

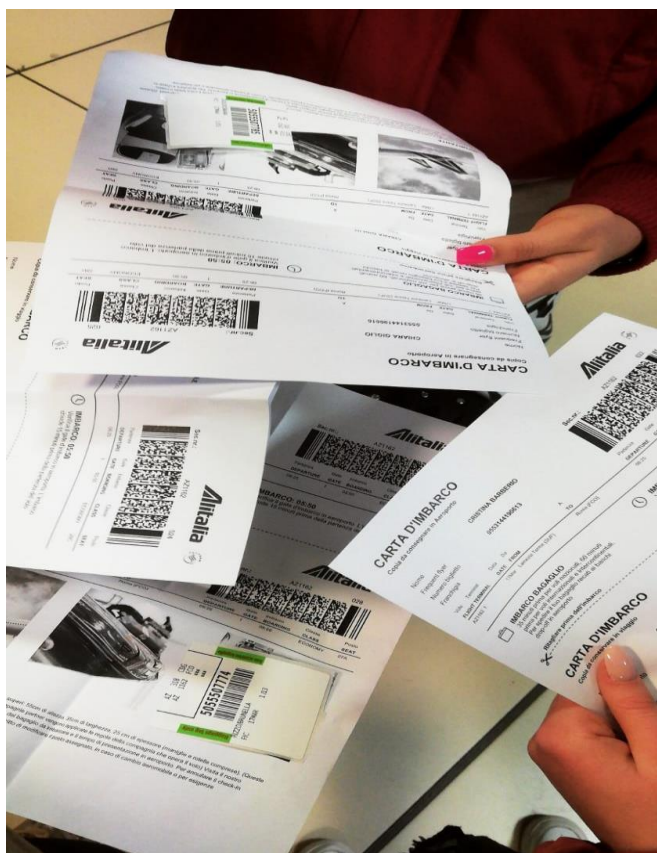
ERASMUS+ KA2 “Ipso facto (Innovative Pedagogical Scenario on Food and Consumption Trends and - Opportunities)

Mobility to France, 17th to 23rd March 2019

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This year my school participated to the project “IPSO FACTO” together with other three countries: Finland, Czech Republic and France. The objective was to increase awareness on how food habits affect our health.

From 17th to 23rd March I had the chance to go to France; I lived a new experience with five of schoolmates and two teachers.

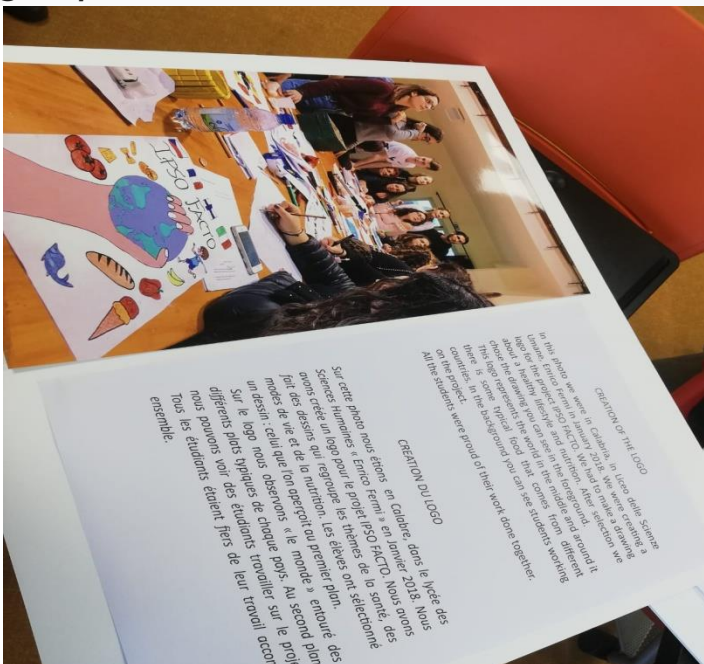




After arriving at Niort's station, each of us was assigned to our host family. It was a long journey but it was worth it.

Next morning, the French teachers were waiting for us at their school with a rich breakfast with croissants and fruit juices.

Soon, after visiting the school, through a funny riddle, we started our group works.



The activity that took most of our time was the choreography. Our dance teacher, Mrs. Jennifer, was an American woman, who had moved to France to find a job. She spoke many languages and she was a very intelligent woman. The choreography, which involved more than 20 students from different European countries, aimed at conveying a very strong feeling that “diversity is a real wealth”.



The day before our departure, after leaving school at 4:00 pm, we went bowling by bus and we really enjoyed it.



The last day we went to the park “Futuroscope”. It was amazing, there were many attractions and a lot of shops. I really had fun that day, it was one of the most beautiful places I’ve ever been.



It was difficult to leave my host family and all the guys that made me feel at home. It was a fantastic experience that I would do a thousand times because it helped me grow and discover new realities.





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