

# NARRATIVE REPORT

## Erasmus+KA2

“Un homme sain dans un environnement sain”

Sebeş, Romania

7th October – 14th October 2018

Last month, thanks to the “Erasmus+KA2” project, I was among the 13 students who had the possibility to visit Romania with 3 teachers of my school and other two groups from Portugal and Poland.

### DAY 1

We left from Italy at about 12p.m. and we arrived in Sebeş at 1 a.m. because of the six hours of bus we did from the airport of Bucharest to the little city where our partners welcomed us.



In the morning we went to school, here we were introduced to the mayor, divided into different groups of work and visited the whole building.



In the afternoon we stayed at school and participated to an interesting conference about spontaneous vegetables that lasted for two hours.

In the evening, for the first time, I had dinner with my host family: we ate 2 Romanian typical dishes called "sarmale" and "supa de teitei". Honestly, I didn't really like them, especially the first one, but I ate them anyway. Luckily we ended our meal with a particular and tasty apple pie called "placinta cu mere" that my partner's mom had cooked just for me.



## DAY 2

On Tuesday we met at school at 7.45am and at 8am we caught the bus to go to Fares Orăștie where we climbed a mountain to arrive to Deva's Fortress. The view from there was amazing!



In the afternoon we went to Deva's shopping centre, we quickly bought something and had lunch with some healthy salads (actually some of us refused the salad and decided to eat some junk food such as hamburger, french fries...)

After that, at about 3pm we reached the "Mușețel's tea factory" and had the chance to see how this kind of tea is produced and sold.



Finally we visited the amazing "Castelul Huniazilor", a gothic-renaissance castle situated in Hunedoara. This was definitely the monument I liked best during the whole week. When I first saw the castle I was speechless and impressed: it is huge,



so full of history and when I was there I felt like I was living in the middle age !



In the evening my partner and I were both so tired so we decided to stay at home and watch a movie to relax. For dinner we had “găluște cu prune” some typical sweet meatballs externally made with mixed biscuits, filled with a mixture of butter, flour and potatoes with a plum in the middle. They were so delicious, the best



food I ate during the week!

### **DAY 3**

On Wednesday morning we stayed at school and did several activities for the project: for we were divided in groups and we had to create a poster with some possible solutions to save our planet from pollution. Each group had to present its poster: mine was formed by 3 Romanians, a Portuguese boy, a Polish girl, me and another Italian girl



Then, at about 11am we left school and went by bus to the small village Daia Română where we had the possibility to taste different traditional Romanian food.

In the afternoon, after having lunch with our families, we left for Alba Iulia, one of the most important cities in Transylvania. In this city, which has the original shape of a star, we walked a lot and saw plenty of historical monuments.



Finally, in the evening my partner and I decided to go out for a walk in Sebeş and this allowed me to see new things



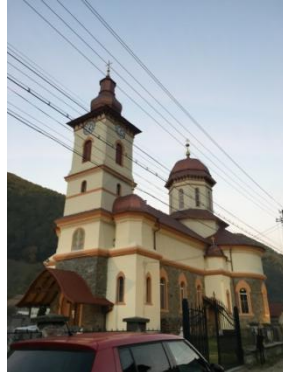
#### DAY 4

Thursday was one of the busiest days: in the morning we went to Şugag to see a big hydroelectric power station and its turbines.



After that we moved to the city centre where we visited a beautiful and colourful orthodox church and a little museum





We had lunch all together in the city hall with some typical dishes and a spectacular cake prepared just for our project.



On our way back home we stopped three times to admire some beautiful dams.

That evening it was the last night that we could spend all together so we went to a party organised by the Romanian guys for all of us! We spent such a great time: we sang, we danced and ate a lot!

### **DAY 5**

On Friday we spent the whole morning in the big forest of Alba where, each for nationality, planted more than 300 trees. For lunch my partner took me to an Italian restaurant so I could taste their version of Pizza Margherita.





We spent the afternoon at school and, organized in groups as always, we selected the photos and videos we took to create a short video with all our memories. Before going home the school organized a little party: a girl sang a song, a guy sang and danced some traditional Romanian songs and finally they gave to all of us some gifts and a certificate as a proof of participation to the Erasmus project.





## DAY 6

On Friday, after meeting at school early in the morning, we left Sebeş by bus to reach the city of Braşov. On our way to this town we stopped in Făgăraş to see its medieval castle.



Once we arrived in Braşov we directly went to Bran Castle, better known as Dracula's Castle, a huge building full of tourists



Next, we quickly took a walk in the city centre and right after we had to leave because 3 hours of bus were waiting for us.

As soon as we got home, my partner and I had dinner, talked a lot and then she helped me to pack.

## DAY 7

We left Sebeş at 4 a.m. and arrived home in the afternoon.

Leaving Romania and all my foreign friends was definitely one of the most difficult things I've ever done, but we promised: we'll meet again as soon as possible and in the meanwhile we will keep in touch on social networks.



In conclusion I can say that this was absolutely the best experience of my life: it really changed me in a positive way. I learned a lot,also about myself.

I made new fantastic friends,saw amazing places,discovered a new culture and improved my English.

I'd recomend this experience to anyone. I would lie If I said that I was anxious or afraid of going because I've been waiting for this trip since last November,when the Romanian guys were in Catanzaro,and now that it is over I'm very sad



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