

*Cultural heritage: a  
precious treasure to  
be preserved,  
shared and passed  
on to future  
generations*

Diaries written by students of  
GJB-SPGS, Přerov, CR and by  
students of Liceo Garofano,  
Capua, Italy

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*Diaries written by students who took part in international mobilities and visited partner schools in Capua, Italy, Plasencia, Spain and Přerov, CR. The international visits were organised as a part of the Erasmus + KA2 project in November 2019, April and May 2022.*

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Matteo Della Cioppa

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# Diary by Alice

17 November

Today around six we went on a train that took us to Prague. From there we flew to Italy. There we met the families that we will be staying with. After I saw the house I would be living in Micky took me to eat pizza which was delicious. Then we wanted to go bowling but there were too many people. So instead of bowling, we went on a bit of a walk around Caserta.

18 November

In the morning we went to the school and listened to the teacher explain the project and the activities. We visited the Music school which was very pretty. Then we went on a tour of Capua guided by the Italian students. We saw a lot of interesting places and learned a lot.

19 November

Today we tried some Italian traditional food. In the evening we went shopping.

20 November

Today we went to Caserta and visited the Royal Castle and the garden. After that, we visited a silk factory. In the evening we spent a lot of time singing.

21 November

We visited Pompeii today and it was very pretty there. In the place we went to there were three dogs and I was over the moon about them. Later on, we visited Neapol and here we had lunch. We later went to the National Archeological Museum.

22 November

For the whole day, we worked hard in our groups with mixed nationalities. Each group had a different task and my group had the silk factory. In the evening we had a party at the Music school. At the end of the party came the time to say goodbye and almost no eyes were left dry.

23 November

Early in the morning, we met up at the school and then we went to the airport and flew back to the Czech Republic.





# Diary by Bára

On 17th November,

I and six other students with a teacher and my headmaster from our school went to Italy. Our meeting time was at 6:00 am, in Přerov. We travelled by train to our capital city, Prague. Then we went to the Václav Havel Airport and we flew to Neapoli. In Neapoli, there were two cars and we travelled by them to Capua, the city where was the school we studied for five days. When we arrived we saw our family for the first time. The host family accommodated me. We had a delicious dinner together and we were chatting a lot. We were having a very good time! After that, I and my exchange student Matteo went to the Caserta. We thought that we will play bowling, but there were a lot of people so we decided to take a walk and see the city. Caserta is very beautiful, but I was very tired so we went back home.

On 18th November,

I got up at 6:30 am. I did the normal things I do every morning. We had a very good breakfast and I tasted Italian coffee for the first time. It was so strong, but I loved it. After breakfast, we went to the school by car. It was the first day in their school. I met a lot of new people. I was chatting with Latvian girl Katrina and three Italian girls, Lavinia, Simone and MarieElvira. They were super nice and friendly. We saw the school, classrooms were very similar to ours. After that, we went to their music school. I do not like music, but I enjoyed the concert for us. The students there are so talented. We had lunch in school and the food was so good. After school I and Matteo went to his friend Tano's, Tano hosted another Czech student. He taught me to play the ukulele. It was fun. Then we went home

On 19th November,

After breakfast, we had our first workshop in school. It was very interesting because we were talking about an app, that we will create. After workshops, we visited an Amphitheatre. It was a very long day with a lot of things we did. But in the evening we went to the biggest shopping centre in Italy. I bought a lot of new things and I spent the best time with my new friends. Then we went home and went to sleep.

On 20th November,  
we visited the Royal Palace of Caserta. It was a very beautiful building with special and interesting rooms. There was a very big garden and we took a walk. We also visited an old factory of silk. We went home and we had a pizza for dinner. Then we went to Marianna's house and we had a party with other students.

On 21st November,  
we travelled to Pompeii for one hour. We saw a destroyed city and we heard very interesting things. I enjoyed our trip to Pompeii. It was a cool experience for me. After Pompeii, we went by bus to Neapoli, 3rd biggest city in Italy. We had free time, so we could go shopping or buy something good to eat. At 4.30 pm we visited Archaeological Museum and we returned home. I played some Italian games and I also taught them some Czech words. They were very excited. And we went to sleep.

On 22nd November,  
we got up at 7:00 am. It was our last day in school. We continued work. We made a project about the places we visited in our week. We were working in mixed groups and I think we did a very good job. After school, we had a farewell party. We were dancing, sang, eating. It was amazing. But we were really sad, so there was a lot of crying. We said goodbye to each other and I went for the last time back to my host family. They also were so sad. They gave me some presents for my family and I went to sleep.

On 23rd November,  
I got up at 4:00 am. We went to our meeting place by car. We said our very last goodbye and our Czech group went to the airport and then back home. I'm very thankful that I could take a part in this brilliant project. It was the biggest experience in my life. I made a lot of new friends and I saw a lot of new places. Thank you!





# Diary by Barča

## TRIP IN ITALY

On the first day, we arrived in Capua and I went home with my host. My host was Gaetano, a musician. At home, I met Tano's parents. They were so nice to me. They gave me my own bathroom and bedroom. Tano showed me everything and after that, he took me to the basketball match. I really like basketball. When we came home, we sang and I also tried to learn to play the ukulele. It was so funny. In the evening, we wanted to go play bowling but there were a lot of people so we went to the centre.

