

# Erasmus + Experience in Portugal

My name is Emily Esmeralda Caliò, and I'm a student in 4H at Liceo Enrico Fermi. I had the incredible opportunity to participate in a Erasmus + experience in Portugal. For two weeks, I immersed myself in the vibrant culture and explored some of the country's most beautiful places.



## Key Locations Visited

### Oliveira do Bairro

This was my base during my stay in Portugal. I had the chance to meet local students, experience traditional Portuguese culture, and create lasting friendships.

### Praia da Barra

One of the most stunning beaches I visited. The scenic view of the Atlantic Ocean and the famous lighthouse were highlights of this trip.

### Porto

One of my favorite places in Portugal. I explored the Ribeira District, and tasted the world-famous Port wine.

### Coimbra

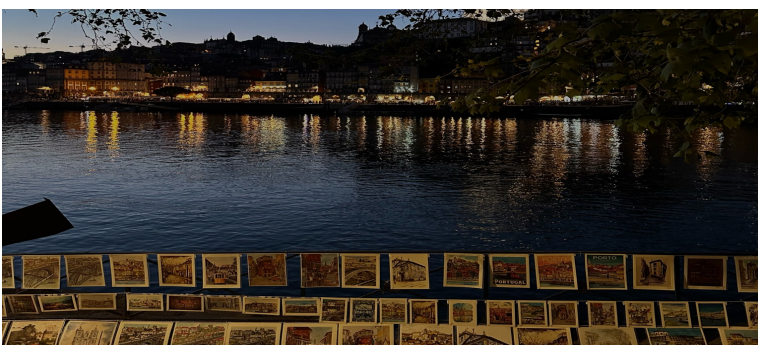
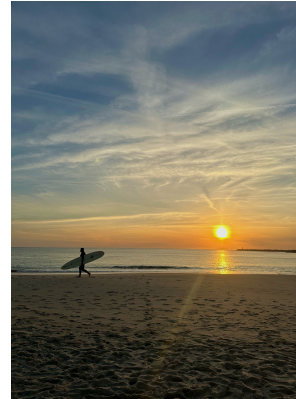
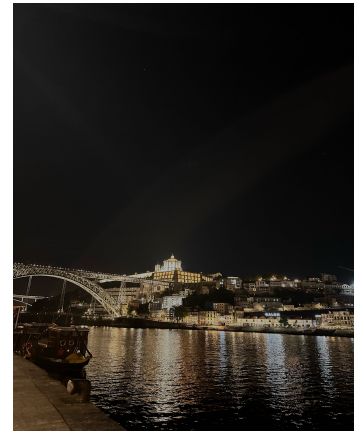
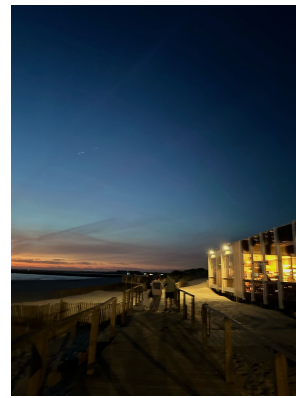
Known for its historic university and vibrant student culture. I visited the University of Coimbra, one of the oldest universities in Europe, and marveled at the Joanina Library.

### Costa Nova

A charming seaside village famous for its colorful striped houses. I strolled along the beach and enjoyed the laid-back atmosphere.

### Aveiro

Often called the "Venetian Portugal." I took a gondola ride through the canals and sampled some traditional Portuguese sweets, like ovos moles.



## Experiences and Activities

During my time in Portugal, I was involved in several cultural activities. I participated in traditional Portuguese dances and music sessions, which helped me understand the country's rich heritage. I had the chance to try local foods, like pastel de nata and bacalhau, and learned about Portuguese cooking techniques. The exchange program included a variety of educational workshops, allowing me to learn about Portuguese history, art, and traditions.

My Erasmus + experience in Portugal was unforgettable.

I gained valuable insights into Portuguese culture, history, and lifestyle.

