2025-1-RO01-KA121-VET-000319082

4IT Erasmus+Project, 2024-1-RO01-KA121-VET-000214264

Beneficiary: "Gheorghe Vranceanu" National College, Bacau

Sending organization: "Roman Voda" National College, Bacau / "Ferdinand I" National College, Bacau

MOBILITY PORTFOLIO

Paphos, Cyprus

Mobility period 28.10.2025- 10.11.2025

Practice period: 29.10.2025-08.11.2025

RECEIVING COMPANY: LAZAROU ICT PROFESSIONALS

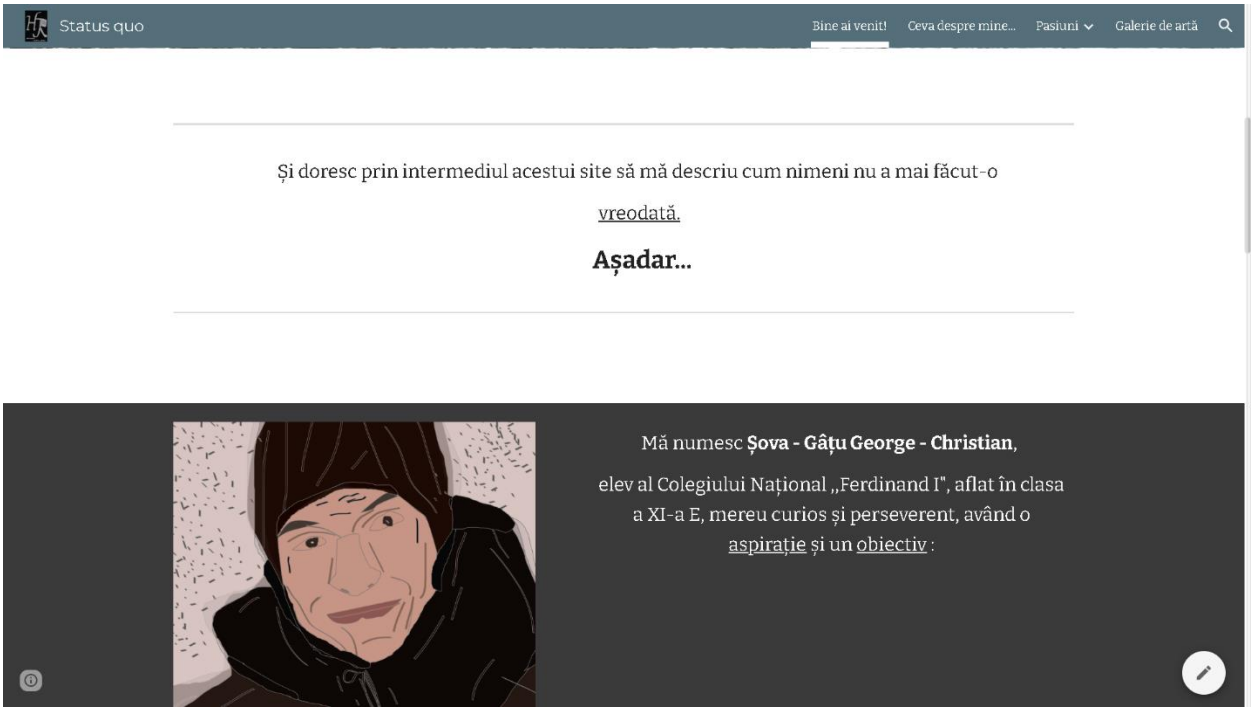
Practice tutor: Lazaros Lazarou

Participant: Șova-Gâțu George-Christian

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1. SITE PERSONAL



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Status quo

Bine ai venit! Ceva despre mine... Pasiuni Galerie de artă

Participarea la proiectul Erasmus +4IT

și...

Acumularea unor cunoștințe noi

Dar...

De ce, poate întrebați?

Status quo

Bine ai venit! Ceva despre mine... Pasiuni Galerie de artă

De ce, poate întrebați?

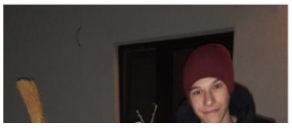
Întotdeauna mi-am dorit să trăiesc experiența Erasmus, toate oportunitățiile și ocaziile care nu se mai întorc. Din gimnaziu mama îmi spunea că învățatul aduce numai beneficii, de care te bucuri toată viața.

Doresc să particip în acest proiect, deoarece numai așa îmi pot dezvolta :

- adaptabilitatea de a lucra într-un mediu complet nou ;
- cunoștințele cultural-lingvistice prin studierea unor concepte noi ;

Totodată, aptitudinile mele profesionale vor evolua și voi putea face față pe viitor situațiilor neprevăzute. Ce ocazie este mai bună decât aceea care răsare în momentul oportun. De aceea, vreau să profit de acest proiect și de această posibilitate pentru a mă dezvolta și pentru a-mi testa cunoștințele și calitățile de lider, de comunicare, flexbilitatea și perseverența.

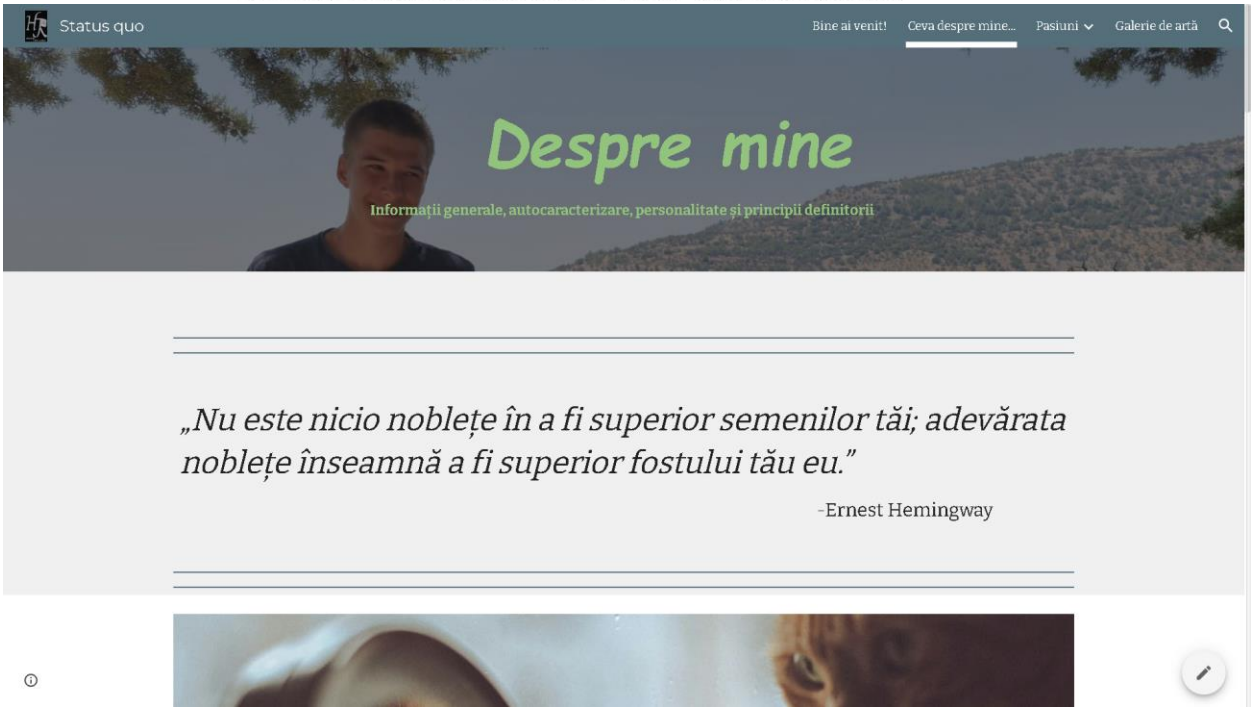
Vă invit cu cea mai mare plăcere să parcurgem împreună conținutul acestui site pentru a mă „dezbrăca" de secrete și pentru a mă caracteriza într-un mod plăcut și complex.



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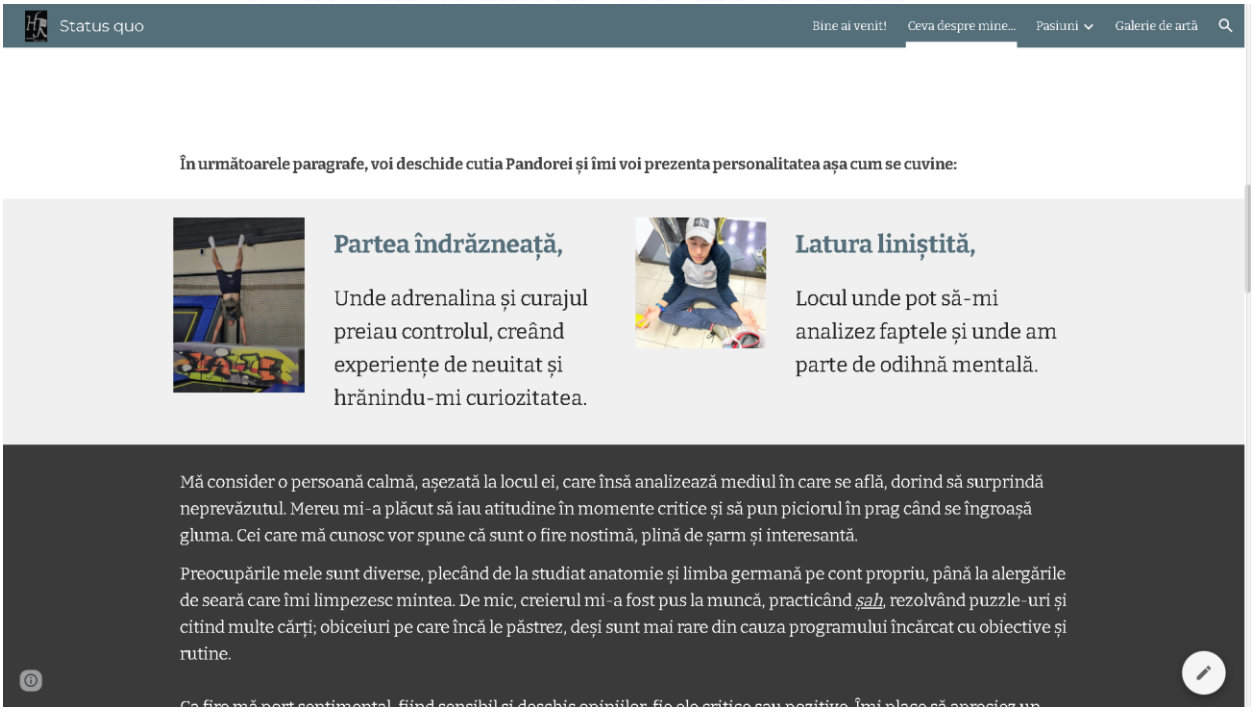


