ERASMUS+

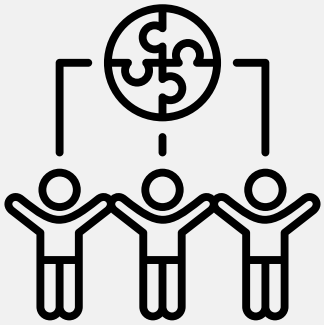


,,Empower your skills, Build up your future ‘’

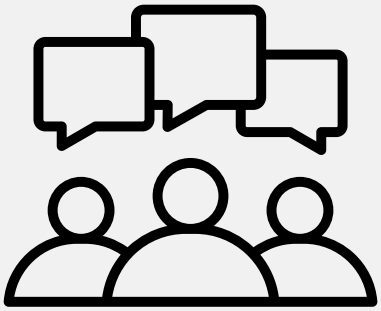
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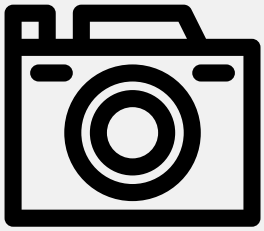
Description of professional activity



Description of cultural activity



Feedback from participants

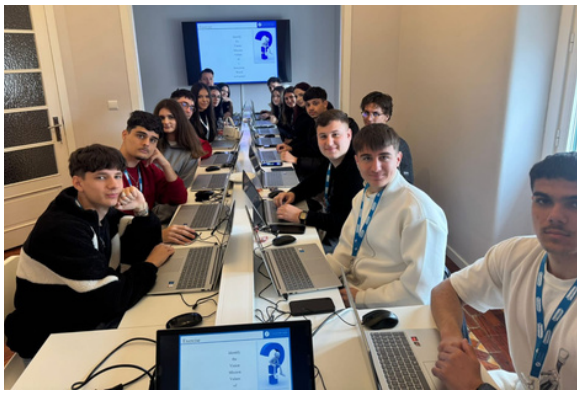


ERASMUS+ memories

DESCRIPTION OF PROFESSIONAL ACTIVITY

Description of activity in the economic field

Participation in the Erasmus+ program in the economic field was a valuable professional development experience. During this internship, 17 students from the 11th and 12th grades took part. The students studied economic factors and taxation systems, particularly in Romania and Portugal, as well as concepts such as a company's mission, vision, and values. They also developed entrepreneurial thinking, learned about economic indicators, and created PowerPoint presentations. Additionally, they worked with accounting software, acquiring practical skills important for their future careers.



Description of activity in the textile field

The Erasmus+ program also included an internship suitable for students in the textile field, with 2 students participating from the 11th and 12th grades. The students carried out activities in fashion design, working alongside designers in creating clothing pieces. They were involved in the sewing process and the practical production of garments, following the instructions given and paying close attention to details. Through these activities, they successfully completed the tasks assigned, developing their dexterity, precision, attention to detail, and teamwork skills.



DESCRIPTION OF PROFESSIONAL ACTIVITY

Description of activity in the commerce field

The students also had the opportunity to carry out activities in the field of commerce, at a footwear and leather goods store located in the center of Lisbon. Two students participated in this internship, one from the 11th grade and one from the 12th grade. They were trained in the tasks they had to perform, learning how to present products and interact with customers. They assisted customers in selecting products, communicated with clients, and helped arrange merchandise on the shelves. Through these activities, they developed their communication skills, observational abilities, and capacity to work in a commercial environment.



DESCRIPTION OF CULTURAL ACTIVITY

Discovering the culture and beauty of Portugal step by step.

During the cultural program, the students had the opportunity to explore numerous tourist attractions during their free time, both on weekdays and especially on weekends. They visited iconic sites such as the Benfica Stadium, Buddha Eden Garden, the beaches of Cascais and Nazaré, the Lisbon Zoo, Padrão dos Descobrimentos, and the Cristo Rei statue. They also traveled to Fátima, where they visited the Fátima Sanctuary, the Lisbon Oceanarium, the medieval town of Óbidos, Cabo da Roca, Saint George's Castle, the Pena National Palace, as well as many others. These activities contributed to enriching their cultural experience, giving the students the chance to learn about the traditions, history, and beauty of Portugal.