On the second day, they showed us their school and we met some of their teachers and other students. After that, they took us to the music school and church. It's another part of their school. Then some of the Italian students showed us Capua. There were a lot of churches. We visited a university. I became a friend with Matteo, Marianna and Tano. In the afternoon, we sat in the cafeteria near the church, ordered some coffee and started to talk. It was so funny. In the evening, we had dinner with Barča and Matteo and we also played chess, checkers and mimic game. Tano played the guitar and sang with others. It was a funny day.

On Tuesday, we worked in teams and learned about technical records. All of us presented our work and after a small break, we went to the bus and travelled to the amphitheatre. It was amazing, but it was raining. What a pity! Near the amphitheatre, there was a little museum of gladiators. After that, they took us to the school of hotel management. We tried a real Italian pizza, desserts and other food. I and girls from my school started to dance and others came to us and we all danced together. And the last activity was shopping. We walked around the shops, bought something and talked.

On Wednesday, we visited the Royal Palace in Caserta. It was so big like a Prague castle but bigger. After that, we went to the garden behind the palace. At the end of the garden, there was a big pond with fish and a waterfall. At 12 am we had some spare time so I and the girls went to the centre of the Caserta. After spare time we went on the Belvedere di San Leucio. It was a silk factory. The building was amazing but the exposition was a little bit boring for me. But it wasn't all. I and Tano went to Marinna's house to have dinner and after that, we went on to Lavinia's house for a party. We had a lot of fun.

On Thursday, we travelled to Pompei. On the way, we saw Vesuv, a volcano. In Pompei, we saw old buildings, streets, squares, mosaics, statues... We were there for three hours. From Pompei to Naples. In Naples, we had some spare time to look around, buy something or just eat. I bought some souvenirs, delicious and the most expensive ice cream in my life and pizza. The meeting was near the National Archeological Museum. In the museum, there were a lot of statues, busts, paintings and artefacts. After our visit, we came back home.

On Friday, we worked in national teams on presentations about things we visited. During the break, I went with others to the shop and bought some Italian food. At 1 pm was meeting at the music school. We presented our work, again, and after that, we had some spare time because at 7 pm was a party. I prepared my luggage for the next day, took on different clothes and we went to the school because the boys had a school parliament. After that, I went with Barča and Matteo because Tano had a basketball match. We sat in the cafeteria and ordered something. At 6.30 pm we came back to the music school. Party started at 7 pm. It was so exciting and emotional. Lavinia gave me a bracelet. It was so nice of her. We danced, sang and laughed. But in the end, we cried. Almost everyone cried. When I came home I was so sad and I made cry Tano too, so we hugged each other and said good night. I fell asleep with tears in my eyes.

Last day. We cried again. Tano and his parents gave me a bracelet too. At the parking, in front of the school, we said the last goodbye. There were a lot of emotions, tears and hugs. I put my luggage in the car and ran for the last hug. We sat in the car and drove to Naples to the airport. We boarded the plane and flew back to the Czech republic.

This was the best experience of my life. I love them and I miss them.



# Diary by Jitka

17 November

At 6 AM we went by train to Prague and then we flew to Neapol. After that, we went to Capua where we had host families. When we arrived home, my host girl acquainted me with her family and friends. We went on pizza and then she led me through the city where she lived.

18 November

After breakfast, we went to school in Capua. We were acquainted with other students from Italy, Spain and Latvia. We listened to a presentation and Italian students led us through their school. Then we had lunch in music school. After that, we went sightseeing in the town of Capua with students in mixed nationalities teams. In the evening we went back home and we had dinner.

19 November

In the morning we went to school where we were working in mixed nationalities teams, we were listening to presentations and we were discussing the app. We visited Amphitheatre. Then we had lunch, we visited a shopping centre and then we went home.

20 November

We looked at the royal palace and garden in Caserta. Then we visited old factory silk. Then we went home.

21 November

In the morning we went to Pompei. In the afternoon we went to Naples. In the evening we visited the Naples Museum. We looked at the statues, and paintings and we went home.

22 November

Last day we were in mixed nationalities teams and we were working on assigned tasks and we were presenting them. In the evening there was a party. After that, we all said goodbye  
And went home.

23. November

In the morning we went to Capua, we said goodbye to our families, friends and we went to Czech Republic.

Thank you very much that I could go to Italy. I improved my English, met new people but most of all I had the best family I could have Thank you!





# Diary by Pavla

17th November

At 6 AM we travelled from Přerov to Prague by train and at 1:30 PM we travelled from Prague to Napoli by plane. In Napoli we took our suitcases and the Italian guys took us to Capua, where we were our host families. My family took me home and we were talking about hobbies and things. When I unpacked my stuff we went with my host on pizza. The most delicious pizza I've ever had! After that, we met some other guys and our plan was bowling but in the end, we finished in Caserta in front of the Royal Palace and then we went home. Really good arrival day!

18th November

In the morning we met in the school and we met the principal, teachers, staff and students. And after all those presentations and projects we went to music school where we had other work and then lunch. In the afternoon we were with our hosts and we were walking down Capua we visited some churches and our team also visited the University of Capua. At 8 PM I had dinner in the family and then we went to someone's house and we were singing songs and had fun. At 12 PM we returned home.

