



PROIECT ERASMUS + ARII



Titlul: **Altérité, Résilience, Implication et Inclusion - ARII** (Alteritate, Rezilienta, Implicare si Incluziune)

Numar proiect / Agreement Number : **2022-1-FR01-KA220-VET-000088684**

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Parteneriat pentru cooperare si schimb de bune practici - 5 scoli implicate

Durata: 2 ani - **2022-2024**

Finantare : EU Grant 120.000 euro



Scoala coordonatoare: ISSEC PIGIER (ADMINISTRATION AND ACCOUNTING TECHNICAL SCHOOL), Toulouse, Franta - cod OID: E10098638

Parteneri:

- ✓ COLEGIUL NATIONAL "GHEORGHE LAZAR" Bucuresti - cod OID: E10070509, reprezentat de IONELA NINA NEAGOE, Director, site web: <https://cnlazar.ro/>
- ✓ IIS PAOLO SAVI - Viterbo, Italia - cod OID: E10193518, site web: <https://www.itcsavi.edu.it/>
- ✓ COLEGIO PÚBLICO DE EDUCACIÓN ESPECIAL EL SOMNI - Sant Joan D'Alacant, Spania - site web: <https://portal.edu.gva.es/elsomni/es/>
- ✓ IES LLOIXA, Sant Joan D'Alacant, Spania - cod OID : E10008488, site web : <https://portal.edu.gva.es/ieslloixa/>
- ✓ ŠOLSKI CENTER SREČKA KOSOVELA - Sežana, Slovenia - cod OID: E10094693, site web: <http://www.ss-sezana.si>

Obiective:

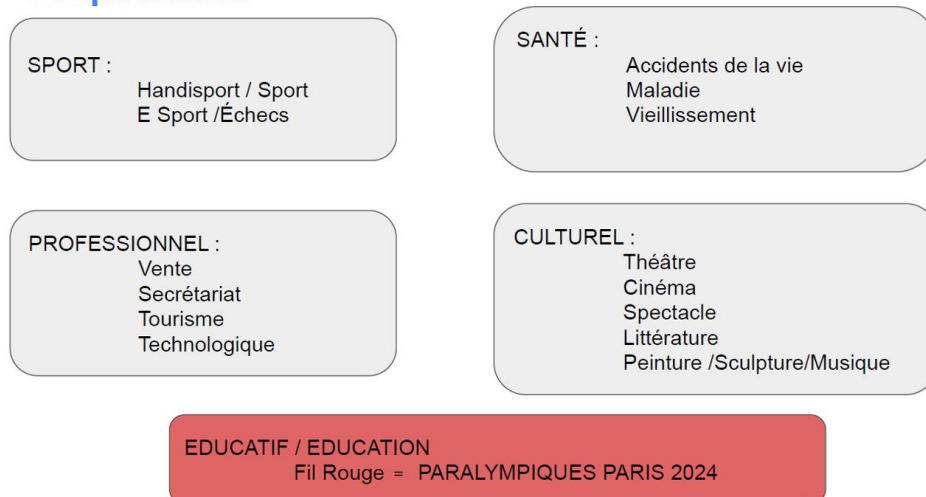
- A colabora, a partaja, a intalni persoane diferite
- Constientizarea ca suntem diferiti, dar ca putem lucra impreuna, fiecare avand atu-uri proprii
- Dezvoltarea deschiderii, tolerantei, incluziunii
- Implicarea in proiecte sociale - implicare civica

- Dezvoltarea rezilientei, având drept exemple persoane cu handicap care au depășit trauma, s-au adaptat noii situații și și-au refăcut viața
- Identificarea persoanelor și instituțiilor care ne pot ajuta/ care au nevoie de ajutorul nostru
- Conștientizarea importanței socializării, educației, sportului
- Observarea și analiza diverselor practici europene
- Dezvoltarea competențelor lingvistice ale elevilor (engleză, franceză, spaniolă, italiană)
- Integrarea într-o familie din țara parteneră în care se efectuează mobilitatea
- Dobândirea de cunoștințe culturale
- Dezvoltarea cunoștințelor lingvistice și digitale ale profesorilor
- Achiziționarea de noi cunoștințe, metode de predare și abordări diferite
- Dezvoltarea educației incluzive în școală

Activități:

Fiecare țară, având un specific în ceea ce privește școala, își alege modul în care participă la activitățile proiectului. Colegiul nostru, teoretic, va studia temele din punct de vedere cultural.

