



**ERASMUS+KA2 PROJECT**  
**"Bullying Free Minds"**  
**2016-1-TR01-KA219-033889**



# MY ERASMUS MEMORIES



This Erasmus experience was really fantastic, I liked all about Greece (Culture, social relations, Erasmus activities and mostly Greek people. The Greek people are so friendly and so welcoming endowed with such similar features to the Italian ones. Food was awesome with a mix of so many typical dishes that can satisfy all tastes.

I would like to come back to Greece in the future! It's a pity attending the last year of high school and not being able to join other mobilities or hosting new siblings. My technical and English competences improved a lot and even I got more consciousness about all features related to bullying. I hope I can enjoy Erasmus at the University.

Thanks for all Erasmus!



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I have been selected to join Greek mobility after having produced some slides related to Bullying and dropout. It was my first Erasmus mobility. I was in charge of taking photos and of producing a final video. I attended all the activities planned by the Greek team with enthusiasm and I learnt a lot. I was so impressed by Greek benevolence and kindness. I found a new family and new friends! I hope I will be able to join other Erasmus project!





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Fabio Dominijanni,

On the morning of May 6, my journey begins in Lithuania. After endless hours spent in the air we finally land at Vilnius airport, where a transfer took us to our hotel. With the few hours of light that were left to us, we took the opportunity to walk a bit to the center of the capital. The next day the Lithuanian teachers came to pick us up at the hotel and in the meantime we waited for the other arrivals at the airport. We went to Ariogala where we were hosted by families. As soon as I arrived and my friend Rocco we were greeted by our "new family", who immediately showed their affection and their generosity. The following morning after a rich Lithuanian breakfast we were accompanied to a school where a ballroom dancing introduced the morning with a typical dance performance. After the greeting of all the countries we were accompanied on a school tour where they showed us all the subjects and activities carried out. After the tour, we meet in the classroom where we started dealing about verbal bullying, illustrating the different power-points and the results of the questionnaires given to the students. After our activities we went to visit the city of Kaunas, in particular the church whose terrace at the top of the structure offers a spectacular view of the city and of the old town. The next day we continued to deal about the verbal bullying in its various forms and in the afternoon we were carried to the town of Raseiniai where we celebrated the European holiday under a beautiful snowfall and finally we were housed in the town hall. Then we had dinner at a resort surrounded by nature and surrounded by lakes where we practiced carp farming and finally ended the day challenging us in a bowling game. Wednesday was dedicated to visiting the city of Klaipeda, the Amber Museum and the city of Palanga, and we had the chance of witnessing sunset on the Baltic Sea. The following morning we attended a workshop on Emotional Intelligence and activities related to verbal bullying (racism, prejudice, xenophobia, discrimination, ethnocentrism and intolerance). Late in the afternoon we went to the farmhouse where teachers stayed to spend the evening in celebration of the closure of activities and the delivery of certifications all accompanied by typical music and a table featuring typical Lithuanian dishes. Mobility, however, was not over, in fact on Friday we visited the Trakai castle and in the late afternoon the city of Vilnius. As this was my second experience with the Erasmus + project I was already used to live in a host family, here



parents were always available and courteous, they treated me just like their children. The well-organized school prepared everything in the smallest detail. The places we visited were really spectacular and the warm hospitality of local people has made our stay really enjoyable. I thank the school and especially Savina Moniaci for the opportunities she gives us with the Erasmus project.





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When someone travels for the first time to a foreign country, stereotypes about the places he's gonna visiting affect his beliefs.

As an italian, my thoughts about Lithuania were very very simple to imagine: I thought the Southerner Baltic nation as a permafrost land, without villages and very few cities fulfilled with some very cold people.

Well, Erasmus+ project helped me to understand how much idiot I am.

Lithuania is just fantastic, Lithuanian people are fantastic too, so warm, so friendly, so curious to know other cultures and ways of living so

fullfilled with energy. Maybe they're not so warm as Italians but, I mean, they're so cool.

Maybe something about the coldness of the country was right, but just because in the half of May it snowed but I love snow, so, who cares.

This one-week travel was very helpful to improve my english knowledge: speaking with other students of different countries helped me to understand my points of strenght and weakness and to compare my studying methods with the other guys' ones.

Obviously it was useful to know other people too, to have new friendships and open our thoughts to them.

I think that is very important for students to travel around the world: if we pick two guys with the same intelligence and studying ratio but one has travelled and the other hasn't, surely the traveller will be the quicker, the more curious and the friendlier one because, in my opinion, travelling opens minds.



**Rocco Simonetta IVE**



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My name is Giulia Caminiti, in this occasion I had the opportunity to participate in the "Bullying Free Minds" mobility.