19th November

In the morning we were working in the mixed nationalities teams. We also heard a presentation about apps and in teams, we were talking about Cultural Heritage. At noon we left school and we visited Amphitheatre and the small museum next to Amphitheatre too. At 2 PM we went to The Carissimi which is a Hotel management school. We learned something about local food, had lunch there, tasted other local food and desserts and some of us made our own pizza. After a small break, we were dancing in the rain to Italian music. We were so tired but after all, we went to the shopping centre Campania and of course, we bought some things obviously. After this exhausting day, we were in someone's house and we were just talking and that things. And finally, we end up home at 12 PM. Crazy day!

20th November

At 9 AM we visited Roayl Palace in Caserta which is the biggest in Europe. And I have to say the most beautiful too. We had a speech about the palace and we took so many photos. Then we visited the biggest garden I've ever seen! Garden of the Royal Palace. The bus took some of us to the very own view. Other students visited only garden. We had free time for a while, so we went to shops in Caserta and we had our packed lunch. After that we met and visited Old silk factory. In my opinion this was cool, but not that much as everything else. Then we had free time in Caserta and then we had diner again with ours families. And again program with other students as always.



### 21st November

This was such a hard day because we met at 7 AM and we had to visit Pompei at 7:30 AM but because of two students, we had to go at 8:30 AM. Pompei is so big but really beautiful. As in the Royal palace, we had a speech there too. We went to the bus and the other group didn't know where the bus was, so we were waiting again. When they finally found the bus we went to Napoli where we had free time for lunch and souvenirs. Then we visited the Archeological museum which was about Pompei and history. It was so interesting and I enjoyed it so much. There was part with Interactive things and questions. After that long day, we returned to Capua and then to our families. I think it was good that this day we stayed home and we went to sleep early.

### 22nd November

In the morning we were working in mixed nationalities teams again. We were working on presentations that they gave to us. For example, we had a dairy too, so we just chose a day and that it was. Some of us went to the shop Pelicano. We bought some things and then we had to go to music school and we had a Light Bunch. After that, we read our results presentations. At 3:30 PM we had free time, so we went to the café. Unfortunately on our way there, it started to rain so we opened our umbrellas and we ran. We were wet but it was ok because we had hot chocolate, coffee and other things. When it was raining just a little me and my friends went to take some photos with a huge mask. Then we went home and had the last evening with our families. At the end of this week, we had a Farewell Party. It was so good but so sad too. We were dancing until 10 PM. Then we said goodbye to students and teachers that we won't see tomorrow. We cried of course! Then we split up and we went home.

### 23rd November

That was Departure day. We met at 5 AM. We were singing and we were crying. It was so sad moment. At 5:30 AM we left Capua and we said goodbye to all of our Hosts. At 7:30 AM we left Napoli and we went by plane to Prague. Then we had like an hour in Prague so we had some food and at 12 AM we went by train from Prague to Přeřov. Well by an incident our train had to stop for 30 minutes because the train in front of us had an accident. After all that we arrived in Přeřov and finally to our families. It was crazy, funny, exciting and the best week ever. I'm happy for all those new friends, new experiences and new pieces of information. I miss everyone so much already!



# Diary by Míša

Erasmus week in Italy was amazing, amusing and very interesting for me. We travelled by train and by plane, it was new for me. When I came to Italy to my surrogate family, I was satisfied because they were nice and likeable. On the first day of school, we met new people from Latvia, Italy and Spain and we had an introductory presentation. And then everything started. In the afternoon we walked on Capua and in the evening we went to a party with our hosts. On Tuesday and Wednesday, we visited a lot of cultural heritage for example churches, amphitheatres and monuments. We visited The Royal Palace and The royal garden. In the evening we saw an old silk factory and the night city Caserta. All time we travelled by bus. On Thursday was a wonderful trip to the city of Pompei. All tours were in English. Last day we had to do projects about monuments that we visited. We talked about it in front of the others. In the evening I sang a song with my host Marianna and it was a spectacular and moving experience for me and my friends. Then we had the last party. When we said goodbye, we all cried because it was the end. All week we could try typical Italian food, it was the best food. Back we travelled by plane and train again. In Italy, we learnt some Italian dances and some Italian words. Everything was so different from in the Czech Republic, for example, traffic, food, people, house, tradition and habits. I made new friends, new habits and new pieces of information. The Erasmus project + K2 was very exciting and important for me. I thank my host Marianna and her family for their home and love. I thank my teachers for the new experience and I thank everyone for their friendship and good mood. I hope to see you soon.

# Diary by Eliška

## Monday

Morning: When we arrived in Madrid we had to wait 2 hours for the Italians and then we go by bus to Plasencia. Italians were so energetic and they sang all the time.

Afternoon: When we arrived in Plasencia the families were waiting on us and then took us to our new home.

## Tuesday

Morning: We had a meeting at school, where some of the students and teachers had speeches.

Afternoon: They showed us their city, Plasencia. Square, castle, cathedral, park and more beautiful places.

After that, we had a siesta and then we had a meeting with the Spanish students and taught us how to play padel, it's like tennis.

And then we had a meeting in the park with teachers it was like a night picnic.

## Wednesday

Morning: We visited city named Cáceres its like regional town in Czech.

We have visited museums with an English tour Helge de Alvear and Plaza de San Jorge.

Afternoon: Spanish students showed us this city and then we went back to Plasencia.

