

# EUROPE'S TEENS IN STYLE

EDITION | APRIL 2021



Healthy Habits  
Happy Minds



Erasmus+



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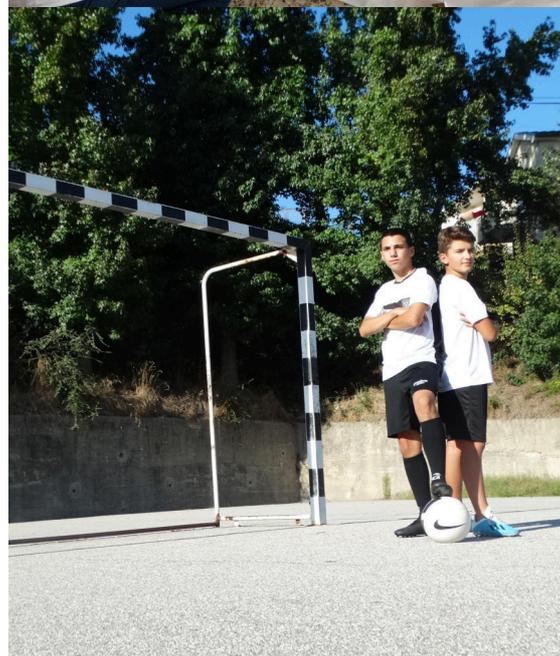
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# Editorial

## INFO MAG

### Schools

*Liceul Teoretic "Petre Pandrea" – Bals-Romania*

Agrupamento de Escolas de Amarante - Amarante-Portugal

IES TEOBALDO  
POWER- Santa Cruz de Tenerife - Spain

*I.I.S.S.DE RUGGIERI  
– Massafra – Italy*

*SSOU Kiro Burnaz  
Kumanovo –  
Kumanovo-  
Macedonia*

### Coordinators

Ana Claudia Pirvu  
Ana Baptista  
Ana Delia Ramos  
Angela Franchino  
Biljana Todorovska

### Type of Erasmus<sup>+</sup> Project

KA2 - Cooperation for innovation and the exchange of good practices  
KA229 - School Exchange Partnerships

### Duration

1.09.2018-30.04.2021

### Project number

2018-1-RO01-KA229-049364



## a project ... a window of opportunity!

This magazine is the result of a collaboration between teachers and students of the countries (Italy, Macedonia, Portugal, Romania, Spain) involved in the Erasmus<sup>+</sup> Project "*Healthy Habits, Happy Minds*".

The purpose of this magazine is to get students more engaged in other cultures, in sports and in the lifestyles and opinions of their peers from Europe. It's the opportunity to students express their opinions and share their experiences in an international context.

Each partner country contributed with articles, photos, videos, different ways to promote healthy lifestyles, healthy food choices, an active life and ways to deal with stress or (Cyber)Bullying.

Good readings!

# Portuguese Team

Here we are... 19 students between 14-15 years of age who attended basic education (8 th Grade of 3rd cycle of Lower Secondary ) at Agrupamento de Escolas de Amarante, in Amarante, a town in the north of Portugal, 60 km from Porto. Besides general basic education, some of us attended specialized artistic courses in the areas of music and dance. The town where we live isn' t a big one but we have many parks and an ecopista to go hiking, cycling, running, .. At school we attend handball, badminton, volleyball, athletics, ... as an extracurricular offer. Music is the passion of many of us. We play guitar, clarinet and piano. We love spending time with our friends, hanging out and having lots of fun together.

In this project, several teachers from different subject areas were involved: Physical Education, Sciences, Arts, English, Citizenship and ICT who helped in the implementation of the project activities. The school Psychologist, non-teaching staff and external partners such as City Council and others specialists such as nutritionists were also invited to collaborate with the project team. The students' parents and families were important allies for the success of the activities.