FEEDBACK FROM PARTICIPANTS

„The internship itself was useful; I learned many new things about economics. "

Bărăceanu Livia Mihaela, 11th grade student, class E
Internship field :economics

„I found the internship place ideal and very nicely arranged. During breaks, we were offered tea, coffee, water, juices, and small snacks. We got along very well with the economic agent; he was humorous but also serious, and he helped us understand economic factors and their impact very clearly by giving us real-life examples.The internship itself was very useful; I learned many new things about economics."





„I really enjoyed the cultural program. We had the opportunity to visit many tourist attractions and beautiful places, such as the zoo, the oceanarium, Nazaré, and Fátima. We even had lunch on the beach. Everything was very well organized."

FEEDBACK FROM PARTICIPANTS

„I learned many new and interesting things."

Bobe Nicoleta Andreea, 12th grade student ,class F
Internship field :commerce

„The internship placement was interesting. There was quite a lot of work, but it was diverse. I learned many new and interesting things. The only difficulty was that English was not widely spoken, as most of the customers were locals; however, it was a challenge that I managed to overcome easily by finding ways to communicate with them, mainly using Google Translate."





„Personally, I really enjoyed the cultural program we took part in. The fact that we saw so many things made the experience unique. What I liked the most was the Oceanário; it was an unforgettable experience, and if I ever return to Portugal with someone dear to me, it would definitely be a must-visit again."

FEEDBACK FROM PARTICIPANTS

„I believe that this experience helped me better understand how the economy works...”

Bratu Cosmin Florentin , 11th grade student, class F
Internship field :economics

„ I found the internship placement to be well organized and well prepared. The economic agent was open and involved. I believe that this experience helped me better understand how the economy works and developed both my technical skills as well as my communication and teamwork skills."





„The cultural program seemed very well organized and diverse. We had the opportunity to explore the city and enjoy pleasant moments together."

FEEDBACK FROM PARTICIPANTS

„The internship was useful, as it helped me develop my communication, teamwork, and adaptability skills in a new environment."

Călin Elena Theodora , 11th grade student, class PC
Internship field :commerce

„I found the internship placement to be well organized, and the team was friendly and open. The economic agent was serious and professional, placing emphasis on the relationship with clients. The internship was useful, as it helped me develop my communication, teamwork, and adaptability skills in a new environment."





„The cultural program was interesting and well organized. We visited various places and discovered the culture of Portugal. These activities helped us relax and have a complete experience, not only professionally but also personally."

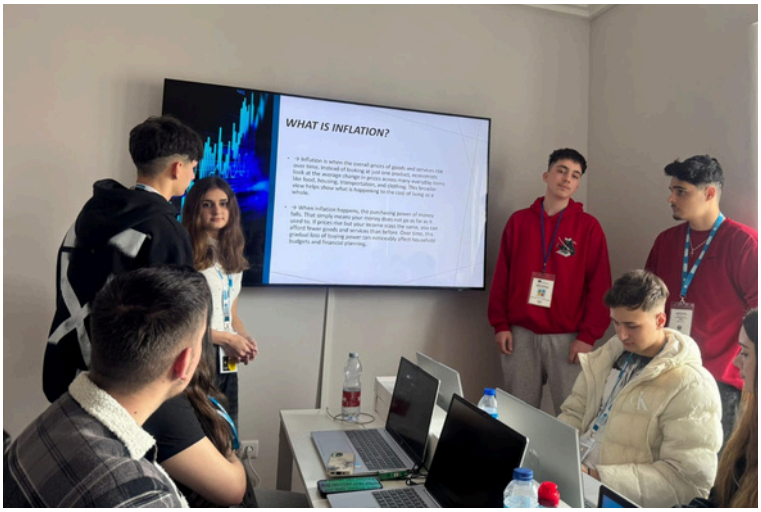
FEEDBACK FROM PARTICIPANTS

„ [...]I expanded my understanding of economic factors and more .”

Codreanu Ruxandra Andreea , 11th grade student, class E
Internship field :economics

„I found the internship placement to be well organized, providing a suitable environment for carrying out activities.
The internship itself was useful, as I expanded my understanding of economic factors and more. The experience was positive, contributing to both my professional and personal development."





„ I found it interesting to see the differences between the culture of my country and that of Portugal. The tourist attractions we visited were also wonderful."