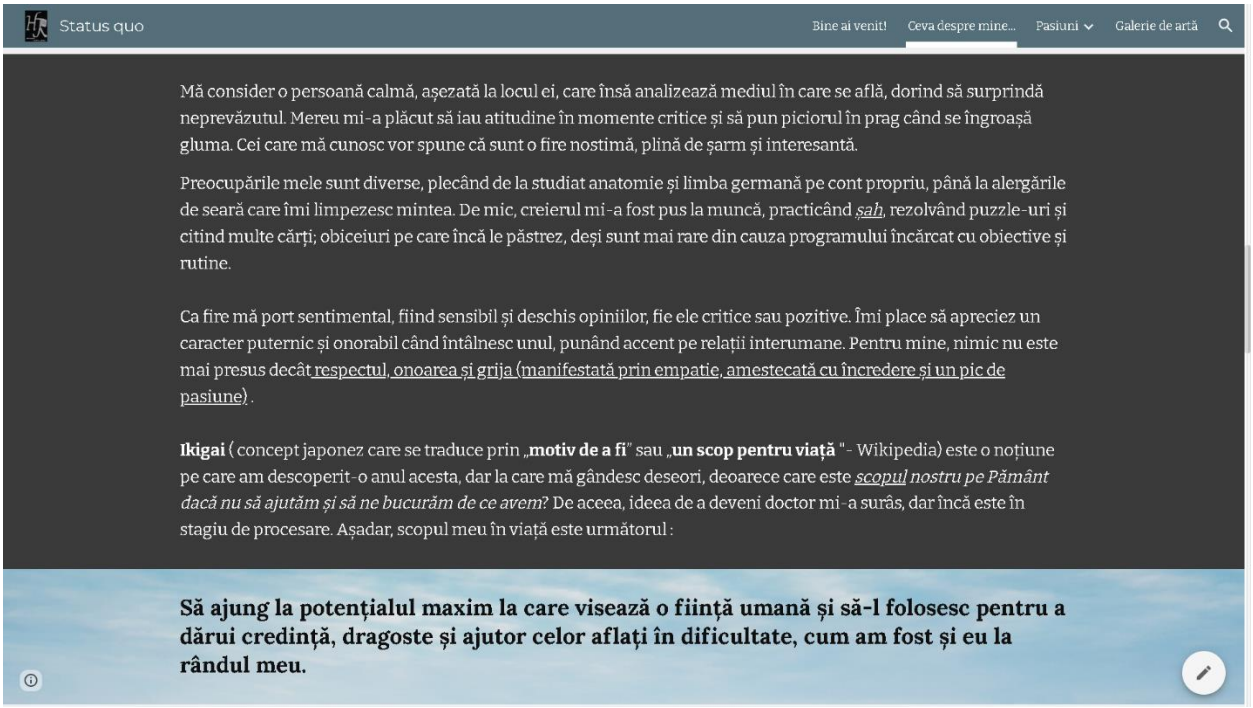


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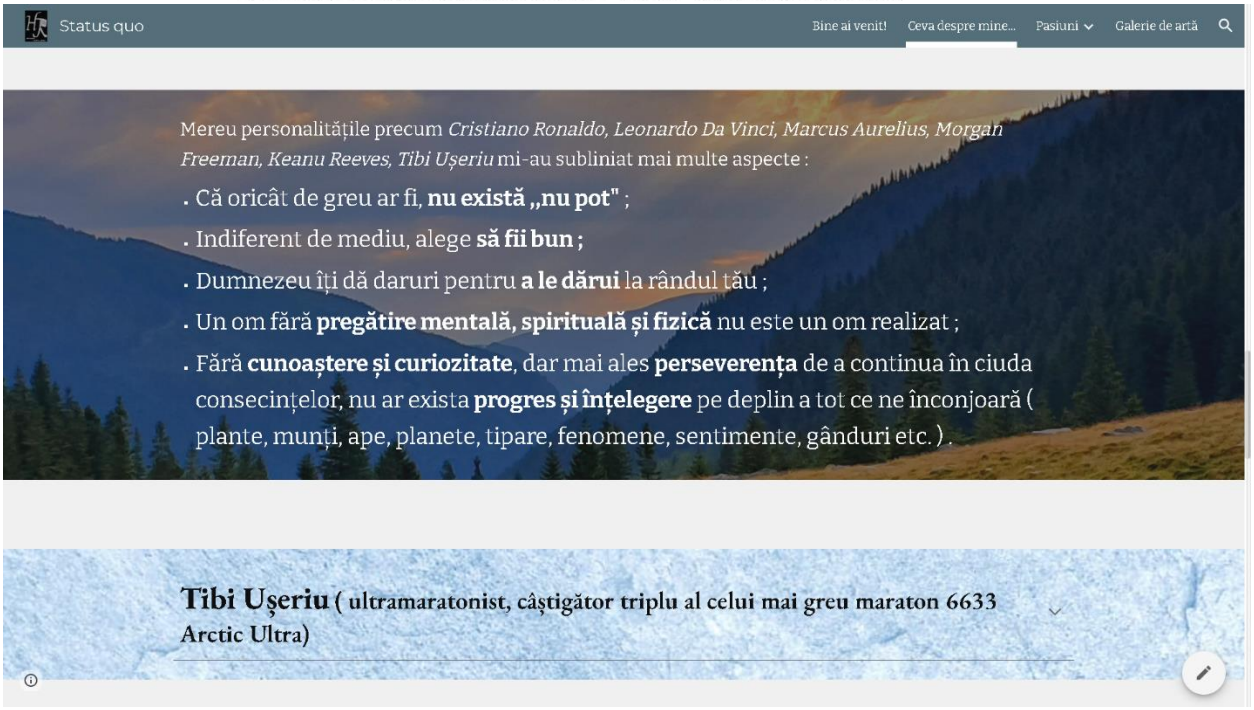
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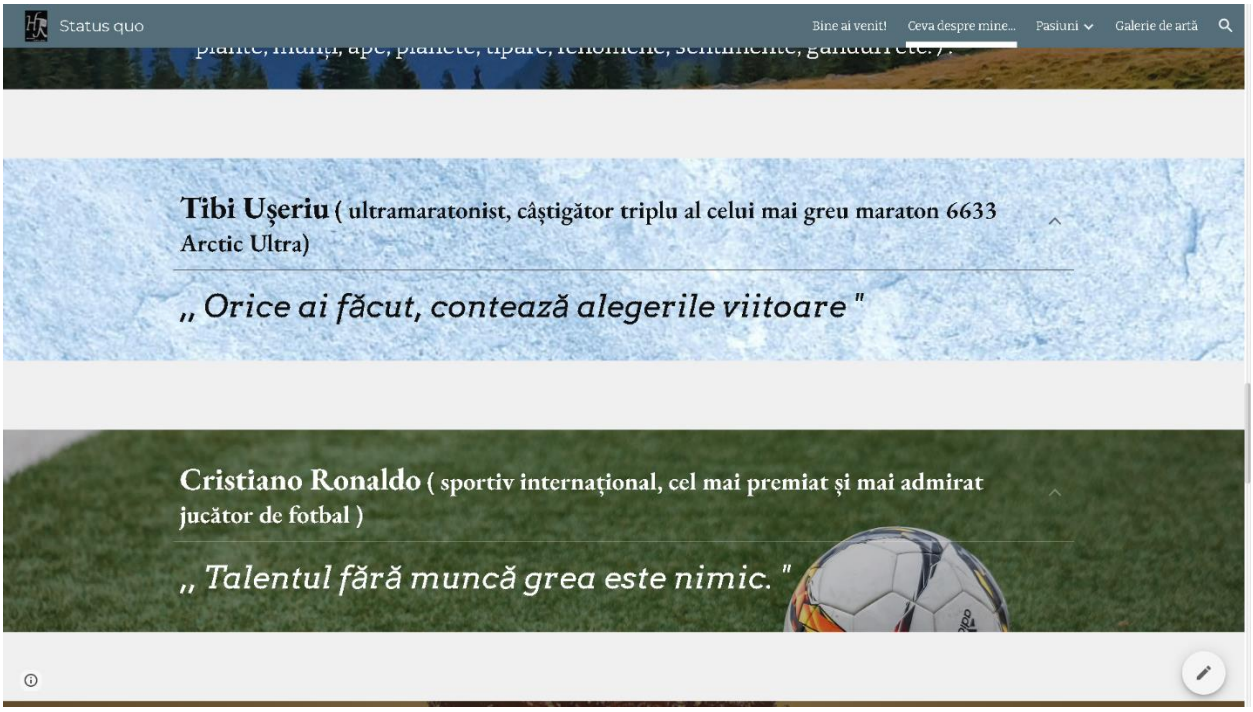




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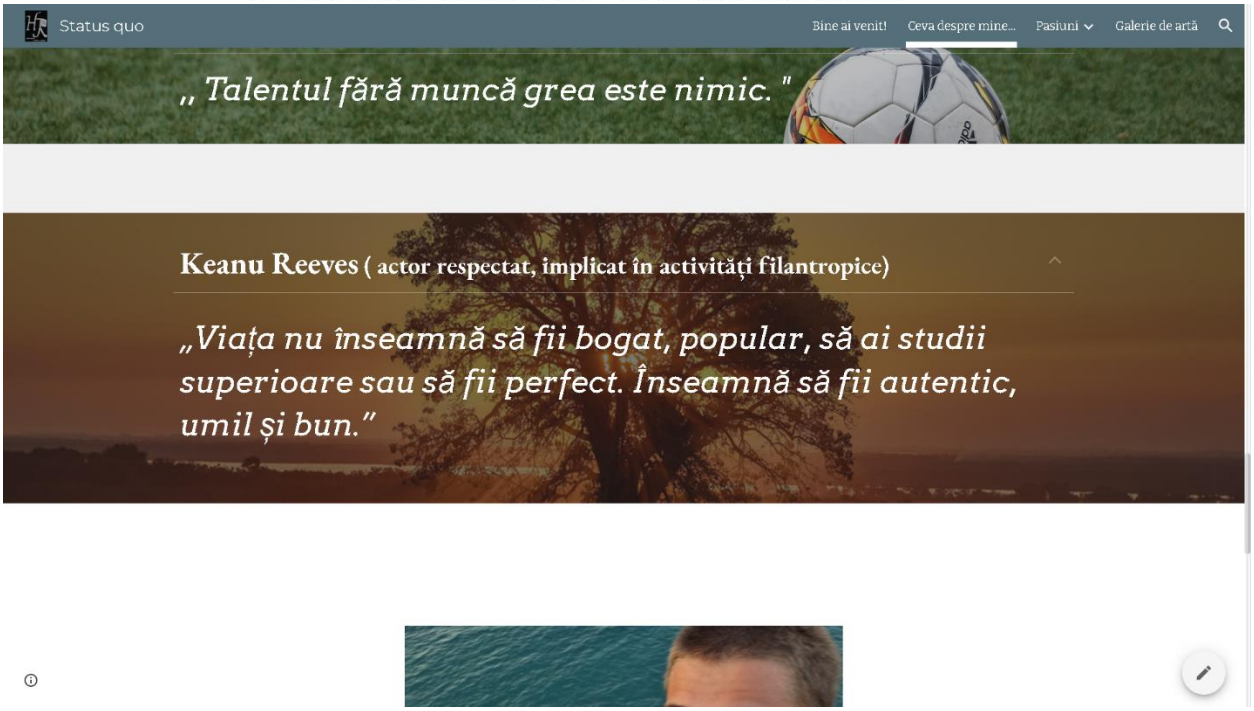