Project Team:  
Dina Sanches  
Elisabete Silva  
Ana Baptista  
Ana Osório  
Helena Ramos  
Paula Almeida  
Emília Alves  
Virgínia Duro



Students:  
Ana Margarida Félix  
Ana Margarida Mota  
Bárbara Ribeiro  
Carolina Ferreira  
Diana Ribeiro  
Dinis Marques  
Diogo Afonso Ribeiro  
Henrique Magalhães  
Inês Pereira  
Joana V. Boas  
João Paulo Sousa  
João Dinis Monteiro  
José Miguel Silva  
Luís Filipe Morais  
Nuno Eira  
Paulo Aguiar  
Sarah Carvalho  
Vasco Barbosa  
Vitória Soprún



"Discovered one zone of Italy rich for its gastronomy and for its culture was a possibility to know the worlds better, its multitude and to accept the differences, not forgetting that is necessary to adopt healthy habits, since only this way is possible to increase the physical and mental life quality." ( Dinis Marques, student 9.ºE)

"The Erasmus+ experience helps to our students to grow, to become more assertive, proactive people, opens their horizons for the knowledge of themselves, the others and the world." ( Emília Alves, Psychologist)

"This project is an opportunity to change the attitude of students to become active agents and promoters of healthy lifestyles, socially integrated in school and in life."( Ana Baptista, Project Coordinator)

## Romanian Team

Hello! We are the students from Romania who attend the courses of Theoretical Highschool Petre Pandrea. We live in Bals, a small town in the south-west of Romania. We study in a forward thinking school with a rich and diverse extra-curricular programme which prepares us for the challenges and opportunities that we will face in the rapidly changing world in which we live. We are proud of our friendly and welcoming school where teamwork and friendship are important as well as the promotion of values such as: tolerance, confidence, resilience, perseverance. We go to a wide range of clubs in our school such as: theatre, art, pottery, chess, robotics, debate. We take part in many programmes and international

projects such as: Erasmus+, Euroscola, Ambassador Schools for the European Parliament. We like spending our time with friends, going to picnics. We love the school trips and the football matches with our teachers.

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A dedicated team of teachers is the engine of this project. We got together from different subject areas such as: English, Sciences, Romanian, Mathematics to implement the project activities. We get help from the school Psychologist, the non-teaching staff and experts in nutrition and bullying. Apart from the project team a lot of teachers from our school took part in the project activities having fun together with their students in the zumba classes, while decorating food or on the sports field and in the study trips. The students' parents and the host families in the mobilities were and are very important for the success of the project activities.



?“ During this project I discovered wonderful people with whom I spent unforgettable moments and I participated in activities that managed to keep me motivated and inspired. “Healthy habits, happy minds” brought wonderful life experiences into my highschool life and ideas that changed not only the students involved in the project but also the people around us.”  
(Lucsoreanu Madalina)



"I learnt how to work in an internationally mixed team and I managed to improve my communication skills in English. Everything was different and impressive for me and I socialised a lot. An experience that I recommend to everyone!"(Ciocirlan Teodora)

"The mobility in Italy represented a once-in-a-lifetime experience for me. I consider that I learnt a lot of interesting things during this intercultural exchange. For one week I learnt in an Italian school and I spent my time with my Italian friends. I learnt many things about their culture and their lifestyles." (Lacraru Maria)

"This project is a wonderful experience and a life lesson, I sincerely hope that after this project most of us will realise how much help they can give to others if they are more friendly, supportive and caring." (Bira Ilaria)

## Italian Team

Ciao! We are IISS De Ruggieri's students in Massafra! This place is in Puglia, the heel of Italy, near the Gulf of Taranto in the Mediterranean Sea. We are aged 13-18 and attend Language and scientific courses to get prepared to attend University courses after the conclusion of our studies here. Apart from the core subjects, Italian, Maths and English, we study Chemistry, Physics, Arts. The other languages we can study are French and Spanish. Some of us are studying Russian, too! Travelling and meeting our peers from Europe is what we really dream! We want to share our feelings and care face to face! This is why we joined this Erasmus+ project, to share and compare our culture and our habits and get richer from what we can discover. We like this Erasmus project because it is about health, not only physical health!

We have discovered that if we have a mental and psychological welfare we can also choose the right diet, we love ourselves and can be happier. And we want to be healthier and happier and help our mates to be the same! We would like to congratulate all the teachers who helped us in the realization of the numerous activities from 2018 till now! We students realized incredible things together with their help and we learnt how to use some new technological devices, too! What we have done is fantastic! But what we liked best were the mobilities especially when we welcomed our friends from Portugal, Spain, Macedonia and Romania in Italy. It was May 2019. Some of us could travel to those countries and told our friends at home about the awesome experience they had. Everybody will not be the same after this Erasmus! We have more friends now, caring and loveable! Arrivederci Amici!