## Thursday

Morning: The day of School Festival. Students and teachers were dressed like Greek Gods, they prepared activities related to their folklore (games, food, dance, sports, wedding of Greek Gods)

Afternoon: Spanish students took us for a walk around Plasencia.

## Friday

Morning: I was in the group that had to debate about Cultural Harritage with one Italian and two spanish students the same was in another group and after that the other students have been divided into three mixed nationalities teams and answered questions related to the second mobility.

In coffee break we tried typical Spanish "chocolate con churros

## Saturday

Morning: We visited Monfragüe National Park, we were hiking to Monfragüe Castle and down to Fuente del Francés.

Afternoon: Then we return to Plasencia we had Attendance Certificate Awards Ceremony and then Farewell Party.

## Sunday

Morning: We had to say goodbye to everyone and go home it was really sad. The way was long three hours by bus to Madrid airport with Italians. And the Italians sang again all the time so we weren't bored.

And then we caught the flight to Prague and we were home. 😊





# Diary by Anna

## ONE WEEK IN PLASENCIA

Who would have thought that one week in Spain would be this hard to summarize? In only a few days I got to learn so much about culture, people and their lifestyles in a place completely different and new.

It was my second time flying which is always an experience in itself, but travelling is always the longest and most boring part. Once we arrived, I completely forgot how tired I was from the bus and found the host that I was assigned. Her name is Silvia, she is one of the nicest people I met there. She and her family took care of me well and there's nobody else I'd rather live at more. She introduced me to her mom and dad, sister, her grandparents and even her dog. One of the things I noticed as soon as I got there was how friendly everybody is, even complete strangers who barely spoke any English were eager to make small talk with me. That's how I got to meet most of the people there. I'm definitely going to miss that the most, making friends this easily.

I didn't look at the program much so every day was full of surprises for me, especially after the first day in school and presentation, our plans consisted of trips, guided tours, gatherings, food, festivals and parties and much more. My favourite day must have been a trip to Cáceres. We visited a beautiful gallery of modern art and were guided around the castle by a very sweet and well-educated Antonio... he even tried to say different things in Czech.

Speaking of which, our friends learned so many Czech words every day just like we learned things in Spanish and Italian. Soon enough, we didn't even have to use English to communicate which brought us even closer.

Another very interesting day was on Thursday when we attended the traditional School Festival and even participated in it! We could watch all kinds of activities, games, dances, sports and contests that the students and teachers prepared. (Believe it or not, there was even a wedding happening.)

Friday was a working day for us, the students were divided into 7 teams and prepared speeches about their own experiences and views of Spain. I and other students were specifically chosen to have a debate on whether or not tourism affects our cultural heritage negatively. I was in the team that was against tourism together with the Italian student Simona and two Spanish students David and Jorge. We were a bit nervous to present in front of everybody, but it was fun in the end.



On the last day before our departure, we visited Monfragüe National Park, walked to the top of the hill and went to the Monfragüe castle. On our way down, we hiked to Fuente del Francés. Even though it was a tiring walk, we had a lot of fun. At the end of the day, we got our certificates and had dinner together. Our farewell party was very nice but it was sad to say goodbye to a lot of people we will never see again.

I got used to the place way more easily than I expect. I think that if I had stayed for a little longer, it would be completely impossible for me to leave. I will miss Plasencia, but I hope I get to visit the town some time again in the future.



# Diary by Nicol

## Day 1

When we arrived in Madrid, we had to go by bus to Plasencia with the Italians. The way was really funny because Italians are so energetic and they sang all the time.

In Plasencia everyone welcomed us. Our host families took us to our new home for next week.

## Day 2

In the morning we had a meeting at school, where we took photos and students and teachers had speeches.

Spanish guys showed us Czechs and Italians their city Plasencia. We saw Catedral Nueva de Plasencia, Plaza Mayor de Plasencia, Walls of Plasencia, Acueducto de Plasencia, Casa Del Deán, Palacio del Obispado and more interesting and beautiful places.

After siesta the Spanish guys taught us how to play padel, it's very similar to tennis.

Then we had a meeting in the park with teachers and a night picnic.

## Day 3

The three nationalities I mean Italians, Spanish, and Czechs visited a city named Cáceres.

We had a guided tour in English and we visited the museum Helge de Alvear and the most beautiful was Plaza de San Jorge. Spanish students showed us this beautiful city and then we went back to Plasencia.

## Day 4

The day of School Festival. Students and teachers were dressed like Greek Gods, they prepared activities related to their folklore (games, food, dance, sports, wedding of Greek Gods)

In the afternoon students took us for a walk around Plasencia.

## Day 5

We were divided into three mixed nationalities teams and answered to questions related to the second mobility.

In coffee break we tried typical Spanish "chocolate con churros." After the break there was a Debate Presentation by mixed nationality teams.

## Day 6


Visiting Monfragüe National Park.

We have visited Monfragüe interpretative Center, hike to Monfragüe Castle and down to Fuente del Francés.

After returning to Plasencia, we had an Attendance Certificate Awards Ceremony and then Farewell Party.

## Day 7

In the morning, we said farewell and travelled by bus to Madrid airport with the Italians. There we caught the flight and hurray home.



