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**"IL MIO PROGETTO ERASMUS+ A DUBLINO"**

**PARTECIPANTE  
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# Un po' di storia d'Irlanda



Per comprendere il presente è importante conoscere il passato. Le radici della storia irlandese affondano nel suo periodo pre-cristiano, nelle ere preistoriche, fino ai Celti. A differenza di altre civiltà nell'Europa continentale, la preistoria è più lunga e non è presente un'epoca classica, a causa delle invasioni romane, macedoni o europee. Abitata già 10.000 anni fa, l'arrivo dei Celti avvenne tra il 600 e il 500 a.C., tracciando per sempre la cultura gaelica. Nel 432 d.C., unendo storia e leggenda, avviene la conversione a opera di San Patrizio. Tra il VIII e il XII secolo inizia l'invasione di Vichinghi e Normanni, fino alla conquista di Enrico II d'Inghilterra, nel 1171.

Da questo momento, per la storia irlandese fu un periodo di oppressione politica e discriminazione religiosa, portando alla nascita nel XIX secolo del movimento Nazionalista Irlandese. Il punto cruciale delle rivolte per l'indipendenza fu la Pasqua del 1916, arrivando alla guerra d'indipendenza, terminata nel 1921 con la separazione dell'Irlanda del Nord, appartenente al Regno Unito. Nel 1949, lo Stato Libero d'Irlanda diventa la Repubblica, un periodo caratterizzato da duri conflitti con il Nord, tra lealisti e repubblicani, e la questione irlandese e l'IRA. Solo negli anni '90, iniziò il Processo di Pace, arrivando alla tregua e al governo di condivisione nel 1998.





# Il Progetto e la Scuola

Il mio progetto Erasmus si è svolto in Irlanda, nella città di Dublino, dal 29 Luglio 2024 al 02 Agosto 2024 ed è stata una delle esperienze formative e di vita più entusiasmanti che io abbia mai vissuto. Il progetto è stato incentrato su una settimana di formazione in una scuola privata di inglese, la "Centre of English Studies" in Dame Street, dove ho frequentato un corso di General English avanzato di livello C1, dopo essere stata sottoposta ad un test d'ingresso. La classe era internazionale con ragazzi di età diverse e di varie nazionalità.







Le lezioni in classe sono state svolte da due docenti: Tara e Gavin. Le prime 2 ore dalle 09.00 alle 11.00 sono state tenute da Tara, poi breve pausa sino alle 11.20, per poi continuare sino alle 13.00 con Gavin. L'elemento preponderante di entrambe le lezioni, e a mio avviso la più efficace, è stata la conversazione fra gli allievi. Stimolare la conversazione e dunque lo scambio di idee e informazioni su argomenti quotidiani e della vita privata di tutti i giorni di ciascuno di noi ha creato non soltanto un clima di allegria e tranquillità ma ha stimolato anche la produzione e l'allenamento verbale importantissimi per acquisire più fluidità nell'esprimersi.







Il primo giorno di scuola, i nuovi studenti sono stati inseriti nelle nuove o preesistenti classi in base al livello di conoscenza dell'inglese. Durante il primo giorno ci sono state le presentazioni dei docenti e di noi studenti con brevi descrizioni di noi stessi riguardanti la nostra provenienza, età eventualmente, e motivazione della presenza al corso. Successivamente ci si è immersi nella vera e propria lezione. Ogni giorno all'inizio della lezione i docenti hanno affrontato regole e argomenti grammaticali per poi fornire materiali cartacei riguardanti esercizi da svolgere inerenti la lezione trattata. In seguito si è passati all'interazione fra noi studenti: dopo essere stati divisi in piccoli gruppi da 2 o 3 persone, prendendo spunto da argomenti trattati negli esercizi svolti si argomentava in maniera più o meno varia sul topic scelto. Il metodo utilizzato è stato veramente efficace perché, al di là delle regole grammaticali che sono sicuramente importanti e basilari nell'insegnamento di una lingua straniera, ritengo che lo speaking sia





l'abilità su cui puntare di più. Infatti, il sistema italiano di insegnamento delle lingue straniere, e in particolare dell'inglese, andrebbe a mio avviso rivisto e modificato prendendo spunto dal metodo dei madrelingua che puntano più sulla pratica che non sulla teoria, la quale resta marginale. Dopotutto una volta terminati gli studi o comunque durante la carriera scolastica gli studenti hanno necessità di mettere subito in pratica quanto appreso. Pertanto rendere immediatamente spendibile le conoscenze linguistiche è sicuramente la carta vincente nella vita di tutti i giorni, che sia semplicemente nell'ambito di un viaggio o della ricerca di un lavoro. Questo chiaramente comporterebbe la necessità di una riforma sostanziale del metodo di insegnamento partendo da una più concreta formazione dei docenti.







