself that you can do it. Shows the children that you are the teacher and that they have to listen to you. But shows them also the love that you have as a teacher, do nice things with them and gave them the feeling that they are important!

I had a wonderful time in Suriname, it's a beautiful country and the people are very friendly. This country and the people have a special place in my heart, Suriname is my home!

Internship in Suriname is amazing, I would recommend it to everybody!

65. Sanne Smeeman, Freinetschool Klimop, België, Mobility For Internship, KPZ

Contact of Klimop Freinetschool: Klaas Mulder

Contact Erasmus Office of the KPZ: Harrie Poulsen

Contact Erasmus Vives Hogeschool: Els Callens.

My name is Sanne Smeeman, i am 19 years old. I am going to Freinatschool Klimop in Oostkamp. This wil be a internship for three months. Klaas Mulder, is the principal of the school. Els Callens (Eramus Vives) recommended me the school. It's a primary school with 12 classes. The school is in Oostkamp, near Bruges. I will teach to oldest children with the ages of 10/11/12. I emailed Klaas a lot. It was a very nice process. So my internship was settled very soon. It was difficult for me to find a room in Bruges. Eventually I got a room in the centre of Bruges. I will pay 400 euros a moth.

Two weeks

It has been two weeks already! It feels really nice to be in Bruges. I go to school every day and I have a lot of work to do, like cooking and cleaning. That's rather new for me and also very frustrating. Because it takes a lot of my free time. When I'm free during the weekends, I love to plan some trips: last Saturday I visited Ghent and the day after I went to Oostende.

I have met some international students while staying in Brugge. They are from Austria and Switzerland, and are studying in Belgium, just like Anne and Lotte. If I hadn't known Lotte and Anne it would have been boring in Bruges. My roommates are not very friendly and don't speak proper Dutch very fluently. That's why I don't understand them most of the time.

The past few days I had to work as a full-time teacher at a very nice school. The team is helping me, and everyone is very supportive, which feels very nice.

Eight weeks

It's my 8th week in Bruges. Time flies while I'm enjoying myself. In the weekend I have discovered a lot of new places in Belgium. On Sunday for example I went to De Haan and Blankenberge with Lotte and Juliet. We walked on the beach and enjoyed the sun. Unfortunately, I woke up yesterday with an angry feeling: I didn't want to go to school, I didn't like it. Then I said to myself: Sanne, it's only for 3 months! Time flies! You need to enjoy it! So that was exactly what I did. I went to school and it was great! Ever since that day, I enjoy being in Bruges. I'm making a lot of new friends, I'm partying a lot (of course :P) and I'm learning a lot at my internship. I have had a lot of fun with the children. I will go to another grade! I completed my first weeks in the second grade (groep 4 in Holland). We have experienced some beautiful things in such a short time. On Monday, March 21, I will start teaching in the third and fourth grade (groep 5 and 6). There will be 14 boys and 5 girls in the class and to be honest: I have to get used to the boys. Why you ask? Well, the boys are very tall. They are a lot bigger than me, so I feel slightly intimidated... But I know one thing: I can handle it!

Reflection

- Review of your stay abroad in academic terms

It has been 8 weeks already! It feels really nice to be in Bruges. I go to school every day and I have a lot of work to do, like cooking and cleaning. That's rather new for me and also very frustrating. Because it takes a lot of my free time. I love my room, it's perfect for three months.

- Review of the stay abroad in cultural/social terms

I have met some international students while staying in Brugge. They are from Austria and Switzerland, and are studying in Belgium, just like Anne and Lotte. If I hadn't known Lotte and Anne it would have been boring in Bruges. My roommates are not very friendly and don't speak proper Dutch very fluently. That's why I don't understand them most of the time. When I'm free during the weekends, I love to plan some trips with the international students: last Saturday I visited Ghent and the day after I went to Oostende.



CC by Sanne Smeeman

- Did you gain any learning experiences you wouldn't have gained without staying abroad?