# Diary by Liduška

The first day in Plasencia was full of new experiences. Getting to know their habits and daily routine was hard at the beginning. I was hosted by Silvia Mateos, who is fifteen years old. At first, I thought she is the same age as me. She spoke English very professionally and fluently in comparison with people of her age. She gave me lots of privacy although we had the same room to sleep in. In the Czech Republic, we usually must settle everything on our own. However, there it was quite different. I didn't have to make any food. Her parents were generous and made everything for me. Every single day they gave me a bottle of water, snack, delicious breakfast, lunch and dinner. Lunchtime was usually at 3 p.m. and dinner time was around 11 p.m., which is late for me and for other Czech girls as well.

Silvia has one sibling, a little sister of twelve. She acted nicely to me and so do I. We didn't speak much but I think she is as kind as her older sister. Silvia's parents don't speak English. The only phrase that they used to tell me all the time is: „How are you?“ After this question, I always said „Fine and you?“. They never answered me back, but I was glad they were trying to stay in a touch with me at least. Silvia also has a cat. For a whole one week, the cat was avoiding me. Wherever I went she run away from me. Perhaps she was scared of the sound „čiči“ we use to do when we wanted to lure a cat. In Spain, they don't do this sound. They say „pss pss“ with the typical Spanish straight S! After I tried to lure her by using pss pss sound, it didn't work anyway, so I gave it up.

During this entire mobility, I realised there's nothing to be scared of. Every person is starting somewhere. Every person makes mistakes and learns from them. What Spanish people gave me was courage, and they didn't even notice it. People in Spain were way more friendly, kind and cheerful than people here, in the Czech Republic. Also, they don't care about money much, that's one of the reasons why it makes them so generous and free. I truly miss everything about Spain. If I have to say one word that describes Spain, it would definitely be freedom.



# Diary by Anička

## Day 1

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## Day 4

The day of School Festival. Students and teachers were dressed like Greek Gods, they prepared activities related to their folklore (games, food, dance, sports, wedding of Greek Gods)

In the afternoon students took us for a walk around Plasencia.



## Day 5

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During the coffee break, we tried typical Spanish "chocolate con churros."

After the break, there was a Debate Presentation by mixed nationality teams.

## Day 6

We have visited Monfragüe interpretative Center, hike to Monfragüe Castle and down to Fuente del Francés.

After returning to Plasencia we had Attendance Certificate Awards Ceremony and then Farewell Party.



# Diary by Martina

Monday

We arrived in Plasencia at about 9 pm. Our new friends were waiting for us there. My friend Inés took me to her house. She showed me the whole house and also my room. We had dinner and then we went to bed.

Tuesday

We got up at about 7:30 we got ready and then we went to school. When we arrived at school we heard the opening speech from the school principal. We also heard a concert on guitar from one of those students. He was really good at it. After this opening speech, students showed us their whole school. After it, we went to the city centre for a guided tour around Plasencia. We saw a lot of very beautiful monuments. And we also took photos of it. The programme ended up at about 2 pm and we had a free afternoon. We had lunch and then we went to play some game named paddle. After that, we had an evening programme. We went to the park for a picnic. We sang, danced and had a lot of fun. The programme ended up at about 10 pm. Then we just went home, had dinner and then we went to bed.

Wednesday

We got up at about 7 am, got ready and caught the bus to Cáceres. The way to Cáceres lasted about one hour. Then had a guided tour around the city. We saw a lot of beautiful monuments. Cáceres is a very beautiful city. I loved it there. After the guided tour we went to the museum, Helga de Alvear. We saw many beautiful paintings. There was a quote written for each of them. There was also a room where were just mirrors, it was amazing and we took a lot of photos. After the programme in the museum, we had a free afternoon in Cáceres. We went for lunch and then buy some souvenirs for our families. We walked around the city and we really enjoyed that afternoon. At about 6 pm we caught the bus back to Plasencia. We arrived at about 7 pm. We had dinner with families and then just went to bed.

## Thursday

We got up at about 8 am and went to school. In school, there was a festival. Teachers and students prepared traditional Spanish food for us and we could try anything. It was really good. Spanish food is kinda other than ours so it was really interesting to try something new for us. Then students prepared ancient greek weddings. Wow, it was a really good enjoyment for us. It was really amazing. They played it nicely. I think they trained a lot. After the wedding, we went to some class. We tried to make a healing ointment. It was also really good enjoyment. That day we made more friends in that school. Then we had a free afternoon. We went to meet the others and then we walked around the city etc. Then we just went to bed.

## Friday

We got up at about 8 am and then went to school. We came late but there was a show that they prepared for us. After that, there was a debate between two different views on tourism. Then we voted who should win. Then we were divided into groups. We got some questions that we should answer. We did that and then we went to read it in front of everybody. Then we had a free afternoon. We went home. We had lunch and then we went to see the others in the park. We talked a lot, bought ice cream and walked around the city. Then we went home, had dinner and then we went to bed.

## Saturday

We got up at about 7 am and caught the bus to the national park Monfragüe. We walked around the park, got some brochures about it etc. We saw a lot of beautiful animals there. We really enjoyed it. Then we had a free afternoon to pack our things. In the evening we went to see the others. We went to see some concerts. It was a really nice ending to the week.

## Sunday

We got up at 7 am. We went to the meeting place and said goodbye. It was really emotional. When we just went to Madrid to catch our flight.




