

Impact of “fit for life” Iceland – interviews

In these interviews we asked the following four questions to representatives of the parents, students and teachers who all had participated in the Erasmus+ project:

1. What impact did it have on you to participate in this project (positive/negative), has it changed you in any way?
2. Did anything surprise you or was different from what you expected?
3. Do you think it is worth the extra work to participate in an Erasmus+ project (why?)?
4. Given the opportunity, would you participate in another Erasmus+ project?

Æsa Guðrúnardóttir (parent)



“ I enjoyed it immensely observing the kids participating in the Erasmus project. To see how getting to know students from other countries and cultures had an effect on them, widening their horizon. I think that their experiences from the trip to Greece had a very positive impact on our students, to see how proud the Greek students were of their dances and culture, how active they all were in participating in the dances and enjoying them. I think that was very good for our Icelandic students to see.

I myself was positively surprised at how widespread and deeply rooted the practice of the traditional dances are.

On the negative side I found it surprising how much litter there was in the environment in Greece.

On the whole I found this to be a very positive experience and given the chance I would gladly participate in another Erasmus+ project.”

Egill Atlason Waagfjörð (student)



“ I feel only positive effects of participating in this Erasmus+ project. Before I was shy and very self conscious about speaking English. Now I feel more confident in communicating with others in a social context and my English has improved a lot. I did not find many things surprising about the project but I got the opportunity to travel to Germany and I must say that the landscape and the environment in Bavaria was different from what I had imagined it to be. Not so high mountains. There was a lot of work to be done on the project and sometimes we even had to work outside school hours, but I did not mind, the work itself was enjoyable and it was fun to travel and meet new people. If I get the opportunity I will participate in another Erasmus+ project.”



Sif Hauksdóttir (teacher)

“To participate in an Erasmus + project has first and foremost been a very positive experience. It has been very rewarding to see foreign communities and to learn from them. Experiencing other cultures and practices has widened my horizon and I have had the opportunity to part take in new ideas and teaching practices. It has been especially rewarding to see how our students have blossomed in this project. Given the chance I will surely participate in other Erasmus+ projects.”



Victoria Reinholdsdóttir (teacher)

“To me the most rewarding part of projects like this is when I see my students grow and expand their horizon. More than once I have observed students go from being quite self-conscious and insecure to becoming open and confident in their communication with people from other countries. My own insecurities have been diminished and I feel more confident when communicating with my foreign colleagues in discussing for instance different aspects of teaching. I have learned many new things and have had the opportunity to see different good practices in teaching.

I am the project leader in my school and I admit that sometimes working on a project like this alongside all other duties I have as a teacher sometimes can be somewhat overwhelming. But I am lucky to have good coworkers who can help and support me in the project work and the parents at my school were really engaged in the project as well. When at the end of the project I look back at all the things we have done and experienced I can truly say that it was all worth the hard work. Erasmus+ projects opens up your mind, lets you see things in a new perspective, gives you new ideas and connects you to a vast spectrum of different people and personalities. I have made some new and good friendships that I am confident will last for many years to come.

I have already started to plan our next Erasmus+ project...



Arnheiður Fríða Práinsdóttir (student)

“ I am a shy person and during this project I frequently had to step out of my comfort zone and overcome the stress to do things that I usually find hard to do; for example speaking English , getting to know new people and giving presentations. As a result I have become more confident in situations like this and I really believe that my social skills have improved a lot.

There were not many surprises, the project work was pretty much as I had imagined it would be. If I should mention one thing it might be that I found it amazing how different the cultures in the different countries were, but still how much alike the students seemed to be, despite of these differences.

I find it 100% worth all the extra work to participate in a project like this because the benefits and pleasure that you get out of it. If I get the chance I will clearly participate in another Erasmus+ project.