

During the Erasmus mobility, we had the opportunity to observe various educational activities, mainly focused on inclusive education and practical learning.

A significant part of our experience was observing classes with students with disabilities. We learned how teachers adapt materials and teaching strategies to meet different learning needs. We observed individualized support, differentiated instruction, and the importance of patience and flexibility in inclusive classrooms.

We also attended English classes, where we analysed interactive teaching methods used to improve communication skills. Students participated in group work, discussions, and practical exercises, which encouraged active learning and collaboration.

In Physical Education classes, we observed how activities were adapted to ensure that all students could participate. The lessons promoted teamwork, coordination, and social interaction, while supporting physical development.

Additionally, we observed art classes where students were working with wood. These practical activities helped develop creativity, fine motor skills, concentration, and independence through hands-on learning.

Another important activity was the cooking class. Students prepared a meal together and then shared it. This experience promoted cooperation, responsibility, and the development of essential life skills in a supportive environment.

Overall, this mobility experience allowed us to gain valuable insight into inclusive teaching practices and practical educational approaches, enriching our professional knowledge and broadening our perspective on education.

Participating in the Erasmus+ mobility was a very valuable personal and academic experience. It helped us improve our communication skills, especially in an international environment. We became more confident using a foreign language in daily situations and when working with people from different countries.

During the mobility, we developed strong intercultural skills. We learned to respect different traditions, adapt to new environments, and understand diverse perspectives. Working with international colleagues improved our teamwork skills, as we learned to cooperate, listen actively, and share responsibilities to achieve common goals.

An important part of this experience was working with students with disabilities. We learned how to adapt activities to different learning needs, use more inclusive communication strategies, and become more patient and attentive to individual differences. This helped us

understand the importance of inclusive education and equal opportunities for all students.

We also improved our independence and problem-solving abilities. Living and studying in a different country required us to manage our time, organize our tasks, and adapt to unfamiliar situations. We became more responsible and confident when facing challenges.