I learned to take care of myself. I learned to cook, clean and a lot of other things. I now know how to entertain myself on a evening. There were some lonely nights in Bruges. It was hard but I learned a lot of myself. I know what I want and I know how I will get it. So I learned to stand up for myself.

- Do you think staying abroad provided benefits for your future job (as a teacher)?

Yes, I am an independent person. I know how to survive in another country. I met some international people. My English (writing and as well speaking) is improved, I am not afraid to talk English. I can teach children in Belgium, through another education system. I have showed the teachers of the Freinetschool that I can adjust. I am open for other education systems.

- Did this stay abroad affect or change your personality?

A bit. I met international students. They talked about their countries, I have learned a lot. Now I am a lot more open for other people and their (different) cultures. After the attacks in Brussels, we went with the children to Molenbeek. We walked in the area where Salah Abdeslam lived. It was peace full and weird. But it showed me that those people are very open to us. Not everybody is a terrorist.

- Review of the school practice

Unfortunately on 23 march, I woke up with an angry feeling: I didn't want to go to school, I didn't like it. Then I said to myself: Sanne, it's only for 3 months! Time flies! You need to enjoy it! So that was exactly what I did. I went to school and it was great! Ever since that day, I enjoy being in Bruges/Oostkamp. I'm making a lot of new friends and I'm learning a lot at my internship. I have had a lot of fun with the children. We have experienced some beautiful things in such a short time. On Monday, March 21, I will start teaching in the third and fourth grade (groep 5 and 6). There will be 14 boys and 5 girls in the class and to be honest: I have to get used to the boys. Why you ask? Well, the boys are very tall. They are a lot bigger than me, so I feel slightly intimidated... But I know one thing: I can handle it! The past few days I had to work as a full-time teacher at a very nice school. The team is helping me, and everyone is very supportive, which feels very nice.



CC by Sanne Smeeman

- Reflection (how their stay abroad was/ is beneficial for e.g. their teaching practice in their home countries in terms of diversity and internationalisation)

It was a experiment, which I liked a lot. It's a different country, with their own uses. I learned some of those but I also learned how to survive on my own. I needed to take care of the finances, the cooking, teaching and a lot more. Three months wasn't enough time for me! It should be more like 5 months.

- Useful tips (housing, traveling ...)

Bruges is West-Flanders, they speak with an accent. It's hard to understand for most Dutch people. Also you need to learn people. Most people are very tight-lipped. I arranged a lot of stuff with Erasmus Vives. They helped me a lot.



Sanne Smeeman

CC by

Costs

Travel: gas (my parents paid it)
House: €1600,- (4 months)
Live: +/- €200,- (1 month)
Trips: what you want, you can make it as expensive as you want +/- €600,-
Bicycle: Free from the Klimop school

I have had a wonderful time. I would recommend it to everybody!

What offers de Klimop Freinetschool?

The school believes in equality. Everybody is equal. You are a student but they will treat you as a teacher.

What do you need to know before you come to de Klimop Freinetschool in Oostkamp?

Well of course you need to know what Freinet education is. So read a few things about this education. I think it is also important to know where you will stay. Please contact the principal and the teacher a few times.

66. Tineke Eeuwema & Fenny Ekkelmans, University Of Linköping, Sweden, Mobility For Study, KPZ

Chapter 1 - General information

Study at:

Linköping University
SE-581 84 Linköping
www.liu.se

Contact Erasmus office

Kerstin Karlsson
international.office@liu.se

Description of the university

Linköping University (LiU) is one of Sweden's larger academic institutions and among those that offer the largest number of professional degree programmes, in fields such as medicine, education, business, economics and engineering. Research is conducted within a variety of disciplines, with strong internationally recognised research environments, e.g. materials science, information technology and disability studies.

Since gaining university status in 1975 (and before that, too), LiU has worked with innovation in education and research. For example we were first in Sweden to introduce interdisciplinary thematic research, problem-based learning (PBL), graduate schools and several innovative study programmes.

There are four campuses in three cities: Campus Valla and Campus US (both in Linköping), Campus Norrköping (Norrköping) and Campus Lidingö – Carl Malmsten Furniture Studies (Stockholm).

