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“Un homme sain dans un environnement sain”

Narrative report

Mrs. Gabriella Valente

Sebeș, Romania

7-14 October 2018

When My colleague Mrs Caterina Mazzuca told me I was involved in the Project Erasmus KA2 “Un Homme sain dans un environment sain” I felt happy and excited since good food and healthy lifestyle in a green environment, has always played a crucial role in my life. Furthermore, the possibility to talk about this topic together with my students and foreign colleagues meant totally a challenge for me. The excitement grew more and more when I knew I was going to leave to Romania together with some colleagues and students.

October 7: We left Italy at 3 pm . It was a pleasant journey . At Bucarest airport a coach was waiting for us towards Sebes.....we knew we would have a long way to travel!



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We arrived at Sebes at midnight. We got a little tired and soon our romanian colleagues drove us to a house in the wood, worthy of a romantic fairy tale by Grimm Brothers! Around us just peace and silence, the right place to get a good night's sleep....if it weren't for our slight thinking of thieves and monsters and vampiresit could be a very good night's sleep!

October 8th

We went to school at 9 am and visited the classrooms, the yard, the German class and computer lab. Then we received the warm welcome of the headmaster and the Mayor. After that, the students were divided in groups to work on various activities.

After eating in a typical bistro we had a meeting with Emil Zorilă, who talked about wild edible plants. We spent the rest of the evening with our colleagues, visiting the city and eating typical food.



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October 9th

On the third day we went to Fares to visit the Deva Fortress. It was interesting to discover the history of this place. Our romanian colleagues told us Deva Fortress was built in the middle of the 13th century on a volcanic hill with an altitude of 378 m and it was one of the most powerful fortresses of Romania. We could see the belts, the walls, the towers, the gates, as well as the ruins of the palace and of the guard room. At the top of the Fortress Hill, an amazing view of the whole city and its surroundings, stretched endlessly in front of us!

We had lunch at a mall and, before driving to the castle of Hunyadi, we visited a factory where tea and any types of juices were produced. In the afternoon we visited Hunyadi Castle, an early 14th century Romantic and Neo-Gothic castle located in the city of Timisoara. The building is considered a Romanian Historical Monument and is regarded as the oldest standing structure in the city. The Hunyadi Castle has served as the living headquarters for some of the greatest kings in the region.

The castle of Hunyad is the typical fairy-tale castle: Magic atmosphere, the room of terror, the bridge over the river. The sky gave the dreamy spectators its strong contribution: a very blue one looked like a fairy blanket that covered the castle's spires! What a magic!



October 10th

On this day, the students had the task, (after watching videos and pictures about air, water and soil pollution) to find a possible solution to the different types of pollution problems and illustrate it on a poster. It was very useful because they needed to use all their imagination!



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After that we went to Daia Română, a village near Sebeș, where we first saw a landfill (in fact, in Romania people don't do door to door waste collection); then we had the opportunity to taste homemade typical products .

In the evening we had a delicious lunch at a Romanian colleague's home

October 11th

On this day we visited the hydroelectric plant of Sugag that produces clean energy. Surely an interesting place for our students who took notes about the working of the machinery. After the clear explanations of the hydroelectric plant workers and a good break with typical romanian sandwiches, our coaches were ready to drive us towards the city of Alba Iulia. During the journey our attention had already been captured by the description of our colleagues, but seeing it live was a whole different extraordinary experience! Alba Iulia is historically important for Romanians, Hungarians, and Transylvanians. Getting back we passed along the Transalpina, the most important road of Alba Iulia. Given the high altitude, the road is closed during the cold months of the year. Works started in 2007 in order to transform this spectacular road into a modern highway, allowing a fast transit between Oltenia and Transilvania.





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October 12th

On Friday, students and teachers had a very green and special task: planting trees. We went to a forest and with the help of some experts we planted more than 200 trees. It was exciting and immersive, but above all any of us felt like we were inside nature. Therefore, the landscapes left me breathless.

In the afternoon we worked on our project and, at the end, Italian, Polish and Portuguese students received a diploma and some gadgets for our participation on the project.



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October 13th:

It was the last day in Romania. We left for Bran very early because it was far away from Sebes, we arrived there at 11 o' clock. A full 6 hour day of great sights. Our romanian colleagues were really extraordinary in telling all things . The castle was impressive and filled with so much history. It was really fun to discover the mysterious castle of Dracula, the furniture, weapons and customs.



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October 14th: coming back home

We had to wake up at 3 am that day to catch the bus and we arrived at the airport in Bucharest at 10 am, then we took the flight at 1.30 pm. The Journey in Romania was over . Luckily memories of it were in our mobiles and in our hearts!



I want to thank my colleague Mrs Caterina Mazzuca for giving me the chance to participate in the project and many thanks to the Romanian colleagues for their unforgettable hospitality.

Prof Gabriella Valente