FEEDBACK FROM PARTICIPANTS

„ I had the opportunity to learn new things and develop my practical skills in my field."

Coman Daniel Gabriel , 12th grade student, class G
Internship field:textile

„. The internship placement was well organized, and the economic agent provided a professional and friendly environment. I had the opportunity to learn new things and develop my practical skills in my field. The tasks I was assigned were interesting and useful.''





„The cultural program was very well organized and diverse. I had the opportunity to discover the local culture and traditions of Lisbon, visit important tourist attractions, and interact with people from different backgrounds. The activities during the weekdays and weekends were interesting and relaxing, contributing to a complete and memorable Erasmus experience."

FEEDBACK FROM PARTICIPANTS

„[...] take part in various activities specific to the economic field, which helped me better understand how a company operates in real life."

Dumitru Emil Ionuț Ștefan , 12th grade student, class E
Internship field :economics



„The internship placement in Portugal was very well organized and suitable for the economic field I am training in. The economic agent, Mario Marques, was professional and open, providing us with support and explanations whenever we needed them. The working atmosphere was pleasant, and the team was friendly and cooperative, which helped me integrate quickly.

Throughout the three weeks of the internship, I had the opportunity to observe and take part in various activities specific to the economic field, which helped me better understand how a company operates in real life. I learned new things related to organization, resource management, and customer relations, as well as the importance of responsibility and teamwork.

I believe that this experience was very useful for my professional development, as it provided me with a practical perspective on the theoretical knowledge acquired at school."



„The cultural program was very well organized and diverse, offering us the opportunity to discover the culture, traditions, and lifestyle of Portugal. The activities carried out both during the weekdays and on weekends were interesting and relaxing, contributing to a complete experience."

FEEDBACK FROM PARTICIPANTS

„The internship was useful because I was able to apply the knowledge I gained at school and better understand how work is carried out in the field."

Enache Mihai Emil , 11th grade student, class E
Internship field :economics

„The internship placement seemed well organized and suitable for learning new things. The economic agent provided a pleasant working environment, and my colleagues were helpful. The internship was useful because I was able to apply the knowledge gained at school and better understand how work is carried out in this field. Overall, it was a good and valuable experience."





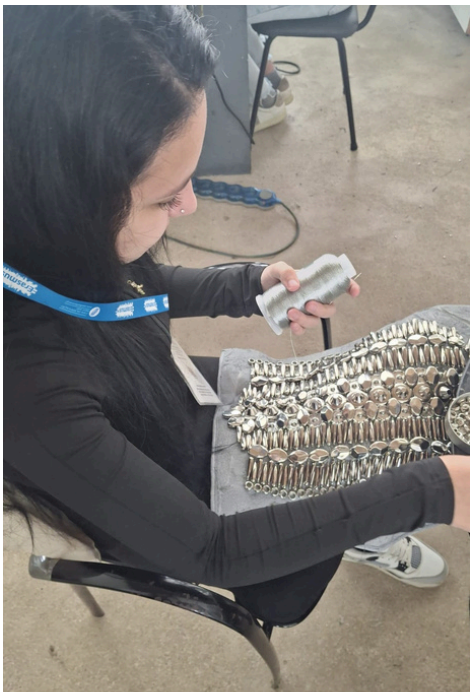
„The cultural program was very well organized and diverse, offering us the opportunity to discover the culture, traditions, and lifestyle of Portugal. The activities carried out both during the weekdays and on weekends were interesting and relaxing, contributing to a complete experience."

FEEDBACK FROM PARTICIPANTS

„The sewing activity helped me develop my dexterity, attention to detail, and improve my skills[...] ."

Gălbeaza Ana-Maria Cristina , 11th grade student,class PT
Internship field :textile

„My experience in the fashion design workshop was very interesting and useful. I worked in a professional environment, where I received clear and detailed explanations about what I had to do, which helped me complete my tasks more easily. The sewing activity helped me develop dexterity, attention to detail, and improve my skills, while also giving me confidence in my abilities."





„The cultural program seemed very interesting and well organized. It was not tiring, and the visits were balanced in terms of number and duration, which allowed me to enjoy each place we visited."

FEEDBACK FROM PARTICIPANTS

„This period of internship helped me better understand how a real working environment functions."