Propositions



- 🚩 Activități în jurul filmului "Bacalaureat" ("Graduation") - 2016, de Cristian Mungiu : prezentare regizor - biografie, filmografie, interviu; comentariu afiș film, urmărirea și lucrul pe trailer-ul filmului, discuții după urmărirea filmului (teme, conflicte, supozitii, personaje, deznodământ), identificarea relevanței filmului pentru tema proiectului Erasmus+ ARII - prof. Roman Anca, limba și literatura română

As Cristian Mungiu stated in an interview in 2016, his film debates the issue of education subsumed under moral values:
What values and models of behavior do parents pass on to their children?



We can also think about another question: Does the Romanian school offer the hope of a profound social change, based on ethics and equity? Romanian society as a whole has modern institutions, laws and regulations, solidary with the Western ones; it benefits from various projects and financing, but, as T. S. Eliot said, there is a fracture between the concept and the deed ("between the idea and the reality falls the shadow").

We hope that after watching this film and at the end of the Erasmus+ project, everyone will meditate on the best and most suitable choices both for themselves and for the community.



- ✚ Discutii si realizarea Power Point-ului "Scoala Posibila" - o scoala in care incluziunea si starea de bine determina rezultate mai bune

- ✚ Intalnire transnationala in Bucuresti - 16.01 - 21.01.2023

Activitati:

- Vizita Colegiului National " Gheorghe Lazar »



- Activitate ice-breakers - sa ne cunoastem, sa ne imprietenim - prof. Sticlea Elena, engleza ; prof. Grigore Diana, franceza



- Reuniuni profesori



- Crearea si alegerea logo-ului proiectului



- Cunoasterea bucatariei traditionale românesti



- Discutii cu elevii scolilor partener pe baza filmului "Bacalaureat" - prof. Roman Anca, limba si literatura româna
- Training profesori: "Pressure to perform - causes and solutions" - consilier Irina de Hillerin



- Vizita ghidata a orasului - prof. Nedelea Dorina, geografie; prof. Taliu Monica, engleza; prof. Banu Roxana, engleza; prof. Dinica Irina, franceza



- Vizita Palatului Parlamentului



- Podcast: "About stress", discutii - prof. Dinica Irina, franceza
- Workshop organizat de Anonteens Club - "How to prevent and deal with stress"

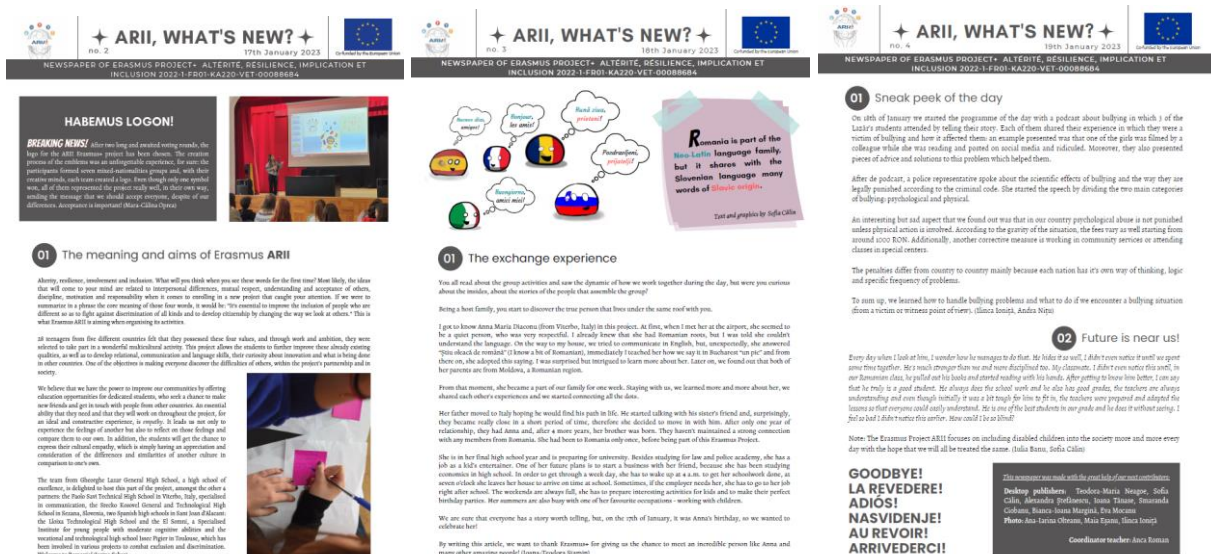


- Training profesori : Stress management, psiholog Mirela Zivari

- Vizita culturala - Muzeul Cotroceni - prof. Banu Roxana, prof. Sticlea Elena, prof. Dinica Irina



- Newspaper page - produs al fiecarei zi a mobilitatii - prof. Roman Anca, limba si literatura româna



