

Erasmus+ KA2 "Ipso Facto (Innovative Pedagogical Scenario OnFood And Consumption Trends and Opportunities)

Narrative report of mobility at Gymnázium of Havlíck Brod, Czech Republic- April 23-28 th 2018

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Hi everybody, my name is Carmen and I attend the third year of school at Istituto di Istruzione Superiore Enrico Fermi in Catanzaro, Italy. I was lucky enough to travel with the Erasmus+ KA2 project "Ipso Facto (Innovative Pedagogical Scenario OnFood And Consumption Trends and Opportunities)".

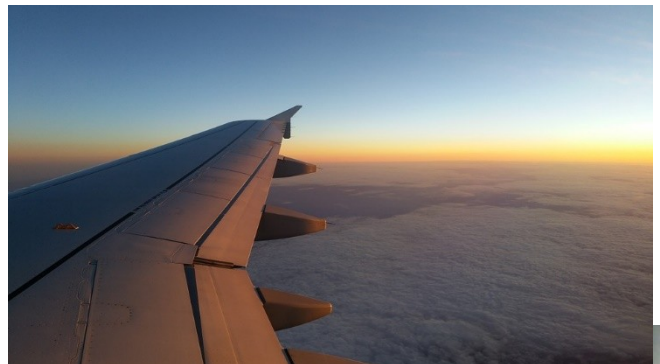
Last year the Erasmus project was presented by our teachers Maria Francesca Muscolino and Caterina Mazzuca.

With this project, Europe gives wonderful opportunities to young people because it allows them to learn new cultures, to taste new foods, to enter the world of the work with more facilities. Apart from Italy, the other nations that are part of the project are France, the Czech Republic and Finland.

This project includes four mobilities two of which have already been done. The first mobility was in Catanzaro, so our Institute has already hosted the four nations. I have been selected thanks to the score that I have reached doing some activities during the schoolyear (articles, videos, slides etc).

Before leaving I was very excited because it was my first international trip with the school but despite this I wasn't anxious because I already knew the girl who would host me.

During the experience I felt really happy and at the end of this trip I was very nostalgic because I didn't want to leave.



On April 21st we went to Czech Republic for a week and we could discover all the beauty of this country.

The girl who hosted me is called Eliska and, although she was a year younger than me ,we got on well from the first moment we met.



Eliska is very nice, polite and friendly and she

welcomed me with love.

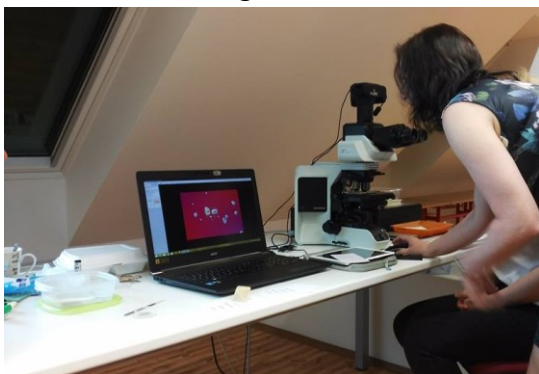
The school that hosted us is located in Havlichuv Brod.

During the school activities we were divided into groups of five or six people.

We have analyzed the proteins of eggs, milk, starch and water.

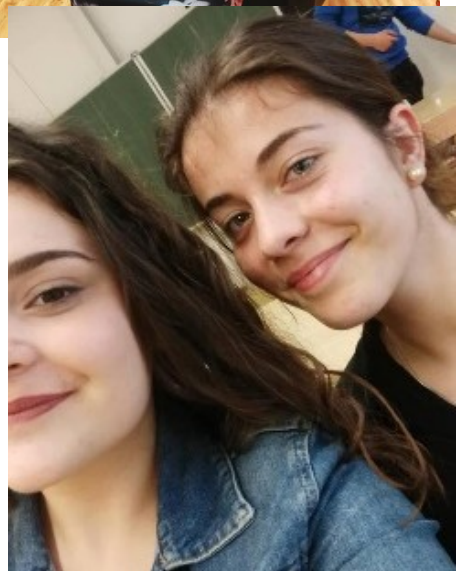


My favorite activity among those that we did at school was the microscopic view of the structure of some common ingredients.



During these activities I made friends with a French girl, her name is Gabrielle and she is very sweet! We talked a lot, we compared the culture of our countries, which is similar... We had a lot of fun together.

In my host family there are four people: Eliska, her brother and her parents. From the first moment her parents were very kind with me, they did their best to make me feel at ease and I felt as I was at home. As for the food I noticed some differences, one of these is that the Czechs compared to the Italians eat less carbohydrates. A typical sweet of the Czech cuisine is the trdelník, also called trdlo. The dough is



a kind of sweet bread that is sprinkled with sugar and cinnamon and I totally felt in love with this sweet.

In the Czech Republic there is the tradition of not using the same shoes used outside. Another typical Czech tradition is at Easter and it is Pomlázka, which sees the boys whipping girls as a desire for young people who receive colored eggs, sweets and alcohol from adults.

On this trip I also discovered that students who have to sit their school-leaving exams, on their last schoolday dress up and go around the city, writing on the faces of the people, asking them for some money!

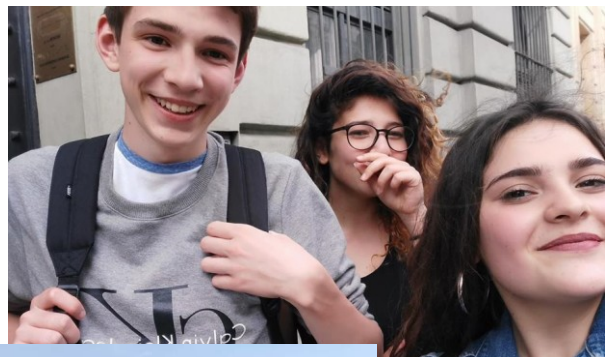
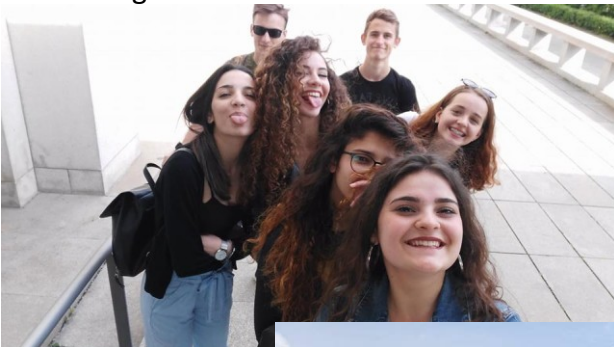


In that week we visited an open-air museum...



We spent a day in Prague...

On this day we walked around the city discovering wonderful landmarks, we visited neighborhoods that have become examples of urban recovery. This was the day when all of us were together.



One of the skills I have acquired is that of being able to communicate with people from another country, to exchange opinions, to know the substances that we introduce into our bodies. I learned to use a new currency unknown to me, facing and overcoming the differences with my country of origin. Furthermore, I acquired my independence for the first time and I was able to face the experience with self-confidence.

This experience was one of the most beautiful of my life, it was very positive for me because it helped me to grow. I would recommend it to all young students because it is something unique and unforgettable.



Travelling is an amazing experience...thank you all!!!