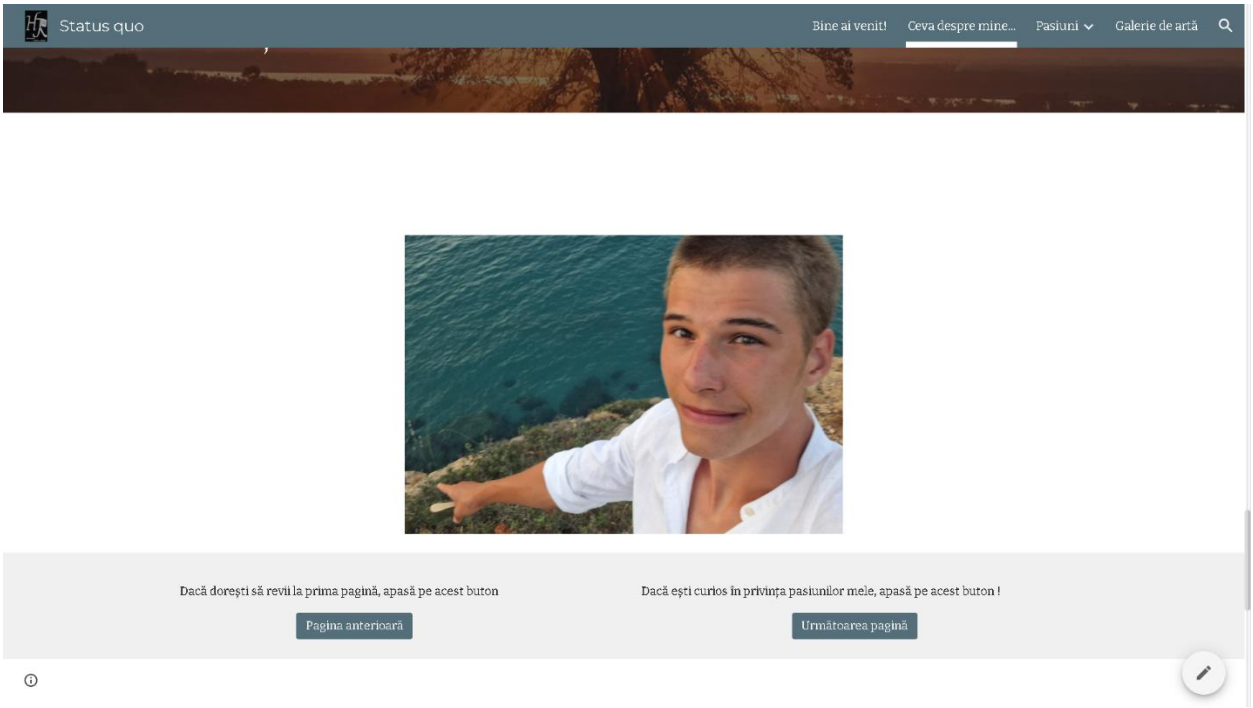
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Copil fiind, păduri cutreieram, și cu alții mult mă băteam, așadar am început să fac Karate Shotokan-Do, pentru a învăța să mă apăr și să ajung întreg acasă. Timp de 4 ani, din 2019, am mers în fiecare săptămână la sala de antrenament și învățam mișcări pe care le vedeam deseori în filme.

Multe competiții și cantonamente au avut onoarea să mă primească, unde am practicat și am exersat ce știam deja, pentru a-mi îmbunătăți tehnicile, deoarece mereu e loc de mai bine.

Această dorință s-a stins când monotonia a ieșit la iveală. Mi-am dat seama că aveam nevoie de ceva mai mult, care să mă provoace mai mult, ceva nou, plin de acțiune, cum îmi plăcea mie. Am căutat și am întrebat în stânga și-n dreapta, până am găsit fix ce-mi lipsea : Cursuri de autoapărare în stil Krav Maga, același stil de arte marțiale pe care soldații israelieni îl practică. Acest stil special combină tehnici din toate celelalte stiluri (japoneze, chinezești, braziliane, africane etc.) și le integrează pentru a-ți asigura siguranța.

A fost Sf. Graal pentru mine când am parcurs primul antrenament, unde am văzut atâtea mișcări care mi se păreau ușoare și



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A fost Sf. Graal pentru mine când am parcurs primul antrenament, unde am văzut atâtea mișcări care mi se păreau ușoare și banale, dar care în câteva secunde imobilizau un adversar imens. Am știut că am fost făcut să cunosc această artă și ea să mă cunoască pe mine, așadar, am învățat să ripostez la orice fel de atac de stradă : lovituri de pumni, de picioare, atac de cuțit, atac pe la spate, atac cu inamici multipli. Pe lângă mănuși, exersăm și alte tehnici, care se axează pe apărarea împotriva lamelor și armelor albe lungi.

Clubul organizează și tabere militare în care cei interesați de disciplina militară pot învăța tactici, defensivă împotriva cuțitului, module cu arme airsoft.

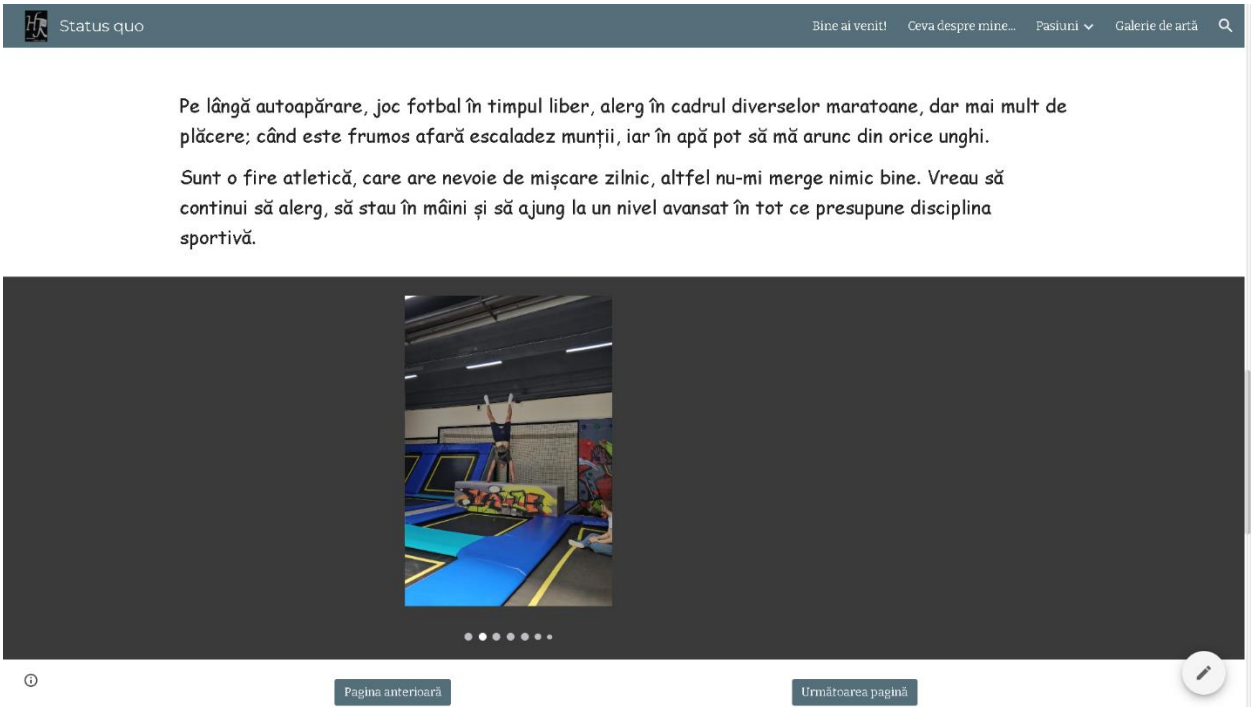
Consider că toți suntem obligați să ne apărăm viața de orice fel de pericol, iar Krav Maga face acest lucru posibil, cu ajutorul antrenorului meu, Codrin G. Cota.

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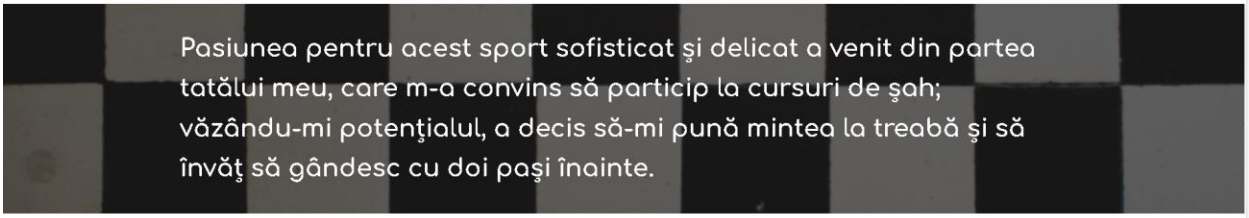


