

Lucrezia anastasio



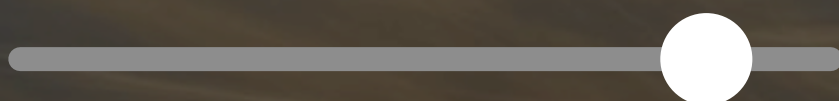
Thanks to Erasmus + I lived an experience that I will not easily forget: individual mobility in Portugal. I spent fifteen days in April studying at the Agrupamento de Escolas de Oliveira do Bairro, in Aveiro. I had the opportunity to learn in an alternative way, promoting the values of inclusion and equality, knowledge of common heritage and European diversity, while improving my English skills. In addition to the cultural and educational experience, I established good relationships with the host families and maintained those with the student I hosted and who hosted me.





## portugal

Your Favorite Playlist



During my unforgettable Erasmus + mobility to Portugal, I had the privilege of exploring several fascinating cities and locations, each with its own unique charm and quirks.

Porto, the beautiful city on the Douro River, captured me with its winding alleys, richly decorated house facades and majestic bridge that stands tall. I cannot forget the taste of the famous Port wine, tasted together with my host family.

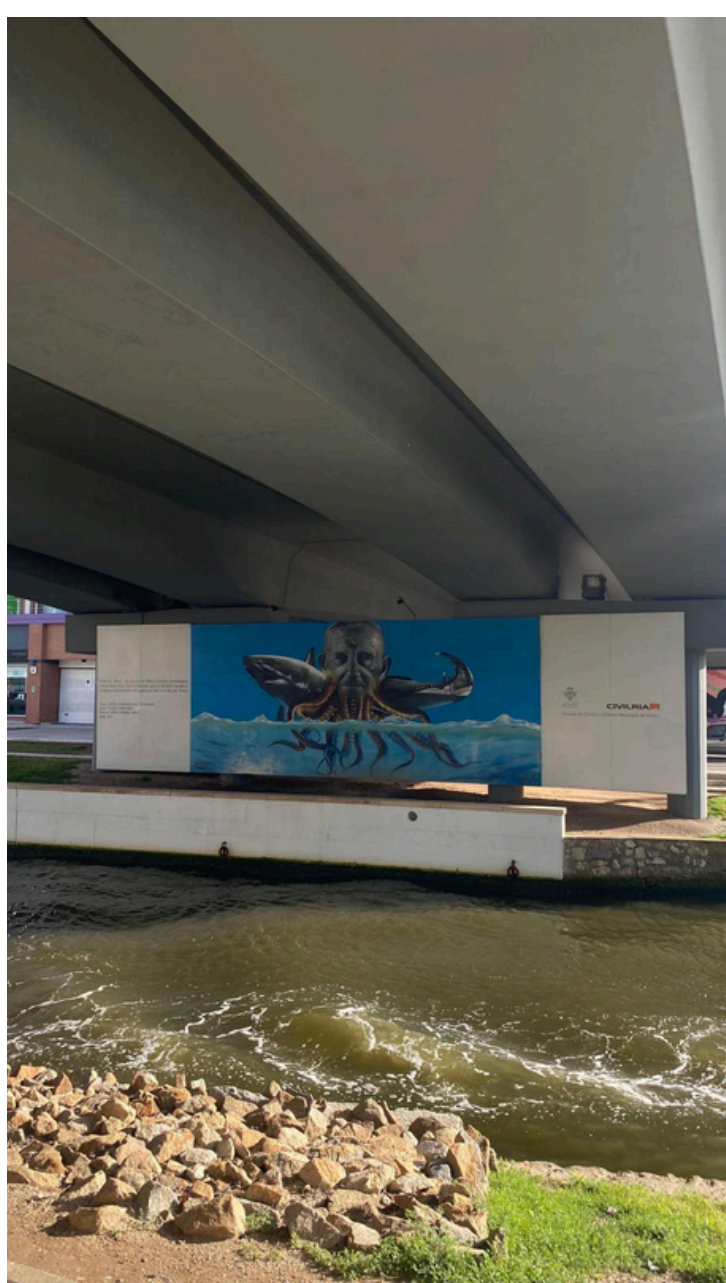
Aveiro, with its picturesque canals and the traditional colored boats called "moliceiros", and the many bridges with colored bows, which it is traditional to attack on the bridge with friends as I did with Leonor and Maria or with my boyfriend, made me transported into a fairytale atmosphere. The brightly painted houses along the canals have added a touch of magic to this coastal city.