Ad ogni modo il Progetto Erasmus è stato molto utile per me perché ho avuto modo di trattare argomenti interessanti e ho avuto l'occasione di esercitarmi nella conversazione correggendo in autonomia o con l'aiuto dei docenti gli errori di grammatica o di pronuncia. Questa full immersion è servita ad approfondire tematiche e aspetti grammaticali della lingua inglese molto complessi che solo un madrelingua può spiegare concretamente con esempi e descrizioni dettagliate, il tutto svolto in un ambiente allegro, rilassante e di coinvolgimento totale. Questa esperienza è stata incredibile e dinamica e sicuramente apporterà delle utili ricadute nel mio ambito lavorativo, professionale e di arricchimento culturale. Ritengo che questo tipo di progetti siano da incentivare poiché sono una grande opportunità per fare un'esperienza di vita e di crescita sotto tutti i punti di vista.



# UN PO' DI MATERIALE SCOLASTICO E ATTESTATO FINALE



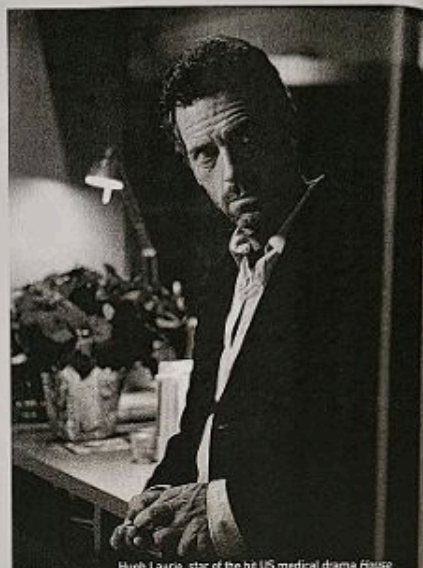
## BEDSIDE MANNER

### SPEAKING

- Work in groups. Discuss the questions.
  - What's good / bad about being a doctor in your country? Would you like to be one?
  - Do you know anyone who's a doctor? What do they think of their work and the health service?
  - When was the last time you saw a doctor? How was the service? What were they like?

### LISTENING

- Listen to five doctors talking about their jobs and issues connected to their work. Take notes on what they say. Which four speakers have something in common and which speaker is the odd one out? (There is more than one possible answer.)
- Work in pairs. Compare your notes. Then listen again and add to your notes.
- Compare your notes again and discuss:
  - whether you still agree who is the odd one out,
  - which speaker you think is the most interesting,
  - which speaker you would most like as a doctor.
- With your partner, discuss the questions.
  - What medical dramas do you know? How realistic do you think they are?



Hugh Laurie, star of the hit US medical drama House

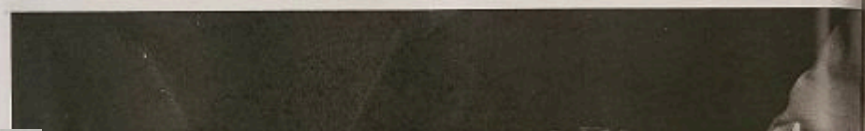
## UNDER THE KNIFE

### VOCABULARY Operations

- Put each group of words into the most likely order they happen, starting with the words in bold.
  - damaged her knee quite badly** / had it operated on / underwent extensive physiotherapy / the knee joint swelled up / had to have a scan
  - broke his leg in three places** / was given an anaesthetic / had an operation to insert metal rods / had to fast for twelve hours / eventually had them removed
  - the pain became excruciating** / had to have a few stitches / it somehow got infected / had a filling / had to have the whole tooth out
  - was diagnosed with kidney disease** / had a transplant / was put on a waiting list / took part in a rehabilitation programme / finally found a donor
  - suffered severe burns** / had to wait for the scarring to heal / was rushed to hospital / had a skin graft / was put on a drip
  - found a lump** / suffered a relapse / it went into remission / had an operation to have it removed / it was diagnosed as cancer / underwent chemotherapy
- Work in pairs. Answer the questions.
  - When else might someone have a scan?
  - What kind of thing might extensive physiotherapy involve?
  - Can you think of any other reasons why people sometimes fast?
  - What other kinds of transplants can you have?
  - When else might you have to take part in a rehabilitation programme?
  - Why are people usually put on a drip?
  - What are the possible side effects of chemotherapy?
  - What other kinds of relapses can people suffer?

