



Progetto Erasmus+ KA219

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

Long Term mobility

Niort, FRANCE

7th September-7th November 2018

Narrative Report

Student, Camilla Cantaffa, 4F, Liceo Sportivo, IIS "E. Fermi", Catanzaro

The beginning

All started when my teacher proposed my classmates and me to participate to the Erasmus+ KA2 project "Ipso Facto".

First I was scared then I thought it could have been one of the best experiences in my life and I accepted.

My family agreed even if my mum always asked me if I was sure. My friends said I was crazy because I had to stay away for a long time but I didn't change my mind. On 7th of September I left.

My host families

I went first in a very lovely home with a wonderful family I still have contact with them who treated me like a daughter



They were very kind and nice people that I really loved. All together we visited very beautiful places like the futuroscope



and the puy du fou





Dorine



Dorine's sister.

After a month I moved to another home but this time I had some problems so my teachers accepted my request to move to another family. Everything was ok now, I liked very much this family and I spent beautiful moments with them.

Food

I liked the French food but I prefer the Italian one. French people use to eat more meat, fish, vegetables while in Italy everyday I use to eat pasta. Indeed, I missed eating pasta and for this reason I prefer Italian food.



School

The school is very different to ours, especially schedules.

We go to school from 8:00 to 13:00, they go at 8:00 sometimes even at 9:00 and most of the time they end at 5:45 pm. Except on Wednesdays that end at 11:45. They have many free hours and in their free time they can leave the school. In the school there are also dormitories and infirmary. Obviously there is the canteen, the menu of the canteen changes every week and eating is always healthy. Another difference I noticed is that in French schools, they are more civilized than Italy, but not all.



One thing that I did not like about physical education is that here they only do one sport for the whole year ie Badminton. I attend the scientific high school sport option so I do different sports and I prefer as French sport schools do.

Cultural-patrimony

During my mobility to France, my mum came here to see me and we went sightseeing to Paris.



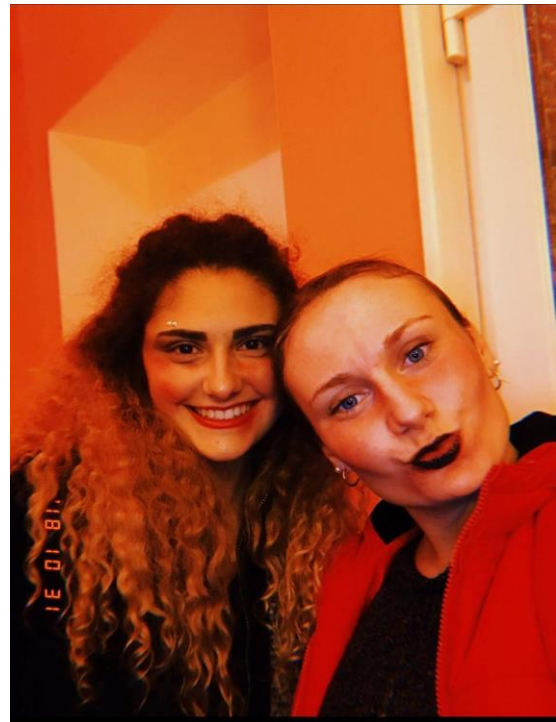
With the second family I visited Mont Saint-Michel, in the French region of Normandy: this is an amazing place because of its low and high tides whose difference is about 14 meters!!! The island and the bay are part of the UNESCO list of World Heritage Sites.



That said I'm happy that I decided to participate to this Erasmus+ long Mobility to France because before I left two months seemed to me so long, but they went very fast.

It was a wonderful experience.

I met very good people who will always be in my heart.



Camilla Cantaffa