Description of chosen courses

Introduction to Special Education in a Swedish Context - 7,5 EC

The course takes its departure in a description of the Swedish school system and the political decisions that it is built on. The main points of the National Curricula for both elementary and secondary education are looked into, as well as policy documents that constitute the base for special education.

Nordic Culture - Area of emphasis: Educational Science - 15 EC

The course give insights into Nordic cultural life, Culture is known as the system of shared beliefs, values, customs, behaviours, and artefacts. From an educational point of view we explore and discuss culture, identity and citizenship. We study esthetical expressions in for example literature, fine art, craft, film and music for children and youth. Students will visit and experience both urban and rural surroundings. The course will also give the participants the possibility to take part in Nordic natural outdoor activities as part of their experience and learning. The course include two compulsory seminars with a cost for the student.

Beginner's Course in Swedish for Exchange Students, level A1 - 7,5 EC

This course is intended for exchange students with no previous knowledge of Swedish and has the same content as the A1-course above. The aim of the course is to give students a basic knowledge of Swedish with an emphasis on oral skills. The course includes pronunciation exercises, oral training, basic Swedish grammar and short, writing exercises.

Outdoor Education and Outdoor Didactics - 15 EC

This course will give you insight into Outdoor Education in relation to different school subjects, subject areas and themes. You will also learn how to use outdoor skills as a tool for teaching. There will be lectures, seminars and excursions both out of doors and at the university.

Detailed description of the registration process at the host organisation

We signed in before the deadline with the applicationform from the university and we collected all the signs we needed. Afterwards, we received an e-mail with the confirm that the university received our applicationforms. After 2 months we finally received the confirmation we where allowed to study at Linköping University.

Chapter 2 - Part Fenny Ekkelmans

Review of your stay abroad in academic terms

This semester I followed different courses.

In the first part of the semester I had the course Introduction to special education in a swedish context, I liked this course very much. Because there where a lot of schoolvisits and lectures. I visited many different types of schools, like an international school and a montessorri school. The teachers asked us what we wanted to see/hear and tried to arrange this for us. That was really nice, the teacher was very concerned about what we wanted to know and tried to arrange this for us!

The course Nordic culture was very wide spread. There was a lot of diversity in the course. We had live in seminars, for a couple of days or live in seminars for just one day. The lectures were about very different topics. I learned a lot about the culture in the nordic countries of many area's.

The teacher had a big passion for his course and that was good to see because he was so passionate about it it made myself also enthousiastic and curious.

Swedish for exchange students was oke. It was good to learn the language and it made life easier, it was useful. During this course we had different teachers. It was interesting to see how every teacher taught, the difference were big. I think this is something which the university can improve. Compare you're teacher's, the way they teach and what their focus is in the lessons with each other.

Outdoor Education and Outdoor Didactics, was a good course. The lectures were quit boring, we had to read the articles and discuss about it with eachother. The teacher was just standing in the corner and watched us. She didn't tell us anything about here experiences or searched her knowledge/opinion with us.

The visit we had to different school's or organisations who worked with outdoor education were very nice. They used us how they taught according to the theory of outdoor education. It was interesting to see how, what we learned/read in theory, worked in the class.

Review of the stay abroad in cultural/social terms

In my stay abroad I have learned a lot, for example: fika. Fika is a big and important thing here in Sweden. It actually is just a

coffeebreak but it has a big value, because, how the Swedish's say it: it is a social thing as well.

The culture in Sweden is not very different from the culture of my home country, the Netherlands. I think that this is because we're both western countries and aren't not so far from each other.

What I noticed is that the Swedish are more quiet, for example in the shopping center you will not hear any children screaming or in the bus you will not hear people talk very loudly.

It was nice to get in touch with a new culture, it made myself aware of my own culture and the 'strange' things we have and do.

I take the good things back home (being quiet, patient and relaxed).

Review of the stay abroad in social terms

I have been on a lot of trips here in Sweden. During this trips I got to know people which I also met back in town. That was nice, when you go on a trip you will meet new people (from different cultures).