Gheorghe Andra Felicia , 11th grade student,class E
Internship field :economics



„I completed my internship at an economic agent, and overall, the experience was positive and useful for my development. This period of internship helped me better understand how a real working environment functions.
Mr. Mario Marques, our mentor, seemed well organized, and the working atmosphere was very pleasant. At the internship place, we were provided with good working conditions, having all the necessary equipment to carry out the tasks.
Regarding the practical activities carried out, I can say that they helped me acquire new knowledge and develop certain practical skills."



„The cultural program we took part in, both during the weekdays and on weekends, seemed very enjoyable and interesting. The activities were diverse and never boring, which made the experience much more engaging.
On the weekends, the program was longer, but also very enjoyable. We had the opportunity to visit tourist attractions such as Cristo Rei, Estádio da Luz, Nazaré, Fátima, Bacalhôa Buddha Eden, etc., but I can say that what I enjoyed the most were the beaches we visited."

FEEDBACK FROM PARTICIPANTS

„The internship itself was not difficult, and the projects I worked on were interesting and sparked my curiosity."

Ion Alexandru Ștefan , 11th grade student,class E
Internship field :economics

„The internship placement was comfortable, the equipment used was modern, and the internship mentor was very friendly. I learned a lot from him, both about economics in general and about the economy of Portugal. The internship itself was not difficult, and the projects we worked on were interesting and sparked my curiosity."





„The cultural program was exceptional, giving me the opportunity to visit new places specific to Portuguese culture. I learned a lot about the tourist attractions, as well as the traditions and customs of the locals. The experience was unforgettable, and I will never forget the memories I made."

FEEDBACK FROM PARTICIPANTS

„The internship itself was a useful experience that helped me better understand the practical side of my theoretical knowledge."

Licu Georgiana Ștefania ,12th grade student, class E
Internship field :economics

„The internship placement and the economic agent seemed well organized, and the activities carried out were relevant to my field of study. The internship itself was a useful experience that helped me better understand the practical side of my theoretical knowledge."





„The cultural program was well organized and diverse, giving me the opportunity to discover new aspects of the local culture. The activities during the weekdays and weekends were interesting and relaxing."

FEEDBACK FROM PARTICIPANTS

„I believe this experience was very useful for my professional development."

Mistode Florin Mihai Gabriel , 12th grade student, class D
Internship field :economics

„My internship placement, the economic agent, and the activities carried out in the economic field met my expectations. Everything was conducted in a professional and well-organized manner. I had the opportunity to develop skills such as communication and understanding how a real economic environment operates. I believe this experience was very useful for my professional development."





„ I was delighted by all the places we visited and discovered many new and interesting things. It was a unique opportunity for me to see so many attractions in a relatively short time."

FEEDBACK FROM PARTICIPANTS

„[...] I gained knowledge about economic factors and indicators, better understanding how they influence economic activity."

Olteanu Eduard Andrei , 11th grade student, class F
Internship field:economics



„The internship placement was well organized. The mentor was friendly and helpful, and the experience was useful because I learned new things. During the economic internship, I gained knowledge about economic factors and indicators, better understanding how they influence economic activity."



„The cultural program, carried out both during the weekdays and on weekends, was interesting and well organized. I enjoyed discovering new places and learning about the local culture, making the experience enjoyable and relaxing."