- Discutii despre incluziune si rezilienta cu o fosta eleva a liceului, nevazatoare, Laura Stiefter - in present profesor



- Podcast: "About bullying", discutii - prof. Dinica Irina, franceza



- Training profesori - Atelier contra stresului, bullyingului, violentei - editura Corint



- "Sa pictam impreuna" - atelier si expozitie « Arta si relaxare » - prof. Constantin Rusu, educatie artistica ; acompaniament muzical Eliza Toader & Matei Radu





- Yoga in sala de sport - calea spre eliminarea stresului - prof. Constantin Trandafir, educatie fizica



- "Robotii ne pot ajuta" - atelier cu echipa de robotica al liceului, TITANS - prof. Popa Simona, informatica



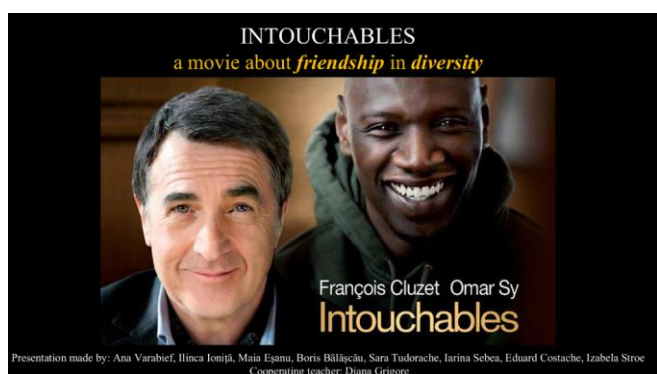
- Inmanarea diplomelor Erasmus



- Excursie la Sinaia - Bran - Brasov cu partenerii spanioli si sloveni din proiect - prof. Dinica Irina, franceza



- ✚ Analiza film « Intouchables » - rezilienta, incluziune, implicare - vizionare, atelier de discutii, PPT - prof. Grigore Diana, franceza



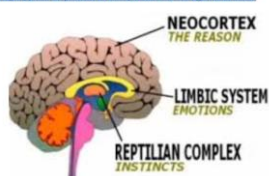
- ✚ Workshop « Using music to manage emotions » - prof. Sticlea Elena, engleza

Our activity

- The students were invited to identify the feelings/emotions induced by a certain musical piece – after closing their eyes and meditating carefully:

Music addresses emotions directly, bypassing reason.

<https://www.youtube.com/watch?v=mVgDRdWk13o>



✚ Sa-l cunoastem pe Marian Başa - pictorul care picteaza cu picioarele - PPT



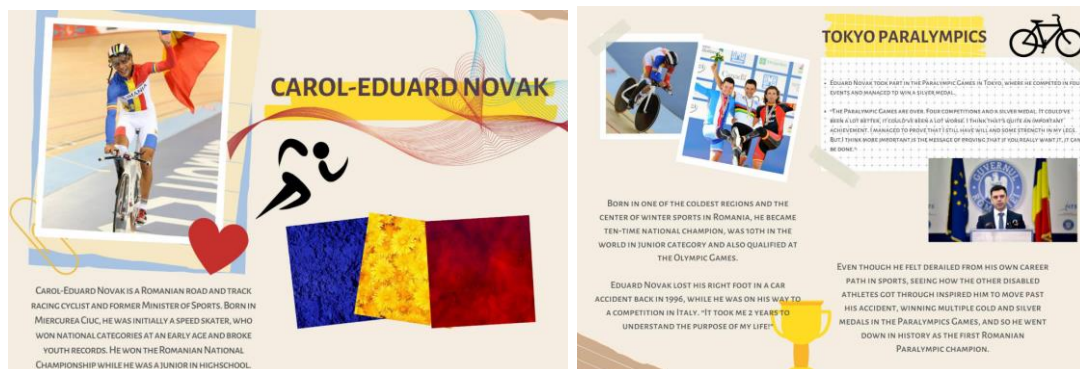
✚ Intalnire transnationala Spania, San Juan d'Alacant - El Somni - 25.03-01.04.2023

- Vizita scolii speciale El Somni
- Participarea la prezentari la Centrul Municipal al Vârstnicilor
- Conferinta de presa cu Sergio Garcia Berbegal, CEO al Clubului de atletism din Alicante si antrenor pentru atletii paralimpici
- Ora de yoga pentru elevi
- Participare la Ziua sporturilor adaptate
- Vizita si activitati la liceul La Nucia
- Training profesori - oferit de CEFIRE (centrul de formare, inovare si cursuri pentru profesori)
- Vizita orasului Alicante
- Ateliere cu elevii la sediul El Somni
- Vizita la Asociatia persoanelor cu deficient de auz si de vedere din Comunitatea Valenciana
- Training profesori : Educatia sexuala in Educatia speciala
- Petrecere in pijamale la sediul El Somni





