

PRACTICE TASK

For 10 days, from Monday to Friday from 9 in the morning to 1 in the afternoon, I have been doing the internship with seven other classmates in the "**Horten Natursenter**". The main objective was "to experience from outdoor education in the field of practice".

This centre offers exciting active field courses for all grades, from elementary school to university. It can combine physics, biology, chemistry, physical education and many other subjects. The centre is on the shores of Borrevannet, a nutritious lake with a life of birds and plants. There are around 255 recorded species of birds. In addition, there is distinctive vegetation with several rare plant species.

Then, I briefly describe the plan that has been carried out during each day in weeks 16 and 17, taking into account the number of students, the schedule, the material used, the weather, the type of activities and their organization, the language, etc.

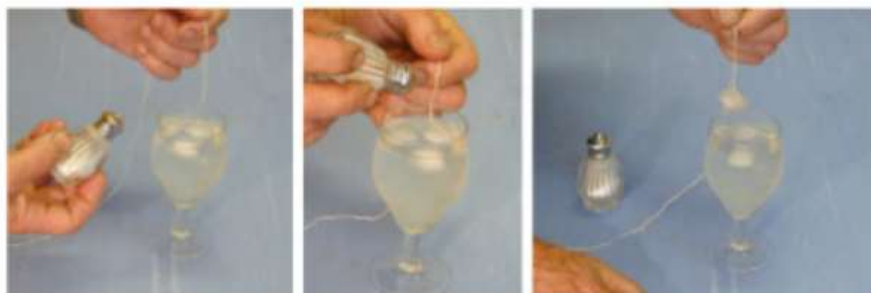
Monday, 16th of April

The competence that was worked was the scientific one. The preferred language is Norwegian, although children can understand English and many of them communicate with agility. They were a total of 75 students between 13-14 years, which were divided into three large groups according to the following activities:

- Activity 1. It was done outside. For 45 minutes, the students had to create a homemade liquid to make soap bubbles. This group was divided into 4-5 subgroups of children. Each subgroup competed to create that recipe with the largest bubbles. The material used was very basic and economical; all you needed was steel wires, river water, soap and plastic boxes to mix.



- Activity 2. It was also done outside. Using ice cubes, fine cotton thread, water, salt and a plastic jug as material, the children had 45 minutes to try to lift an ice cube with a thread and a little bit of salt.



- Activity 3. Outside, the students had the opportunity to observe the reaction when *Mentos* with mint and fruit flavour are introduced in *Coke* with or without added sugar.



- Activity 4. It was done in the laboratory, inside the building. This activity took the same time as the other ones and the purpose of it was to create a bouncing ball with the following ingredients: water, 1.5 dl of vinegar 7% and 2.5 dl of latex solution. To carry out this activity it was also important to protect ourselves with plastic glasses and disposable gloves. The group was divided into different subgroups of 4 students each.



On our first day, we were given the chance to do the activities just like the rest of the students, since for many of us it was the first time that we did these kinds of experiments. However, we always tried to check if the students followed the instructions correctly and we tried to give advice if necessary.

Tuesday, 17th of April

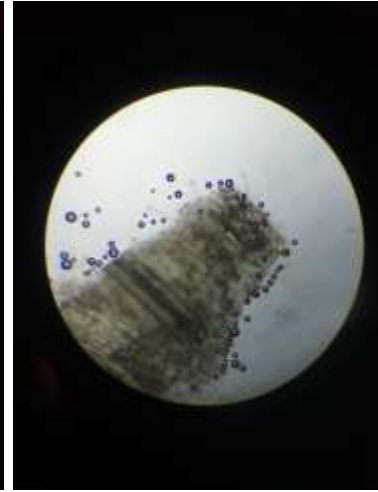
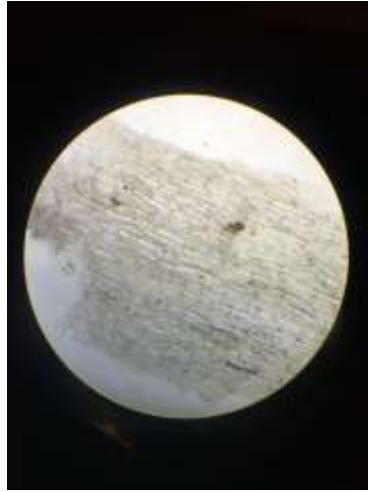


The day started with a surprise. The previous night, a beaver had been shot and the centre was in charge of the dead body to study it. It was a pretty big beaver and, among all of us, we took care of weighing it. Her weight was approximately 18kg and we deduce from the time of year that maybe she was pregnant.