I also had to work in groups during this semester. The groups were mixed there were people from Singapore,, China USA, France, Belgium or Germany. When I had to work in groups I get in touch with different cultures and you had to adapt your behaviour and your way of working, this was good. You also get to know people and you're going to do nice things together! (:

Chapter 2 - part Tineke Eeuwema

Review of your stay abroad in academic terms

Focusing on the quality of the lectures and courses we had in Sweden, I found out that it's quit the same as in the Netherlands. Although teachers have different personalities, teachers also give there lectures or they use different working methods like discussing or working in groups. I'm not sure if it was because of the Erasmus program, but we only had one lesson each course a week, which made me feel bored sometimes. Furthermore, some courses just took some weeks until they ended, so at the and we had one lecture each week. For students who want to travel it's a great opportunity to spend their time abroad but for us as 'European' students it was quit boring. So be careful with choosing your courses and try to fill as much time as you can.

Something I really liked about the courses we did was the fact we went outside many times, had many trips and this makes you getting to know the culture well. For example, with special education we went to many schools in the area, where we could take a look at the school but also at the lessons. With outdoor education we went to many places in the area, like caves and we even went searching for gold. I advise students to take those courses where you visit the area, so you can enjoy the beautiful nature of Sweden. With Nordic Culture we went on two trips, one to the North of Sweden and at the end of the semester to Västervik, where we did some fishing and where we enjoyed the seaside of Sweden.

Summarized I enjoyed all the courses with all the different students, where you make new friends, get to know different ways of teaching and experience the nature.

Review of your stay abroad in cultural/social terms

There are many things I've learned from studying abroad, focusing on the academic part of my stay. At first you have to deal with the culture, as teachers are mainly quiet, taking less initiative comparing to the Netherlands and having many Fika's, which means we had many breaks throughout the lessons. I found it interesting to work together with students from different countries, as we all have our cultural backgrounds and in this way we also behave. Once, I also went to a lecture with Swedish students, which I found interesting too, because in fact, it was quit the same as lectures I'm used to. We had to discuss about the fact education is changing, as we have to include many children nowadays in our primary schools. Comparing those students to students from Asia, I could see a huge difference, as Dutch people and even European people are loud, willing to work and strong individuals. In Asia all students have to be the same, give the right answers if they could actually talk during lectures and this taking to lectures in Sweden with all those mixed people made me realize that we really have different cultures all around the world. It took a while before they took initiative and mostly you just had to give them some tasks which they had to fulfill otherwise they would not even speak at all.

Useful tips

- Register as soon as possible at Studentbostader to get a room, otherwise you will be in trouble!!
- Buy a bike at the bikeshop where you can hand in the bike after the semester (and get some money back)
- Go to second hand shops, there are many of them
- Choose course which takes a lot of time so you don't get bored
- Go to the library, it is free to register and a nice place to study/work
- Go in the nature, it is beautifull!
- If you will attend the Swedish language course buy your books in advance (cheaper!!)

67. Wendy Buiting, Volda University College, Norway, Mobility For Study, KPZ

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About the University:

Volda university college is from origin a teacher training college and was founded 150 years ago. Nowadays the University has a lot more to offer. From Media and communication, till child care, history or for example social sciences. If you want to now more about all their programs and courses in English, you can check out the next page: <http://www.hivolda.no/vuc/academics/courses-in-english> If you want to study journalism, Volda University is a really good opportunity to go because their journalism program is the best known journalism program in Norway. But also if you want to study something else, Volda University College is the place to be. The university has a lot of experience with exchange students and every year they make more than a hundred international students feel at home. You will get a place to stay in one of the student accommodations close to the university. The university is not that big but it offers everything you need, places to study, a library, modern facilities as computers and camera's and sport facilities like a swimming pool, a sports hall and a fitness and bodybuilding studio.

Courses I took in the Spring Semester of 2016:

The head of the International Office of Volda University College new that we are doing the teacher training at our home university. For this reason he advised us to take the next two courses.