Urmarierea firului rosu al proiectului : Cariera unui sportiv roman care va participa la Paralimpicele de la Paris 2024 - afis : Carol-Eduard Novak, ciclist paralimpic



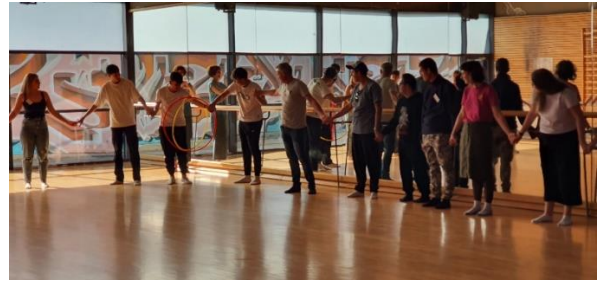
Intalnirea transnationala din Slovenia - 29.09 - 07.10.2023

The goals of the mobility

- raising students' and teachers' awareness of diversities and singularities of others
- learning about different shortcomings, obstacles or disorders of people with special needs (disorders in mental development, long-term illnesses)
- strengthening resilience (general life adaptability and stress resistance)
- encouraging solidarity and involving students in various forms of mutual aid,
- introducing teachers to innovative pedagogical practices that take into consideration learning difficulties and other special needs,
- exchanging experience related to ways to help students with special needs and different singularities in their integration into school work and life in general.

Activitati:

- Vizita la primaria din Sezana
- Vizita a Gradinii Botanice
- Workshop: 'Cirkokrog' - a promova dinamica pozitiva si non competitiva a grupului, a creste stima de sine, a dezvolta abilitati de coordonare si motrice prin acrobatii
- Workshop - Sa invatam putina slovena
- Reuniune profesori
- Vizita pesterii Skocjan - monument UNESCO
- Vizita fermei « Tmbinovi » din Povir
- Prezentarile elevilor : Atleti sau persoane cu nevoi speciale
- Workshop - Importanta contactului cu animalele si efectele terapeutice asupra persoanelor
- Vizita scolii primare din Nova Gorica - o scoala pentru copii si adolescenti cu nevoi speciale - workshop cu elevii scolii
- Training pentru profesori : Cum sa ii ajutam pe elevii cu nevoi speciale sa se implice in activitatile scolare si in viata in general
- Vizita Cheilor Tolmin si a Kolovrat
- Workshop anti-stress pentru elevi
- Training pentru profesori: Afectiuni mentale si ganduri suicidare la adolescenti
- Workshop : « Life is beautiful » - Crearea unui portret (fotografie) al unui eu diferit - scop: a-si da seama ce este frumos si bun in viata, a construi rezilienta
- Vizita unui sat karstic - Stanjel + activitate de grup : a implementa abilitati colaborative « Suntem mai puternici impreuna »





- Training profesori: Incluziunea copiilor cu dizabilitati sau cu nevoi speciale + PPT, consilier Irina de Hillerin
- Workshop elevi : Sportul si persoanele cu dizabilitati. Alexandru Bologa – sportiv nevazator paralimpic, judo – prof. Dinica Irina



- Interviu cu Florin Milciu – antrenor cu dizabilitate care antreneaza sportivi paralimpici – prof. Dinica Irina, prof. Stcilea Elena, clasa a 10a H, elevi din grupul Erasmus



Florin Milciu

Highlights of our interview with him:



Florin Milciu

Highlights of our interview with him:



Florin Milciu

Highlights of our interview with him:



Florin Milciu

Highlights of our interview with him:



🚩 Vizita Scolii Speciale nr.1. Ora de sport cu copii cu nevoi speciale - prof. Dinica Irina

3.OUR WORK WITH CHILDREN WITH VARIOUS DISABILITIES:



🚩 Intalnire transnationala din Italia, Viterbo - 02-10.03.2024

Activitati :

- Vizita scolii Paolo Savi, discurs director, activitati de ice-breaking



- Prezentarea proiectului echipei de elevi italieni : Sporturi adaptate pentru persoane cu dizabilitati (torball, baskin, showdown, 5-a-side football for the blind)



- Activitati sportive: volleyball sezand (sitting volleyball)
- Vizita orasului Viterbo



- O zi in Toscana: intalnire cu doi atleti paralimpici



- Workshop : We Are Between Emotions And Relationships



- Vizita la Universitatea din Tuscia - Centrul Sportiv al Universitatii : prezentari, discutii cu studenti cu dizabilitati despre rolul sportului in vietile lor



- Vizita la ferma Alice - voluntari cu dizabilitati sau cu nevoi speciale. Vindecare prin lucrul impreuna, in natura.