# Diary by Daiana

This year I had the opportunity to participate in a completely new experience for me that was positively surprising. On 25 April, accompanied by my travel companions, we left for Plasencia (a small town in Extremadura). We got to know the city and especially the guys who hosted us over the days, undoubtedly they left a deep memory in us, in fact they welcomed us in the best possible way. We learned about their traditions, their typical food and their lifestyle which in some ways is different from ours. We were immediately enchanted by this town which, although it was small, still had all the comforts we could need, as well as having a beautiful historic center full of monuments that we visited and large green spaces where local kids usually spend their free time. We also visited the town of Cáceres, where the museum of modern art really won our hearts. We also spent some really fun hours within the walls of the school, carrying out numerous activities that led us to have learned some expressions and words in the Spanish language. However, the thing that will remain most impressed on me forever was having met Marta, the girl who, together with her family, welcomed me into her home as a sister, I tied a beautiful relationship with her and we immediately found ourselves well, I will never forget his kindness and hospitality. A month and a half later, I can confirm that it was one of the most beautiful journeys of my life, which through laughter, tears and joys has really left me an indelible memory that I will carry forever in my heart!

Daiana Izzo





# Diary by Sara

The trip to Spain was certainly one of the best experiences of my life. I had no idea what to expect because I had never had such an experience before.

On the first day, it was certainly strange to go to the airport and meet my friends, who were also ready to leave. On the plane and on the bus, we were thrilled to meet the people we spent the whole week with. The thing I liked most about them was that they were welcoming, they always talked to us, and they made us live their daily life. They took us around the city and it was exciting to see all that Plasencia had to offer. But not only did the city have something to offer us, but even at school, they held many events and parties to make us feel included and an integral part of the school. On Students' day when everyone was dressed as Romans, we sang and danced. We visited the city of Caceres and the Helga de Alvear Museum of Contemporary Art. It was one of the visits that I most preferred because we were free, after visiting the city with the guide, to go around the city alone. In addition, the museum was beautiful and I took lots of photos, there were also paintings by Kandinsky, a painter we had studied. On the last day there was also a party and an awards ceremony, besides the farewell, the ceremony was one of the saddest moments because we realised that the experience was about to end. We met many new people and I was able to make friends with many young people, this certainly improved my confidence in relationships with others since I am a bit shy. I spoke English and although I didn't think so I also learned something about the Spanish language and cuisine.

Sara Pellegrino (VB Int.)





# Diary by Lavinia

My Erasmus experience began in 2019 and suddenly realized that this would be one of the most amazing experiences of my life. It was scary, yet exciting to think that I would be a foreign student, especially as it would also be my first time being away from my own country. Erasmus project allowed me to meet local people and it is one of the best things of the entire experience. Being abroad as a tourist is completely different from being abroad as an exchange student, and once you get immersed in the local lifestyle, everything immediately becomes easier. You start making closer friends, more intimate relationships, better food, and wonderful memories. I arrived in Plasencia on the 25th of April 2022. The same day I met my host family, they were very friendly and hospitable. At the start, I had to face a few difficulties, as I had to figure out how to communicate in a new and foreign language. Later on, I had the possibility to visit the city of Cáceres, which is UNESCO world heritage, I really enjoyed it. In the evening, we spent some time at my host family's farm, where I feed a little lamb! The following day we went to I.E.S Pérez Comendador, where we took part in the School Festival Day, which was amazing! They made a show, in which students acted to represent a Roman wedding. Then we had traditional lunch with all students and teachers. I also met the girls I hosted some years ago, I was so happy to see them again! During the party, I could talk to Czech girls who were in the Erasmus project as well. Erasmus really broadens the horizons! We also had a debate, which was really interesting because we could discuss about the positive and negative things about the next international meeting. On 30th of April, which was our last day in Plasencia, we went to Monfrague National Park, there we visited Monfrague Castle, on the top of the hill we could admire a breathtaking landscape.

It was full of special birds, in fact, the park is a destination for bird watching. In the evening there was the attendance certificate awards Ceremony, and it was so touching because I realized that my Erasmus experience was over. I spent very intense days, but I had free time to spend with my host family, to which I am particularly attached. It was definitely challenging for me to go through the initial days, however, I learned so much about myself and it also helped me develop in so many different ways. Suddenly, I was getting really involved in the atmosphere created by the Erasmus students and society.

The program gave me the possibility to learn more about Spanish culture, and the beautiful city of Plasencia and also helped me to meet and interact with people who would shortly become friends and part of my life! Honestly, no words can accurately describe the Erasmus experience. Everyone should experience it! It was incredible, spending days and nights in endless conversations, for finding out that I actually like food I never thought I would eat, for getting to know so many unthinkable places it makes me feel like I was dreaming. Erasmus makes my dream of visiting stunning and new places become a reality, Erasmus has opened my mind and it gives me world knowledge and brings me connections to people from all over the world. The main advice is being open to the different lifestyle that you will encounter. I have to thank all teachers for making all this possible, without their support I would have never been able to get through such an amazing experience! I also have to thank to all my intercultural friends for making these months the best ones of my whole life. And last but not least, I want to thank my host family as well, I literally felt like home. It was by far one of the best experiences I could ever have been a part of.

Lavinia Capezzuto (IV Quadriennale)



# Diary by Anna Paola

25 April

When I arrived I found waiting for me, the girls who came to Italy two years ago and it was so emotional! Seeing them again made me so happy. Then I knew my partner Guille and his beautiful family and once at home we started talking and we got to know each other.