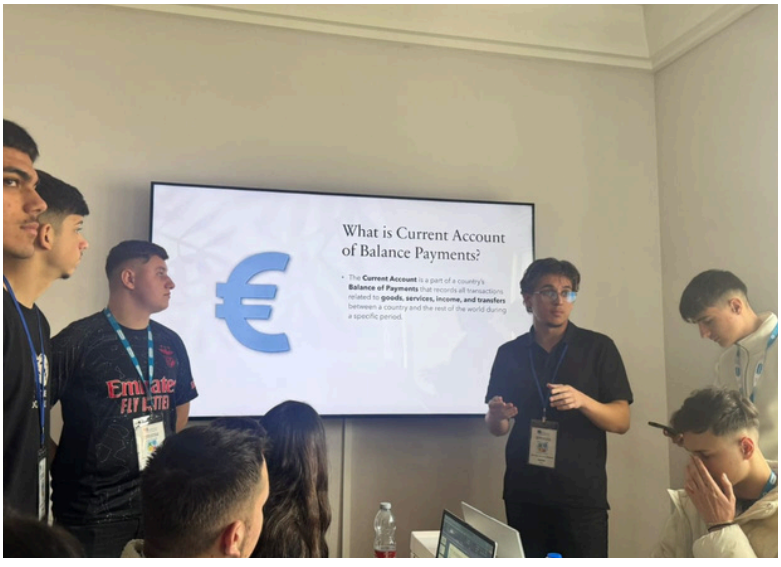
FEEDBACK FROM PARTICIPANTS

„When it comes to the things that I learned from the teacher, I think it will surely help me in the future."

Păduraru Andrei Ștefan , 11th grade student ,class F
Internship field :economics



„ I think I couldn't have gotten a better experience somewhere else in terms of hospitality and overall quality of service. When it comes to the things that I learned from the teacher, I think it will surely help me in the future."



„The cultural program was very diverse, I got to experience Portugal from many angles. The only thing that I would change is maybe staying a bit more in some places."

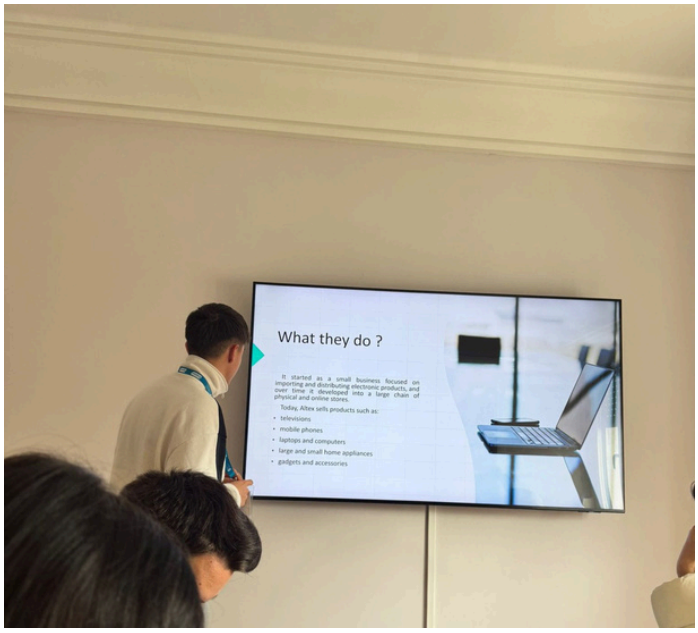
FEEDBACK FROM PARTICIPANTS

„[...]it was something different from what I did in Romania, and I left having learned many useful things. "

Pena Florin Valentin , 11th grade student, class F
Internship field:economics

„I found the internship placement to be quite nicely arranged, with an economic agent who was involved and provided us with all the necessary conditions. I really enjoyed the internship itself because it was something different from what I did in Romania, and I left having learned many useful things."





„The cultural program we had almost every day was very enjoyable, as there was always something different and very interesting."

FEEDBACK FROM PARTICIPANTS

,,During the internship, I gained a great deal of new knowledge, including aspects related to a company's strategy."

Runcan Rebeca Yasmina , 11th grade student, class E
Internship field:economics

,,Participating in the Erasmus program was an extremely valuable experience for my academic and personal development. I had the opportunity to complete my internship in a well-organized environment, where the internship coordinator was very well prepared. He guided us efficiently and helped us understand important concepts such as economic factors, economic indicators, and how they influence the activity of a business. During the internship, I gained a great deal of new knowledge, including aspects related to a company's strategy, the systems that contribute to its smooth operation, as well as the importance of a business's mission, values, and vision."





,,The cultural program was equally impressive. It was diverse and authentic, giving me the opportunity to discover new and fascinating places. We visited the beaches of Nazaré and Cascais, the Fátima–Cristo Rei area, Benfica Stadium, the zoo, the oceanarium, Cabo da Roca, and many others—these being just a few of the memorable experiences. These activities enriched my cultural perspective and gave me unforgettable memories."

FEEDBACK FROM PARTICIPANTS

„ [...] this experience was valuable because it reinforced my theoretical knowledge and gave me a clearer perspective on how the economy works in practice."