The day was cold, but the class was held in the laboratory located inside. The topic of this day was “Plant physiology” (competence: the young biologist). They were 28 students in total between 17-19 years old. The class was in Norwegian, but teachers and even students tried hard to communicate in English.

The activity consisted mainly of the theory and dissection of yellow and green peas roots, stems and leaves of a single leaf plant and two-leafed plant. The stem keeps the plant vertical, promotes photosynthesis and is the starting point for flowers and seeds and in the leaves is where most of the photosynthesis takes place. To carry out this, it was necessary ray, microscope, magnifying glass, pencil, scalpel, dissection needle, coverslips, water or 30% glycerol, Petri dishes and slides. The plants were at about 15 degrees of room temperature.

I was curious to be part of this lesson because I had never used a microscope or similar. I really liked the experience because I watched closely parts of the plants. Maybe I did not understand what I was seeing, but it seemed beautiful to me.



Wednesday, 18th of April

Today's class was cancelled, so we were divided into two groups and conducted fieldwork. One group was in charge of cleaning the forest with rakes, removing the dry leaves and weeds, and the other group arranged the boats, where they had to go into the water with special suits. On the other hand, *Bakkenteigen* students were there in the morning, whose function was to observe the plankton of the lake in the microscope and, in addition, to see how light propagates. At the end of the morning, we made *waffles* together for the great effort we have made.

It was a fantastic sunny day. I was one of those responsible for cleaning the forest. My grandmother would be very proud of me! I also helped to place the boats, although the lake still had blocks of ice. A funny anecdote was when Andrea fell into the water.



Thursday, 19th of April

On this day, environmental pollution was worked on outside. The objective was to find and collect garbage from the forest, to know the rules of recycling and to make them aware of the time of degradation of what they throw on the ground. There were an approximate total of 50 students between 6-8 years. The class was taught in Norwegian, but the children were able to understand English without difficulty.

We divided the children into 8 groups. Each one of us was in charge of one group. Each group had a bag and a stick and its function was to find and collect by themselves what they considered garbage and then, weigh it and recycle it in some plastic boxes that we had prepared that corresponded with the containers (glass, paper, plastic, metal, cans, organic waste, etc.). At the end, we gave them the opportunity to explore and observe their surroundings for free. Some of them, with spoons, began to dig in the mud. Without realizing it, I sat with them and I started looking for what we could find underground. The challenge for all the children was the search for a worm longer than 25 cm, because one of them had found one in that length. My colleagues and I were in charge of measuring the earthworms they found.



The weather was great. I really liked this day because the teachers trusted us and we planned how we would do today's activity. Among all we organized a "Bingo" to play the issue of gathering and recycling of garbage, and some questions that made them think about the consequences of littering the ground.

Friday, 20th of April

This time we moved from the nature centre to a small forest behind "Horten Legevakt". There we met with 75 children between 6-7 years and 4 teachers of the school. The theme was to look for clues or signs that mark the beginning of spring (flowers, insects, birds, etc.). The main language was Norwegian and it was also difficult to communicate with them in English.



With the arrival of spring, nature experiences certain changes. The children had to look at their surroundings to indicate the arrival of this station individually with the help of a "Bingo". On this day there was a lot of fog, cold and humidity, so we could not see the sun. For that reason, we made a circle around the teacher with all the children and started singing a song so that the sun would come out and warm us up.

We arrived 15 minutes before the children came, so we left everything ready to prepare a big campfire. Upon arrival, we try our best to take care of their control, play games and help them with things from another perspective.



Monday, 23rd of April

The day was rainy. The class was held in the interior, but being taught in Norwegian, we did not feel integrated, so we decided to do free work such as reading, walking through the centre, continuing to fix the boats, etc. After this day, I felt sad and unmotivated because I felt that I had missed the morning due to bad organization, and that if I had known it I would have done other things of my interest.

Tuesday, 24th of April

After the storm comes the calm. The weather had improved markedly, so the task of the students was to cook a soup of vegetables and tubers on the outside. There were a total of 30 children between 10-12 years with 3 teachers from the school.



Each child was responsible for bringing a different vegetable or tuber (carrots, potatoes, squash, etc.). They were given a knife and a board so that they could peel and cut them into small squares by themselves. What surprised me the most was that each child was given a knife, a sharp material that is considered dangerous. In addition, the children showed great agility and confidence when working with food without any help. It is true that each one worked in different rhythms, but finally everyone did it. Who was going to say that some children were going to prepare food for everyone?