Oliveira do Bairro, nestled in the Portuguese countryside, offered me an authentic taste of rural life. I appreciated the green expanses of fields and the local traditions that reflect the authenticity and simplicity of this region.

Figueira da Foz, with its golden beaches stretching towards the ocean, gave me moments of relaxation and contemplation. The sound of the waves crashing on the coast and the salty air made my experience here unforgettable.

The visit to Barra and Costa Nova was a true feast for the eyes. La Barra, with its impressive lighthouse and vast beaches, gave me a different perspective on the ocean. Costa Nova, with its colorful and lively striped houses, created a joyful and vibrant atmosphere that made my visit a true riot of colors and maritime traditions and here I tried the best tripa in all of Portugal

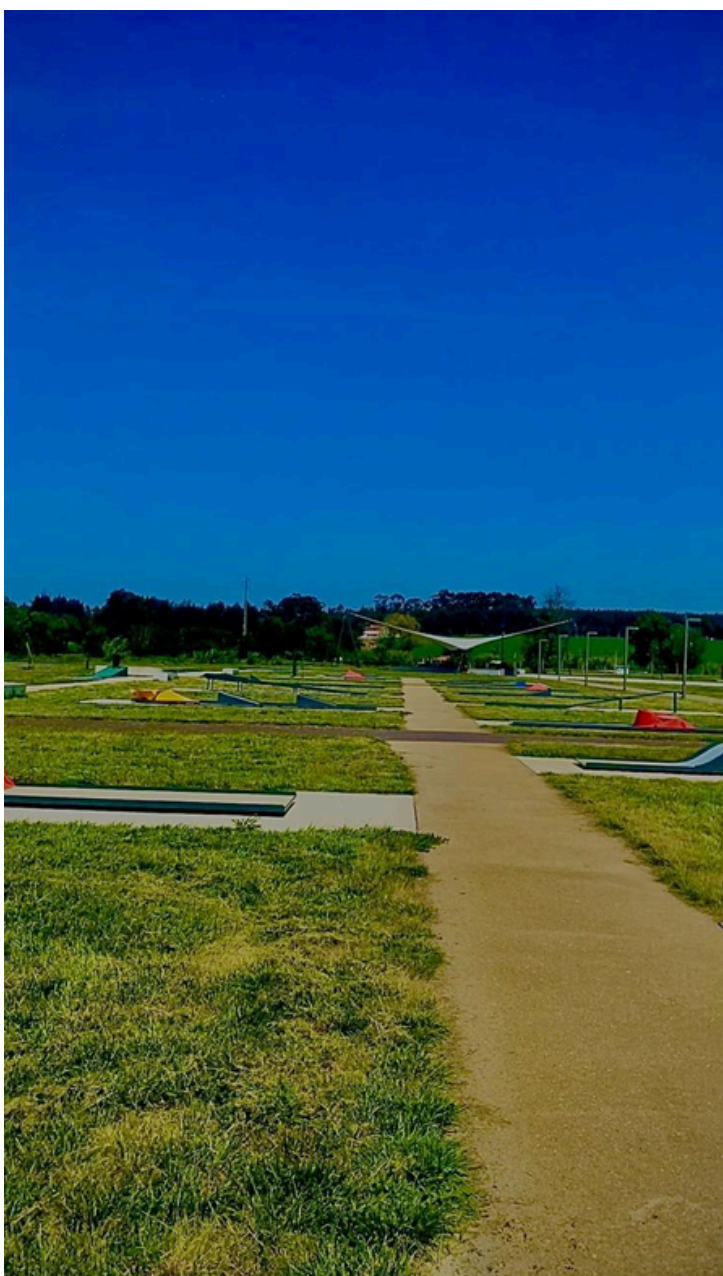




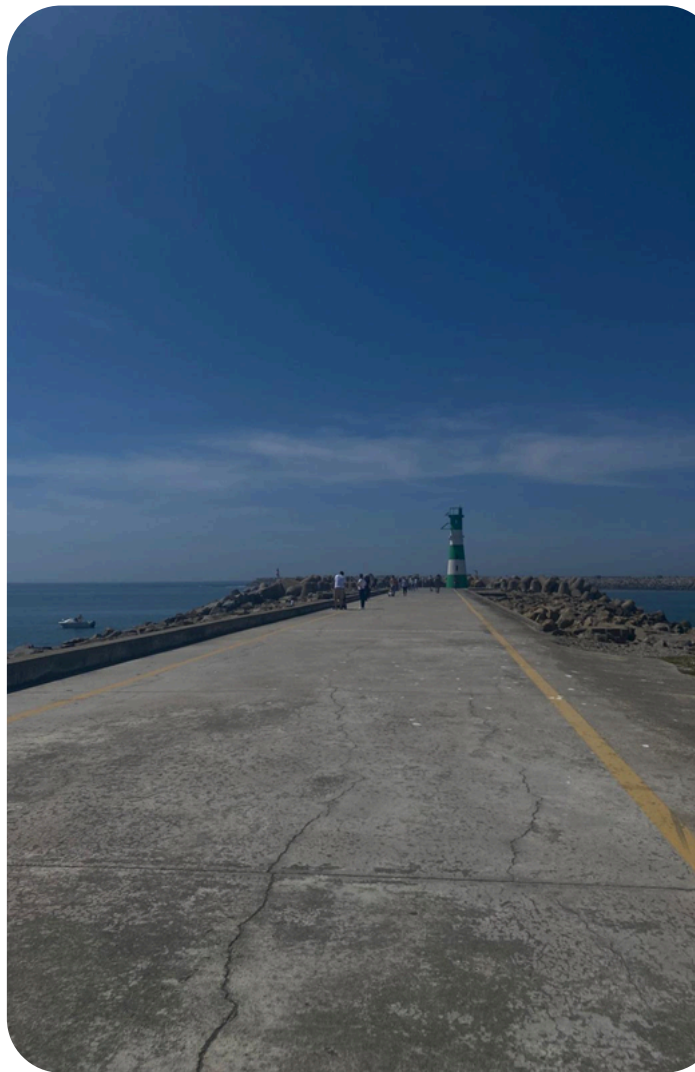




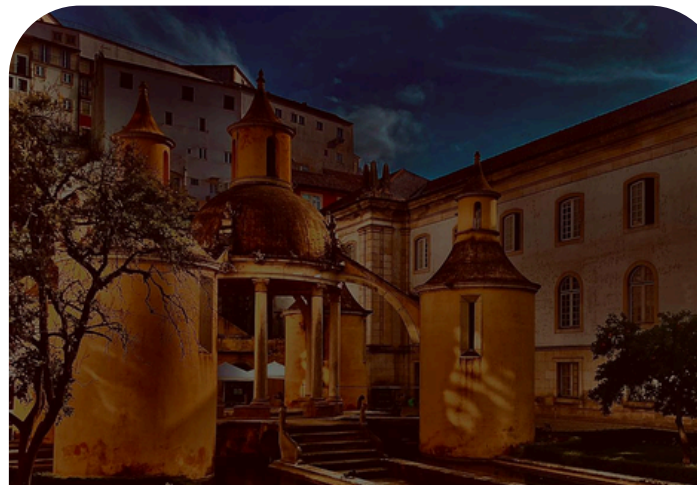
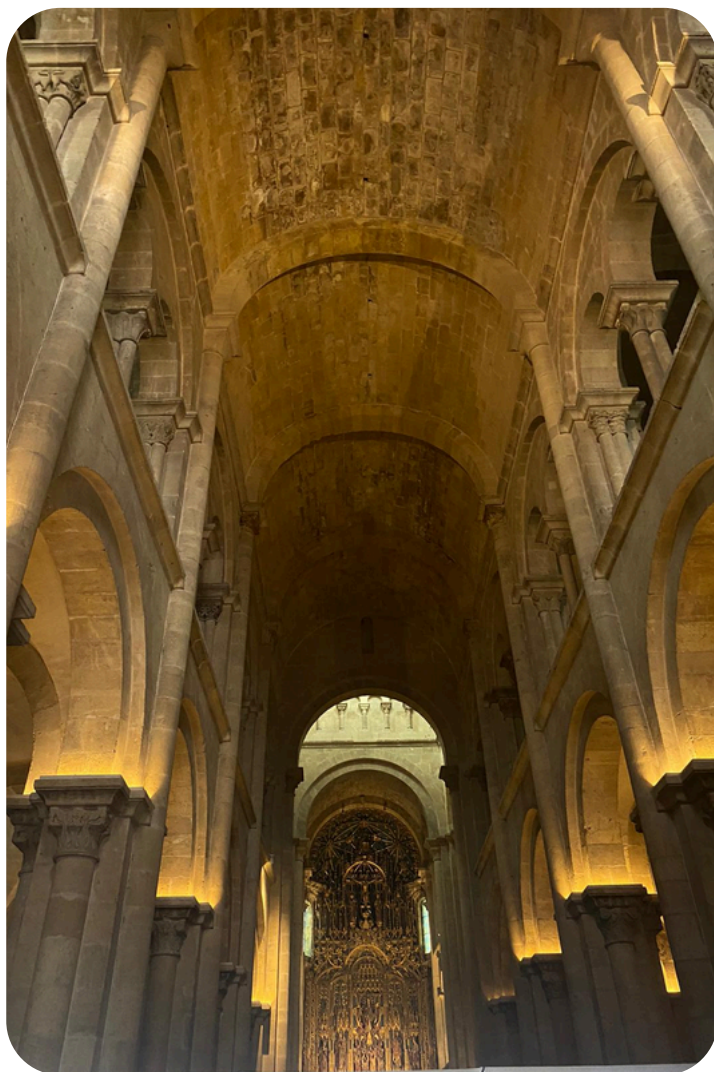
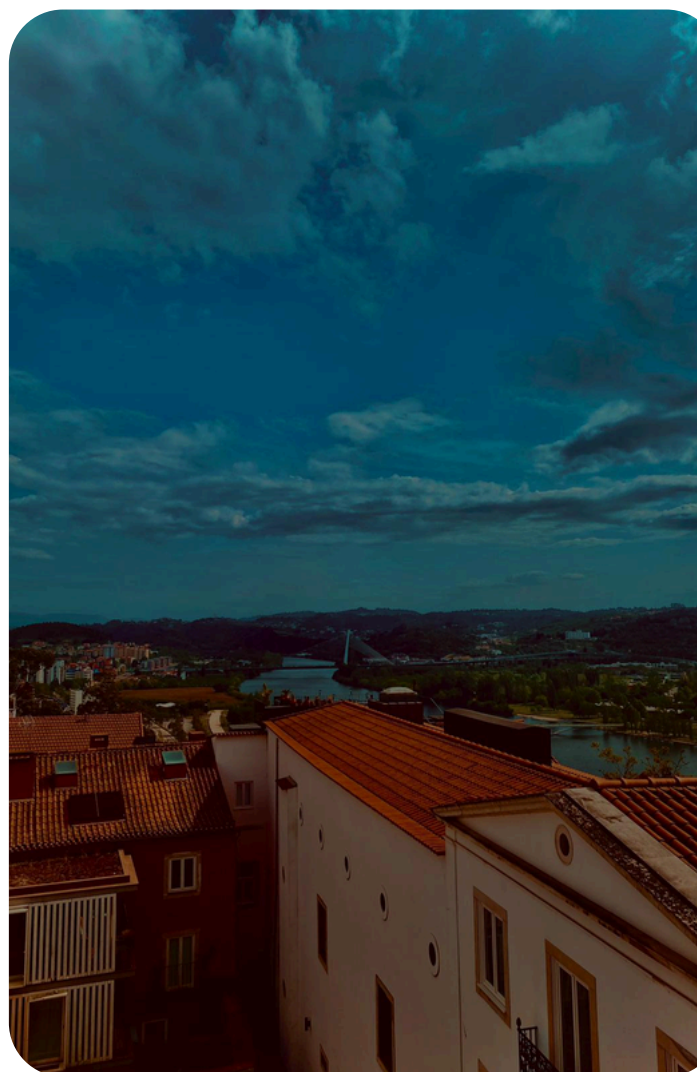
