Șerban Marina Larisa Miruna , 11th grade student,class E
Internship field :economics

„The internship placement was very pleasant and well organized, and the economic agent provided us with an environment conducive to learning and development. During the internship, I created PowerPoint presentations and had the opportunity to learn new and useful things in the economic field, such as economic indicators, taxes, inflation, and the disinflation process. I believe this experience was valuable because it reinforced my theoretical knowledge and gave me a clearer perspective on how the economy works in practice."





„I really enjoyed the cultural program, and it was an unforgettable experience. I was impressed to see the ocean for the first time, with its large and spectacular waves. I also took great pleasure in discovering Portugal, visiting the oceanarium, and riding a cable car for the first time, which was truly a unique experience. In addition, I had the opportunity to visit the zoo, as well as many other interesting sites, which enriched my knowledge and gave me joyful moments. All these activities contributed to creating special memories and made this experience complete and memorable."

FEEDBACK FROM PARTICIPANTS

„ The activity itself was interesting and useful, contributing to the development of my knowledge and skills."

Șerban Teodor Marko , 11th grade student,class E
Internship field :economics

„The placement, the economic agent, and the internship itself seemed exceptional to me. The workplace was presentable and well-maintained, and the economic agent proved to be well-prepared for this activity. The activity itself was interesting and useful, contributing to the development of my knowledge and skills."





„I found the cultural program very enjoyable, especially because there were always activities to do, and everything was organized in a pleasant way. The experience was wonderful, giving me the opportunity to enjoy new places and memorable moments."

FEEDBACK FROM PARTICIPANTS

„They gave me the opportunity to learn new things and develop my skills in a well-organized and professional environment."

Tecșan Răzvan Andrei , 11th grade student, class E
Internship field :economics

" The internship placement was very well arranged and maintained, the economic agent was suitable, and the internship activities were enjoyable and educational. They gave me the opportunity to learn new things and develop my skills in a well-organized and professional environment.''





„The cultural program was very full, but we managed to learn many things about Portuguese culture and visit many important and beautiful tourist sites."

FEEDBACK FROM PARTICIPANTS

„[...] the internship itself was useful for learning new things and developing my skills."

Tudor Iuliana Nicoleta , 12th grade student, class D
Internship field:economics

„I found the internship placement to be well organized, and the team was friendly. The economic agent provided good working conditions, and the internship itself was useful for learning new things and developing my skills."





„The cultural program was interesting and diverse. The activities during the weekdays and weekends were enjoyable and gave me the opportunity to relax and discover new things."

ERASMUS+ MEMORIES





ERASMUS+ MEMORIES





CONCLUSION, RECOMMENDATION ACKNOWLEDGEMENTS

The impact of the Erasmus project on the participants

The impact of the Erasmus+ project on the participants was positive and effective, contributing significantly to the personal and professional development of the students. They gained an unforgettable experience and completed an internship through which they learned new things while also consolidating the knowledge and skills they had already acquired. Participation in this project gave the students a broader perspective on their field of study, helping them understand that professional activities and practices can be carried out differently from one country to another, while still following the same basic principles. In this way, they acquired an overall vision and a better understanding of the international context.

At the same time, the students learned to adapt quickly to new situations, communicate effectively, and build relationships in a short time, developing their social skills. The Erasmus experience provided them with the opportunity to discover and appreciate the culture of other countries, contributing to the development of tolerance, openness, and a collaborative spirit, as well as fostering a more mature and responsible attitude toward their future professional lives.



Recommendation

The students strongly recommend participating in the Erasmus+ program, considering it effective and beneficial for their professional and personal development, as this experience has broadened their perspectives and provided them with new learning and growth opportunities.

Acknowledgements

We thank **Casa da Educaçao** for the extraordinary opportunity provided, for the intensive and well-structured program carried out over the three weeks, for the valuable internship that allowed us to grow, develop professionally and culturally, and broaden our horizons.

We thank **our high school** for its involvement and support in implementing this project, giving us the chance to participate in a unique international experience and to test our skills in a real and challenging context.

We also thank **our teachers: Cîrstea Silvia,Enache Mihaela,Ștefan Elena and Brânzea Florina**, who were a constant support, guide, and mentor, helping us successfully navigate each stage of the project and contributing to making this experience a memorable and unforgettable moment.