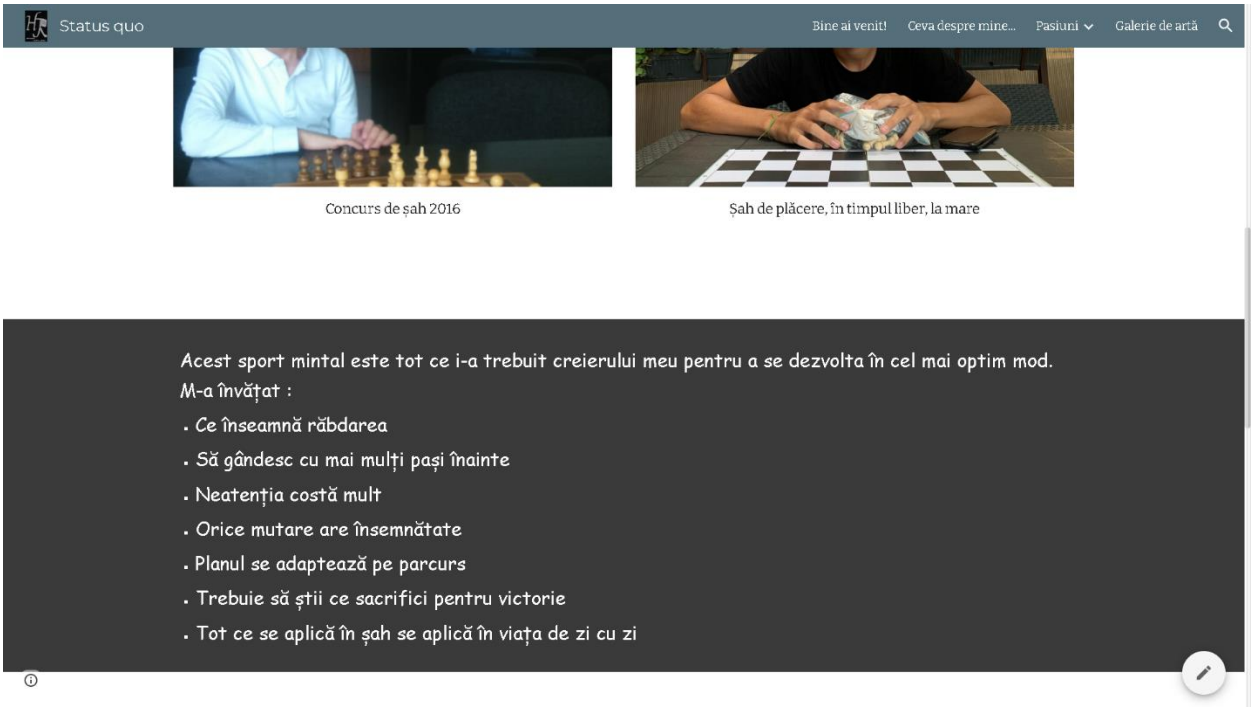


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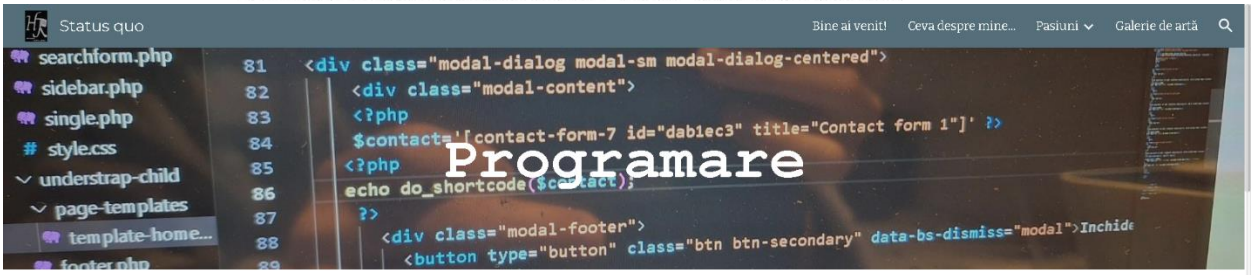




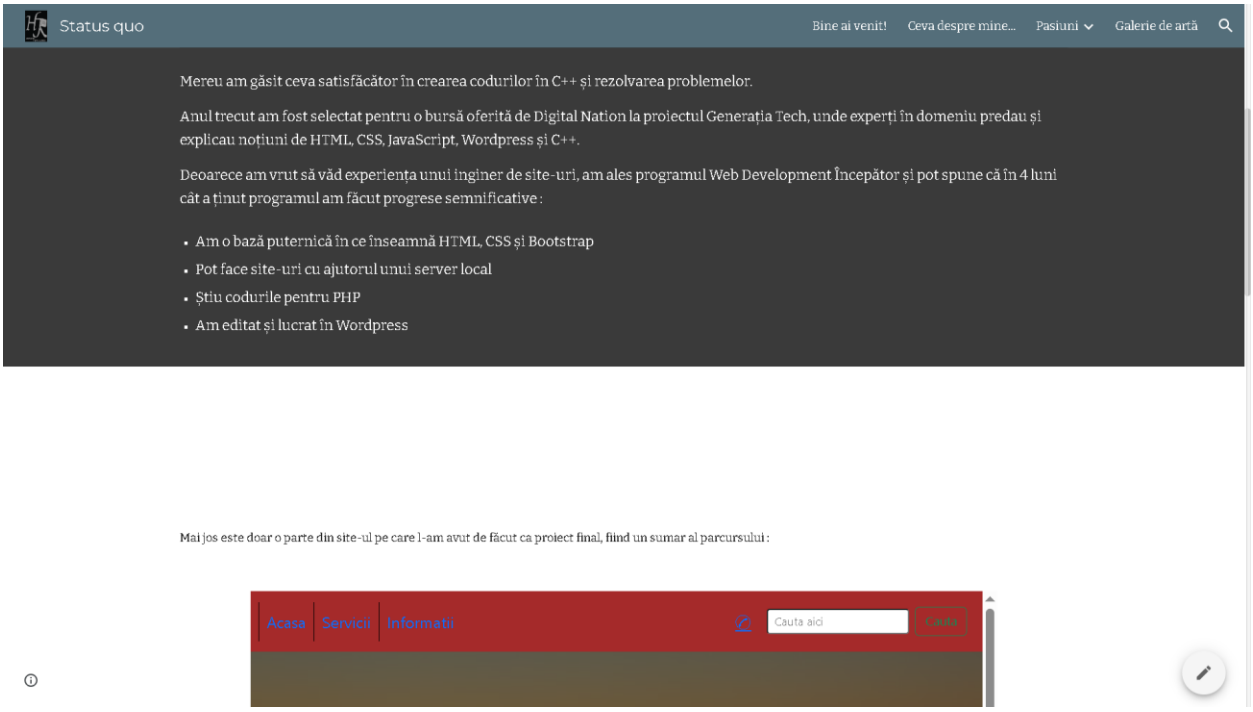
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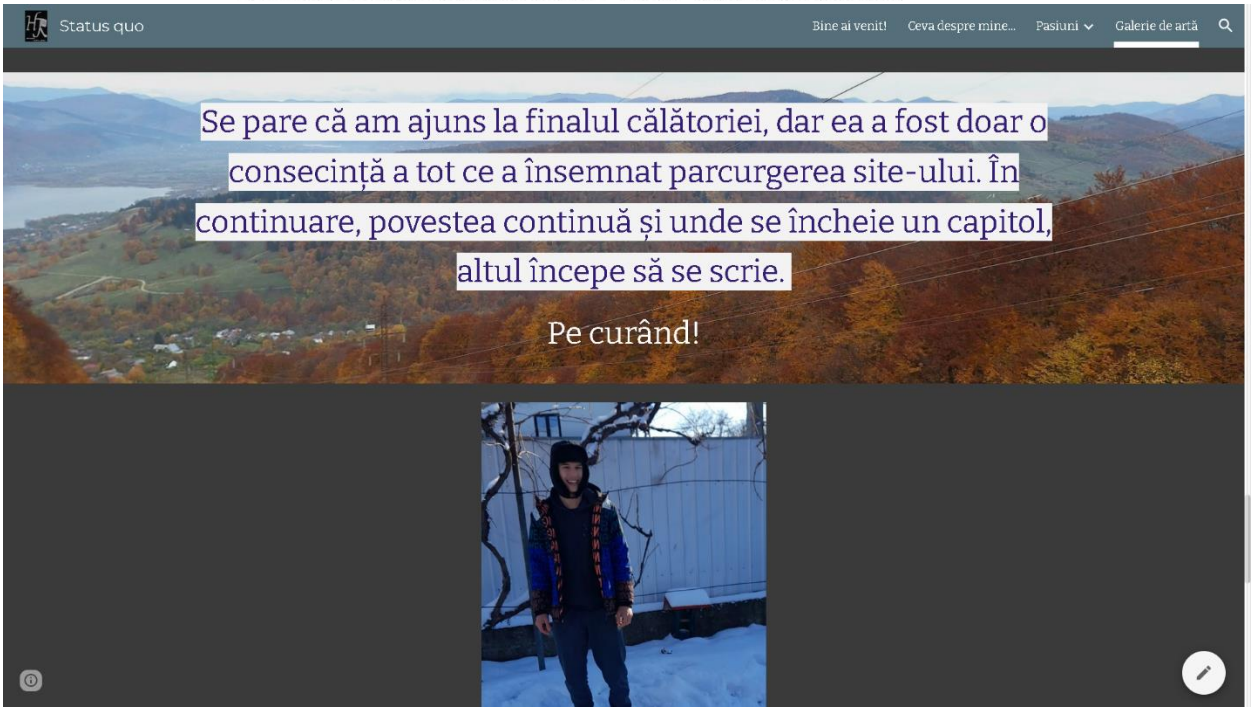






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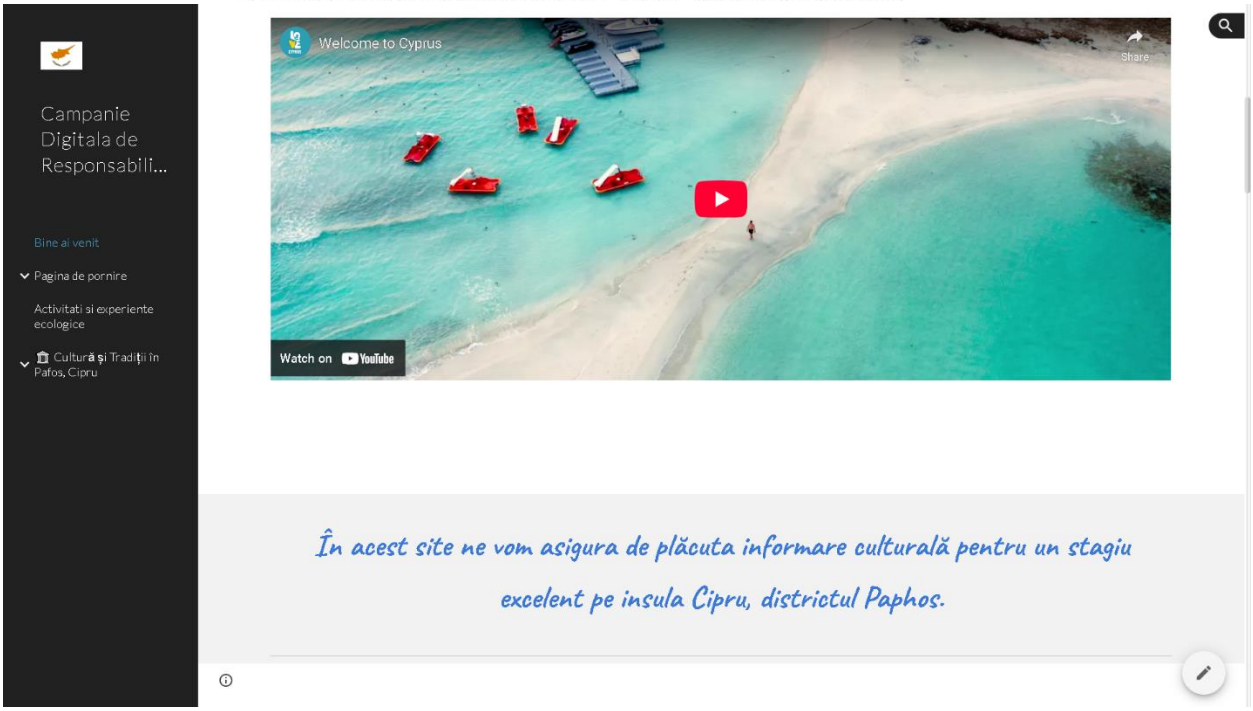


