

LET'S TAKE A CLIL L.E.A.P.

# Erasmus + Journal

24<sup>th</sup> – 28<sup>th</sup> April, 2017, Spain



## Experiences, pg. 2

*Our students tell us their experiences during the 2nd transnational meeting in Spain.*

## Interviews, pg. 6

*Students ask some questions to professionals in the field of Chemistry and Biology.*



## Experiences

*Students tell us their experiences during the 2<sup>nd</sup> transnational meeting in Spain.*

**Monday** First day Monday morning, around 8 o'clock in the morning we walked to school which was very close to my host house. There, all teachers and students welcomed us. Firstly, we went to see our classroom. There, we met the teachers and the students. Afterwards we went to a big class where a video played touring and showing us all the classrooms and facilities of the school. Then we visited these places and we had a close look and going around the garden and all the other school places.

Then, we had a small break let's say for half an hour. After we returned to our classroom and had a great time because we danced in the classroom "Macarena" which was a traditional dance.

The busy schedule continued by trying to write for the school's newspaper. Then we had a small break for about 15 minutes. After, we went to our classrooms. Then we had a lunch break for a short while and we continued our lessons by taking flamenco dance lessons and also a First Aid workshop. That was the end of an exciting Day.





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**Tuesday** On Tuesday we went to a mine. It is the second biggest mine in Europe. We had to wear helmets because it was a little dangerous. It was really hard work. In one floor they worked usually 12 max. 20 miners. Their work finished when they mined 37 handcarts. They worked 7 days in a week around 14 hours. After that we went to a beach. First we split into 3 groups, one of them tried paddle surfing, the second one tried windsurfing and the last one went on boat. Then when we finished we got changed. And when all tried everything we went to a lighthouse, there was a really beautiful view. There we had a little break to have a snack and then we went by bus back to our city it was a really nice day and in city our families picked up us and we had a free time with our families.



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**Wednesday** On Wednesday we visited the nearest town to the school called Cartagena, a wonderful city and full of history. First we could walk around the town and we went on a guided tour to see some of the most beautiful and important modernist buildings of Cartagena. We also visited the town hall where the deputy major and other representatives welcomed us and the teachers to this great city. They showed us the town hall which is very big and beautiful, it's got a lot of great chambers. The day continued with the visit to some of the most touristic places of Cartagena, like a Roman Theatre and some Roman baths. The Roman theatre was huge and very interesting. After that we had some free time to walk around, go shopping and have something to eat. Finally, we went on a boat tour around the harbor which was very nice.



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**Thursday** On Thursday we went back to school. While we spent the morning attending different lessons with our Spanish friends, the Erasmus teachers had a seminar about using the CLIL methodology to teach Chemistry and Biology, it seemed to be very useful. We also attended some CLIL lessons taught by Erasmus teachers where we learned a lot about History, Biology and Music. After school we spent the rest of the day with the Spanish students and their families.





**Friday** On Friday morning we woke up early to go to school. Everyone went to their classes. In the first two hours we attended some lessons where the Erasmus students told us how their schools are.

After that we went to the library and we worked on the journal. Meanwhile the Erasmus teachers had two seminars, one about using i-Pad tools to teach and another one about using different CLIL activities to teach Music. Later we attended more lessons, but this time, CLIL lessons taught by the Erasmus teachers, they were very interesting.

In the last two hours we decorated a mural, writing our names and phrases that meant a lot to us. We took lots of photos together.



## Interviews

*Students ask some questions to professionals in the field of Chemistry and Biology.*

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### The job of a mental health professional

#### **What level of education do you need for this job?**

If somebody wants to be a psychologist he needs to go to a university first and then a master is required in order to choose the exact field he wants to work in, for example clinical psychology or child- psychology and so on. Then if someone wants to become a psychotherapist and not only a consultant, he has to study further in a certain technique, for instance psychoanalysis, dramatherapy etc.

#### **What qualifications are required?**

The ability to listen, even in silence, illuminating situations that others can't see clearly when they are in a difficult situation and all of that without criticism, are elements for a good mental health professional.

#### **What kind of salary do you make (high / average/ low)?**

The salary I make from my profession is at an average level as I have a private office.

#### **At what age do you retire from the job?**

Usually the retirement age of a mental health professional is 65 years. But our profession has a peculiarity, as we are getting older, the knowledge together with experience help us to become better. So every psychologist knows when it is the right time to retire.

