

This year, for the first time, my school has participated to a new project: IPSO FACTO (Innovative Pedagogical Scenario on Food and Consumption Trends and Opportunities). The goal of this project is to make young people understand the importance of healthy food. The countries involved are Italy, France, Finland and Czech Republic. It started with the first meeting in Italy in January 2018 and it will end on April 2019. Last January I hosted a guy from Czech Republic, and for this reason I worked hard to be chosen for the meeting in CZ. When my teacher told me that I would have gone there I couldn't believe it, I was really excited but at the same time I was afraid, because that would have been my first time abroad and, above all, without my parents. I'm really shy, so my biggest fear was that of not to communicate with the other people involved in the project. When I arrived in Prague I realized what was happening and that I would have seen my foreign friends again. We have taken a train to Havlíčkův Brod and, after two hours, we arrived there. We were all really happy to see each other again. As I said before, I already knew the guy who hosted me. We talked a lot on Facebook and I hosted him when he came to Italy in January, so I was really excited because we became friends and I missed him. He couldn't host me in his house, so we stayed all together at his best friend's house, who also hosted my classmate. My host family was really kind, and I shared my bedroom with my friend. On the first day, the mayor of the city introduced himself at the New Town Hall and he offered us breakfast, with sandwiches, coffee and water and then he gave us some presents, a bookmark, a book with all the cities near the town including all the interesting places to see and a plan of Havlíčkův Brod. Then we arrived at their school, where the Czech teachers divided us into groups because we had to work with caloric spreadsheets, comparing cheaper and expensive food. I have to say that it was really interesting. At the beginning I was even afraid to say 'hi', but the guys I was in the group with, were all kind, so it was quite easy to talk to them. On the following days we visited a lot of beautiful places. We went to Prague, which was pretty far from Havlíčkův Brod, about two hours by



bus. When we arrived, we had a lecture at National Monument, which is on top of Vítkov hill. Outside the Museum we saw the third largest equestrian statue in the world, which was built in honor of World War I Czechoslovakian legionaries. After this lecture, we visited Wenceslas Square and we had lunch in a place called 'U Fleku'. After lunch we crossed Karl Bridge and we finally arrived at Prague Castle, which was probably the best part of the day. When we came back to Havlíčkův Brod we were all really tired, so we went to sleep soon. The best part of the trip was probably when we went to the "Happy Hill" open-air

museum, which is a village where there are all the houses of the past and the tools they used, to make us understand how people lived. I like places with a lot of green, so it was the perfect place for me. The guy who hosted me knew about that, so every afternoon he took me to different parks and he explained me what they usually do in those places. the negative thing about this trip was the food. They eat in a completely different way, for example they eat sweets at dinner with meat or vegetables, and they didn't have natural water, but flavored water. By the way if I could I would do this

experience again and again, because I discovered a new culture and, above all, I found new friends that will always be in my heart. The saddest part was when we came back to Italy. We cried a lot but we promised each other that we will see again. This experience helped me to be more self-confident, because I've understood that I am very responsible and independent.