During my Erasmus + mobility to Portugal, I had the opportunity to enjoy the rich and delicious Portuguese cuisine, characterized by authentic flavors and fresh ingredients. Some typical dishes that I tried and that won me over include:

1. Francesinha: A typical dish from Porto, consisting of bread, various types of meat (such as sausage, steak and ham), covered with melted cheese and bathed in a thick sauce made from tomato and beer.
2. Pastéis de Nata: Delicious Portuguese cream pastries, with a crunchy shell and a creamy filling made from eggs, sugar and vanilla. They are an absolute must try!
3. Piri Piri Chicken: Grilled chicken marinated in a spicy sauce made with piri piri chili pepper, garlic, lemon and spices. A succulent and spicy dish that reflects the influence of Portuguese spices.

I tasted Portuguese cow meat with egg on top and a particular cheese.

I tasted the pasta and fagiola that they have here in Portugal which is very different from the typical Italian cuisine and I tried the tripa which is a typical Portuguese dessert and it is delicious. I fell in love with it and I can't wait to go back to Portugal only to eat it again as it can only be found in Portugal and precisely in Aveiro.

One evening together with the Portuguese family I cooked an Italian dish, carbonara, to let them try something from my land, from Italian cuisine.

I found Portuguese cuisine very different from traditional Italian cuisine but it was able to win me over with its variety of flavours, from the innovative to the traditional, offering an unforgettable culinary experience that made my trip