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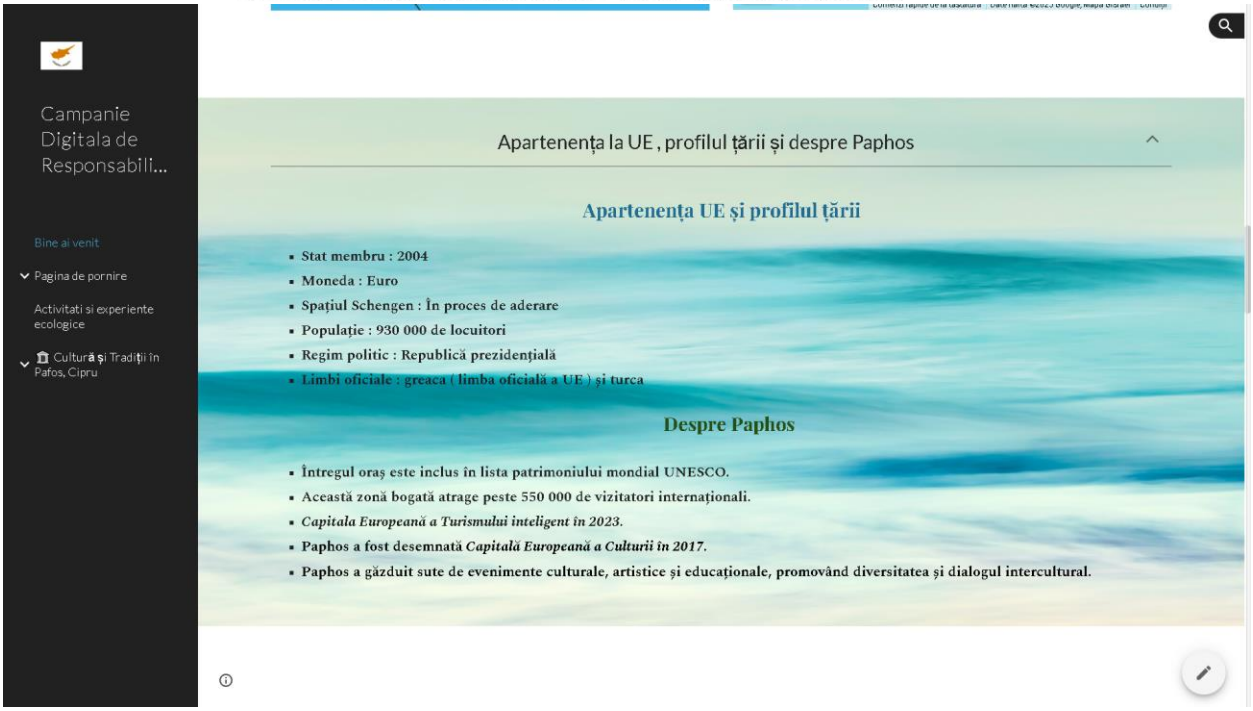


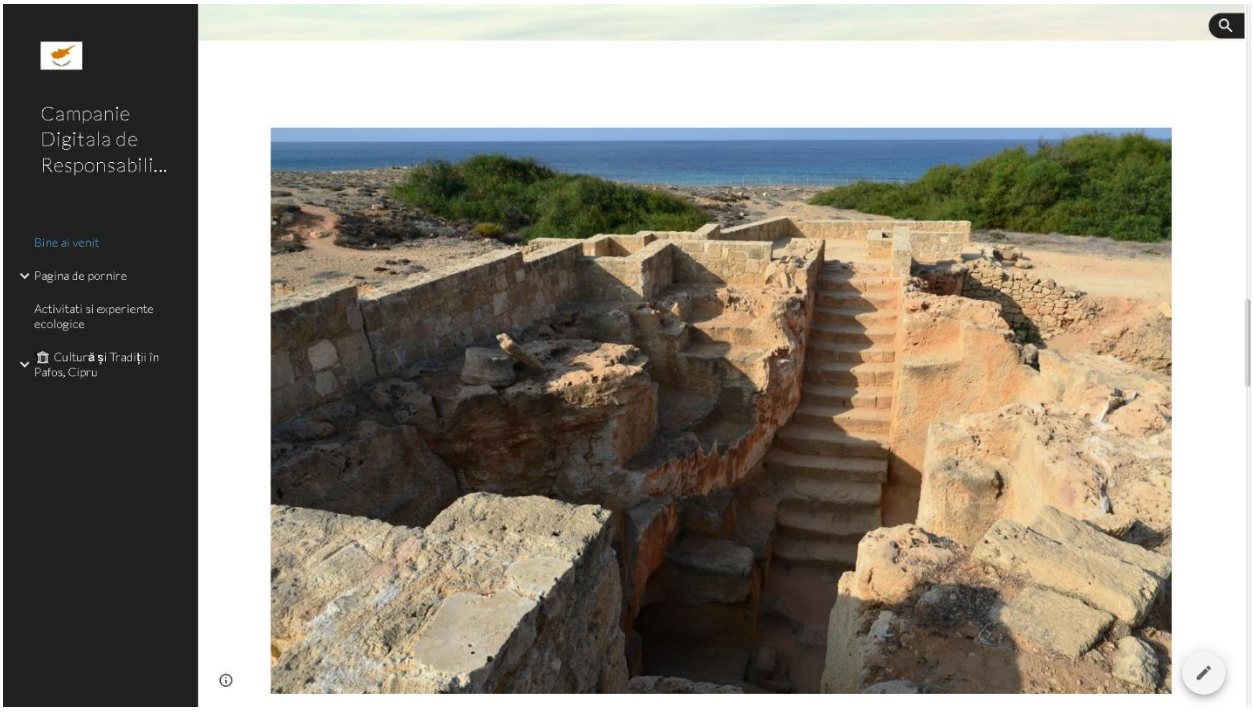
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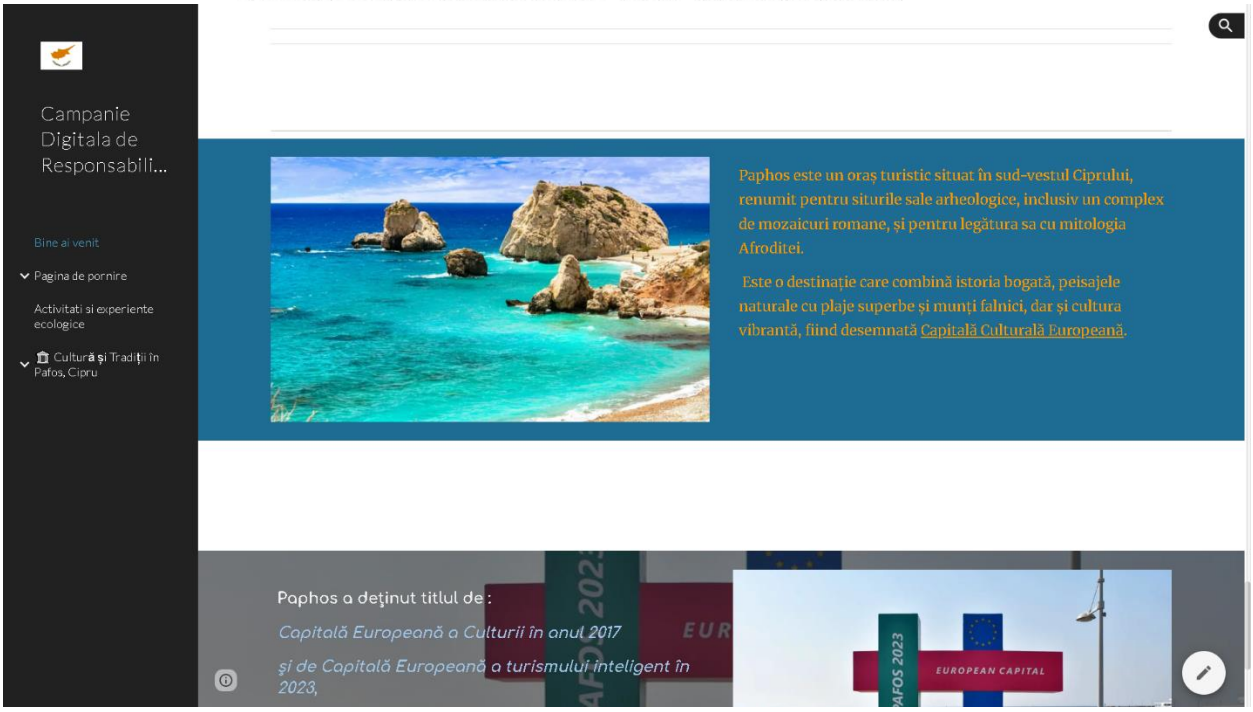