### Project Team

Elisabetta Scalera  
Angela Franchino  
Anna Digiovanni  
Annamaria Amandonico  
Annamaria Tramonte  
Corallina Gallo  
Giovanni Mastronuzzi  
Giusy Padolecchia  
Mariella Ricci  
Rosanna Locorotondo  
Tiziana Maraglino

Students from 1 L, 1 M, 2 L,  
3 L, 5 D



?"What I've learnt thanks to international exchanges was not to judge by the first impression. [If] you don't know the cultural code to read behaviours, you can't interpret the situation well.' (Pietro, student)

?'People who are able to travel can discover other cultures for themselves and appreciate diversity. This is something that you cannot learn just from television.' ( Ludovica, student)

?'Erasmus+ does an enormous job in promoting openness and mutual understanding. The best way to challenge prejudices or to make people understand others is when they have a chance to meet or to cooperate together over reaching the same goal.'(Mariantonietta) The Erasmus experience made me feel like a global citizen. I'm at home in any place in the world.' (Vincenzo, student)

## Macedonian Team

Hello! We are students from Macedonia, between the age of 15-18 years old. We go to a Vocational School in our hometown Kumanovo, 35km away from the capital of Macedonia Skopje. There are several educational profiles in our school with the Technology of Food being among the most attractive. As part of this profile we learn about healthy food, the teachers teach us how to prepare healthy meals, or calculate the nutrition value of the same. We also learn to make healthy food pyramids or decorate the food. In our school we have bee hives where we follow the process of making honey. We do research and calculate the sugar units in honey. We are active participants at many international Food Fairs as well as sports competitions such as football, volleyball and table tennis. We also take part in Trash Fashion Event, a fashion show which demonstrates how to make a dress

from eco materials. Students from the Agricultural profile take part in competitions such as driving a tractor or recognition of seeds or weeds. We are also active participants in eco events: planting young trees on the school's ground, making decorations from the season flowers for the school yard.

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There have been many teachers from our school who took part in the Erasmus+ project "*Healthy Habits- Happy Minds*". They all have contributed in their own way for a successful realization of the project. Teachers from the Food Processing profile helped us in the activities regarding healthy food and the preparation of the same sociological or psychological problems.



The coordinator together with her team took care of the preparations of the students for the mobilities and the activities of the project, emphasizing the importance of gaining EU experience, the importance of Erasmus projects which help us learn from our partners especially their culture, traditional food, their cuisine and their customs. Erasmus projects help us become part of the European family.



? "As part of the Macedonian team in the mobility on Tenerife, Spain, I got the chance to learn about an amazing exotic country, to try delicious food, to become friends with those wonderful people there and to see the Ocean. That was a lifetime experience I learnt from and I shall never forget." (Filip Nastov, student).

? "This project was an amazing experience for me. I met wonderful teachers who became my friends, participated in funny and educational workshops and visited incredible places. I have a new family, an Erasmus family now." (Aleksandra Dimkovska, English teacher).

? "Being part of Erasmus projects has been tremendously important for our school, teachers and students. EU projects help us gain EU experience and learn from our partners. By learning about their cuisine, traditions and customs we become a family. We also have a chance to show the beauties of our country to the partners" ( Biljana Todorovska, the coordinator )

## Spanish Team

Hello! Here we are, in Tenerife, Spain! We are the 13-18 years old students at Teobaldo Power High School, a state, mixed, secular and democratic school located in the city of Santa Cruz, the administrative capital of the island of Tenerife. Compulsory Secondary Education (CSE) as well as Post-compulsory education (Bachillerato) are taught in our school. There are specific classrooms such as physics and chemistry lab, biology and computer labs, art room, court and gym, school vegetable garden, technology workshop, music room and so on. Many projects are developed in our school, for instance Co-education Project (Gender Equality Project), Redecos (Sustainability Project), Reading and oral communication promotion plan, chess and sport activities at breaktime...

Several Spanish teachers from different subject areas were involved in this project: Physical Education, Biology, Arts, English, Music, Maths, Spanish Language and ICT. They have all contributed in their own way for a successful realization of the project. Apart from the project team a lot of teachers from our school took part in the project activities, having fun and collaborating in the organization of many activities, mainly in the hard task of being the host partner in the Spanish mobility. The support of the Management Team (Our Headmaster, The Head of Studies, The Deputy Director and The Secretary) as well as the involvement of the students' parents and the host families have been important for the success of the project activities. All together came up with a wonderful European family.