- Marturiile a doi tineri care au suferit un accident care le-a schimbat viata. Rolul sportului in rezilienta.



- Vizita la Villa Buon Respiro, o facilitate pentru reabilitare fizica si psihica. Spectacol de calarie.



🚩 Vizita sportivului paralimpic la ciclism in liceu : Eduard Novak
Discutii, marturii, interviu.



Eduárd Novák

April 23 · 🌐

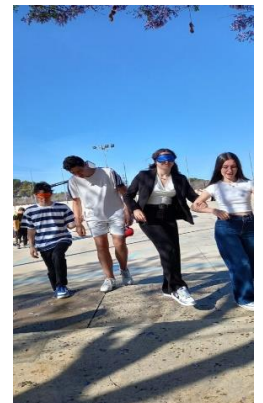
🇷🇴 A fost o deosebită plăcere să vorbesc elevilor de la Liceul Gheorghe Lazăr din București. În lumea de astăzi, tinerii sunt supuși unei cantități uriașe de informații care îi pot dezorienta și-i pot abate de la scopurile lor. Eu le pot împărtăși povestea vieții mele și faptul că, la vârsta de 47 de ani, încă îmi dedic întreaga energie sportului, un domeniu care mă pasionează și m-a definit. Le-am încurajat să-și aleagă o carieră care să-i motiveze nu doar din punct de vedere financiar, ci mai ales din pasiune.



🚩 Intalnire transnationala Spania, San Juan d'Alacant, LIOIXA - 11-16.05.2024

Activitati:

- Vizita la institutii care lucreaza cu persoanele cu handicap: Centre de Atencion Integral, Alicante
- Vizite culturale: Festivalul Maurilor si al Crestinilor
- Activitate de coeziune a echipei : Paddle beach
- Activitati pentru a intelege mai bine cotidianul persoanelor cu handicap





Feed-back dupa mobilitatea din Bucuresti:

The exchange in Romania was one of the best experiences I had during my time as a student. The very reception of the Romanian students and their parents at the airport was warm. My host was extremely kind, open and understanding. I really enjoyed her company, but most of all I liked her "view" of Bucharest. The program was also not too busy. This was very important, because it made it easier and faster to establish contacts with everyone involved in the Erasmus project. One of the things that impressed me the most is the attitude of Romanians towards foreigners, because everyone, not only the families who hosted us, but really all the students and professors at school are very generous and will always help you whenever you need something. During the exchange, I improved my knowledge of English, got to know Bucharest and made quite a few new acquaintances, and I can't wait to meet again when they come to Slovenia.

Eva Štefančič

On Sunday, 15.1.2023, 4 third-year students of the high school with two professors headed to the airport with a destination in Bucharest. As soon as we arrived, the dense families greeted us and took us home from the airport. Because we're tired, we went to bed right away.

On the first day we all participated in the project; Romanians, Italians, Spaniards, French and Slovenians met each other and talked about ideas for a common project logo. For all four of us, it was the first exchange to another country, we didn't know what to expect, but everyone welcomed us and wanted to meet us. We felt very wanted.

The next day, we had a stress lecture in the morning, and after the lecture, a conversation followed in which we all participated. In the afternoon, a tour of the capital followed and met the others.

The next day we had various workshops and podcasts on violence and bullying, which were also very in-school. In the afternoon, we attended a performance at their school, which was The penultimate day was mostly a time to reunite with our hosts. They took us through the streets of Bucharest and told us interesting things about Romania and Romanians.

On the last day we headed to Sinaio, a city in Romania known for peles castle, our path continued to the town of Brasov, known for bran castle. I liked both cities very much, with beautiful architecture and friendly people.prepared by the Romanians.

The next morning we woke up and returned to Sežana.

The excursion surprised me pleasantly, i met the different cultures and their different lifestyles. on the various topics we have been talking about, we shared different ideas and perspectives, which led to new innovations. I loved it in Romania, and I hope to have the opportunity to visit her again.

ZOJA MILJKOVIĆ

Our mobility from 15th to 22st January in Bucarest will always be a special memory for me. It was a really positive surprise to see how good Romanians speak English, not only them but all the students and proffesors who were a part of this Erasmus project. The school where we had spent 5 days really did a good job in welcoming us and we were never bored. We had a lot of activities in the morning, for me the most interesting one was workshop about stress. Each country formed a group where we wrote down the biggest stressors in school area. We also compared school sistems in our countries. It was an interesting experience to go to school by metro, giving we don't have those in Slovenia, and i really liked it. I also enjoyed the afternoons with our hosts, in which we would go for a walk through the city, buy some souvenirs, try different drinks and meals and just have dun.

