



## **Progetto Erasmus+ KA219**

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

**Short Term mobility**

**FINLAND**, Mäntsälä  
10-15 DECEMBER 2018

**Narrative Report**

**Alunna: Ilaria Grillone, Liceo delle Scienze Umane, classe 4C**

This year my School partecipated to the Erasmus + project which gave me the possibility to leave for Finland from 10/12/18 to 12/15/18. I left the airport of Lamezia Terme (CZ) at 6.25 a.m with the accompanying teachers Mrs. Pulega and the Headmistress, Mrs.Teresa Agosto as well as my classmates.



We arrived at the Manstala's station at 5.15 p.m .



My host family was composed of my host sister Erin, who I had already known during the first meeting organized by the project in Italy, Erin's parents and her little brother. They were very hospitable and kind. Immediately we started talking and I gave them my gifts and Italian typical Christmas decorations that I brought from my house. I instantly felt at home.

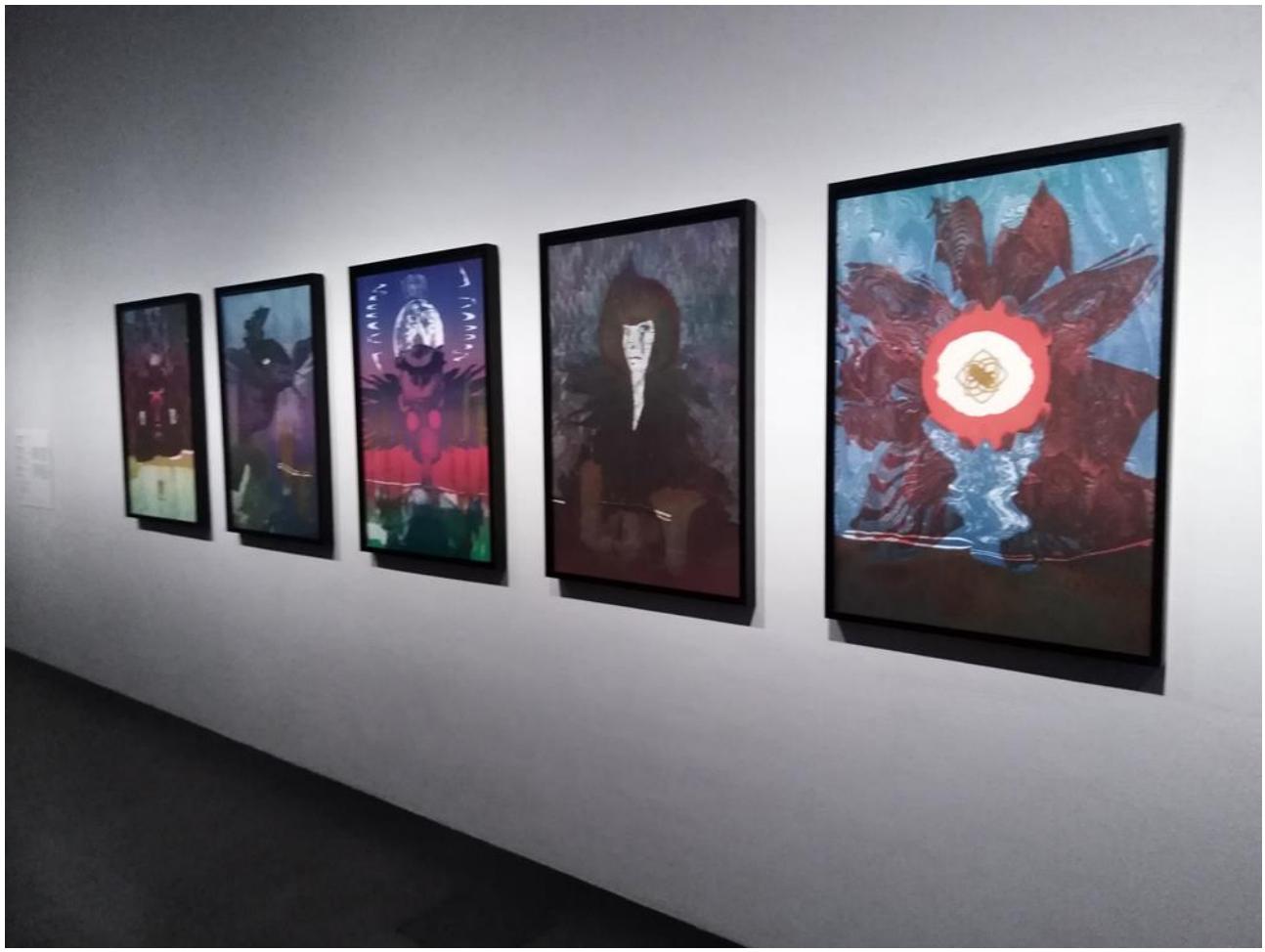
## Tuesday 11/12/18.