Mobility took place from 22 to 26 November 2017 in Pampilhosa da Serra (Portugal). I had the opportunity to compare myself with other students from kindergarden children to youngsters of my age. The topic of this mobility was "Social exclusion". At school we all did different activities such as painting, together and singing. One of the most interesting event was the "magusto", a typical tradition that consisted in cooking chestnuts in a big bonfire and then with the ash we all painted our faces. It was very funny. My mate and me read and discussed our ppt on bullying and social exclusion. The girl who hosted me was very kind, her family very generous, and the house very welcoming. I was very impressed by the visit to the children's centre, it is a slightly larger family, it hosts children up to 18 years old, and this year it hosts a 10-month-old child. The centre is a very hospitable place, and I was excited to see it. I communicated using the English language and this helped my understanding and helped me to be more fluent in speaking it. In addition, this experience was very useful to me because I learned to work in team because it helped me to be more confident and less shy.







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On 5th March our trip to Romania began for me and for my friend Elizabeth. It was my first experience with Erasmus. I was excited and curious about the idea of facing a new experience with other people from different countries. After a long journey, we arrived at Costanza in the late evening and we were welcomed by our hosting families. The first day was dedicated to the visit of the school with the other students involved in the project and in the afternoon, we attended a show performed by students who attend the school, with typical Romanian dances and songs. The second day we went to the town hall where we had the privilege of meeting the mayor of Constance, concluding the day with the visit of the historical center. The day after, we kids from the various countries, outlined the presentations on physical bullying, comparing the different attitudes towards the issue; then in the gym of the school we learned a traditional Romanian dance and then played volleyball. Subsequently, together with a psychologist, we also dealt with the topic of bullying through various games and created a poster decorated with colored sand. On the fourth day we visited the naval base, then there was the delivery of the certificates. The day ended with the farewell dinner but in fact mobility did not end because we had a marvelous sightseeing in Bucharest, where we visited the Parliament. This experience left behind so many emotions and wonderful memories, starting from the wonderful family that hosted me and certainly the beautiful friendship that was born with all the guys of this project. It was so striking much not only at

emotional level, but also for me to understand how important it is nowadays to learn and speak the English language.



Chiara Procopio

Il 5 Marzo inizia per me e per la mia amica Elisabetta il nostro viaggio per la Romania. È stata la mia prima esperienza con l'Erasmus, ero emozionata e incuriosita all'idea di intraprendere una nuova esperienza con altre persone di Paesi diversi. Dopo un lungo viaggio, siamo arrivati a Costanza in tarda serata e siamo state accolte dalle rispettive famiglie,. Il primo giorno è stato dedicato alla visita della scuola in compagnia degli altri ragazzi coinvolti in questo progetto e nel pomeriggio abbiamo assistito ad uno spettacolo realizzato dai ragazzi frequentanti quella scuola con balli e canti tipici rumeni. Il secondo giorno ci siamo recati al municipio dove abbiamo avuto l'onore di conoscere il sindaco di Costanza. Il giorno successivo, noi ragazzi dei vari Paesi, abbiamo esposto le rispettive presentazioni sul bullismo fisico, confrontando i vari pensieri; dopodiché, nella palestra della scuola abbiamo prima imparato un ballo tipico rumeno per poi assistere alla partita di pallavolo. Successivamente, insieme ad una psicologa, abbiamo affrontato il tema del bullismo

attraverso vari giochi e con la realizzazione di un cartellone decorato con la sabbia colorata. Il quarto giorno abbiamo visitato la centrale navale, per proseguire poi con la cerimonia e la consegna degli attestati. La giornata si è conclusa con la cena di addio, ma in realtà la mobilità non era finita perché abbiamo fatto una meravigliosa escursione a Bucharest dove abbiamo visitato il Parlamento.

Di questa esperienza mi porto dietro tante emozioni e ricordi stupendi, cominciando dalla meravigliosa famiglia che mi ha ospitata e sicuramente la bellissima amicizia che è nata con tutti i ragazzi di questo progetto. Mi è servita tanto non solo a livello emotivo, ma anche per farmi capire quanto sia importante al giorno d'oggi imparare e sapere la lingua inglese.





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## RELAZIONE ROMANIA

La mattina del 5 marzo inizia il mio viaggio per la Romania. E' stata la mia prima esperienza con l'Erasmus e pur non sapendo cosa mi sarebbe accaduto, ero emozionata e incuriosita nel sapere che avrei intrapreso una nuova quotidianità che non mi apparteneva. Io, la mia amica Chiara e le nostre professoresse siamo arrivati a Costanza in tarda serata e mentre le professoresse sono state accompagnate in hotel, noi alunne siamo state accolte dalle famiglie; che da subito hanno dimostrato grande ospitalità. Il primo giorno abbiamo visitato la scuola insieme ai ragazzi degli altri paesi accompagnati dai rispettivi ragazzi che ospitavano. Dopo pranzo abbiamo assistito ad uno spettacolo realizzato dagli alunni della scuola, di canzoni e balli tipici rumeni. Mentre il secondo giorno, siamo stati nel municipio di Costanza e abbiamo avuto il piacere di conoscere il sindaco. Nel pomeriggio abbiamo visitato il centro storico, approfittando del momento per approfondire la conoscenza con i ragazzi dei vari paesi.