#### **What's the social status of the profession within your society?**

Crisis over the last decade has dramatically increased the need of people for psychological support. However, financial difficulties often lead them either to stop before completing their treatment either to go to public servants with long waiting lists. However the profession of psychologist has great brand awareness as more and more people turn to a specialist not only for psychotherapy but also for prevention or simple counseling.

#### **Is it easy to climb the ladder of success in your line of work?**

Success in the field of psychology is something that I think comes with the years and with the accumulation of experience and knowledge. It also depends on the domain that every psychologist chooses to work in.

#### **How popular is this profession with women/ men?**

Usually more women than men choose to become psychologist. Perhaps this is because women can manage more easily the fields of communication.

**How much time do you sacrifice for your job (including your free time)?**

There are many times when I need to spend the weekend in my offices to organize an experiential workshop, a speech or accept some patients who come from far away. It depends on the occasion and the frequency of the work.

**What are your working hours? Briefly describe your everyday routine at work.**

I try to work during Monday to Friday, except from some distant patients that I accept them on Saturday. On weekdays I work in the morning and afternoon in the office and three afternoons a week in a children's workshop I have for children with typical and nontypical development.

**How many days of holiday do you get?**

My holidays consist of the Christmas Holidays, the Easter Holidays and a month in the summer.

**Who influenced you to choose this profession?**

From a young age I was listening and trying to solve the problems of my friends. So my parents noticed my interest and advised me to pursue a career in psychology.

**What are the advantages and disadvantages of this job?**

First of all there is a wide range of career choices in psychology. Also in whichever field you choose to work in, there is no routine. On the negative side I would put the element of intense emotion. This is why it is necessary for personal psychotherapy for each mental health professional.

**If you could change one thing in your work, what would it be?**

I don't really want to change anything in my work. It is very interesting and I love dealing with adults and children as it surprises me every day.



*Greece*



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## What is an otolaryngologist and what conditions does he treat?



If you have a health problem with your head or neck, your doctor might recommend that you see an otolaryngologist. That's someone who treats issues in your ears, nose, or throat as well as related areas in your head and neck. In the 19th century, doctors figured out that the ears, nose, and throat are closely connected by a system of tubes and passages. They made special tools to take a closer look at those areas and came up with ways to treat problems. A new medical specialty was born.

Dr Mosialos Ilias, got his medical degree in the University of Thessaloniki and then decided to perform his practice in Greece's biggest General Hospital Evangelismos on otolaryngology. He explains that "Specialists in this field have training in surgery as well as medicine. Because otolaryngology involves the ears, nose, and throat, this type of specialist is also known as an otolaryngologist or an ear, nose, and throat (ENT) doctor."

ENTs can do surgery and treat many different medical conditions. You would see one if you have a problem involving:

- An ear condition, such as an infection, hearing loss or trouble with balance
- Nose and nasal issues like allergies, sinusitis or growths
- Throat problems like difficulty swallowing, and voice issues
- Sleep trouble like snoring or obstructive sleep apnea, in which your airway is narrow or blocked and it interrupts your breathing while you sleep
- Infections or tumors (cancerous or not) of your head or neck

Some areas of your head are treated by other kinds of doctors. For example, neurologists deal with problems with your brain or nervous system, and ophthalmologists care for your eyes and vision.

We asked Dr. Mosialos which are the most common ENT problems found among children. This is what he answered: "The most common problems for children are ear infections, nasal obstruction and nasal allergies, snoring and obstructive sleep apnea, tonsillitis which is an inflammation of the tonsils, enlarged adenoids, neck lumps, voice problems and speech delays, hearing problems as well as foreign bodies that are stuck in the ears, nose and throat".



The last part of his answer really intrigued us so we went on to ask him what exactly he means when he says “foreign bodies”. “What is the strangest thing you have found in a child’s ear or nose?”

His answer really took us by surprise. “I remember some years ago a family who used to live in one of Pilio’s villages came to my office carrying a child who was in great pain. They told me that the boy had been holding his ear for the last couple of days, but that day the pain he was feeling was intolerable. As soon as I put my tiny camera in the child’s ear, I saw something I couldn’t believe it. A tiny spider had woven its web inside the boy’s ear and I had to suck it as quickly as possible so that we could avoid any further infection. I think this is by far the strangest “foreign body” I have ever found in a patient’s ear!!”