### LISTENING

- Listen to two conversations about surgical procedures. Answer the questions about each conversation.
  - What kind of procedure do they discuss?
  - What did the procedure involve?
  - Is any further treatment required?



## Chit-Chat

- A TV series that I found completely fascinating to watch was \_\_\_\_\_
- What I find incredibly expensive in Ireland is \_\_\_\_\_
- A dish from my country that I think is absolutely delicious to eat is \_\_\_\_\_
- One thing that is incredibly annoying about my country is \_\_\_\_\_
- In school I used to think \_\_\_\_\_ was a completely fascinating subject to learn
- Moving to another country would be quite scary because \_\_\_\_\_

Galaxy S23+



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### Gap-Fill Exercise

"On my trip to Howth, I had an 1. \_\_\_\_\_ thrilling day. I was walking along the 2. \_\_\_\_\_ picturesque cliff path, which was 3. \_\_\_\_\_ long but 4. \_\_\_\_\_ stunning. The sea beside me was 5. \_\_\_\_\_ azure, and the waves were crashing 6. \_\_\_\_\_ against the rocks. It was 7. \_\_\_\_\_ windy, but I felt 8. \_\_\_\_\_ invigorated and 9. \_\_\_\_\_ elated being there. While I was walking, I saw some seals. They were frolicking in the water, and it was 10. \_\_\_\_\_ amusing to watch them. I couldn't stop smiling because they looked ever so adorable and playful. However, the path was 11. \_\_\_\_\_ slippery, and I nearly fell a few times, which was quite unsettling. After the walk, I was totally st \_\_\_\_\_ which were absolute \_\_\_\_\_ enjoyed everything - and chips. Despite the

With your partner, discuss what you think the nouns in bold mean and who or what the words in italics refer to.

- There was a big **cover-up** to stop the public finding out about it.
- No-one was injured, **luckily**, but it was a complete **write-off** so I'll have to buy a new one.
- We had a **break-in**, but luckily they didn't take anything too valuable.
- They went to build a **bypass** to reduce traffic coming through the centre.
- They have a **turnover** of billions of dollars because they are so dominant in the market.
- They staged a **walkout** in protest at the cutbacks.
- We had a bit of a **falling-out** over something stupid, but we're back on speaking terms.
- They told me it had come back **positive**, but it turned out there had been a **mix-up** and I was actually fine, which was a relief.

Tell your partner about true examples for three of the words in bold in Exercise 8.

### GRAMMAR

#### Modal auxiliaries

Modal auxiliaries (will, should, must, etc.) add meaning to the verb that follows them. For example, they can show ability, certainty or hypotheticality. The verb that follows is an infinitive without to. The infinitive can show a different time or aspect, such as perfect or continuous.

Work in pairs. Look at the sentences based on the listening. Discuss how the meaning or time changes with each possible ending.

- I just know ...
  - they'll have been searching the internet.
  - they can't have searched the internet.
- Nonwegian doctors had reported into work with illnesses ...
  - that they would have issued a sick note to others for.
  - they could issue a sick note to others for.
- Imagine what that patient ...
  - must've gone through.
  - might be going through.
- If we come across a disease we don't immediately recognise ...
  - we can feel lost.
  - we will often feel a bit lost.
- They give poor treatment because ...
  - they won't admit to not knowing what the problem is.
  - they mustn't admit to not knowing what the problem is.

- Nowadays, ...
  - most TV dramas will have more flawed characters.
  - most TV dramas should have more flawed characters.
- We use it as a springboard for a discussion on the processes that ...
  - should've taken place.
  - may take place.
- I later won a scholarship to study here in France and ...
  - I should qualify next year.
  - I shall qualify next year.

### Check your ideas on page 176 and do Exercise 11.

Work in pairs. For each of the situations below, discuss:

- what caused / is causing the situation.
- what you might say if you were in the situation.
- what you think will (or should) happen next.

- It might be because it's winter and so more people get ill.*  
*It wouldn't be happening if so many good doctors weren't leaving for the private sector.*  
*It'll only get worse in the months to come.*

- Waiting times for emergency treatment at the local hospital have shot up over the last six months.
- On a bus, an unshaven man in dirty clothes is lying on the floor.
- A large number of people at the hotel you run are off work with stomach problems and there's a conference starting, which means the hotel's going to be full.
- A patient is suffering from severe headaches. The doctor has done a number of tests which came back negative.
- A friend hasn't been in touch recently. You see them one day in a café but don't immediately recognise them. They leave before you can speak.

Work with a new partner. You are going to do a roleplay based on one of the situations in Exercise 11. First choose a situation and decide who will take which role below. Then spend a few minutes preparing your role.