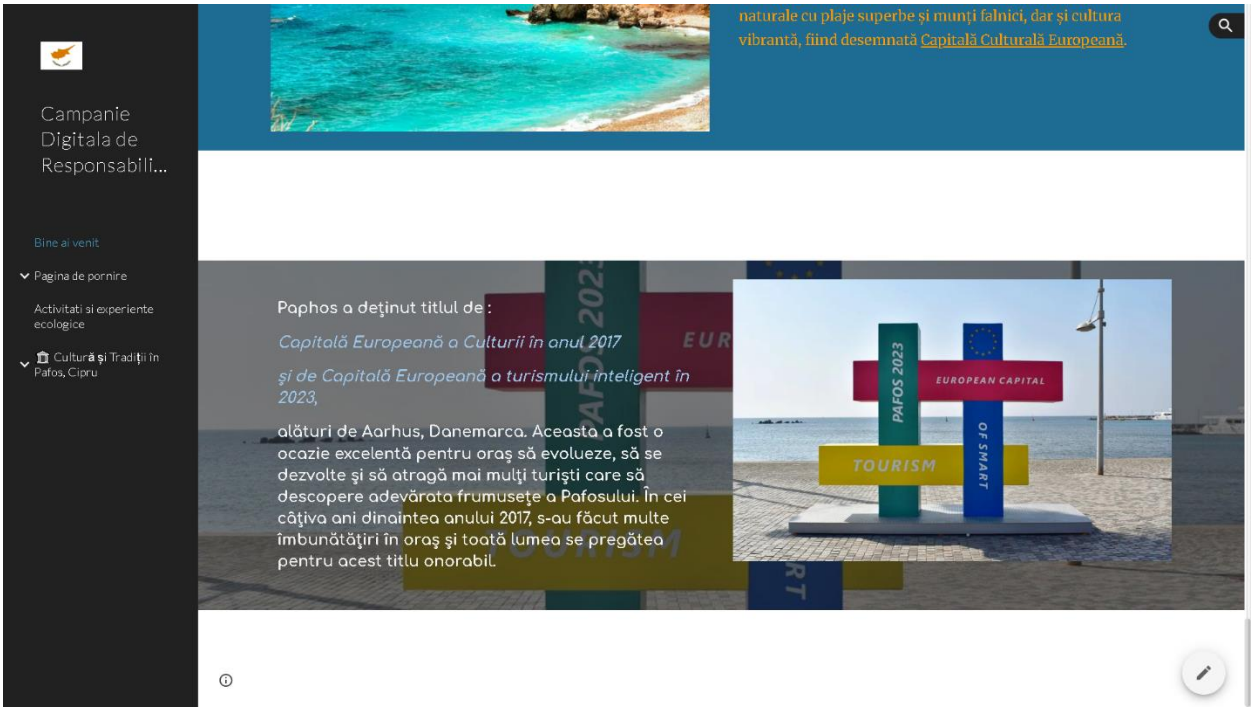
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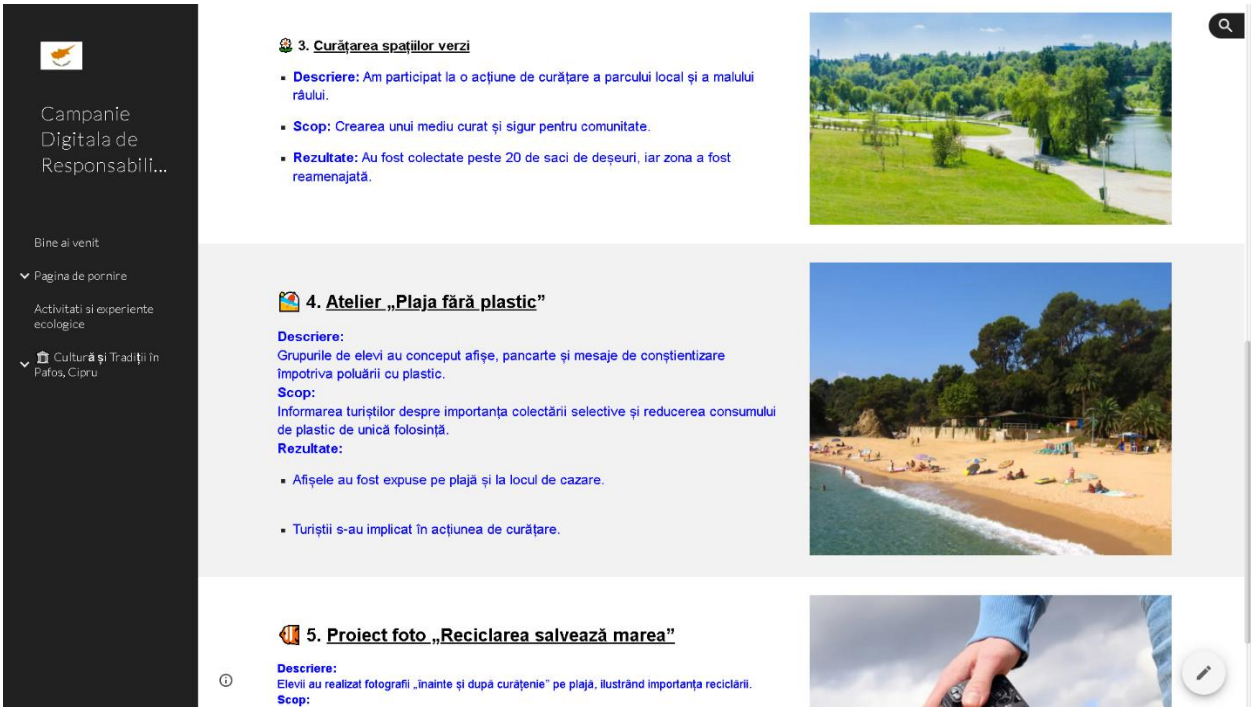


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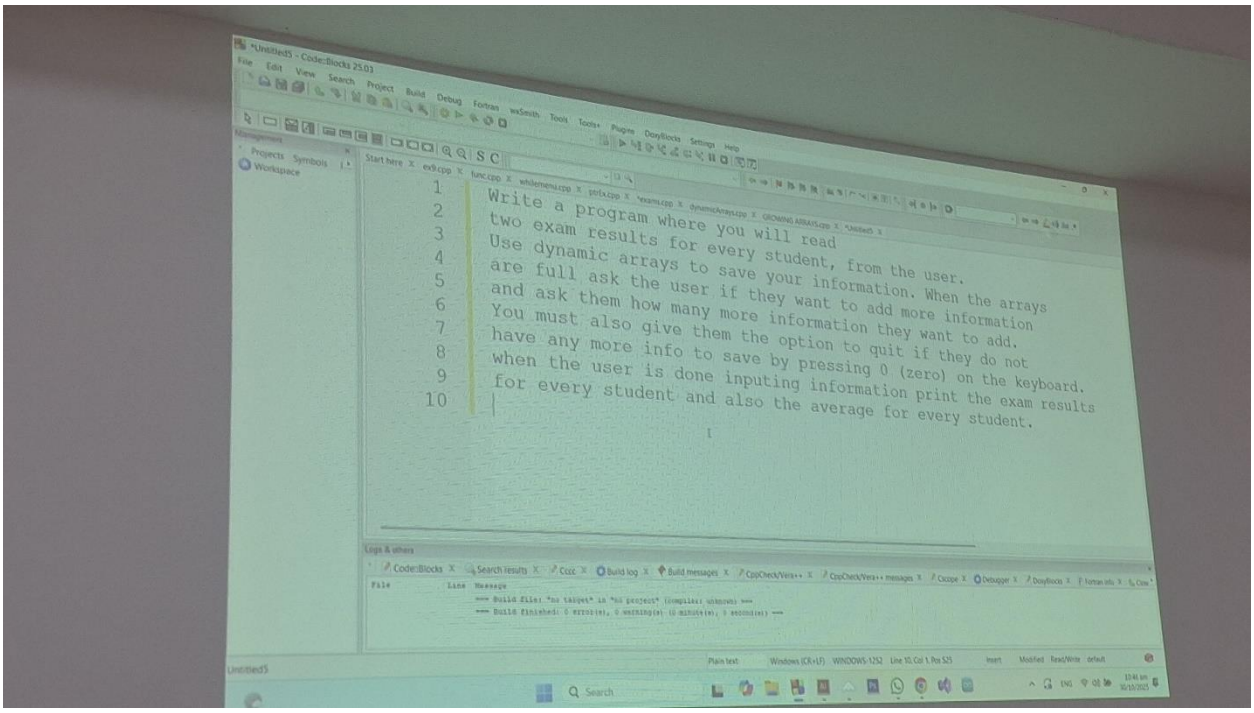
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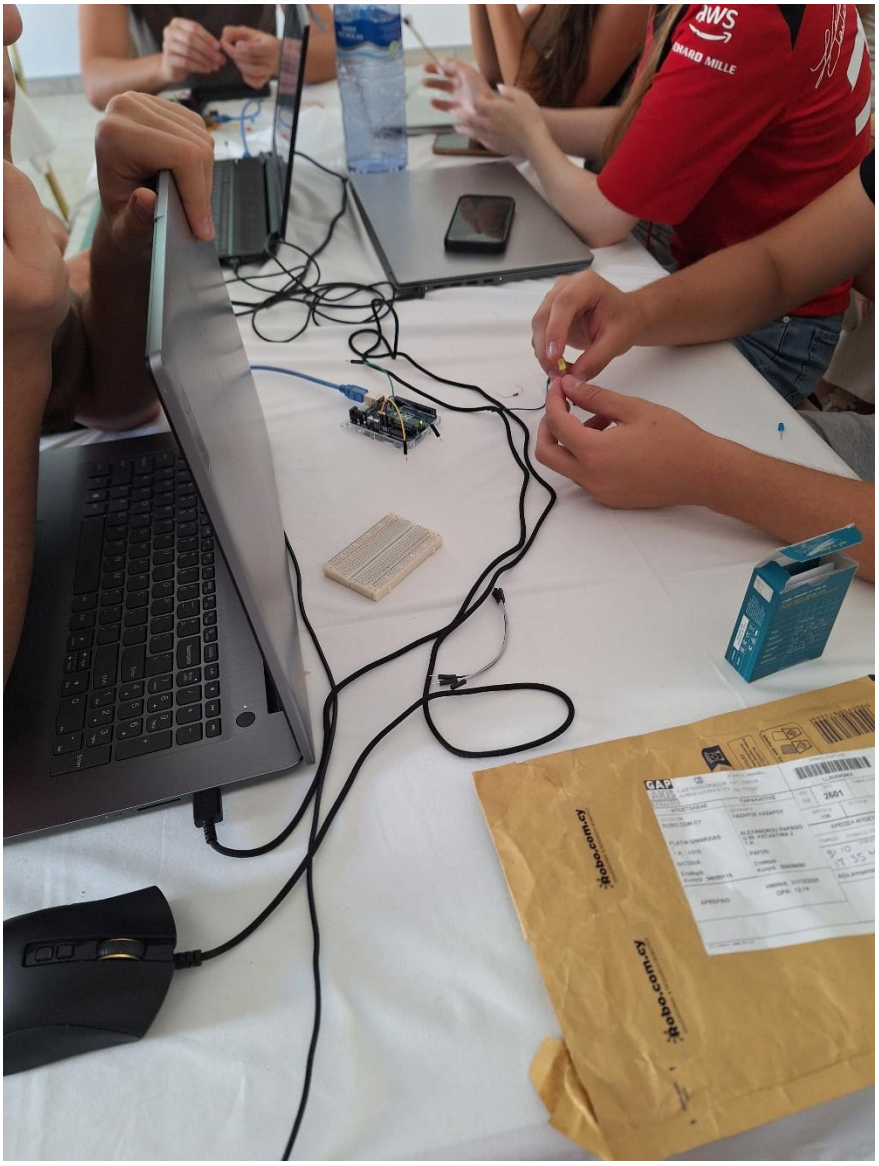
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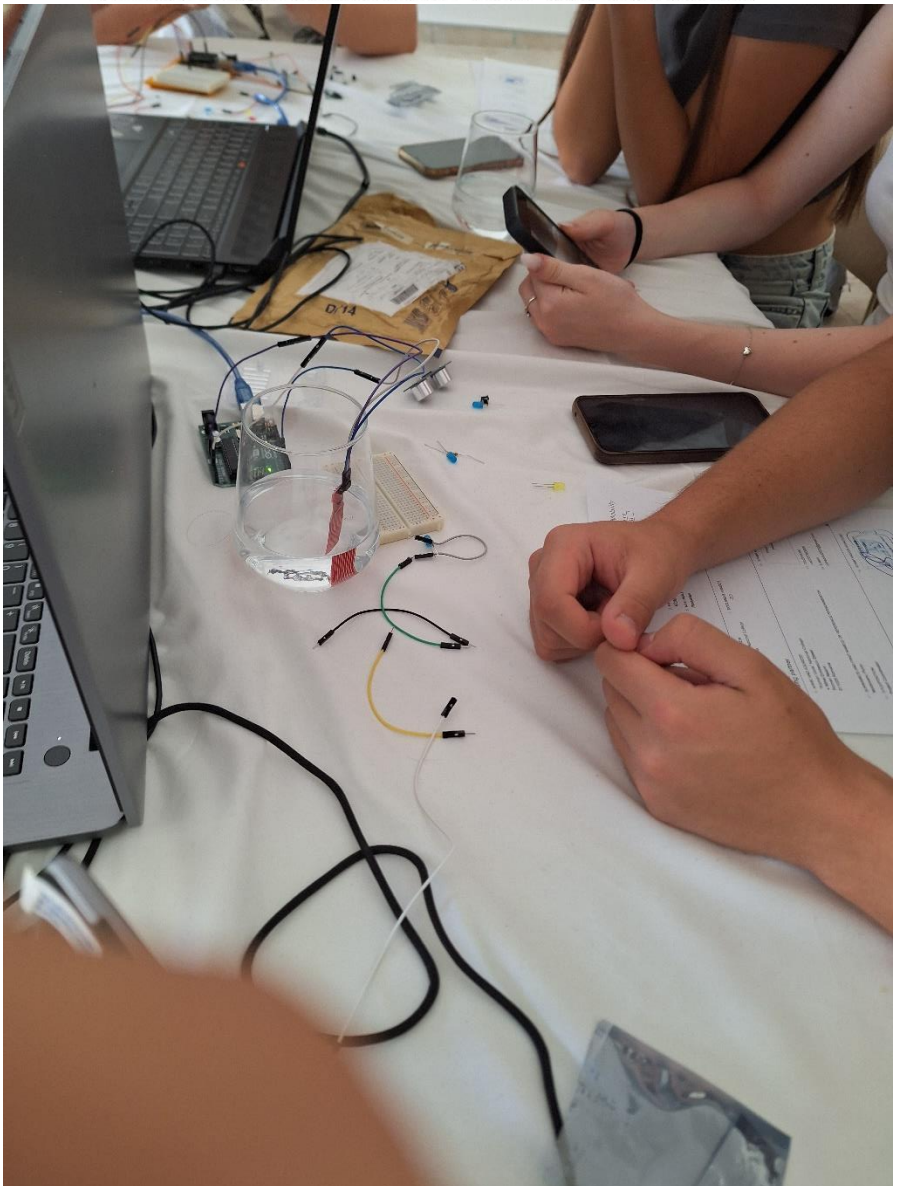
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```
float* exam1, * exam2, * avrg;
float* temp1, * temp2;
int StudentNumber = 0;
int n = 0, tempNum = 0;