*Greece*



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## The job of a pharmacist

On Thursday 23th March we had an interview with Mrs. Kuncová. She works as a pharmacist in a small city called Cvikov. She has worked there for 24 years and she told us that she feels there like at home. She doesn't only sell drugs and communicates with customers, but also mixes some drugs too. But she can sell only over-the-counter drugs. Prescription drugs can be sold only by a qualified worker. Drug mixing is very responsible work because it yields to strict regulations.

As Mrs. Kuncová explained, she used to read detective books in her childhood, which affected her choice of studies and later work. In detective books she was always interested in laboratory work, so her dream was to work in a forensic laboratory (which did not become true). At first, Mrs. Kuncová studied to be a laboratory technician, who is more directed to what she liked to do. In the end, she did not work in a forensic laboratory, because she got married in Cvikov, and there weren't suitable conditions for it. The base of the studies was biology and chemistry. All pharmacists must be skilled in both biology, to know in detail how human body works, and chemistry, to be able to mix up the requested medicine. An ordinary salary of a pharmacist is from around 22 000 up to 25 000 CZK for 8-hour shifts. Salary depends on the specific workload in the current month. She claims 25 days of holidays per year. No more, no less. As Mrs. Kuncová said: "Mainly, people need to like their work and consider it a calling. Patients are often coming with sensitive topics. Pharmacists also know the patient's whole family life and health history. Pharmacy is not only business."



We were interested whether it is better to cooperate with relatively new employees or with experienced pharmacists. The advantage for people, who already have experience is that they can work behind the counter. Mrs. Kuncová prefers teamwork with graduates, because they are young and enthusiastic. Primarily she could pass her experiences onto them. Once a year, new employees come to gain practice. They have compulsory midnight shifts. We, pharmacists, have compulsory lifelong study. I must travel to seminars and I must teach new and new things about medicine. It's not like you close the door when the shift's over and you don't have to think about pharmacy anymore. My profession comes with great responsibility, because the health of my patients is at stake. We must be careful that we don't hurt anybody.



Each dispensary is going through two checks. In the actual dispensary, the pharmacist, who hands out the drugs stamps the recipe and signs it, to make it clear that he was the one to issue it. In their free time, a second pharmacist browses the computer archive files and controls the issued medicaments. Due to the recipe and number of the patient they find whether all medicine was handed out correctly. If the situation happens, that the pharmacist was wrong and gave a patient unsuitable medicine, it will be discovered during the second check. Then, we naturally have to contact the patient immediately, or his doctor.

If it's discovered that there is a defective article (even if it's just one pack), the whole trademark must be withdrawn. Then, it has to be reported to the State Institute for Drug Control or directly to the producer and the medicine is returned to the distributor.

We were relieved when we were told that there is no big difference in the quality between Czech and foreign medicine. There are, in fact, of the same quality everywhere in Europe. From the over-the-counter drugs, the most popular on the market are pain killers. Those are sold most, but the stronger ones come with prescription only. Sometimes we wonder that people are using them more often than they need to. Also we are trying to "educate" our patients that medicine should only be used when it is really necessary.

In a drugstore, the work is intentionally varied, so employees do not lose focus. There are assignments such as selling drugs to customers or receiving goods in the basement, controlling factory number, printing and gluing barcodes on the drugs, preparing prescription drugs in the lab, etc. Everyone must know every kind of these works and change every two hours.

*Czech Republic*

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## Interview with a doctor



**What level of education do you need for this job?**

8 years of primary school, then school leaving exam in a secondary school, medical university and lifelong learning.

**What other requirements do you need to do this job?**

Good health condition, vocational exams, liability insurance, chamber membership, ANTSZ license, OF license.

**What qualifications are required?**

Medical university diploma, medical exam, after school leaving exam 6+4 year training.

**What kind of salary do you make (high/average/low)?**

Average. They give the salary themselves, because they're undertakers.

**At what age do you retire from the job?**

At the age of 65 they can retire.

**What's the social status of the profession within your society?**

In the recent years their prestige is getting worse. People don't respect them enough. That's why a lot of young doctors go to work abroad from small places like Tégglás.

**Is it easy to climb the ladder of success in your line of work?**

As a family doctor they reach success every day. As a "family member" they take part in other families' life.

**How popular is this profession with men/women?**

This profession is more popular with women.



**How much time do you sacrifice for your job (including your free time)?**

Their phones are always active, they can be reached at any time. They give advice.

**What are your working hours?**

Normally 8 hours a day, when they're on duty+16 hours.

**Briefly describe your everyday routine at work.**

Surgery: in the morning (8-12:30) or afternoon (12:30-16:00). When they have surgery in the morning after lunch they have plus work at different places ex.: at school, social home.