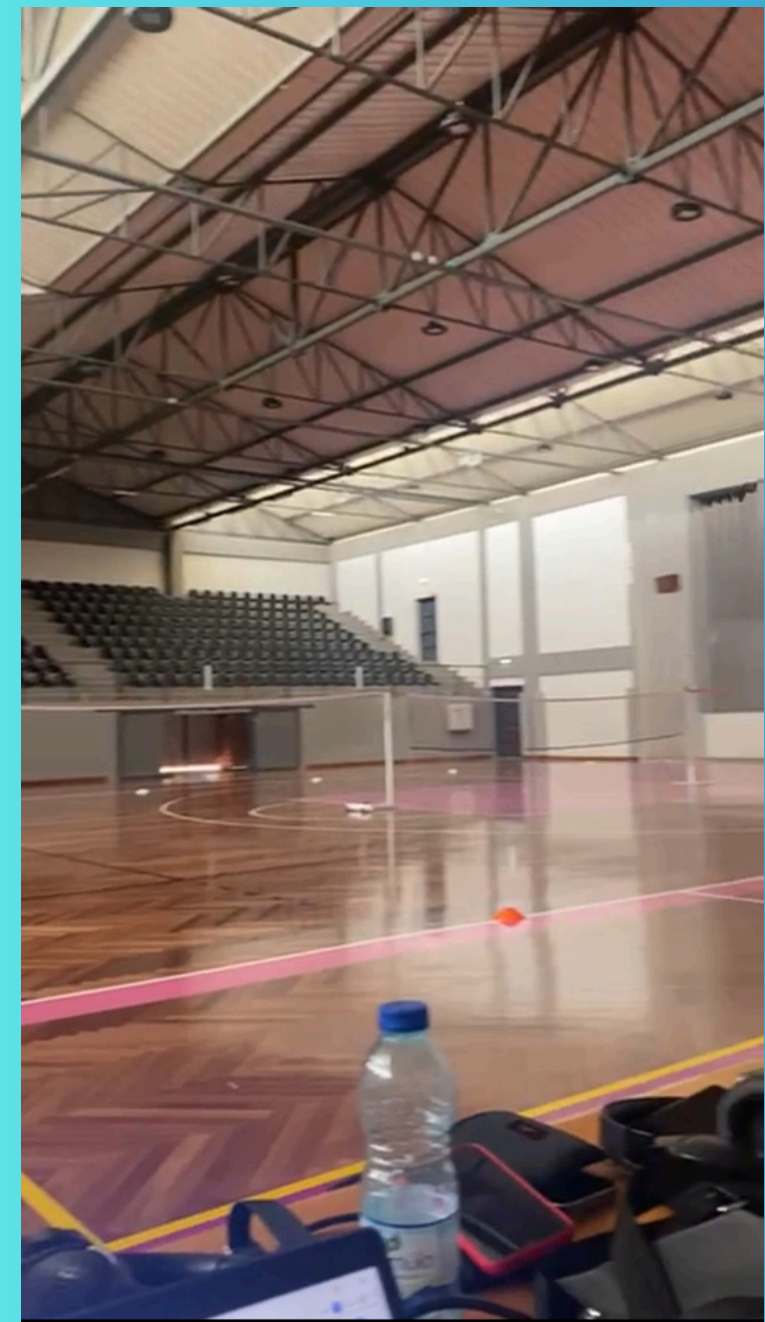


# the high school

the high school where I was a guest during Erasmus was called "Agrupamento de escolas" of Oliveria do Bairro and the school organization and education were very different compared to my school. In Portugal they have a 5 minute break every hour and a 20 minute recess and they finish at 1pm and 3pm and then for two days they remain in the afternoon from 2.30pm until 5pm and 10am only until the 4th year. They don't go to school on Saturdays. When they have breaks all the kids have to go outside and the door is locked and then reopened by the janitor at the end of the breaks and the backpacks are left on the wall near the classroom door. In class there is no eating, no drinking, and no cell phones or tablets are used. The school had two floors and had a bookshop, a student lounge, a bar where you could only buy things if you had the school card specifically for the bar, a school stationery shop and to get things you had to have a special school card, a canteen, a large outdoor space where people could play or walk during breaks, a gym, a swimming pool, a paddle court and a running court, chemistry and physics laboratory. It had a large outdoor park full of trees and greenery with wooden benches and tables for eating. The children who did not want to eat in the school canteen could go and buy food in a nearby supermarket called "Pingo Doce" and eat it in the park. The kids went to school by bus like us but their buses were only school buses and they had a personal school card given by the oliveira do bairro school and the elementary and middle school kids also took this bus on their own. The professors taught via Google, Power Point and textbooks. In the period in which I was there I did not have the opportunity to see how the oral and written tests were carried out and I cannot give any explanation in this regard. I followed lessons in philosophy, history, English, Portuguese, Spanish, chemistry, biology etc... all very interesting and some professors tried to involve me. I interacted with classmates who were very keen to dialogue with us girls even if not all of them knew English well.

I tried to learn the Portuguese education method in the best possible way and to try to feel like a true Portuguese student to enrich my cultural and linguistic background by trying to learn new words and phrases. It was a great experience to attend another school and see the positive and negative sides and compare it with the Italian teaching method. For this I will thank the Erasmus experience for giving me this opportunity which is unique and very exciting and I am grateful for having been able to have this experience.







# the family and friends

During my Erasmus + experience in Portugal, I was lucky enough to be hosted by a wonderful local family. From day one, my host family welcomed me with open arms, making me feel part of their home and their life. As soon as I arrived at the airport my host girl welcomed me with a yellow rose which is the symbol of friendship in Portugal and we hugged each other, a very emotional moment.

The evenings spent at the table with the family have become one of the most precious moments of my stay. We shared stories, laughter through which we got to know each other better and, of course, delicious Portuguese cuisine. His mother had worked in a pastry shop and always made delicious desserts. They taught me their culinary traditions, showing me how to prepare typical dishes and sharing with me the secrets of their family recipes.