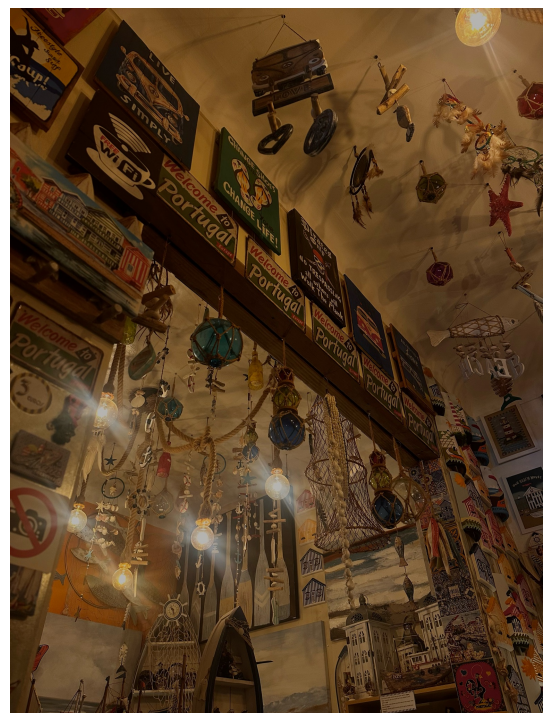
I made new friends, learned a lot, and developed a deeper appreciation for the beauty and diversity of this amazing country. I am grateful for this opportunity and look forward to sharing my experiences with my classmates and family.

### "A Heartfelt Journey: My Erasmus + Experience in Portugal"

My experience in Portugal was an unforgettable adventure, thanks to the host family that welcomed me as if I were one of their own. I was a bit nervous at first—I didn't know what to expect—but from the moment I arrived, I felt at home.

Alice, the girl who was my Erasmus + experience partner, was incredibly sweet. With her infectious smile and cheerful attitude, she made sure I never felt homesick. It seemed like we instantly had a special bond. And her family was simply amazing. Every day, her mother prepared different dishes, letting me sample the delights of Portuguese cuisine. From bacalhau to pastéis de nata, each meal was a new discovery. It was incredible how much love she put into cooking, ensuring I was always satisfied and felt at ease. She often asked about my favorite Italian dishes and tried to create a blend of both cultures. Her father was always ready to make me laugh. Even though his Italian was limited, he tried his best to learn new words every day. I did the same with Portuguese. We spent many evenings chatting, laughing at our language mistakes, and learning together. It was both fun and educational. The other family members were just as welcoming. They showed me some of Portugal's most beautiful places, sharing local stories and traditions. They took me to see the ocean, visit markets, and attend neighborhood festivals, making me feel like part of the community.

By the end of my stay, I had made lasting memories and built connections that I will cherish forever. I couldn't have asked for a better host family, and I left with a deep appreciation for the warmth and generosity of the Portuguese people.



## "My Erasmus + Experience in a Portuguese School"

During my Erasmus + experience in Portugal, I experienced a school environment that was totally different from what I was used to in Italy. From the teaching methods to the level of freedom given to students, everything felt unique.

The teachers in the Portuguese school had a more laid-back approach to teaching. Instead of lecturing non-stop, they engaged with students, encouraging discussion and allowing them to express their opinions. This was quite different from the stricter, more traditional approach I knew back in Italy. Despite the relaxed teaching style, there was a deep sense of respect among the students for the school and the teachers. The students in the Portuguese school enjoyed much more freedom during school hours. They could take breaks when needed, move around more freely, and even use their phones during class at times. Despite this level of autonomy, they still respected the rules and maintained a strong work ethic, which was quite impressive. Although I generally felt comfortable, it took me a while to get used to this new environment. I was accustomed to a more rigid structure, so the flexibility in the Portuguese school was a bit unsettling at first. However, I could communicate with the teachers and students thanks to English, even though not everyone spoke it fluently. What surprised me the most was how much freedom the students had, yet they managed to study just as much, if not more, than students in Italy. This balance of freedom and responsibility was intriguing, and it made me think about different approaches to education. The school also had additional resources like a library where students could study during their free periods and a café where almost everyone went during breaks. It was a great way to unwind and socialize between classes, fostering a sense of community among the students. The subjects I studied included philosophy, history, Spanish, English, Portuguese, and science. Despite the differences in teaching methods and the school's overall atmosphere, the curriculum was comprehensive and challenging.

Overall, my experience in the Portuguese school was eye-opening. It broadened my understanding of how schools can function and showed me that there's no single "correct" way to run an educational system. Although it wasn't always easy, I learned a lot and appreciated the chance to experience a different culture and way of learning.