**How many days of holiday do you get?**

They don't have more holidays than other workers (30 days).

**Who influenced you to choose this profession?**

Nobody, it was her choice to become a doctor. She is the first doctor in her family.

**What are the advantages of the job?**

She has some success day by day. It's a joy for her to help people and give advice to them to prevent illnesses.

**What are the disadvantages of the job?**

Unfortunately, they can't help everyone they want to. It's hard to tell the bad news to patient's family.

**If you could change one thing in your work, what would it be?**

She wouldn't change anything. She loves her job.

*Hungary*

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## Interview with a veterinary



**What level of education do you need for this job?**

As a veterinary I have to get a diploma in a Veterinary University.

**What other requirements do you need to do this job?**

As I told you, firstly I need a diploma, but the membership in the Hungarian Veterinary Chamber is also required.

**What qualifications are required?**

I graduated at the Veterinary University of Cluj.

**What kind of salary do you make (high/average/low)?**

Comparing to other jobs, my earnings are a little bit higher than the average salary in Hungary.

**At what age do you retire from the job?**

It always depends on the applicable domestic laws concerning to the veterinary community. According to the regulation, nowadays the pension border is 65 years.

**What's the social status of the profession within your society?**

As far as I experienced, it is a well-honored profession. In most cases the people appreciate my diligence, knowledge and enthusiasm for my job.

**Is it easy to climb the ladder of success in your line of work?**

Actually, I think it is hard to achieve the success. Mostly because it takes a long time to gain the trust of the animal keepers.

**How popular is this profession with men/women?**

According to the statistics regarding to the last years, this profession is getting popular among women.



**How much time do you sacrifice for your job (including your free time)?**

This profession is a very demanding one: quite long working hours, whole day long standby which means I have to sacrifice most of my spare time.

**What are your working hours?**

Around 10-12 hours per day.

**Briefly describe your everyday routine at work.**

From 7:00 a.m. to 3:00 p.m. I always practice my official workings such as controlling, supervision and co-operation with the local slaughterhouses. During the afternoon and evening curing of the sick animals is my main mission.

**How many days of holiday do you get?**

The Sunday is usually free, but if I have to be on duty, there is no excuses I have to go and accomplish my obligations.

**Who influenced you to choose this profession?**

I have never been influenced during my career. I made this important decision by myself, but my family has been supporting me from the beginning.

**What are the advantages and disadvantages of the job?**

It has several advantages and disadvantages, as well. The most important benefits are the financial and the professional recognition. Among the difficulties we should emphasize the expanding physical working and the fulfillment of the obligations under any weather conditions.

**If you could change one thing in your work, what would it be?**

I have never regretted my choice, but if I must stop doing this profession, I believe I would be a university professor. In the first years of my career I started working as a university teacher and I really enjoyed it, so if I would be obligated to change, I would continue that career.

*Hungary*

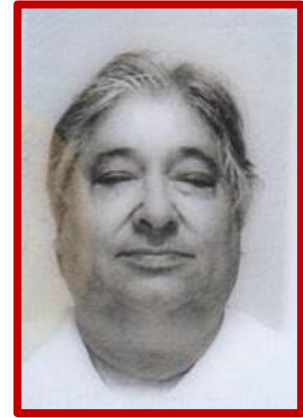
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## Interview with a Portuguese doctor

**Name:** Herculano José de Matos Martins.

**Profession:** Doctor.

**Age:** 62 years.



**How long have you been working in your profession?**

38 years.

**What made you choose this profession?**

Influenced from parents; Not to participate in the war of the former colonies.

**Have you completed any specialization? If so, what made you decide to choose that one in particular?**

Gynecology and Obstetrics. No vacancy available in another specialization.

**Was it your dream job as a child?**

No. My child's dream was Astronomy and Astrophysics.

**In your opinion, is it easy for a young to achieve her goals?**

Sometimes, no. It depends on the circumstances you're in to achieve your goal in life. Family help is essential to progress as well as social and economic issues.

**What would you recommend to young people who would like to pursue this job?**

To pursue a medical career it's really necessary to like it and not to see it as an easy way to get a lot of money. That is not always the case and the disillusion may appear in the end of a life's work. You must always pursue the career you truly like and in which you believe you'll be good at, a really good professional. That way you'll feel good with yourself and integrated in a society that is becoming more demanding every day and which expects the most from its citizens.