26 April

The next day I went to his school and there was a welcome meeting with all the other students. Later we moved to the centre and we visited the cathedral of Plasencia and its charming square full of shops.

In the afternoon we spent some time with the family and in the evening we met with the Erasmus guys in a park to stay together and improve our English.

27 April

On Wednesday we went to Caceres and we visited the city and the historic centre with a guide: we have known the history of this fantastic place. Then in the afternoon, we went shopping and we returned to Plasencia.

28 April

On Thursday we stayed at school and we talked about tourism and about this we had a debate on its positive and negative effects. It was interesting and I improved my English.

29 April

On Friday we spent another day at school and we had fun dancing all together and attending shows made by the Spanish school. It was nice to enjoy that time together!

30 April

Saturday we visited Monfrague park and it was amazing to see that wonderful nature and that fascinating landscape. Sometimes being immersed in nature makes you feel so good!

They were fantastic days.

I love the Spanish lifestyle: they seem so relaxed and happy, always with a smile and without stress. I hope I can live other moments like that!



# Diary by Anna Paola

After a long wait, Monday, May 9th, after almost two years we finally departed for a long trip to the Czech Republic. We left Naples and after almost two hours we arrived in Vienna where we met the Spanish people and together we took a bus that took us to the city of Přerov where we met our host families. The next day we visited the school and made a tour of the city of Přerov. It was very interesting because we saw a museum about writing and how students in the past studied. Wednesday we saw an open-air museum where there were some very interesting houses and a very kind guide. In the afternoon we went hiking on a mountain. Hiking was tiring but at the same time very fun and enjoyable because that day was neither too hot nor too cold. Thursday, on the other hand, was a bit more special, we built musical instruments with wooden sticks and rubber bands, we danced the polka and sang a song in Czech. It was really great learning how to do all these things. The afternoon was even more interesting, in fact, we went to the bell museum where we had the opportunity to see how the bells are made. There was a very nice gentleman, probably the owner, who explained the making of the bells and he also told some anecdotes. On Friday morning, however, we took part in a lesson of theatre which I was really fascinated by. The teacher was really very good and made us all participate in the activities she proposed. In the afternoon, however, we went for a guided tour in the city of Olomouc and in the evening we had a party with all the professors and guys who participated in the Erasmus. Saturday was the last day, and as an activity, we went to a castle where we could take pictures of the breathtaking view. We also tried a lot of typical food such as the langos. Sunday was the day of departure and therefore the most difficult. I had a really great time with the host family, with Valerie, my correspondent and with all the people I made friends with during that week. Saying bye was difficult as we all didn't want to leave. But certainly, this is not a goodbye.

Anna Paola Palumbo ( IV A Int.)





# Diary by Martino

Among immense expanses of fresh water, breathtaking sunsets and functional elements of the landscape composition, the Erasmus project for the Czech Republic officially started on 9 May 2022. A secret treasure chest, a parchment that Spanish and Italians have coloured with vivacity and enthusiasm, a prodigious treasure hunt among the architectural, artistic and spiritual riches of the country.

Walking through the medieval alleys you will realize the unique environment of a cosmopolitan city, where the narrow street around the corner hides minute buildings of English Romanticism and the highest mountains preserve rural buildings of the 18th century.

The Central European castles guard a young, free land, eager to breathe, a will that can be seen in the most beautiful city of the Czech Republic; -as the Lonely Planet- or Olomouc: a unique metropolis of its kind, in which the Astronomical Clock marks a time that seems to have never passed and plunges into history through the Fountain of Caesar.

But what was the real treasure? The freshness of the Curiosity that blends with culture to discover that inside us there is not only a panorama but an infinity of landscapes yet to be discovered.

MARTINO MARTINA VAI



# Diary by Maria

10th June 2022

I could really tell my life changed some weeks ago. My life changed on a chilly evening when a clear voice said: "So you are Maria Elvira!" All I thought I could possibly need between a backpack and a suitcase, while my dreams couldn't stand the limits of my heart, overflowing around. I crossed the borders of the Czech Republic one evening, starting to feel like part of Europe, I entered the door of a cosy house that day, changing my future. In less than seven days I bonded with a family I missed before. I met people meant to become my friends, in the truest sense of this term I could imagine.

Behind our stories crossing with each other, are the romantic sceneries of middle Europe. Prerov, a city made up of ideas, teens used to face the future: they all knew how to dance, sing, paint, communicate with others, respect, appreciate, discover, and they were all able to create.

Then Olomouc, the metropolis rich in contaminations from other cultures, which inspired architects, musicians and scientists, therefore we all could feel nothing but inspired in such an environment. Finally, I can't forget about the majestic Czech mountains, which took hours to climb and explore, until, once on the edge, you feel like the littlest inhabitant of the colours of our planet, you feel like the wind could be as intense as the motion of the soul you sense inside like everything could destroy you in a moment. You feel fragile but valuable just for being there, at that moment.

In seven days, I lived another life I'll never forget. This new life I found was just waiting for me to enter it, silent, like a sparkling smile at midnight. This new life I had, met my old one when I landed home and mixed it with it, turning me into a whole different girl, who treasures inside all the scent of travelling, discovering, and learning.

