

# Erasmus+ KA2 "Ipso Facto (Innovative Pedagogical Scenario On Food And Consumption Trends and Opportunities)

## Narrative report of mobility at Gymnázium of Havlíck.v Brod, Czech Republic

April 23-28 th 2018

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### AN AMAZING EXPERIENCE

Hi everybody, I am Emanuela and I am a simple Italian girl that has been able to live a magic experience thanks to the project : Strategic partnership for the exchange of the good practices Erasmus+ KA2 "Ipso Facto" .

This project lasts two years, it is challenging and stimulating for students and teachers, The involved countries are : France, Finland, Czech Republic and Italy, they meet in all four countries and they become friends.

The main topic of the project is healthy food, so we are working on what is good or not good to eat, or about the quantity of hours of physical activity we should practice.

In January 2018 some my classmates and I have hosted foreign students for a week.

When the Finnish , Czech and French were here in Italy we visited places as Tiriolo, Pizzo, Nicotera... We showed them our typical dishes like Lasagna, pizza etc... we went out in the afternoon , tried to understand each and had a good time.

The students who left , together with me, have been selected on the basis of a score we got by hard work ...we had to write articles on lectures and meetings .

I have had the opportunity to be a guest of the family whose daughter I had hosted three months ago.



We lived under the same roof, although for few days and we got attached a lot.

Through these words I hope I will succeed in inspiring you the same feelings and emotions that I felt and to tell you my fantastic trip to Havlickuv Brod, Czech Republic.



On April 22nd I was on an airplane that led me to the place where I left half of my heart . I reached the station of HB with the teachers and with the other 5

Italian girls that, as me, were meeting the students who would host them for a week.

When we saw the Czech guys and their families finally we realized what was going on...it was unbelievable!

Before leaving I was anxious, I was also somewhat frightened to separate from my family .It was my first time abroad.

But when I arrived in my partner's house my anxiety and the worries faded away.

During that week I learned a lot of things about the Czech culture which is different from the Italian for some reasons.

There are so many differences , for example between the two cuisines.

Czech people eat so many soups unlike the Italians that rarely do it in winter .

Italian people generally drink still water instead Czech people drink fizzy water or water with strawberries or lemon .



The first evening for dinner I have had a typical dessert of their country, which had the strawberries inside it, Despite my confusion because Italian don't eat sweets for dinner...it was delicious !



I had the possibility to understand how the students of another European country live.

Also their school is organized in a different way.

In the Czech republic , for instance, middle schools don't exist , but from the Primary schools students pass directly to the high school.

Their school is very huge and the labs are equipped.

During that week visited wonderful places as Prague, that is full of art museums and historical monuments.

Praga is a famous city with a lot of tourists , coming from all over the world.

It contains one of the most variegated collections of architecture in the world :Baroque , Gothic, Neoclassical, but it is also ultramodern.



My host family was kind and pleasant, they treated me very well. All the people that I met were very nice and sweet, and while I was with them I noticed that the Italians are far noisier and chaotic .



I have met a lot of people that somehow have changed my vision of the world of the different societies and lifestyles. I have established



relationships with different people, these relationships will survive to unimaginable distances and different cultures.

When the moment to leave arrived I was so sad and surprised, because I didn't think that I would get attached so fast to those people .



At the station everybody was crying, we knew that we would miss them very much.

Anyway, we have promised each other to meet again.

The Erasmus experience is a moment of great personal growth, when a guy is away from his house he gains a lot of awareness, because he has to learn how to manage every aspect of his life in autonomy.

I would like to give this piece of advice to all guys : open your mind and learn different languages

The world is a big book that deserves to be read.

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