When all the children finished the preparation, the waste of the organic skins were scattered through the forest and the food cut into pieces was thrown into the boiling water of the pots. After the delicious soup, the children learned to sharpen a stick with the knife that had been given to them in the beginning. Of 30 children, there was only one injured person who made a small scratch with the sharp knife. When I was his age, I was forbidden to use sharp knives, but I think it is important to teach them the correct use from a young age in order to avoid possible accidents in the future. Children are

well equipped and show curiosity about nature, so they act without fear and know how to face different situations in nature.



As interns, we act as guides and supervisors with the other 3 teachers of the school and the inspector of the nature centre. We also tried to give small tips to make their work easier.

Wednesday, 25th of April

The class was cancelled, so it was a quiet and relaxed day for us. This meant that we could take advantage of the day to perform other tasks such as exploring and cleaning the surroundings or preparing the boats. The weather was sunny and wonderful, so when we finished our tasks, we decided to take a boat and canoe trip. This moment reminded me of the home where I come from. I imagined myself in the Mediterranean Sea, breathing pure air, feeling the warmth of the sun and listening to the wave's crash on the boat. Finally, to take advantage of the day off, we made waffles for lunch and put music, enjoying the fantastic day.



Thursday, 26th of April

In relation to the subject of Natural Sciences, the seeds and their germination will be worked with the children. The objective was planning to plant seeds of different types of flowers (ringblomst, solsikke, blomsterert) and to learn about the life cycle of some plant species. There were a total of 45 students between 8-9 years old and the main language was Norwegian, although the vast majority had a high level of English, so it was easier for us to communicate with them.

The material used was: fertilizer, seeds, cardboard/brick cups, markers for each child to write their name on each glass and buckets with water. Before they started, they were asked what the seeds needed to grow and turn into beautiful and strong flowers. Later, each child picked up a glass, wrote his name, put fertilizer making a small hole in the centre to place the seeds that the teacher gave them and a little water. It is important to keep the plants indoors, where they do not receive much light and do not water them frequently during the first weeks.

We were the children's guide. Some of us also decided to plant our own seeds and hope that they will soon flourish.



Friday, 27th of April

This was our last day as internship students in this centre. I had a mixture of feelings between sadness and happiness. On this day we had a total of 50 children between 11-12 years old.

In the morning, 4 classmates and I had the objective of collecting garbage that we found on the shore of the lake. We were two people by canoe and the person with more

experience went alone. Between my partner Aylin and I arrived to pick up two large bags of garbage, full of plastic and cans. The rest of the group stayed working with the children the subjects of the heart and lungs (respiratory tract) and performed two different exercises: take the pulse and free shot. After lunch, we divided the total of the children into two large groups. First, a group was going to make a canoe with a teacher from the Naturesenter and 2 teachers from the school. The other group stayed on the ground, playing a game that consisted of the following: each child had a number that corresponded to a strip of paper with different words (the same for everyone but in a different order). The objective was for the children to put each of the words with the corresponding images that they would find hidden around the centre. The images were related to the theme worked this morning.



Throughout my career I have done internships in schools, but never in a nature centre. From the first moment I knew it would be a unique experience and that I had to give my best.

I enjoyed it a lot because every day was different. Throughout the week we received students of different ages, from elementary school to university, and for that we had to plan activities that corresponded to their age. It was nice to observe how you could work both inside and outside different subjects.

This has allowed me to compare the Norwegian system with the Spanish one. In my primary stage, I remember that we made trips abroad three times a year approximately. This makes me think that my observations in this centre may not be so useful for me to apply them when I practice as a teacher.

However, I am left with the good moments lived. I had a lot of fun when one morning we were responsible for thinking about activities for a total of 75 children. I was surprised by the good communication between my classmates and me to be able to carry them out without any difficulty. Although it would not have been possible if the teachers had not translated into Norwegian. One of the difficulties we encountered was the lack of language, especially with the little ones. Even so, we always found some way of communicating, whether through drawings or mime or gestures.

I believe that these practices have been very short. I would have liked to go further and see how they work with schools, how they plan their activities in relation to the curriculum, etc. There were days when we performed tasks that, although I enjoyed doing them, I think they were not related to my future profession. The objective of these 10 days of practice was to observe outside education, but there were specific days or moments that I cannot appreciate it. I cannot consider it a waste of time because they are related to a good cause: the environment. We cleared the forest and went by boat in search of trash along the shore of the ship.

I will never forget these two weeks of practice. I keep very good memories of playing with the children, planning activities, canoeing, making bonfires, etc.