ANA MRŽEK

Beetwen 15th and 21st January, four students from Slovenia travelled to Romania. There we were met by our hosts, who wormly welcomed us into their home. This is how we got to know their rhythm of life and try to includ us in. Considering their location, we had preconceived notions that they wouldn't be able to speak English that well and that it would be a very dirty country, but we were wrong, because their country completely amazed us with their knowledge and the architecture of the buildings. The experience was very nice, because we experienced a new way of life, a new culture and also learned a lot of undiscovered knowledge.

Mia Todorović

ERASMUS MOBILITY FEEDBACK 2023

My name is Ángela Marín Polo, I study at IES Lloixa in Alicante and I went to Bucharest for this Erasmus activity in 2023.

I found this mobility very nice and interesting. The activity I liked the best was the painting activity and the visit to the palace. The workshops, presentations and activities were very interesting and we learned a lot about bullying...

The training activities were nice because we learned things about the schools in others countries.

Live together with a Romanian family helped me understand the culture and traditions of the country. The Romanian high school was very cool and the suitability of spaces or rooms to carry out all the tasks were very good.

This Erasmus helped me understand the notions of alterity, resilience, inclusion and involvement because we talked a lot about this notions.

I recommend this Erasmus experience to all my schoolmates because I think it's a very cool experience to meet new places and new people.

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My name is Samara. I'm a student from Spain, from the High School IES. Lloixa.

I found this mobility very good and nice. The activity I enjoyed best was the trip to Peter's Palace. Also, I really liked going to the different restaurants and testing new food. Because of this, I found the workshops very entertaining and amusing. As well as the training activities were excellent as they helped us think about our actions.

The accommodation was beyond excellent. The family was very nice and cozy. They provided my own room to stay in and everything I needed. Also, they took me to various activities such as the poker musical.

The erasmus has helped me understand better the notions of identity, resilience, inclusion and involvement. It has done it by the numerous talks and both podcasts, as well as the activities.

I would absolutely recommend this experience because you get to learn different cultures and meet new people who will become good new friends.

SAMARA SANTAMARIA MAIRU

IES. Lloixa.

Feed-back al elevilor români după mobilitatea din Slovenia:

The mobility in Slovenia will forever live in my heart. The whole week in Sezana was filled with beautiful and unforgettable moments. I met many different and beautiful people, I built long-lasting friendships and I did a lot of things that got me out of my comfort zone, such as speaking in public, talking in Italian, a language which I'm just beginning to study, and even walking and climbing winding roads and paths.

Everything during the mobility was very well and carefully planned. The activities and workshops that we did were very interesting, special and outgoing. From learning some words in Slovene and finding out more about therapy with animals, to teaching the students of the school in Nova Gorica Romanian and enjoying a challenging treasure hunt in Štanjel, every aspect of our staying in Slovenia was splendidly organized by the teachers and students from Slovenia.

Erasmus+ is such a wonderful and amazing experience that I am very grateful to have been a part of. It taught me so much about inclusion, diversity, friendship, determination, strength and so much more. This whole mobility was one of the best weeks of my life. (Eliza Toader)

Participating in the Erasmus ARII project, in the mobility to Slovenia, was a truly eye-opening experience for me. We got to meet all sorts of people from other countries (France, Italy, Slovenia, Spain), some of whom had special needs, and even though we all spoke different languages and were from different cultural backgrounds, we managed to communicate thanks to all of the activities, workshops and trips. I think the whole purpose of this project was to interact with all kinds of individuals and to realize that we are all human beings and we're not as different from each other as we might think. On a more personal level, this was one of the most significant experiences I've ever lived through and I will never forget it. I got to see how foreign school systems work and how different our ways of living are, both educationally and culturally. I got to make friends from other countries and practice speaking to them in a foreign language (in my case, that would be English and French), so it was also intellectually enriching, so to speak. I got along incredibly well with my Slovenian host and we still keep in touch. In addition to that, I strengthened the bond with the other Romanian girls who came along, and in the end we became even better friends than we were at the beginning of our mobility and we got to keep these beautiful memories together. Both our teachers, miss Dinică and miss Banu, were an exceptional company and I would also like to thank them on the students' behalf for giving us the opportunity to experience such a wonderful thing. This wouldn't have been possible without them. I would recommend this kind of cultural inter-country exchange to anyone.