ERASPORT 15ECTS (sport course for Erasmus students): physical activity and outdoor life in Norway. We learned about outdoor education in Norway and also about Norwegian outdoor life. There is a theoretical and a practical part. We learned for example how to ski, traditional games and ballgames of Norway, we learned how to swim with the emphasis on life saving and so on. It is learning but also enjoying being outdoors and having fun with your classmates. During the course we had to write several small essays and we had one final exam which was bigger. The grading scale is pass or fail.

REL140 15ECTS (Religion and Culture in Norway – from Homogeneity to Multiculturalism). If you want to learn more about Norway and it's history in Religion and Culture this is a good course to take. It gives you a bigger understanding of the Norwegian society of today. For this course I had to write two essays and I had a oral exam. For this course you get a grade from A till F.

Besides these two courses I took an other small course:

NOIN101 5 ECTS (Norwegian Language, Civilization and Academic Life – an Introduction). I took this course because I thought it was nice to learn a little bit more about the language and to learn the basic things about Norway. During the course we had to write one essay. The grading scale is pass or fail.

Registration process

There were several documents we had to send to the university. We had to apply before the 10th of November 2015 for the Spring Semester of 2016.

A complete application contains:

- Application Form (you can find this document at their website).
- Learning Agreement - completed and duly signed/stamped (you can find this agreement at their website)
- Transcript of records (in English) from university
- Copy of passport (the page containing your name, picture and personal data)
- Copy of European Health Insurance Card (or equivalent)
- Motivation letter (if stated in the course description)
- Portfolio (if stated in the course description)

In the mean time you can apply for a house. All the Erasmus students get a place in one of their student residences. Volda has a special Student Welfare Organization you can contact. You get your own bedroom and you have your own bathroom or you will share your bathroom with one other person. You will share the kitchen with 6 other people who live at your floor as well. The student houses have what you need and it is a good place to stay for a semester. You will get some kitchen stuff and bed sheets from Pangaia, the student organization who takes care of the international students. Everything is well organized and if there is something wrong with your room the Student Welfare Organization is there for you. You can apply for a room at their website: <http://www.studentsamskipnaden.no/default.asp?page=142> What is worth mentioning is that the university has made a document in which you can find the information you need before you arrive. It's a guide about accommodation, Visas, transportation, weather, financing, insurance and so on. <http://www.hivolda.no/neted/services/file/?hash=6fb53023ea339f1ff6bc3eec5a39dc64>

68. Wiep Reimert, St Agnesschool, Suriname, Mobility For Internship, KPZ

Before departure:

Contact of St. Agnesschool: Mss Vijanti Soehawan

Contact Erasmus Office of the KPZ: Harrie Poulsen

I'm going to do an internship in Paramaribo, Suriname. Paramaribo is the capital of Suriname. The city is located on the west bank of the Suriname River.

I have decided to aim for an internship in Suriname. I am very interested which aspects the Netherlands have influenced in this country. Moreover, I am keen to know how education will be with having fewer materials available compared to primary schools in the Netherlands.

The internship took place at the St. Agnes School. I had contacted the director, Ms. Soehawan. She was very excited and she said she was very excited to receive a trainee at their school.

The director told me that they were conducting several researches and that I could teach in the highest two or three classes. When doing my internship, my task would be to focus on the areas of language and reading comprehension.

Information about the school:

St. Agnesschool:
Verlengde Keizerstraat 67
Paramaribo, Suriname
597 471-267

The school is a primary school with children of ages between 5 – 12 years old. The main language is Dutch. The school starts each day at 7.55 and it ends at 13.00 o'clock. I flew to Suriname on February 25 and I will return on May 24.

I am very excited for this internship and I hope that my research will turn out to be a relevant contribution for the school and its students.

The internship:

The St. Agnesschool is a school with children from different origins. The school has big ambitions and the director would like to improve its education. Therefore, there are many meetings in which reading comprehension and math are a central topic. There are about 400 students and each class has about 2 groups.