“Being part of this Erasmus project has been a wonderful experience for me. I have learnt a lot about traditions, customs and culture of the different partner countries. I have met new friends, enjoyed the activities, visited incredible places and, the most important for me, I have offered my students the opportunity of discovering how amazing Erasmus + projects are. Aleksandra says she has a new family. Me too! Thanks everybody for allowing me to be part of this Erasmus family!”  
(Ana Delia Ramos, the coordinator)



"Students, teachers and families have been getting excited with this project's objectives, ambitious but very challenging, that ended with the unforgettable welcome of all participants in our island in February 2020. I will remain the human experiences of those exchanges, both travelling and welcoming, full of images that will stay forever in our memories."(Ascen Ruiz, Spanish Language teacher).

"Erasmus+ project has definitely changed my life. It is the best way to meet new people, know new cultures, learn about different topics and to open your mind. I'm really grateful for having the chance to participate in it. I will never forget all the incredible experiences I have lived during my participation in this project. I encourage everyone to live, at least once in their lives, this kind of experience. You won't regret it!" (Andrea Mesa, student).



??\*♀? BeActive!

To get healthier

# An active child is a healthy child



## ▼ *"Mens sana in corpore sano"*

Physical activity strengthens muscles and bones, prevents the accumulation of unwanted kilos in excess, it reduces the risk of various diseases. Sport is beneficial for mental development, hence the expression: "mens sana in corpore sano", which means: a healthy mind in a healthy body.

## ▲ 30 minutes of sports a day

You need to know that you ought to practise 30 minutes of sports a day, plus a healthy lifestyle. In addition to this physical benefits, sports give you the opportunity to work in a team, develop self-confidence, learn about the notion of fairplay, discipline, trust, respect, and many other things.



# What are your favorite sports?



## ▲ Football

"We love play football. Sports make us feel healthy and happy!"

Nuno, Diogo

## ▼ Athletics

"Athletics improves our self-confidence and makes us feel good about ourselves".

Vasco, João



## ◀ Volleyball

"We like team sport. Sport educates both the mind and the body of those who practice it."

Joana, Bárbara, Isabel Carolina, Diana



## Boccia

Students with Special Needs love to play Boccia. This modality can be played individually, in pairs or by teams.





## Dance

Dance is an appreciation of the cultural manifestations of the communities. During mobilities, dance, through its expressive rhythmic manifestations, drew the attention of students and teachers to the creative possibilities offered and showed that there can be an improvement in physical fitness when practiced regularly. Respecting the cultural diversity that Dance offers and promoting the learning of its different expressions (Classical Dance, Traditional Dances and Social Dances), this was also a way to promote physical activity.



? Healthy Food!

Say Yes!

# Why do we eat?



▲ It is simple to answer this question. The reasons can be the following:

1. We satisfy our appetite, hunger or taste
2. We want to have a healthy life

▼ But do we know what a healthy diet means in order to enjoy a long and healthy life?

Let's see, in the following lines, how to describe this type of diet!

1. This represents a moderate but diverse consumption of tasty and beneficial foods and preparations for the body:



# What should we eat?



## ▲ cereals and cereal products

Nutrients provided by bread consumption meet close to 50% of the daily requirement of carbohydrates, one third of the proteins and 50–60% of vitamin B.



## foods rich in protein

meat and meat products, eggs, legumes (beans, lentils, soybeans, peas)

## ▼ fruits and vegetables

Fruits and vegetables contain important vitamins, minerals and plant chemicals. They also contain fibre.



## ◀ milk and dairy products

Milk of various types (including whole milk, skim milk, buttermilk), yoghurt, cheese and ice cream are dairy products. Of all milk products are the best sources of calcium.





Food plays a fundamental role in our quality of life, so adopting a balanced diet is the first step towards a healthy lifestyle.

### **Healthy tips**

? Eat at least 3 main meals: breakfast, lunch and dinner, interspersed with small snacks, so as not to be more than 3.5 hours without eating

? For breakfast, choose muesli or whole grains with low sugar content, served with semi-skimmed milk and pieces of fruit

? Start your main meals with soups rich in vegetables and legumes that help you feel more satiated, avoiding excessive consumption of other foods

? Give preference to fish cooked, steamed, grilled or baked in the oven

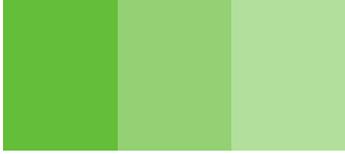
? Give preference to olive oil for cooking and seasoning food

??? Choose local, fresh and seasonal food products

??? Eat raw fruit (preferably), boiled or roasted

Drink water throughout the day, essential for the proper functioning of the body. Alternatively, drink herbal or tea infusions, without sugar

? Reduce the amount of salt in your diet



?? Happy Minds!