Any high school or college student who would like to get a taste of the real world should sign up for Erasmus and embark on this amazing experience. I wish I could relive each and every moment of it. (Ana Splais)

The Erasmus project has been one of the most fun and unique experiences i have ever had. Throughout that week we bonded over our similarities and differences of our cultures, everybody learning a lot about each country. I think it has been really interesting to live with a family and to adopt their routine for a week and to adapt to things specific to Slovenia. I loved that we got to visit a lot of different places in the country and that we got to experience the nature as well as the small villages. The activities were really interesting and I really liked that we got to learn things

about Slovenia and to also teach the others things about our country through them (ex the activity where we had to learn different words in Slovenian). I think all the activities were very well chosen, on the theme of the project and were the perfect combination between fun and meaningful. One of my favourite memory was the night at the train station in Štanjel when we all played music from each country and everybody danced and it was the perfect Erasmus atmosphere:))) This project is such a beautiful and unique experience and I would recommend it to anybody without a doubt, it the best way, and also the most fun way, to learn and to truly experience a country's culture. However the best thing I believe all of us got out of this project were the friendships we made and the people we met, with whom we will always have the best memories. (Anemona Davidescu)

Being part of the Erasmus project has been one of the most memorable experiences of my life. The people that I met were very kind and welcoming and I made a lot of good friends that I still keep in touch with. We had a lot of fun at the activities organized in their school as well as on the small trips that we took to Štanjel and Nova Gorica. My favourite activity was the “treasure hunt” in Štanjel. We were divided into teams of people from every nation and we had to walk around the town and do different challenges. We almost got lost at one point but luckily Štanjel is a small town so we found our way back pretty fast. But honestly, the best part of the day wasn't even the treasure hunt, but the “party” that we had in the train station afterwards. We put on music from every country and everybody was dancing and having a lot of fun! This is, and will forever remain, my favourite memory from our trip, so thank you to the Slovenian train system for the delay. We couldn't have had that party if the train was on time:). Because of this project I got to learn new stuff about Slovenian culture, as well as Italian, Spanish and French. I feel like Romanian culture is not so different from Slovenian and I think this is why we got along so well. I felt more than welcomed in the home of the family that hosted me and I got along with them very well. Besides that, after visiting Slovenia, I consider it to be a very beautiful country. The cities that we visited were extremely lovely. My favourite was by far Ljubljana, the capital city of Slovenia. We visited the Castle of Ljubljana, took a boat ride around the city and had lunch in the centre at a street food festival. Since we came back to Romania me and the girls have been making plans about going back to Slovenia in the summer and I really hope that we will. I had the best time on this trip, making a lot of friends and also getting closer to the ones that I already had. I am beyond grateful to my teachers for offering me this opportunity and I most definitely recommend participating in Erasmus projects, because it will be the experience of a lifetime! (Sara-Ioana Stuparu)

Happiness. Enthusiasm. Fun. Sense of belonging. A heart full of love for the people whom I met and for the new culture that I discovered. The absolute most enriching experience that I had in the past year and one of the best weeks in the entirety of highschool.

When living in a world where teenagers are being told that the future is less certain than ever, and that not only did they live through a “physical health” pandemic (COVID-19), but are also living through a “mental health” one, most of the adolescents are often dominated by feelings of sadness, hopelessness, boredom and distress. Such experiences and mobilities can surely come in aid of certain youngsters and restore the feeling of happiness. Coming in contact with people from different countries is a huge privilege and can even change your mindset and attitude, as you explore different mentalities and the way people from other countries view life. After dialogues with the students from France, Italy and Spain, I was reminded the importance of “*Dolce far niente*” (slowing down and truly savouring each moment, appreciating the beauty in simplicity, and making time for relaxation). The Slovenians whom I talked to were kind and understanding, as well as very good at English and really smart. I am beyond grateful to have met Ana (Mržek). She is without any exaggeration one of the greatest people I know. She welcomed us with such enthusiasm and joy. We even assisted to some of her classes, which was a nice bonus to our overall experience and helped to better understand the daily lifestyle of the Slovenian students.

All the activities were superfluously well planned. I particularly enjoyed the fact that they were all so diverse, from indoor activities meant to be fun and attractive (the circus workshop, the creative idea to have our photos taken by a professional), to learning opportunities (when we learned Slovenian from the students; the workshop about how to manage stress). And I certainly have to mention the outdoor trips, meant not only to keep us active, but to showcase the utter beauty of the nature. I was astonished by how beautiful the caves and the waterfalls were.

Ultimately, this experience was beyond my expectation and will always cherish the sweet memories which I took with me. I miss the atmosphere and the people there incredibly much. (Iarina Sebea)

This Erasmus ARII project already had been meaningful to me, but now, after the Slovenian mobility, I know for sure that a part of my heart and soul will always ache for everything that happened and every person that made this whole experience unforgettable.