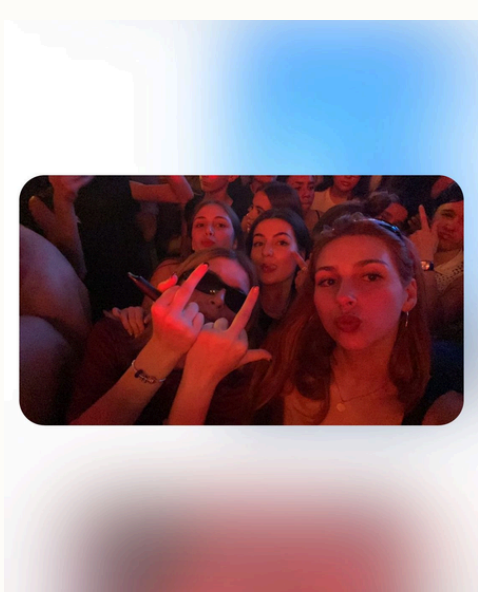
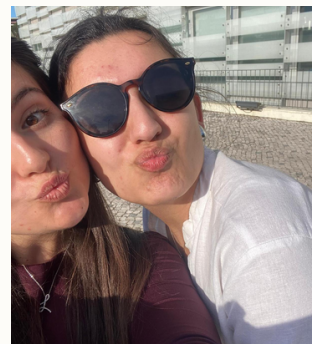
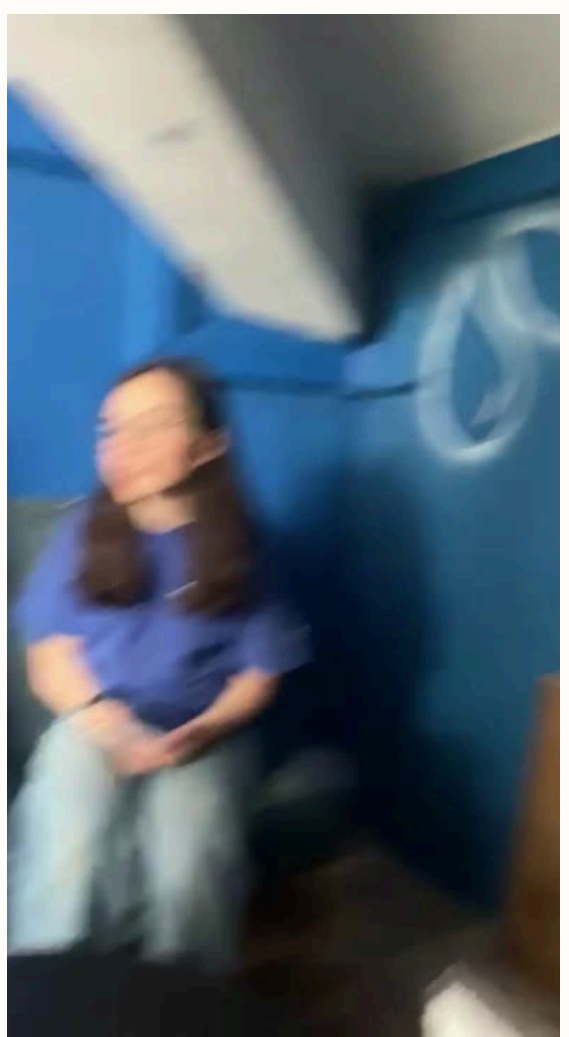
I created a strong bond and a beautiful friendship with the girl who hosted me.

He introduced me to all his friends and let me into his circle and I must say that I felt accepted and very united with them, who are all fun and immediately became familiar with me. I met new people every day trying to improve my relationship with the local language, Portuguese, and with the language I knew, English. We went on many outings with his friends and I also went to scouts. It made me feel like a real Portuguese and made me live like a real citizen of Oliveira do Bairro. I don't want to lose contact with her as I consider her my little Portuguese sister and she will come back in the summer and stay with me as she got along very well.

Thanks to my host family, I had the opportunity to fully immerse myself in Portuguese culture, participating in local festivals, visits to historical places and discovering hidden corners of the city that I would otherwise never have known. They helped me overcome language challenges and adapt to daily life in a new country, offering support and comfort when I needed it.

The experiences with my host family were not just moments of sharing and learning, but they became real emotional bonds that will remain in my heart forever. I am grateful for the love and hospitality they have shown me and for making my Erasmus experience in Portugal an unforgettable time of personal growth, cultural discoveries and new friendships that will continue to enrich my life even beyond the confines of my stay.





MOOD.