The way to happy life



# Relaxation through art in Romania

**M**ental health is very fragile. It should be compared to the most delicate porcelain that should be carefully kept. It should not be broken, as the pieces will never fit perfectly again. In order to keep their mind sane, people often choose therapy through relaxation. But what about relaxation through art?

It is worldwide known that art is found everywhere, everyday: movies, TV series, animations, theatre, books, music, on the streets, in museums (paintings, drawings, and sculptures) and the list could infinitely continue. Through the centuries, art has been studied a lot because people have become more and more curious about how a piece of art could work as an artistic object and as an aesthetic object. Briefly, people wanted to know what art is and how is art capable of making them feel something.

In order to understand that, they analysed what happens when people meet art. For example, while going to the museums, people have the opportunity of admiring breathtaking works of art of all sorts: paintings, drawings, sculptures, installations and so on. While admiring a work of art, the brain is totally focused on it, on what it represents and means. But, more important, this shows that art is so powerful that we don't even realize sometimes: it has the power of taking people out of everyday life and introducing them to a whole new world – a world full of meanings, feelings and with no worries. In Romania, for example, people love going to art museums, where they can find diversity and can travel back in time, learn about historical contexts, art and artists. Here, the number of art festivals and exhibitions has been increasing a lot lately, which means that the society is more and more interested in discovering the fascinating world of art. Romanian people love going to the cinema with their friends, family, or even alone, in order to feel good, relaxed, all of this while watching movies. People also go to the theatre to see different genres of plays and favourite directors and actors. Music is another important way of relaxing, of connecting people, minds and souls. It is all about the lyrics that mean so much to people – feelings, old memories, moods – but also about the rhythm that can be so fascinating and calming.

And, of course, the power of reading! – the opportunity of entering a new world that is made of powerful feelings and thoughts, which has the capacity of both relaxing and developing minds. The Romanians love reading, because they find it a pleasant and efficient way of spending some quality time alone.



Art will always be therapy, relaxation, beauty, love, but also suffering, all this in order to make people understand that they are not alone with their thoughts, feelings and fears, as they usually think. Negative feelings are frequently understood and expressed by artists in their works, because this is how they show and understand how they feel – in this case art is a way of self-knowledge for both the artist and the spectator. Pablo Picasso once said: The purpose of art is washing the dust of daily life off our souls. Isn't it beautiful and true?

*By Madalina Lucsoreanu*



# THE ANTI-BULLYING MANIFESTO

An European partnership that promotes a healthy, balanced and active lifestyle and social inclusion at school

We, the students of Liceul Teoretic Petre Pandre (Romania), the Agrupamento de Escolas de Amarante (Portugal), I.I.S.S.De Ruggieri (Italy), IES Teobaldo Power (Spain) and SSOU Kiro Burnaz Kumanovo (Macedonia), commit ourselves to make all that is within our power so that the environment of our schools be free of bullying or violence. Every child and teenager should experience a positive and supportive environment at school that promotes good learning, health and well-being. No student should be subjected to abusive words or actions such as bullying, violence, racism or other forms of discrimination and exclusion.

Identification of the problem:

- What is bullying;
- How is it lived in school?
- What is the reason for this Manifesto?

Analysis of the problem:

- Forms of bullying and how they are demonstrate;
- What are the characteristics of the aggressor, the victim;
- The role of the bystander.

Authors' arguments on the subject/  
Messages anti-bullying through art:

- Drawing
- Drama
- Graffiti
- Music
- Digital poster

Presentation of solutions to prevent and deal with:

- Report
- Ask for help
- Protect the victim



Click below to hear and to see the videos produced by students:

Song " I beleive in you"

THE ANTI BULLYING MANIFESTO

"Don't feed the monster"

"Break your silence"

Bullying-the reality that few see





# Healthy habits in Romania

By Madalina Lucsoreanu

The importance of being healthy is immeasurable, as it is one of the basic aspects that guide everyone's life. Being healthy refers to both physical and emotional health, because they are connected – which means that one cannot work without the other. Lately, Romanian young people have been improving their methods of keeping themselves healthy, searching for new and interesting ways of spending their time and money in order to feel good, relaxed and, of course, healthy.

