



**Erasmus+ KA2 "Un homme sain dans un environnement sain"
Short term mobility**

Romania, Sebes

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In the month of October from 7th to 14th I participated to the cultural exchange in Sebeş, Romania, thanks to the strategic partners in the "Exchange of best practices Erasmus+ KA2 Un homme sain dans un environnement sain". I really love these kind of experiences so when my teacher asked us to host some students and, then, be hosted I accepted. It was not my first experience so I already knew what kind of things I should do so I was just excited for my new travel and curious to visit a new country. Before the travel I already knew the girl who hosted me because I hosted her when she came in Italy. When I arrived in Romania we started since the beginning of the week with lots of activities for the project (ateliers when we learnt about wild plants, pollution problems and many other interesting things). As about our trips we stayed lot of time in contact with the nature and I felt free and really well. The trips I liked the most

were Hunedoara with its beautiful Hunyadi castle, Şugag 'cause we learnt more about Romanian traditions and of course Braşov and Bran's castle (I have always dreamt to visit it because it's part of the famous legend of "Dracula the vampire"). When school didn't organize trips I usually went out with my friends to restaurants. There was once I felt really bad because of the flu and I had this problem with my partner because she really would go out that she didn't care about my healthy so I had to call my teachers that solved this problem with the other teacher but, anyway, our relationship was not so friendly. On the other hand my partner's parents were kind in fact, when once I stayed home alone, her mum came in the room and spoke a little bit with me (in a language mixed between Italian and Rumanian because she couldn't speak English).

To sum up I think every travel is an experience and every time you'll learn something more, in this case we learnt to appreciate more the world and its nature and never underestimate it and I really recommend young people who desire to travel or improve their skills to participate to Erasmus+' activities, maybe it will be complicated but it's worth it.