

## 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

Student: Caselinuovo Antonella 3C Liceo delle Scienze Umane

This year my school participated to the project IPSO FACTO (Innovative Pedagogical Scenario on Food and consumption trends and opportunities) together with three other countries: France, Finland and Czech Republic. The objective is to increase awareness on how food habits affect our health, to develop mathematic skills and critical mind through results. The goal is to create an emag about this theme. I've participated in some works that include the creation of power point and titles for our emag and the involvement in conferences about healthy food and the Mediterranean diet for which I received a score that would allow me to leave. I was very thrilled when I saw my name written in the classification for the trip to Czech Republic. Of course, I had some fears like not being able to communicate in English or the scare to meet my host family, but all these fears were defeated by enthusiasm. Before leaving to Czech Republic I chatted with my host guy on Facebook. I already met him in January when French, Finland and Czech guys came to Italy. The trip was in April. I left on April 22th with other five students and three teachers. I was very nervous that day, but also very happy. I flew for the first time too.



When We arrived in Havlickuv Brod, the country that takes part in the twinning, I was a bit embarrassed. It was the first time that I left Italy without my family. My host family was very friendly and they have immediately put me to my ease. I lived in the house of my host guy with his family , my classmate and her host. During the week in Czech Republic we spent three days at school in Havlickuv Brod. The first day, the mayor of the city invited us and the other students and teachers from other countries at the Town Hall to welcome us.

In these days we have spent the mornings working for our emag divided in mixed groups while in the afternoon we have participated to conferences about obesity and genetic and also made easy experiments in the school lab like finding sugar in different food, or seeing the shape of food's cell. My favourite day was when we helped Czech Teachers to make experiments . It was very awesome.



At the beginning the work on emag was a bit difficult because I didn't know anyone in my group and I'm very shy, but at the end we became friends.

The other days of the week we visited different Czech traditional places. We visited Prague where we saw the famous Carlo's bridge, Venceslao's square and the castle of Prague.



We tasted Czech food as well knew some different traditions. I had some problems with food because it is very different from Italian food, but at the end I appreciated it too.



We also visited the Potatoes Museum and the Brewery in Havlickuv Brod.



The most interesting visit was to an old village where there were houses of the past, barns and work tools and machines like old ploughs.



By the way, my host family was very kind with me. Every afternoon they organized an additional visit to make me know better the country.



This experience not only made me know a new culture but I met very kind people not only foreigners but also of my own school. This trip united us a lot. I past some of the most beautiful moments of my life in Czech Republic, I met new people and knew a different world and all this thanks to the Erasmus project. I loved every single moment of this trip and when I left Havlickuv Brod and the Czech students I cried like also my classmates and the students from the other countries did.



Thanks to this project I improved my English too.

I would recommend this experience to all the guys like me who love the world and try new sensations because we can learn something only living it.