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**Flusso di Mobilità Erasmus+**

**LOCATION: TALLINN**

**DATES: da 10.05.2026 a 16.05.2026**

**Training course: jobs shadowing**

**Teachers (secondary):**

- **Sisti Erika Domenica**
- **Stefano Tomba**
- **Senatore Sabrina**
- **Monaco Rosita**

**Course program:**

The job shadowing at International School of Tallinn took place over one week of observation and professional collaboration within the school environment.
The experience provided insight into innovative teaching methods, inclusive strategies, and the organization of an international school setting.
Lessons, laboratory activities, and educational practices focused on cooperation and intercultural learning were observed.
The experience also encouraged professional exchange with teachers and staff, enriching both teaching and interpersonal skills.

## SCHEDULE:

### Day 1 – (*breve-descrizione)*

- Arrival at school at 7:45 a.m.; warm welcome in a modern and student-friendly environment.
- Visit of the campus: one historic building and three modern buildings.

- Meeting with Jian, the school director: presentation of the school's development from 70 to 470 students in 13 years.
- Breakfast break.
- Observation of a music lesson with Karl: flexible and student-centred teaching approach.
- Meeting with special educational needs teachers.
- Meeting with Noemi, Social and Emotional Teacher specialised in autism support; presentation of emotional support strategies and digital tools used with students.
- Lunch break.
- Afternoon activities with Salma: observation of a classroom lesson and participation in a chemistry laboratory activity on esters and alcohols.
- Discussion on long-term teacher–student relationships and supportive learning environment.

## Day 2 – (*breve-descrizione)*

- Art lesson with an S2 class at Tallinn European School focused on René Magritte, including a creative sketch activity involving all participants.
- Observation of the school communication system based on Microsoft Teams, with reflection on the balance between school life and personal time.
- Erika, Sabrina & Rosita Participate in music and movement activities in the nursery school, including dance, rhythm exercises, and the use of percussion instruments.
- Stefano observed an interesting on-field science lesson.
- Observation of a highly interactive music lesson in a second-grade primary class, based on singing, rhythm, and instrumental activities with strong student engagement.
- Attendance at a literature lesson with older students, centered on poem analysis and class debate, showing respectful discussion and critical thinking.
- English lesson about ideas of the future and technological progress, encouraging creativity, reflection, and student participation.

## Day 3 – (*breve-descrizione)*

- We divided into two groups: one group visited Tallinn, while the other travelled to Helsinki.

In Tallinn, we explored the historic city centre, including the Town Hall, Alexander Nevsky Cathedral, and St. Mary's Cathedral. We also visited the KGB Prison Cells Museum and Kadriorg Palace, home to one of the most important Estonian art museums, surrounded by a beautiful Italian-style park. We were divided into two groups and took the ferry from

Tallinn to Helsinki. During the crossing, we enjoyed a beautiful landscape with the sea, numerous islands, and forested areas.

Once in Helsinki, we visited some of the city's main landmarks, including the Rock Church, Helsinki Cathedral, the Government Palace, the Orthodox Cathedral, and the Oodi Central Library, a remarkable example of modern and innovative architecture.

We also walked through areas featuring traditional Finnish houses and design shops, as well as Esplanadi Park and the waterfront, where we visited a typical market offering local food and products.

## Day 4 – (*breve-descrizione)*

- German lesson with P2 primary students focused on food vocabulary through rhymes and simple activities.
- Discussion with the German teacher about her professional experience and the Estonian educational system.
- Observation of an innovative art lesson with S6 students using tablets to create stop-motion videos and edit their projects.
- Participation in an English lesson on Shakespeare with active student involvement.
- Meeting with the school technology coordinator about digital tools, the website, and electronic systems used in the school.
- Observation of an advanced mathematics lesson with highly engaged S6 students.
- Stefano continued observing the mathematics lesson, while Rosita, Erika, and Sabrina met with an educator
- Discussion in the library with an educator about support strategies for students with difficulties.
- Final meeting with the Erasmus+ coordinator, librarian, and principal to share feedback and reflections on the observed school system.

## Day 5 – (*breve-descrizione)*

- The group was divided for half a day according to the planned activities.
- Stefano and Erika returned to school for further lesson observations in subjects of their interest.
- Rosita and Sabrina visited the city of Tallinn, including churches and exhibitions.
- The activity aimed to explore the city's urban, artistic, and cultural aspects.

## Day 6 – (*breve-descrizione)*

- Preparation of luggage for departure and a walk along the seaside area to explore another part of Tallinn, further deepening our understanding of the local cultural and urban context.