I don't even know with what I should start first because absolutely everything should have the well-deserved recognition and appreciation. The activities were perfectly chosen for us to create a better bond and to understand even in more details the purpose of the project (Altérité, Résilience, Implication et Inclusion). It's so hard to pick a favourite one because every single moment was special: the trip to Štanjel, the workshops where we collaborated, the activities prepared by our host families in our free time, the meals we had together. Everything was so well planned and the views were absolutely stunning. Slovenia is such a beautiful country, but not only for its places, but for its people.

And now I want to talk about the real magic that made the project so special for me, the people. I had the chance to meet so many new people from different parts of Europe: Slovenia, Italy, Spain and France. Without their energy and positive vibes nothing would have been the same. I still remember their smiles, laughs, jokes and everything they did to remain in my heart forever. I am so thankful to everyone, my host family, the teachers, and every single student (which now I can call them my friends). They had such a huge impact on me by offering a safe place where I could be truly myself among their beautiful souls.

I can sincerely say that the Slovenian mobility will always have a part of my heart. (Ioana-Teodora Stamin)

Feed-back al elevilor români după mobilitatea din Italia:

Two weeks ago, I went to Viterbo as part of the Erasmus project our school is a part of and it was a truly unforgettable experience.

My host family was very welcoming and kind, making sure I felt good and had everything I needed. The same too, were all the other participants in the project, open and friendly, always eager to start a conversation and get to know more about the cultures of each country involved in the project.

The activities I took part in taught me a great deal about inclusion and mostly about finding happiness in anything in life, enjoying every moment. I have learned that, even though all of us face different problems, we must learn to move on and get past them bravely. The testimonies of various disabled people truly inspired and motivated me, because they didn't consider anything to be impossible and they showed a great deal of optimism and joy of life.

During my week in Viterbo, I learned about different cultures, I picked up various words and phrases from the many languages spoken, I met extraordinary people with which I hope to keep in touch and I became more open-minded. It was a unique experience which taught me a lot.

Ileana POPESCU

The mobility in Italy has been one of the most beautiful weeks of my entire life. Starting with my wonderful host family, who always made sure I was comfortable and has treated me like I was a part of their family. Their hospitality has truly amazed me. The activities were also very interesting, giving the participants the opportunity to reflect over the impressive and unique things that have been said and showed to them. I have learned a lot about inclusion and about the emotional stories of people who have different disabilities and how they have learned to cope with them. I was beyond amazed and stunned by their life stories and I feel inspired to try and do anything that seems difficult or impossible.

The kindness of the Italian people and their courtesy have also astonished me. I have made a lot of friendships, which I am sure will be long-lasting ones. I will never forget the beautiful moments this mobility has given me, filled with laughter and good vibes.

Erasmus has proved that, once again, it is one of the most wonderful experiences you can have as a teenager. I will never forget this week in Italy.

Eliza TOADER

Pour moi, ce projet Erasmus a été plus qu'une expérience ordinaire : c'était un voyage formidable qui nous a permis de découvrir d'autres cultures, des modes de vie et perspectives différents, ainsi que de créer des amitiés à long terme.

Bien que la mobilité n'ait duré que quatre jours, le programme riche en activités diverses et pertinentes pour la thématique du projet est parvenu à devenir un bon outil d'apprentissage. Tout d'abord, on a interagi avec plusieurs sportifs paralympiques et on a pris conscience des difficultés qui apparaissent pour eux, pendant l'entraînement, voire dans le quotidien. En plus, on nous a montré des mesures qui ont été mises en place pour limiter plus la ségrégation des gens avec un handicap et pour faciliter complètement leur intégration sociale. Les échanges de points de vue, de perspectives, d'opinions, de méthodes proposées pour les problèmes soulevés ont été essentiels pour définir des objectifs pour l'avenir, à grande échelle, ainsi qu'au plan individuel.

Toutefois, il faut qu'on souvienne aussi l'importance de l'échange culturel. Grâce au modèle du projet, chaque participant a été hébergé pendant les quatre jours du projet par un correspondant italien. Personnellement, j'ai vécu une expérience italienne authentique. C'était incroyable ! Je n'ai jamais expérimenté si profondément un autre style de vie. Par ailleurs, on a passé beaucoup de temps avec les participants des autres pays, donc j'ai exercé mon anglais et mon français et j'ai réussi à développer plus mes compétences sociales comme la communication, l'empathie. En effet, j'ai fait des amis internationaux dans la vie réelle, pas virtuelle.

Pour résumer, cette mobilité courte, mais concentrée, c'était une expérience fascinante, qui est rapidement devenue un souvenir mémorable. Je recommande à tous les lecteurs de ce magazine de participer à un tel projet, car c'est vraiment une belle opportunité à vivre.

Alexandru-Mihai PRUNA