int main() {

    cout << "Choose a number of students to grade: ";
    cin >> StudentNumber;
    exam1 = new float[StudentNumber];
    exam2 = new float[StudentNumber];
    avrg = new float[StudentNumber];

    do {
        cout << "For student " << n + 1 << ":"<<endl;
        cout << "----------------" << endl;
        cout << "Exam 1 grade: ";
        cin >> exam1[n];
        cout << "Exam 2 grade: ";
        cin >> exam2[n];
        avrg[n] = (exam1[n] + exam2[n]) / 2;

        n++;
        if (n >= StudentNumber) {
            cout << "Out of Space! Would you like to enter more? Please enter how many (0 to Exit): ";
            cin >> tempNum;
            if (tempNum > 0) {
                StudentNumber = StudentNumber + tempNum;
                temp1 = new float[StudentNumber];
                temp2 = new float[StudentNumber];
                for (int i = 0; i < n; i++) {
                    temp1[i] = exam1[i];
                    temp2[i] = exam2[i];
                }
                delete[] exam1;
                delete[] exam2;
                exam1 = temp1;
                exam2 = temp2;
            }


        }

    } while (n < StudentNumber);
        cout << "\n\n\n";
    cout << "------------CLASS RESULTS------------\n\n";
    for (n = 0;n < StudentNumber;n++) {
        cout << "Student " << n + 1<<endl;
        cout << "------------------\n";
        cout << "Exam 1 grade: " << exam1[n]<<endl;
        cout << "Exam 2 grade: " << exam2[n]<<endl;
        cout << "Average grade: " << avrg[n]<<endl<<endl;