- the hospital manager with a journalist
- two passengers who get on the bus
- two managers of the hotel
- the patient and doctor
- you and another friend talking about the friend

Now roleplay the conversation.

For further practice, see Exercise 2 on page 177.

## B2 Health and Medicine

TOP004

Complete the sentences using a word from the box for each blank.

ALLEVIATE - ANTIBIOTICS - BLOOD - BREAKDOWN - CARE - CONSCIOUSNESS - CURE - DISCHARGED - FLU - ILLNESSES - INFECTIOUS - MIGRAINE - PERFORM - PRESCRIPTION - RECOVERY - RESPOND - RUNNY - THROUGH - UPSET - WEAR

- The Red Cross has urged the population to give \_\_\_\_\_ whenever possible.
- Dr Jones was the best surgeon able to \_\_\_\_\_ such a difficult operation.
- If you're on \_\_\_\_\_ you shouldn't drink any alcohol.
- Take aspirin three times a day. It will help \_\_\_\_\_ the pain.
- After being treated for over three weeks, he was \_\_\_\_\_ from hospital yesterday.
- Doctors in developing countries often don't have enough supplies to treat severe \_\_\_\_\_.
- The patient hasn't regained \_\_\_\_\_ yet, so we'll have to wait and see what happens next.
- Everyone in the family has gone down with the \_\_\_\_\_.
- The injury was pretty bad, but the doctors expect him to make a full \_\_\_\_\_.
- Many patients don't \_\_\_\_\_ to such an aggressive treatment.
- The disease was highly \_\_\_\_\_, so they put everyone into quarantine.
- When the painkillers start to \_\_\_\_\_ off, you'll feel soreness back.
- This is the second nervous \_\_\_\_\_ she's had this year.
- Dad got an \_\_\_\_\_ stomach because he probably ate some spoilt food.
- Up to now, research hasn't found a \_\_\_\_\_ for the disease.
- I got the \_\_\_\_\_ from my doctor, so I went to the next pharmacy to get the pills.
- She's only got a \_\_\_\_\_ nose and a sore throat, otherwise she's OK.
- Her situation was so critical that she had to spend a few days in intensive \_\_\_\_\_.
- She suffers from \_\_\_\_\_, especially when the weather changes a lot.
- Although the patient is still in critical condition the doctors expect him to pull \_\_\_\_\_.

## KEEP IT IN MIND

### SPEAKING

Work in pairs. Take turns to ask the questions. Choose one of the answers given or think of your own. Your partner should ask extra questions to find out more.

- How does diet affect your mood?
  - A lot. I take dietary supplements so my body's always in balance.
  - I don't think about it. I eat whatever I like.
- How well do you deal with pain and illness?
  - I tend to get quite grumpy and moan a lot.
  - By and large, I just get on with things and don't complain.
- How would you describe your general outlook on life?
  - I'd say I'm pretty cheerful most of the time.
  - I'm prone to mood swings. I tend to be quite up and down.
- How well do you deal with stress?
  - To be frank, not so well. I have a tendency to blow up.
  - Generally speaking, I'm pretty cool under pressure.
- What do you do if you have negative feelings?
  - I'll often dwell on things and that sometimes makes me feel a bit down.
  - I'm usually able to shug them off quite quickly.

### READING

Work in pairs. Discuss what – if anything – you know about the following topics.

- mindfulness and meditation
- depression
- life expectancy and well-being in the developed world
- patients that doctors refer to as 'the worried well'
- Traditional Chinese Medicine

You are going to read an article about mindfulness and Eastern and Western medicine. With your partner, discuss which phrases you think are connected to each of the five topics in Exercise 2.

date back over 2,000 years  
low-level complaints  
a downward spiral  
be that with scepticism  
eradicate infectious diseases  
relieve minor conditions  
excruciating pain  
spark neural connections

### VOCABULARY Mind and body

Work in pairs. Discuss why the following actions might happen / be done.

- your mind drifts or wanders
- your heart beats fast
- your body rises and falls
- your body shudders
- wipe your forehead
- raise your eyebrows
- raise your hand
- clutch your chest
- click your fingers
- drop your head
- shrug your shoulders
- clench your fist
- support your back
- stretch your legs
- futter your eyelashes

Which part of the body do you use for these actions?

sniff	stroke	crouch	pat
scratch	blink	hug	sit
glare	frown	gim	punch

Work in pairs. Test each other. Take turns to act out different actions in Exercises 7 and 8. Your

## CES CENTRE OF ENGLISH STUDIES

This is to certify that

Nunzia Cassanelli

has attended a course  
in  
English Language

### Course Content

Grammar and Structure  
Lexical Development  
Communication Skills  
Language Awareness