**E**motional health is very important, it is considered to be vital, as it guides every life in a decisive way that people do not even realize sometimes.

It is very difficult to keep a state of well-being while having inner troubles. In order to keep their minds free from stress, the Romanians spend their time in a lot of ways, with friends, family or even alone: they read a lot of books, articles or whatever they find interesting, they watch movies or TV series they consider fascinating, they go to the theater, museums or they listen to music. They travel a lot, because they think that travel is one of the most beautiful pleasures in life. They also think that sport is both a need and a way of relaxing, because it keeps healthy not only the body, but also the mind: they take long walks, they regularly go to the gym, they do yoga and they meditate a lot. And there are a lot of people who go for a run every day. And what is more important? They are trying to take a lot of breaks, mostly when they feel like they should. It is their way of saying: I should rest in order to feel good. I have to work, but I'll do it later, now I need to rest. – They give themselves the gift of rest. And, of course, they don't forget about the importance of **QUALITY SLEEP!**

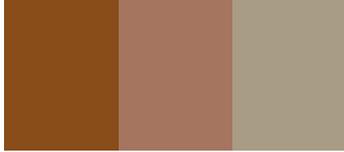
Stress contributes a lot to the development of diseases – this is why it is believed that people should keep their mind stress free in order to be healthy. But is it enough? Unfortunately, no. Even though people are trying to run from stress, there are others factors that can lead to health problems.



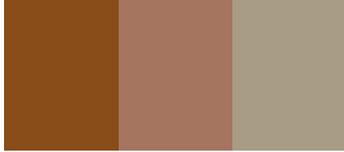
But they can be prevented in a lot of ways. An example would be the food that people generally consume. The Romanians, for example, are trying to keep their body healthy by eating low-processed food, vegetables, fruits, eggs and meat from the local producers, because they are aware of the difference between supermarket products and the ones bought from a farm.

They are also trying to replace sodas with natural juices, sweets with home cooked cakes, chips and snacks with nuts, cashews, hazelnuts, for example. The fact that the number of bio products and producers has been increasing lately tells a lot about the preferences of the Romanian society.

Being healthy requires sacrifices. But should they be considered sacrifices, if they are good for one's well-being? Rather not. People need to remember that BOTH mental and physical health are necessary for a balanced life, and fortunately, they can be reached. If people take care of their own mind and body.

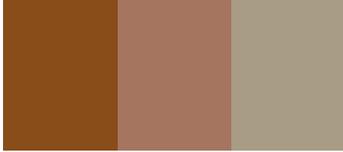


## Erasmus experience through a family's eyes



Hello! I'm Noelia and Gisela's mother, two Erasmus participant students at Teobaldo Power High School. I want to share my experience with you. Certainly, this was not new for me because one of my daughters had already participated in an Erasmus experience and she travelled to Italy some years ago. But that experience had nothing to do with this one. They were little kids who stayed at a hotel and interacted among them.

When they started studying at the high school and were given the opportunity to participate in the project, we decided to take advantage of this experience. And, I say "we decided" because my daughters have made me participate in this incredible adventure. Many people think this is an opportunity just only to travel... and that is not all. They commit to do a lot of different types of tasks which help them to learn, cooperate, collaborate, be responsible... We have shared many hours looking for ideas, materials, information... a gratifying experience. To top it all off, the coexistence and integration in the different cultures involved in the project. Gisela and Noelia participated in the Learning Teaching Training Activity in Portugal in October 2019. I do not stop recognizing that at the beginning I was scared... Who were my daughters going to stay with? Where were they going to stay? We were given all the needed information by people in charge of it at the school. All our doubts were solved and we felt quiet and sure (the result of an excellent team's work).



At the present time we keep in contact with Nuno's family and the promise that when this situation changes, we will meet again.

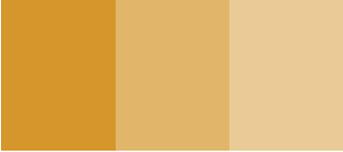
A few days later, we were given the opportunity to contact the family my daughters were going to stay with and we could communicate via mail. We were really lucky to meet Nuno, our host student. His mum, an endearing lady, was not only a good hostess taking care of my daughters, but also showed them affection.