After having breakfast, Erin and I had to go to school, not far from home, because at 8:30 we had to take the bus to go to Lukio to Haaga University of Applied Sciences, Helsinki, Pasila. At school we worked on the workshop about marketing together with the

other Finnish, Czech and French guys, splitted up into mixed groups of four or five students.



At 1.45 p.m , finished the first part of the work, we went to have lunch in a place called the "Caverna". At 3.00 p.m we visited a very interesting "Kiasma" museum of contemporary art.



The visit last until 19.00. Then I went with all the Finnish students to see the center of Lukio, a spectacular country between snow and Christmas lights.





**Wednesday 12/12/18**

We arrived at School in time at 8.30. During the day some students showed us their school building, explained their habits and immediately we adapted to the Finnish school's life starting with walking without shoes in the school's corridors.



We worked in our school that was the number 221 on marketing the ads and on our Christmas presentations.

We had lunch at a local "Bistro Puisto" and we tasted a typical Finnish dish: a very special pumpkin soup.

At 13.30 we moved from Lukio to go to Lahti to visit a museum "Suurmaki sky jumping tower" and then here we climbed the top of one of the highest slopes



to admire the magnificent landscape from above.



After having dinner, we played bowling and have fun together! At 7.15 p.m we took the to go back from Lahti to Mantsala.

## **Thursday 13/12/18**

We started the day working in the classroom number 312 to complete the work we started the days before. The same day we presented ourselves in front of the whole school as well as French and Czech students, illustrating through a project that we carried out, our Christmas traditions. At the end of the presentations we all sang the Christmas songs, everyone in our own language and we added the presents we brought on the Christmas tree.



In the early afternoon we watched the dance lessons that the finnish students do to get ready for the prom, then we all went together to drink an hot chocolate before going to Erin's house for having dinner.



At home we decided to cook pizza, and then we spent the whole evening dancing and singing

## **Friday 14/12/18**

We all met at 10.15 am on the skating rink, where, with the help of my Finnish friends, Erin and Alvar, I learned to skate. It was wonderful!



We spent the rest of the afternoon shopping in the Christmas area of Lukio, among the Christmas markets.



For celebrating our last night there, we cooked all together in the Riihenmaki Comprehensive School's kitchen



We prepared and set the table as we were a big family!



At the end of the dinner the Finnish teachers left us some presents with a surprise ...



At the end of the evening we greeted each other with kisses and hugs. I, Erin and Giorgia went to Alvar's home to spend more time together, playing games and having.



**Saturday 15/12/18**

As soon as I woke up, Erin helped me packing my luggage, and after I finished, I said goodbye to the family. It was all really sad, but we promised we will see again someday.



Out train was at 3.40 pm so immediately after having lunch with the family, Erin and her mother took me to the train station .

After a warm hug I started the return journey which ended at 11.00 pm at the Lamezia Terme airport.



Thanks to this project I had the opportunity to visit new places and interact with my peers, opening up to new cultures and new lifestyles. This experience helped me to grow, to enrich myself and to understand the importance of the English language. From the very first day, thankfully, I had a great time with both my host family and the locals. I could not ask for anything better!

**Ilaria Grillone 4C**