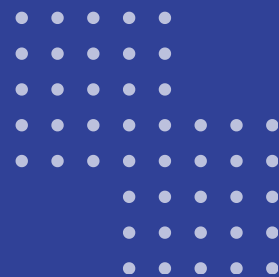


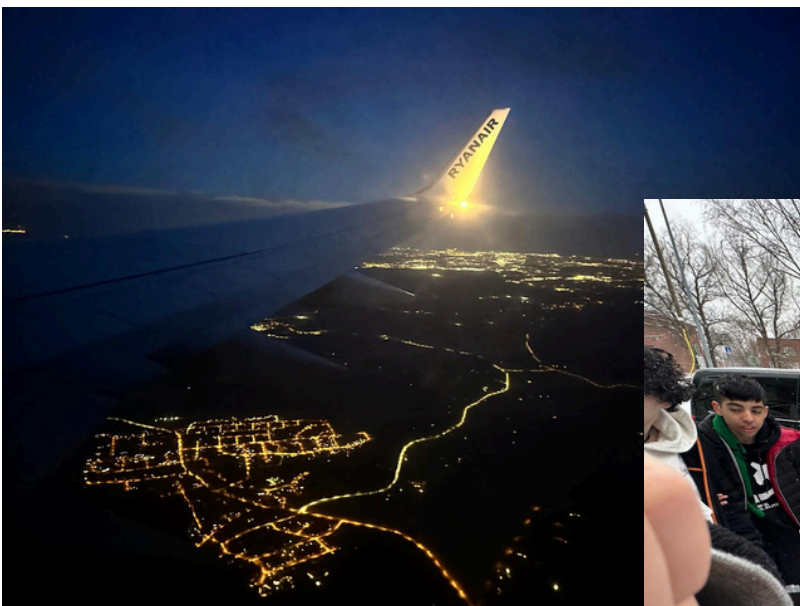


ERASMUS+ FINLANDIA



Introduction

Our Erasmus experience in Finland was a life-changing journey that mixed challenging academic work with cultural experiences. During our stay, we had many opportunities to learn and explore, which had a big impact on us. This report gives a detailed look at the various experiences we had in Finland, showing how the program helped us grow personally and professionally. By sharing our academic activities, cultural adventures, and personal thoughts, we explain how this Erasmus program has significantly shaped our growth and prepared us for future challenges.





Our experiences

Francesca Bronzi-4A

On April 15, 2024, thanks to the Erasmus project, I left from Lamezia Terme airport and after a stopover at Bergamo airport, I arrived in Finland and there my wonderful host family was waiting for me! I had a wonderful family that allowed me to have new experiences such as long walks in the woods, meeting new people, them being a big family, but most of all we lived as a real family in tune sharing every moment and activity. There I spent most of my time in school, where I noticed the huge differences with the Italian school. First, the class schedule was not fixed, subsequently it was not burdensome to stay in school until the afternoon because between the cafeteria, breaks and the possibility of leaving school the moment there were no classes all the school load was lightened. Through this experience I was able to speak a little more English and learn new terms that were hitherto unknown to me. I definitely learned to adapt since in Finland I encountered customs that were very different from ours, and I really think I matured a lot.

Martina Longo-4A

Erasmus was one of the most beautiful experiences of my life. At first I didn't think I would have so much fun, but as soon as I got off the plane in the company of the right people I realized that it would be a trip I would never forget. We visited many places and got to know a new culture. My host family treated me very well, they didn't make me feel missing home, welcoming me in the best possible way. I realized how our culture and ideas are totally different from those of that place, however the company and fun made this a trip that I recommend to many.

Teodoro Valia-4C

For this project, I chose my cultural exchange trip to Finland. Initially, I was hesitant about the long journey, living with strangers, and being the only one from my class. The seven-hour layover in Bergamo allowed time to rest.

Upon arrival, I was unsure as my shy host lived on a farm. However, these concerns faded after the first day. The school was fantastic, and the people were friendlier than expected. I made friends with locals and quickly bonded with students from other classes. Mäntsälä was quieter than Italy, with strict schedules, but my host family had similar habits to my own family. This trip allowed me to meet people from a different world and make new friends. If possible, I would return to Mäntsälä for a week to visit my host and enjoy the northern cold, but nothing can beat the friendly atmosphere at home.

Antonio Amelio-4A

During my Erasmus experience in Finland, I learned far more than I ever expected. Living with a Finnish family immersed me in a welcoming and enriching culture. The Finnish education system introduced me to new ways of learning, and I was inspired by their strong commitment to sustainability. The natural beauty of Finland left a big impression on me. Exploring these places brought me closer to nature and gave me a sense of peace I hadn't felt before. Staying with a host family helped me understand Finnish culture and daily life better. I made friends from all over the world, which taught me about different cultures and the value of diversity.