In February 2020, we carried out our mobility in Tenerife, Spain. We were the hosts! Claudia and Nuno stayed with us. Spare any comments! We would repeat the experience. I personally think it was really enriching. As guests, they had to be responsible and self-reliant. As hosts, they made their best in order the guest students could feel as comfortable as they felt as hosts.

**“an awesome experience I would recommend everybody. ”(Noelia & Gisela's mother - Spain).**



# Erasmus Experience through a Student's Eyes



# An unforgettable experience

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“In September 2018, one of the best things happened to us: we joined in this Erasmus project, which has allowed us to enjoy some of the most important moments in our lives..”

Hi, we are twin sisters from Spain, and we participate in the best Erasmus + project called “Healthy Habits, Happy Minds”.

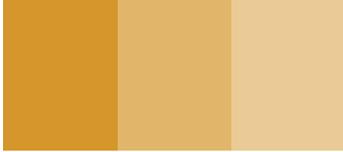
In September 2018, one of the best things happened to us: we joined in this Erasmus project, which has allowed us to enjoy some of the most important moments in our lives.

In 2019, exactly on 19th October, we participated in the Portuguese Mobility. When we arrived at the city of Amarante, our host family was waiting for us. They welcomed and made us feel as if we were at home.

Together, we visited some monuments, talked about our different cultures and they prepared delicious traditional food for us.

The first day at school was really enjoyable. We met the other partner students. The host school prepared a welcome ceremony that ended planting our Erasmus Tree.

In the afternoon we attended a workshop, a Master Chef Competition. We cooked different healthy food dishes and a jury, made of the project coordinators, decided, after trying them, the most delicious one.



*This is me waiting for the train to arrive at Régua Station.*

The next day, we travelled to Porto, a very beautiful Portuguese city where we spent the day visiting many interesting places. We went on a tour in a museum and some places close to it.

Our experience out of the city of Amarante included a viewpoint with amazing views and landscapes, a visit to Régua and Pinhão and an exciting new experience for me: my first train journey ( I had never travelled by train before).

Last day, we went to Sitio Dos Cogumelos where we visited a mushrooms factory.

To finish this unforgettable experience, we had a wonderful time having dinner.

**“My first time travelling by train. Amazing experience! .”**

For us, this project has been a very important event in our lives, we have now a new family, our Erasmus Family, that will always have a special place in our hearts. We encourage everybody to try, at least once in his/her life, this incredible, exciting and amazing experience we have had thanks to Erasmus + projects.

Love from Gisela & Noelia - Tenerife (Spain)



*This is me with my host family on the first day we met at I.I.S.S.DE RUGGIERI – Massafra – Italy*

In May 2019, I participated in mobility to Italy. I discovered an amazing region in Italy rich for its gastronomy and for its culture. It was a possibility to know the world better with its multitude and to accept the differences, not forgetting that it is necessary to adopt healthy habits, since only this way it is possible to increase the physical and mental life quality.

The sharing of experiences between students, using the English and even the Italian language, was also a way to enrich the ability of communication, allowing us to develop autonomy. In fact, staying in Italian families' houses was very important because we had contact with their daily life and the local culture, having the need to create affective bonds that could help us grow inside.

**“This experience was, without doubt, gratifying, because it emerged as a sociocultural and personal challenge.”**

Therefore, I felt the need to leave my comfort zone to achieve the detachment that made me continue to want to travel physically and emotionally.

This project helped me grow as a conscious member of the XXI century society and gave me the right skills to understand better other realities; to make me proud of my culture, knowing that the multidisciplinary, multicultural and affective sharing is always the boost to growth and a new enlightened vision of the surrounding world.

**By Dinis Marques ( Portugal)**



*This is me with my host family.*

The next day was the presentation, ours and the youth of other countries, we had lunch and in the afternoon we had to talk about the customs of our country. Then I went to "home" where we prepared to go to a party in the city.

**"I really enjoyed this trip and one of the reasons was the support of the teachers, the organization and also because of the family that welcomed me as if I were their son."**

On Tuesday we went to school and we were introduced to Gianfausto friends, had lunch and stayed home in the afternoon. We went to Taranto which was very beautiful. The next day we went to Matera, a nearby town. In the morning we visited a site that had many bees and in the afternoon we visited the typical houses of that area. On Thursday we went to visit Alberobello, which was a little far away. On Friday it was farewell day, in the morning we said goodbye to the school and in the afternoon we went to the beach. At midnight, our return journey began.

