

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

Short mobility to Niort, France

Narrative report

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My school participated to the project “IPSO FACTO” together with some schools of other countries: France, Finland and Czech Republic. This project consisted on studying our eating habits and the effects that they have on us and our health.



I hosted a French girl of my age. I was scared but at the same time excited because I had never had the opportunity to host a person of another country.

So I had the chance to go a week in France, to Niort.

On March 17th I flew to France by

plane with some of my mates and teachers.

In the evening I arrived to my host family and the next morning I went to school.
Soon, after breakfast we started team group





We spent our time preparing a choreography with Mrs Jennifer. She trained us for the final essay that we should take place in front of families and teachers on March 21st.



On March 20th we also went bowling.

The last day we went to the park “Futuroscope”. It was huge and with so 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.



We left on March 23rd.



I was really glad for this beautiful experience. I would suggest this kind of experience to everybody, because it can help discover new places, languages, people and cultures. It will be in my heart forever.