Marika Truglia-4A

At first i was't sure about this Erasmus experience, i was scared of leaving to a foreign country where i did't know anyone and where people had a completely different lifestyle. When we landed in Helsinki and arrived to Mantsala all my fears disappeared, because i understood that the boys and the girls we were going to meet were exactly like us: eager to create new friendships and spend time together. Right away we created a beautiful atmosphere, we enjoyed the time together and got to know each other better and better. Finnish culture is completely different from ours, but differences were the basis for constructive dialogues and we learnt to appreciate their customs. I did a lot of new experiences: both in school, for example the canteen, different way to do lessons, and with the other erasmus student, out of school, like sauna, "palju" or typical games. The time spent with the family was amazing, they made me feel comfortable and i will always carry them in my heart. I came back home with the knowledge that I will never forget these days and these people.

Pietro Folino- 4C

When I decided to embark on the Erasmus program, I didn't exactly know what to expect. I had heard stories of epic discoveries and lifelong friendships, but I wasn't prepared for the depth of change I would experience. Living in a foreign country, immersed in a culture different from my own, forced me to question my beliefs and adopt new perspectives. I learned to appreciate differences, to see the world through others' eyes, and to value diversity as a source of enrichment rather than division. Away from family and lifelong friends, I faced moments of solitude and uncertainty. However, it was precisely in those moments of vulnerability that I discovered the strength of the Erasmus community.

Alex Bianco-4C

When I decided to go on Erasmus, it was because I wanted to see what the world was like beyond the boundaries of the places I had always known. I wanted to experience the lifestyle of another country that was different from ours, where the low temperatures didn't allow for the activities I was used to but opened up opportunities for many new ones. I discovered that people there have different values from ours; they have customs and traditions that initially seemed strange to me. However, over time, I began to think that maybe the strange one was actually me. This realization made me understand that sometimes the reality we create for ourselves is not the actual reality, but rather, each of us lives in the reality we construct. Thanks to this fantastic experience, where I had the chance to interact with people who normally live extremely far from me, I was able to expand my horizons and the limits of the reality I was accustomed to living in.

Lorenzo Falbo-4A

As soon as I heard about the possibility to be part of the Erasmus community, I immediately took the opportunity but I had no idea what lay ahead. I would have never expected that this experience would have changed me: in fact facing a new culture made me see life from a different perspective and made me reflect about my world vision. I've learned to embrace diversity as a source of enrichment rather than division, and obviously I'm glad to have met really friendly and good people. I was from home, but they made me feel comfortable and in a safe place, even though I was more than 3500 km away! So here I realised how strong is the Erasmus community!

Giulia Gulli-4A

The Erasmus experience was something I've always dreamed about but I've never thought that I would really do it. I didn't realize what I was going to do until I was alone in a foreign country, living for a week in completely new house with new people. At first, my fears were bigger than I expected, but all of them disappeared thanks to the fantastic people that welcome me. The time spent with my host family was precious, they made me feel comfortable and I'm sure I will always remember those moments. Even though Finnish life is very different from Italian life, we didn't have any problems getting used to their habits. We also experienced a different type of school with different way of learning and this make us reflect on our school system and wonder what is the best between the two of them. We had a very great time with the other guys, they organized funny and beautiful activity, such as sauna, hot tub, playing football and cooking together and we made some of the best memories of our life. The Erasmus experience helped us improving our English, but also our social skills and adaptability. I'm so grateful for the possibility to do this journey and I will always have a special place in my heart for these memories.

Swami Grieco-4A

My Erasmus experience has been one of the most significant of my life. The idea of leaving for Finland, attracted by culture and the desire to improve my English. At first, the idea of living in a foreign country was a bit intimidating. However, the host family despite being very cold in character have hosted me very well. The Finnish school has a different study system than I am used to. The professors stayed in a class and the pupils moved according to the chosen course. Thanks to communication with family, friends, at school I was able to improve my English. We visited Helsinki very nice city and above all very cold. Erasmus taught me the importance of adaptability and resilience. Living away from home made me more independent and confident. I learned to overcome difficulties and enjoy every moment. In summary, Erasmus was a beautiful experience that I would do again because it allows first and foremost to get to know new cultures and to confront other countries. I would recommend anyone to take advantage of this opportunity: Erasmus is not just a period abroad, but an adventure that enriches the soul and heart

Photos









Conclusion

We, the students of classes 4A, 4C, and 4G, have had an unforgettable experience during this Erasmus project. The opportunity to immerse ourselves in new cultures, collaborate with peers from different backgrounds, and gain valuable knowledge has been both enriching and inspiring.

The success of this Erasmus project was greatly supported by our dedicated team of accompanying teachers, both on-site and remotely. We extend our heartfelt thanks to Mrs. Angotti Claudia, Inzitari Giuseppina, Celi Roberta, Prospero Maria, Madonna Lucia, and Cassarà Maria Giacomina for their invaluable contributions and unwavering support. Their guidance and commitment were instrumental in ensuring a smooth and enriching experience for all participants. And finally, thanks to Principal Teresa Agosto, for making this invaluable cultural exchange possible.