Mercoledì 8 marzo, ogni paese ha esposto la propria presentazione sul bullismo fisico e successivamente abbiamo imparato un ballo tipico rumeno mentre dopo pranzo insieme ad una psicologa attraverso alcuni giochi abbiamo affrontato il tema del bullismo; concludendo la giornata con la realizzazione di un cartellone decorato con la sabbia rappresentante i vari paesi. Il giorno successivo abbiamo visitato una centrale navale e tra le varie spiegazioni abbiamo avuto l'opportunità di fare una simulazione di una nave, seguita dalla cerimonia finale dove ci hanno consegnato gli attestati e vari souvenir di Costanza. Infine alunni e professori abbiamo festeggiato la fine di questo viaggio cenando insieme. Il penultimo giorno, abbiamo visitato la città e il parlamento di Bucarest salutando i nostri amici rumeni il giorno stesso perché partendo il giorno successivo, abbiamo dormito in hotel.

Al di fuori delle attività scolastiche, con la famiglia che mi ospitava, il tempo libero lo passavamo visitando Costanza e alcuni centri commerciali. Non pensavo che quest'esperienza avesse lasciato in me grandi emozioni e bei ricordi, della Romania e della famiglia ospitante, che mi hanno accolto con tanto affetto. Inoltre questo progetto mi è servito per migliorare il mio inglese e capire l'importanza di questa lingua.

On the 5<sup>th</sup> of March my journey begins to Romania. It was my first experience with Erasmus+ project and not knowing what would happen to me, I was excited and curious in knowing that I embarked on a new daily life that didn't belong to me. My friend Chiara, our teachers and me arrived at Costanza late in the evening and while the teachers were brought to the hotel, us students were picked up by our hosting families who immediately showed us great hospitality. On the first day we visited the school with students from other countries. After lunch we saw a show performed by the pupils of the school, typical



Romanian songs and dances. On the second day, we went to the municipality of Constanza and we had the pleasure of meeting the Mayor. In the afternoon we visited the town.

On Wednesday 8<sup>th</sup> March, each country exposed its physical presentation on bullying and we subsequently learned a typical Romanian dance while after lunch with a psychologist through some games we dealt the topic on bullying, ending the day with a billboard emblazoned with the sand country representative. The next day we visited a naval plant and among the various explanations we had the opportunity to carry out a simulation of a ship, followed by the closing ceremony where they delivered the certificates and various souvenirs. Finally, students and teachers celebrated the end of this trip having dinner together. We also visited the town and the Parliament in Bucharest .

I wouldn't ever have thought that this experience would have left me such great emotions and memories of the country and of the host family, that welcomed me with love. This project also helped me to improve my English and understand the importance of foreign languages.

De Giorgio Elisabetta





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The morning of 21st November was the beginning of my fourth Erasmus+ exchange; this time me and my team went in search of adventures to Pampilhosa Da Serra, a little town in the heart of Portugal. The trip was hard: car, planes, buses, we were so tired that it was very difficult to keep our eyes open. Days were so full of nice activities that we had no time to get tired! We enjoyed the Magusto traditional festival, which showed us that Italy and Portugal are similar: Magusto is a chestnuts show which lasts four days, during which all the Portuguese enjoy Fado music, Portuguese wines and hot roasted chestnuts, kids use to stain each others' faces with ash. We went to visit a children's house, we visited Coimbra, the third largest city in Portugal, and there we met university students that sang some traditional Portuguese songs. I was charmed by their singing and dancing. My host family was very kind and did the utmost to make me feel at home.



La mattina del 21 novembre è stato l'inizio del mio quarto scambio Erasmus +; questa volta io e il mio team siamo andati alla ricerca di avventure a Pampilhosa Da Serra, una piccola città nel cuore del Portogallo. Il viaggio è stato duro: auto, aerei, autobus, eravamo così stanchi che era molto difficile tenere gli occhi aperti. I giorni erano così pieni di belle attività che non avevamo il tempo di stancarci! Abbiamo apprezzato il festival tradizionale di Magusto, che ci ha mostrato quanto l'Italia e il Portogallo siano simili: Magusto è una festa delle castagne che dura quattro giorni, durante i quali tutti i portoghesi si godono la musica Fado, i vini portoghesi e le caldarrosto, i bambini si sporcano a vicenda con la cenere. Siamo andati a visitare una casa per bambini, abbiamo visitato Coimbra, la terza città più grande del Portogallo, e lì abbiamo incontrato studenti universitari che hanno cantato alcune canzoni tradizionali portoghesi, sono rimasta affascinata dalle loro canzoni e balli. La mia famiglia ospitante è stata molto gentile e ha fatto il possibile per farmi sentire a casa.