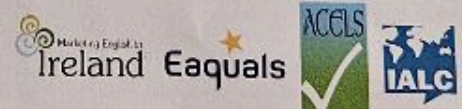
Course start date: 29/07/2024  
Course end date: 02/08/2024  
Exit level: Advanced (C1)

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# Le escursioni

A spasso per Dublino



The Spire - The Portal - Ha' Penny Bridge - Dublin Zoo



# Le escursioni

A spasso per Dublino

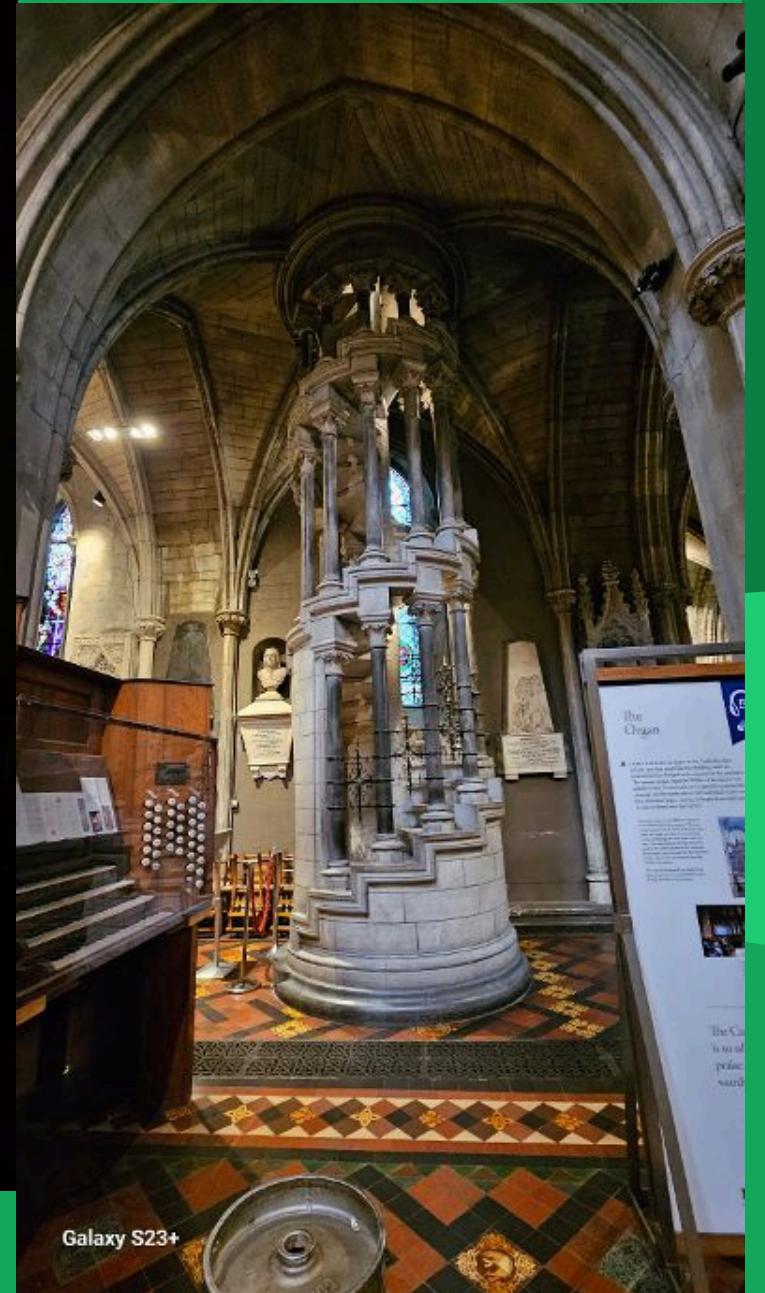


Ha' Penny Bridge - Liffey River- St. Andrew's Church - Temple Bar



# Le escursioni

A spasso per Dublino



St. Patrick's Cathedral



# Le escursioni

## Wild Atlantic Way: Scogliere di Moher



L'Irlanda è una nazione ricca di cultura e paesaggi verdeggianti immersi in luoghi fiabeschi e quasi sospesi nel tempo.



# Le escursioni

## Burren Village e Galway



La zona a Nord-Ovest dell'Irlanda è molto selvaggia e tranquilla ed è ricca di paesaggi naturali bellissimi decisamente immersi in una natura incontaminata.



# Le escursioni

## Howth and The Cliff Walk



La zona ad Est, all'estremità della nazione e collegata al resto dell'isola con una sottile lingua di terra, è totalmente diversa dal caos della grande città di Dublino. Trasmette serenità e pace.