There are several similarities and differences between the Dutch and Surinam education. The similarities in education are that the teachers want to teach something new to the students. I noticed this because a lot of new books are purchased which also provide better quality for the students. The differences in education are mainly in pedagogic area. In the Netherlands we are used to have much to do with the input from pupils and take into account the differences between the children. Moreover, we are focused on working together, while in Suriname input from students is less appreciated and everything is taught centrally.

I enjoyed how enthusiastic the children responded to cooperating, but I had to get used to the way the teacher and the students interact. Teachers and students answer to each other in a very direct way and little attention is paid in giving each other compliments. Next week will be my last week at this school and I will look back on a beautiful time with a lot of experiences.

The accommodation:

I stayed with five girls from the KPZ in a pink house on the prinsessestraat. Our house also has an upper floor where other students were accommodated. There were a lot of other student houses in our street. The six of us shared a kitchen, a living room and a bathroom. We all had bed room for ourselves. The house was located in a safe area and it was near to the city centre. We paid €265 euros for a month. That's a lot of money if you are comparing what Surinam people here earn per month. For groceries, we often went to a European supermarket called the Tulip. Here you could find a lot of Dutch products, such as cheese and drop. We found our with help from someone else.

The climate:

It's wonderful to leave a cold country and to arrive in a warm country, with 33 degrees. In the morning your bad mood would disappear immediately after seeing the sun shine very bright. Unfortunately, we have also seen a lot of rain the last few weeks, because we found ourselves in the rainy season. It's strange thing that it can rain very hard for five minutes and then immediately after the sun shines again.

The cultural awareness:

There are many different religions in Suriname. You have Muslims, Creoles, Maroons, Javanese, Chinese and more. These populations are reflected in Paramaribo, but also in the rest of the country. We have visited the Maroons, where they speak an entirely different language. The cultures lives next to each other. It's nice to see that they live with a lot of respect for each other. With Holi Pagwa we were invited by our Hindu landlord to join him for dinner. Everyone was welcome. It was nice to be able to witness a feast from up close.

The history:

I was introduced to the rich history of this country, because I had to give history lessons at my school. I also visited Fort Zeelandia in which the time of the slaves was explained in a special way. I have also visited the plantation Peperpot and an old fort called Nieuw-Amsterdam. These were former plantations on which slaves worked and lived.

The trips:

During our stay in Suriname, we wanted to see as much of the country as possible. That is why we have choose to have a cultural, natural and a coastal trip, so that we saw something of every area of the country. For the nature trip, we went to Brownsberg. There we also visited the Irene-fall and Leo-fall. We slept on a desert island, sleeping in a hammock and we kayaked to Stone Island. For a coastal trip, we slept on a house on the water. For the cultural trip, I visited Gunzy and Isadou. It was very nice to see the original inhabitants, who basically live from the nature. I also spotted turtles and a caiman. At my

last trip I did a quad tour through the jungle. This is highly recommended! The only downside is that it costs a lot of money. A trip to the Interior costs 200 euro, but there is food, drinks and transportation included. I would definitely recommend to do the same!

The finances:

Plain: 800 euros (retour)

Appartment: $265 \times 3 = 795$ euros for 3 months.

Household: $300 \times 3 = 900$ euros for 3 months.

Bicycle: $30 \text{ euros} \times 3 = 90$ euros for 3 months.

Trips: 1000 euros for 3 months (about 200 euro per trip).

Answers on the questions:

What offers your internship to you?

I did my internship at the 'St Agnesschool' at the 'Verlengde Keizerstraat'. The head mistress was very nice and makes me feel comfortable from the beginning. The teachers and head mistress were open for my initiatives and were thinking with me to change the education. We brainstormed together to improve the level of teaching. The teachers also offered a lot of help, for example when I didn't understanding something about a lesson in maths. They involved me in extracurricular activities and motivation days in school. Something I appreciated a lot was the option to talk with the care coordinator and remedial teacher at school. It's a very warmly and open-minded school.

What needs a student when he/she chooses your internship?

They have to show their own initiatives. By doing this I gave for example 'anti-bullying practices' in different classes in the school. They have to dare and don't be afraid to try things. The teacher, and especially the students were enthusiastic about these initiatives.

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