



Erasmus+



Erasmus + KA210 project

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“NOTHING IS MORE PRECIOUS THAN HEALTH “

-POLO TECNICO FERMI-GADDA Naples, Italy

Healthy Nutrition

STUDENTS' REPORTS

DECEMBER 19th 2022

My name is **Andrea**, I'm 16 and I was part of the Italian team during the Erasmus project among Turkey, Romania and Lithuania. I've hosted one of the guys from the Turkish team in my place for 6 days and it was the first time I've ever hosted someone.

The whole experience was amazing...The guy I hosted and me, we soon became best friends and got along very well. We laughed, we joked and we had such a great time doing a bunch of activities together. At first, he was a little shy and needed to translate some of the words because he felt insecure. But, in a matter of time, he started using the translator fewer and fewer until he eventually didn't need it anymore.

It was one of the best weeks I've ever had in a while. The last activity day we spent together, we went sightseeing by bus and we ate pizza in a farm. We even tried making mini cookies, called *“taralli”*!

We had lots of fun and then we went back home where, after dinner, we played bass together and sang so many songs! The day of my guest's departure my entire family was very sad and he was too. But we have been keeping in contact to the day... and we will for sure in the future!



Hi everyone my name is **Michele**, I'm 16 and I was part of the Italian team during the Erasmus+ project NO.MO. PR.HE. with Romania, Turkey and Lithuania. I've hosted a Romanian boy in my house for 5 days, this was a little bit strange for me because it was the first time I hosted someone, but now I can say that everything was amazing.

I already knew Gabriel because I had met him during the first Erasmus+ mobility in Lithuania, where he was with his Romanian team. That's why we had a lot of fun together.

On Monday we had our school trip and I showed them our school labs, then all of the groups showed their presentations.

Then we had Enrico Ferraioli' s meal that was very delicious and most of the people enjoyed it.

After lunch we had a table tennis tournament that was won by an Italian guy. In the evening we had a trip to the sea front and most of the people were amazed while watching it. Next, we went back home and had dinner with my family, then we played "Fifa" and watched a film. Gabriel had lots of fun and this made me so happy.



My name is **Francesco**. It is not so easy to summarise an interesting experience in a few lines. What can I say? In my opinion, it was an excellent experience, I met many different people, from different countries and had the possibility to discover their habits.

Most of the stuff I learned was really interesting, but I really enjoyed visiting the farm house called "Melofioccolo" because I got the opportunity to see how close we are to nature and how it is important for our health. What we saw and ate there was different from all the usual things I see and do every day!



My name's **Louis**.

This Erasmus+ project NO.MO.PR.HE. has been a wonderful one to be a part of, both enriching individually and as a group. Connecting with other people from different cultures and learning about each other is always something that helps growing and being open minded, I learned a lot from this and am very glad to have been a part of it!



Hi, I'm **Gennaro** and I took part in Erasmus+ project NO. MO. PR. HE to represent my country and my school.

During this experience I hosted Akin, a Turkish boy. Spending time with him made me know a lot about his country, traditions and school system.

Akin, unfortunately, was very shy like me. As a result, I had a bit of difficulty relating to him but over time we gained confidence.

In the end the boy said he felt at ease and this thing reassured me personally but also my family members.

From this experience I learned to relate to many people with different cultures but in particular I improved my lexical skills.

