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Participating in this Erasmus and job shadowing experience in Estonia was both professionally and personally enriching. Throughout the mobility, I had the opportunity to visit a variety of educational settings, including mainstream schools, kindergartens, and special education schools. Observing different classroom environments and teaching approaches provided valuable insight into inclusive education, student independence, and classroom management strategies.



One of the most striking aspects was the calm and respectful

atmosphere within schools. Students were highly independent, well behaved, and encouraged to take responsibility from an early age. I also observed the effective integration of technology, movement-based learning, outdoor education, music, and practical hands-on activities within daily lessons.

The special education setting was particularly resourceful, offering personalised support, adapted materials, sensory resources, and communication tools tailored to students' individual needs.



This experience also highlighted the importance of collaboration between educators, students, and parents in creating positive learning environments. Visiting different schools allowed me to reflect on my own professional practice and gather ideas that can be adapted within our own educational context. Overall, this mobility experience strengthened my professional knowledge, broadened my perspective on inclusive education, and inspired me to continue developing engaging and supportive learning experiences for students.