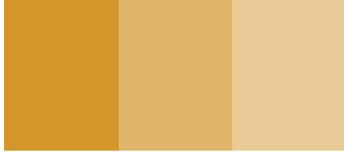
I joined the ERASMUS + project to learn about new countries, new cultures and new customs. When I saw that I had been selected I was very happy but nervous at the same time, because there was little time left. We did preparation activities and everything seemed to be well organized.

On the 6th of May, our journey began, we left Portugal at about 11:30 a.m. and arrived in Italy at 2:00 p.m. After leaving the airport we waited for the driver who was going to take us to Massafra and we started the trip by car. By six o'clock we stopped at Amalfi, a very beautiful city to have lunch and a little visit to the city. We continued the trip to Massafra, where we arrived at 10:30 p.m. At that point I was very nervous because I did not know how the family was like. Paulo and Henrique were the first to go with families, then it was Vasco's turn and after five minutes my family arrived. They were immediately very kind to me, they took me to see the firework that was in the city and then we went home where they showed me the house and the room where I was going to stay.

The objectives I had for this trip, I think they were accomplished, I met historical cities, people from various countries and a family that welcomed me. I really enjoyed this trip and one of the reasons was the support of the teachers, the organization and also because of the family that welcomed me as if I were their son.

I would recommend everyone this experience.

By Diogo Ribeiro ( Portugal)



*This is me on the first day of activities at Liceul Teoretic "Petre Pandrea" – Bals- Romania*

I have never thought that the first time I was going to travel outside my country was with my teachers and my colleagues and that I would ever go to Romania.

This trip was amazing: I met people I will never forget, like Florentina, a very friendly and very affectionate person, who helped me a lot and told me everything about her country. I could see that in schools, students do not have a canteen or a bar, they have to go home for lunch and that Romanians eat healthily. Oh! and I learned that Dracula is originally from this country.

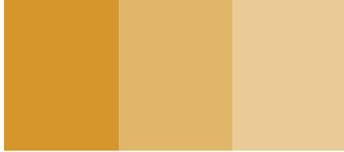
The family that welcomed me was very friendly, always concerned if I was okay, if I liked the food and if I was cold. I spent some time with them and I am very grateful to this family, they were people I will never forget and I hope one day to meet them again.

**“I want to thank the school for giving me this opportunity. I enjoyed every moment. I also want to thank the teachers who accompanied us.”**

The gastronomy is not very different from Portugal. For breakfast I used to have omelets with vegetables and milk with cereals. At lunch we had meat or fish and at dinner we could have soup, meat or fish and vegetables, and for dessert we could eat a cake or some fruit.

Romania is a country that I would like to visit again, when I am an adult. It has a very beautiful architecture, the temperature is a bit low but it will remain in my memory forever. The country is splendid and the capital is also very beautiful.

By Inês Pereira ( Portugal)



*This is me at Liceul Teoretic "Petre Pandrea" – Bals- Romania*

Another normal day at school, I thought, until I came up with a once-in-a-lifetime opportunity to possibly be able to go to another country and to get to know different people and cultures. To be honest, at first, it even scared me to think about going on a trip to another country, far from my family, my culture and habits. For me it was a huge challenge, but I decided to challenge myself and go. I have never imagined before to go to Romania, but thankfully I did, because it was an incredible and unique trip, which I would clearly repeat again.

I learned a lot, it was an excellent opportunity for me to improve my English in Romania. It was nothing like I had imagined, the people who welcomed me were like family, very kind and with a lot to show me and I with a lot to see and learn.

**“I must thank you for this opportunity that I have never thought I could have in my life.”**

I loved the experience of taking classes in which several and interesting issues were debated. I loved the way they worked so hard to show me everything, go out every day after school to parks to be able to relax and get to know the beautiful scenery of the city.

In fact, this trip was incredible!

**By Isabel Carolina Ferreira (Portugal)**



## Project Coordinators (Biljana Todorovska, Ana Delia Ramos, Angela Franchino, Ana Baptista, Claudia Pirvu)



All photos used in this magazine were taken during the realization of the project and are the authorship of those involved.



