



## Progetto Erasmus+KA219

### Ipso Facto (Innovative Pedagogical Scenario On Food And Consumption Trends and Opportunities)

Narrative Report of mobility at Niort, France. March 17-23 th 2019

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My name is Enrica Gentile, I'm eighteen years old and I attend High School of Human Sciences "E. Fermi" in Catanzaro Lido, a small town in the south of Italy, and thanks to the project "Erasmus+KA2 IPSO FACTO" I could visit Niort in France in March 2019.

This project included Italy, France, Finland and the Czech Republic and we had the opportunity to relate to other cultures and to learn things that we didn't know.

Before leaving I was very anxious because I didn't know the girl who had to host me, but at the same time I was happy because I would have left alone for the first time, I would have visited new places and learnt new traditions and cultures.



I arrived there on the 17th of March in the evening at the station where my host-family was waiting for me.

At first it wasn't easy because I didn't know the family or the language but then they welcomed me and they treated me like I was one of the family.

So they helped me to fit in, talking with me about everything and sharing our experiences and history/culture.

This is me with my host-student: Mindy is 18 years old like me.

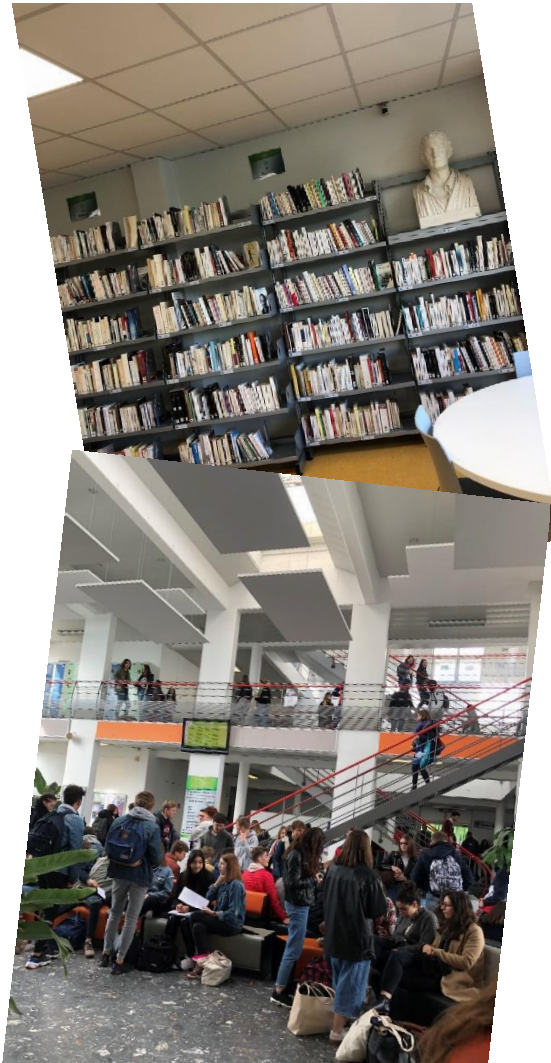
She is very friendly and nice. She is an expansive and sociable person.

In my host family there are five people: Mindy, her brother, her sister and her parents.

Her parents were very welcoming and kind to me.

The school that hosted us is located in Niort and it is the Lycée de la Venise Verte.

The first day at school the French students and the teachers welcomed us offering croissants and drinks. Then they presented their High School and we had a Treasure Hunt in order to discover the history of the school.





After this we had lunch at the school canteen and then we started our dancing lessons to get ready for our exhibition in front of the parents and the students...

As for the food I noticed some differences.... French food has different traditions than the Italian one, and one of the things I liked most was cheese.



Every day after school, we used to visit the centre of Niort and to go shopping.







On Wednesday we went to play bowling all together and we had a lot of fun. I had the chance to meet a lot of friendly girls who became my new friends.



On Thursday we went to the Science laboratory and we examined the bacteria on our phones through the microscope and we drew what we have seen with the microscope.





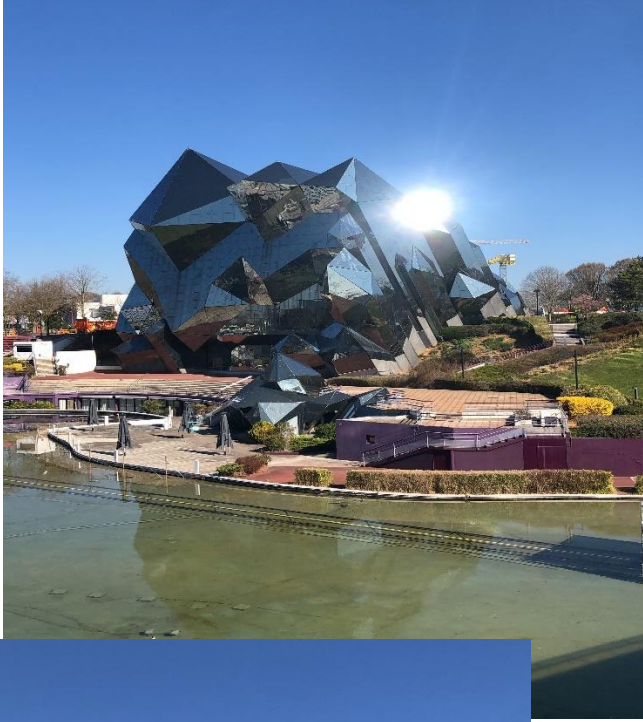
Later that day we had the exhibition in front of the parents. At the end of the show we went to the school canteen where we tasted the typical food from France and from Italy





On Friday we went to a theme park called “Futurescope” where we had a lot of fun playing games together, we also went to a 4D cinema.







The last night they took us to eat pizza as it was our last day spent together



It was a great experience, the most incredible one of all my life. It helped me growing as an adult and being more independent and more responsible. I also really liked it because I practiced English and I knew a new culture totally different from mine.

It was a fantastic experience that I would recommend to everyone to do...

This experience has served me a lot of because I discovered qualities of myself that I didn't know.