*Portugal*

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## Interview with a Portuguese nurse

**Name:** Vanessa Monteiro

**Profession:** Nurse.

**Age:** 35 years.



**How long have you been working in your profession?**

12 years.

**What made you choose this profession?**

My choice was related to the personal interest in the health and the range of different fields of intervention / work that Nursing provides.

**Have you completed any specialization? If so, what made you decide to choose that one in particular?**

Yes, I am a specialist in Community Nursing. During my academic career, in Erasmus in Finland, I attended a Community Nursing module and had the possibility of developing clinical teaching in practical training within this specialty, which encouraged my interest in community-based interventions in the field of promotion Health and public health.

**Was it your dream job as a child?**

Not at all...

**In your opinion, is it easy for a young to achieve her goals?**

Not always. Objectives must be realistic and achievable ... But the dream nurtures life.

**What would you recommend to young people who would like to pursue this job?**

Persistence and determination. Lots of work. Work is the key to success.

*Portugal*



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## Interview with a chemist



**What level of education do you need for this job?**

A chemist or engineer degree.

**What other requirements do you need to do this job?**

You have to do a specific master in energy and you must have a good English level.

**What qualifications are required?**

You must have work with scheduling and optimization programmes and a prevention in occupational risks.

**What kind of salary do you make (high/average/low)?**

Average.

**At what age do you retire from the job?**

At 65 years old.

**What's the social status of the profession within your society?**

A medium status in the society.

**Is it easy to climb the ladder of success in your line of work?**

No, it isn't easy.

**How popular is this profession with men/women?**

Currently it's the same for women and men.

**How much time do you sacrifice for your job (including your free time)?**

Eight hours a day.

**What are your working hours?**

From 7:50 am to 17:15 pm

**Briefly describe your everyday routine at work.**

Firstly, I usually read the report of the previous day, after that I have to update the schedule and optimization models and work on it to programming the next days. Then, I work preparing the instructions for the next day.

**How many days of holiday do you get?**

Twenty six days a year.

**Who influenced you to choose this profession?**

Nobody, it was my decision.

**What are the advantages of the job?**

I work in my office and I do what I like.

**What are the disadvantages of the job?**

I haven't got a lot of holidays and I think it's a little bit stressful sometimes.

**If you could change one thing in your work, what would it be?**

Working only in the mornings because, from my point of view, is more efficient work without break for lunch and also I will have free all the afternoon.

*Spain*

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## Interview with a nurse



### **What level of education do you need for this job?**

The level of studies when I studied was university diploma, at the moment it is university degree.

### **What other requirements do you need to do this job?**

To work as a nurse, I don't need more degrees, only the university degree, but depending on the position and job you may need different training courses.

### **What qualifications are required?**

You don't need special qualifications to work as a nurse, only to get a fixed place.

### **What kind of salary do you make (high/average/low)?**

The salary is average.

### **At what age do you retire from the job?**

At 65 years old.

### **What's the social status of the profession within your society?**

Nursing is quite well considered in our society because we are dedicated not only to caring for sick people, but to more things such as educating in health, preventing disease...

### **Is it easy to climb the ladder of success in your line of work?**

The way to climb in this profession is to make some specialties, but it is not easy.

### **How popular is this profession with men/women?**

It's a profession that is more popular with women than with men



**How much time do you sacrifice for your job (including your free time)?**

I have sacrificed many celebrations for my work such as my birthday or my relatives' birthdays, holidays such as Christmas, etc.

**What are your working hours?**

I work shifts of 12 hours, from 8 in the morning until 8 in the afternoon. Sometimes I also take 12 hour at night, starting at 8pm.

**Briefly describe your everyday routine at work.**

My work routine: when I get on the shift, I know my patients and check if they have tests, prepare and administer the medication they need, take their vital signs, check if the doctor has made any changes in their medication. After eating, I re-check their constants, administer the corresponding medication, and all the time attending to their needs.

**How many days of holiday do you get?**

I have a month of vacations.

**Who influenced you to choose this profession?**

I chose this profession because I have always been attracted to health issues and I like to care for and help others.

**What are the advantages of the job?**

The advantages of the work could be to have easy access to health.

**What are the disadvantages of the job?**

The disadvantages, that when working weekends it's difficult to stay with friends or family.

**If you could change one thing in your work, what would it be?**

If I could change one thing from my job, I wouldn't have to work on holidays.

*Spain*

*Articles written by the Erasmus students.*

*Journal edited by Narval School.*