    }



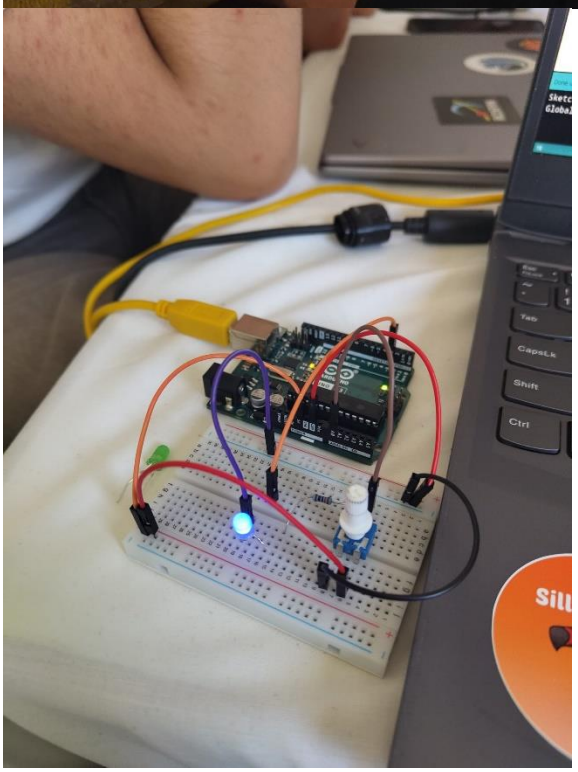

    return 0;
}
```

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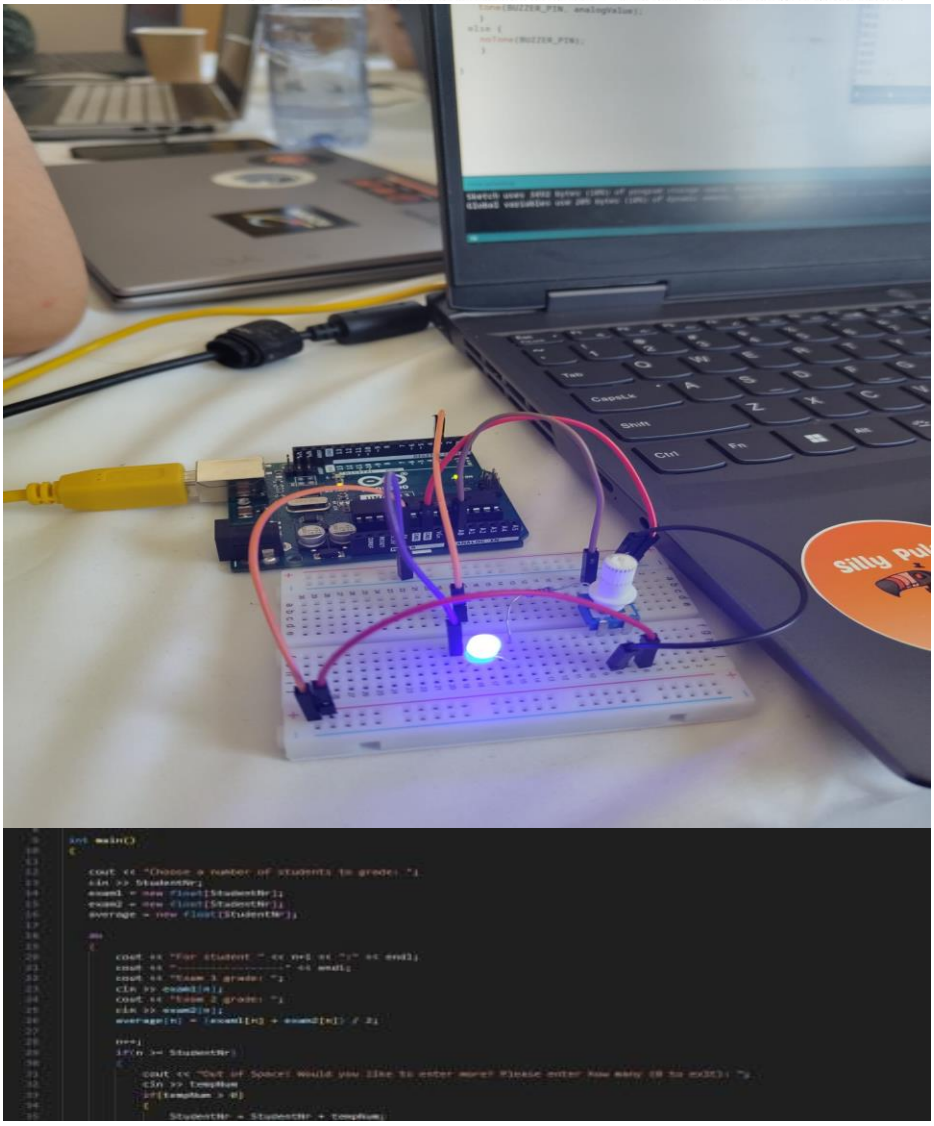




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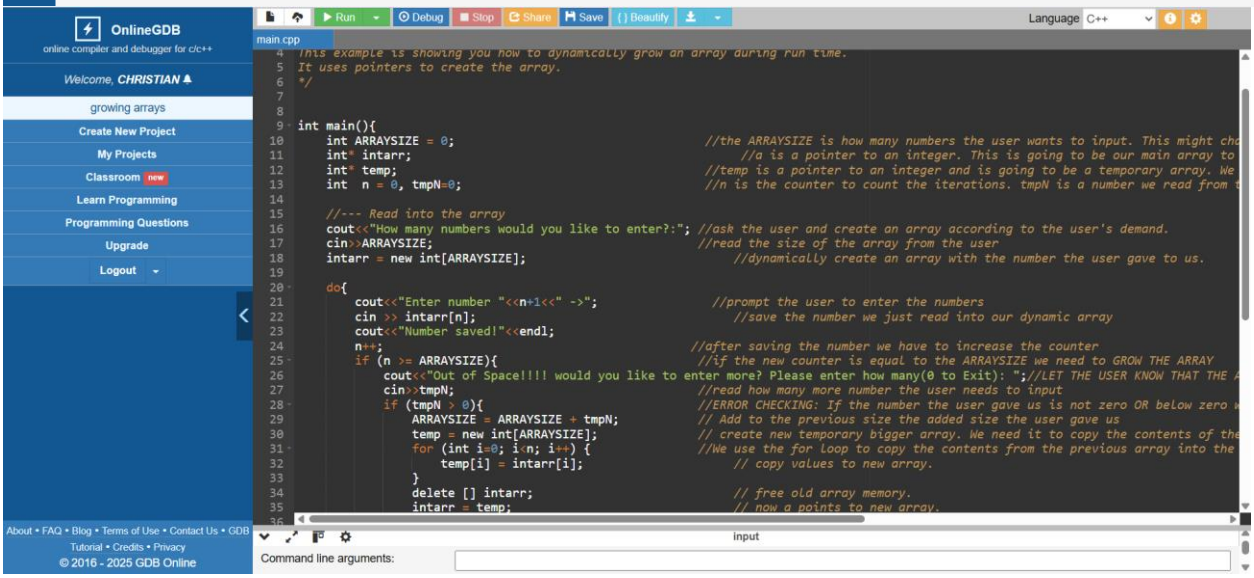
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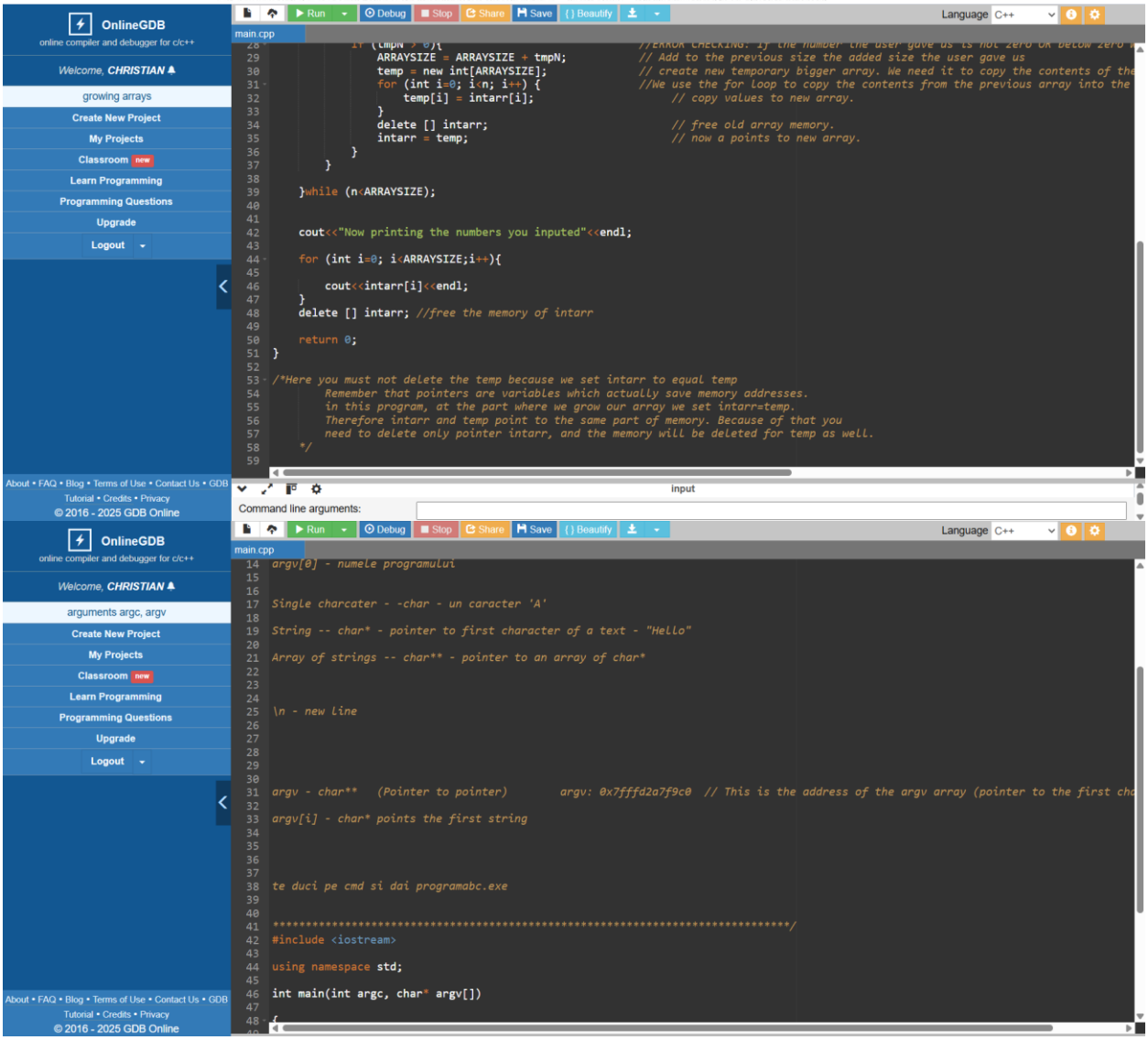


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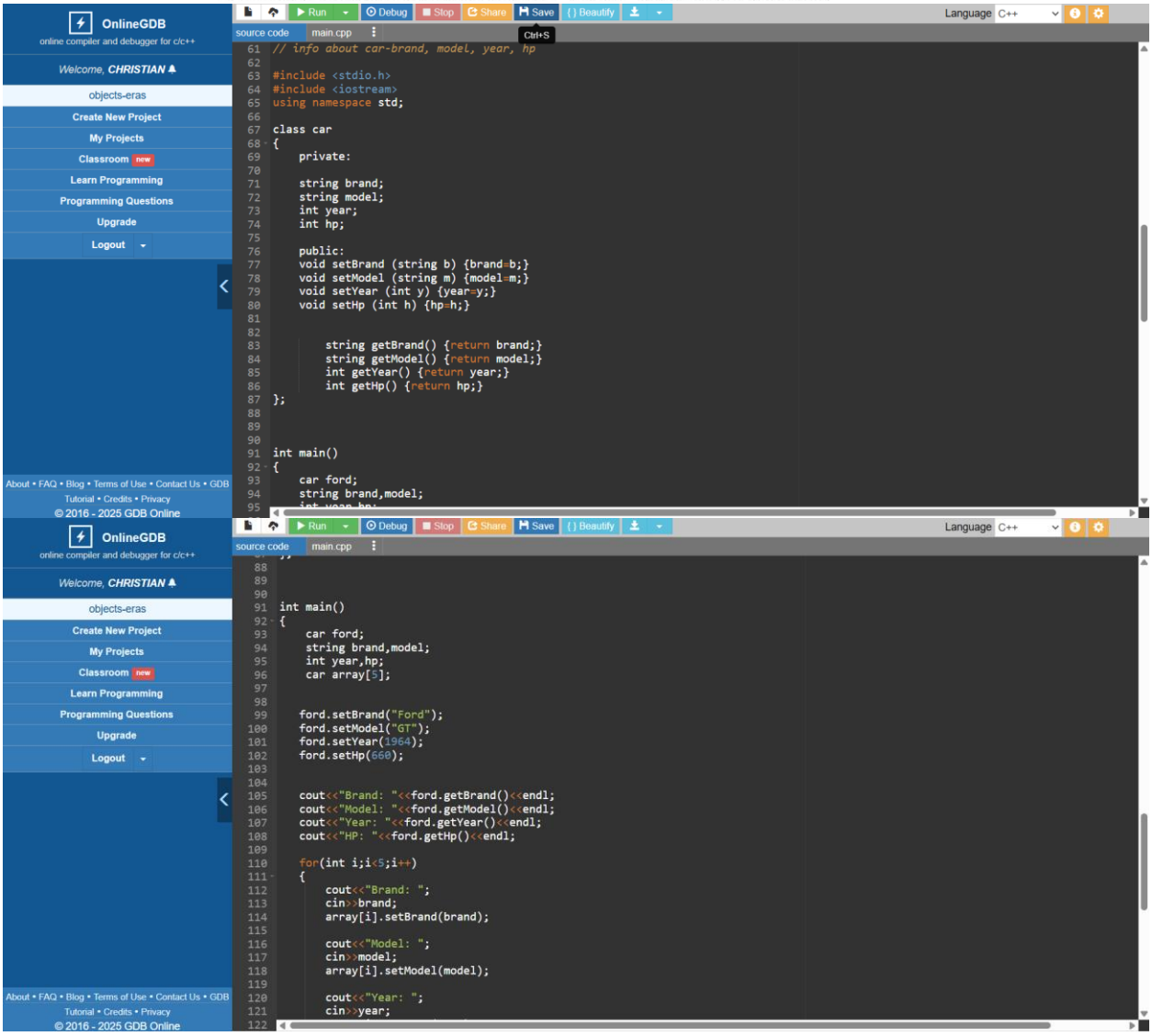


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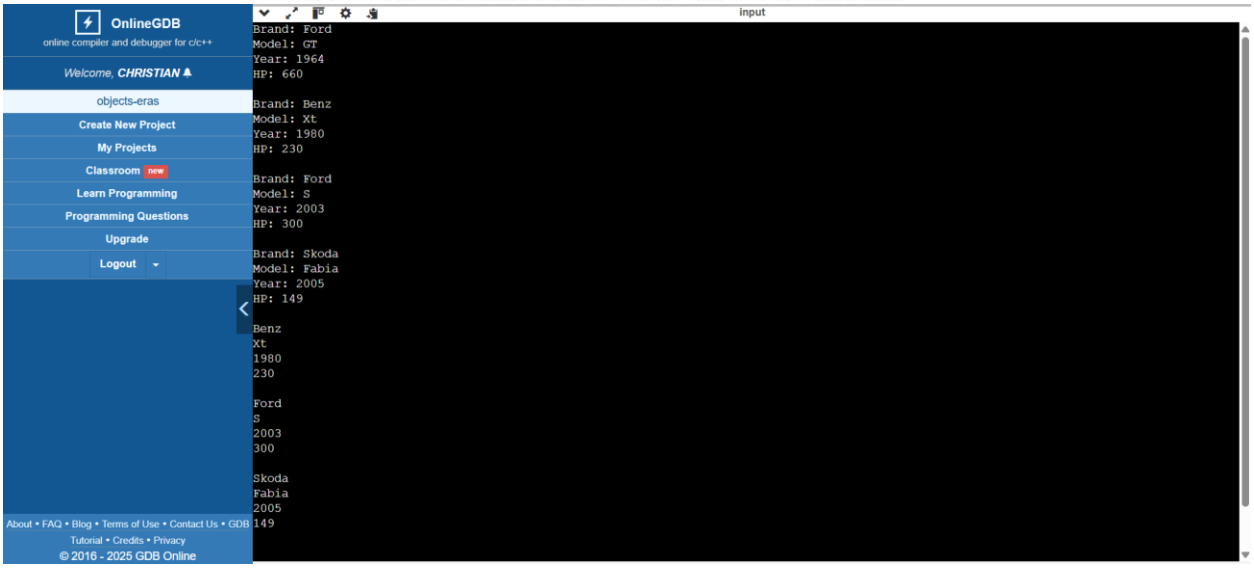


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