



## **Progetto Erasmus+ KA219**

### ***Ipsa Facto* (Innovative Pedagogical Scenario On Food And Consumption Trends and Opportunities)"**

### **Rapporto narrativo**

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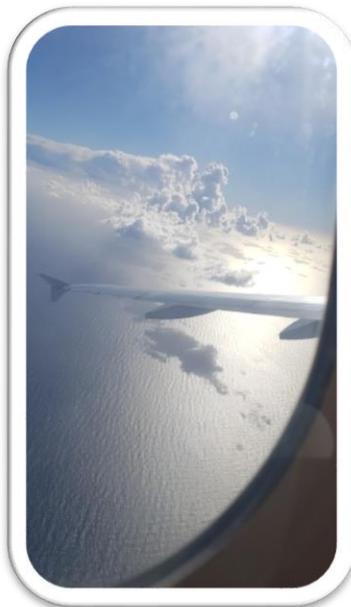
Thanks to my school, this school year, I had the chance to live an experience that changed my life: an Erasmus+ short term mobility to Finland.

We have been involved in a new project whose purpose is to direct people to a healthy diet and to make known its importance. This project includes four countries: Italy, Finland, Czech Republic and France.

The first meeting was in Italy and it was great to be able to meet many young people of different nationalities and be able to become friends.

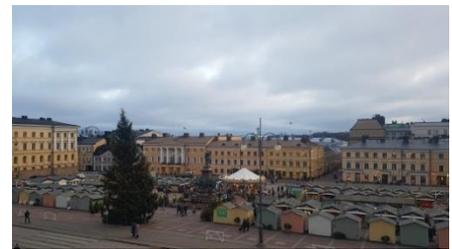
One of the best moments was when the teacher told me that I would leave for Finland. I was very excited about going abroad for the first time and seeing my Finnish friends again.

On December 10th my parents took me to Lamezia airport, where we had to meet with the other girls and the teachers. I was very anxious and scared because I had never taken the plane before, and the weather was not the best. After hugging my parents, I got on board and the plane took off.



We arrived in Rome at 7.35am and after having breakfast we left again with another flight. When we landed in Helsinki I was afraid of not being able to communicate with the family that would host me because I'm very shy, but all these worries disappeared when, after getting off a train, I saw Alvar, the Finnish guy who hosted me for a week, with my Finnish mother waiting for me. I already knew Alvar because he took part in the first meeting in Italy. We talked a lot before I arrived in Finland and I was so happy to see him again. The amazing thing is that when we arrived in Mantsala it started to snow. After a short drive we arrived home, where I met the rest of the family. Then I went to my room to store my luggage and to have a rest.

On the first day we met at school and took a bus to get to Helsinki, at the university of applied sciences where the teachers divided us into multinational groups and we worked on marketing planning the advertising of a new food invented by us. After lunch we went to Kiasma, the museum of contemporary art, and then we had free time with our Finnish friends and we decided to visit the city and to take some pictures. Helsinki was beautiful and full of Christmas decoration.



In the following days we visited so many beautiful places. We went to Lahti to the ski museum and then we went up to a ski jumping tower where we could admire a fantastic view of the city. The funniest thing I think was ice skating with the other guys. I had never done it before but the guy who hosted me is very good and helped me not to fall.



Being in another family and living with them daily was an experience that marked me in a positive way. My Finnish family was perfect, they were so kind to me and they make me feel like home. Finland, however cold, entered my heart. It was wonderful to wake up in the morning, go out and see all that snow ... it seemed to be in a magical place. Unfortunately there was not enough snow for a snowman, but I promised Alvar and his family that I will return to Finland once again.

The saddest part of the trip was to say goodbye to everyone. I cried a lot because I didn't want to leave that fantastic place and people who have become important in a little time. This experience helped me a lot because I improved my English and my shyness in speaking to people I don't know.