Maria Elvira's Diary



# Diary by Alessandro

After two exhausting hours of travel, we finally landed in Vienna. The first day of an outstanding week in Prerov came to an end with a nauseating bus transfer, but above all with the meeting of the host families. And here in the midst of this group of people all gathered in front of the host school, I had the chance to meet Alice, with whom I had wonderful and unforgettable moments. The first day is over but the best comes after. The mornings, always spent at school with the development of fun but even bizarre activities were always followed by afternoons engaged with visits and tours around cities. We had the opportunity to visit Prerov and admire all its beauty, we saw an amazing castle but above all one of the most well-known cities in the Czech Republic, Olomouc, with its baroque monuments, its astronomical clock and its huge square. In addition, tours of museums, in particular the Open Air in Rožnov pod Radhoštěm, and the bells manufacturing workshop, have enriched the journey with cultural, characteristic and typical local elements that helped me understand the habits of the Czech population. However, what I will remember with more pleasure, besides the morning activities of music and scenography, is certainly the Erasmus party because it was a moment where we were all gathered together and where enjoyment and leisure predominated. If the Erasmus party was definitely the most beautiful moment of the trip, the last day is definitely the saddest since it was the day of departure. Leaving the Czech Republic made a significant impact, but I will always remember with love the welcome I received, the people I met and all the experiences I had with Alice and her friends.

Alessandro's Diary





# Diary by Matteo

We Italians departed from Naples on Monday 9th May around 15:00/16:00 P.M, where we started getting in touch with some Erasmus mates we didn't know, even though they attend our school. We landed in Vienna, where we immediately met the Spanish students who came with us on the long bus travel towards Prerov. After 3 hours in which we got to know each other making jokes about the other country and asking questions about their culture, we arrived at the train station in Prerov, where our host families picked us up and lead us to their houses. From the start of the path from the station to my house, I could notice how different Prerov is from my hometown from an architectural and urbanistic point of view. It was really shocking for me not to feel and see any holes in the streets that could enliven the travel.

In the next days, we took part in many engaging activities organized by the Czech school in the morning that was followed by some trips spent in the most important places in Prerov and all-around Moravia, where we could visit the outstanding Olomouc, partially inspired by Roman architecture, which proved how influential Italian culture is in the globe. I will never forget the trip taken to Prerov, where we visited the Komensky museum, dedicated to one of the most seminal philosophers in 17th-century European culture. It was breathtaking to see some classrooms dating back to Komensky's times, 19th century and the Soviet period. I actually felt like I could breathe the atmosphere that characterized the environments that normal people used to frequent, allowing me to take a step back to some centuries ago. I also need to mention the trip to Olomouc, which, in terms of importance in the Moravian region, reminded me of Naples. I could admire Olomouc in all its beauty thanks to a really professional guide who presented us with all the iconic monuments of the city, from its astronomical clock to the baroque churches and the square. Even though most people don't find it interesting, the thing that most pushed me to participate in this project was discovering how teenagers from other countries are used to approaching people, expressing their feelings, joking about each other and treating a guest as well.

I think this social aspect is the side of cultural exchanges that most enrich us, gets us used to other usages and to travel with the mindset of a person that is going to change his/her habits based on those that belong to the country he/she is visiting. I am really happy and proud of having taken part in this project, which made me comprehend and immerse in a so different culture like the Czech one.

Matteo Capo IV A Int





# Diary by Matteo

Time doesn't pass if I don't open my eyes. I don't want this experience to fall into the oblivion of memory. The Sun, the heat, the smell of novelty. Food, friends, moments that will never come back. The nostalgia that takes possession of my mind and my body. The sadness of having to go on, to accept that what has been will no longer be. Friendships will remain, bonds will not be lost, but our lives will inevitably change. I remember the first moment together with the family, the need to overcome the embarrassment and make myself known for who I am. The difficulties of adapting to a different culture. I miss the days in Spain. I miss the people. I miss the beauty of a similar-different country. I remember Plasencia and I remember Cáceres, I remember that beautiful museum. The landscape of Extremadura, the friendly people... what a dream. How much fun we had playing padel and losing all the balls. I need those moments again in my life. I don't want to lose them and I don't want to lose myself. That week in Spain will remain in the core of my heart. But I also miss Přerov and Tovačov and Olomouc. The forests around us. The Moravian Baroque. My unexpected bowling talent, happy moments with the people I always want by my side. In the Czech Republic, I have formed unforgettable bonds and strengthened others. Looking back now, it seems like a long time ago, but it was just a few days ago. The challenges, the teasing, the innocent and jovial moments: what a pity they ended so soon. I miss that incomprehensible language and those countless Škodas in traffic. Now I'm home, back to life as usual. But something is missing: the friendship that unites distant and different hearts.

Matteo Della Cioppa VA Int



# Diary by Luca

This year, thanks to our school that always allows us to live different experiences, I was able to participate in the Erasmus project and leave together with 8 other boys and girls and 3 professors for Plasencia in Spain.

Our adventure began on April 25th. The first day passed only for the journey, a tiring journey but it was worth it. When we arrived in the city, although it was not that big, we saw that it had all the necessary comforts.

The boy who hosted me Jorge with his little sister Sofia and the parents welcomed me in the best way making me find as soon as I entered the room some balloons on the bed with a slate that said welcome Luca and a gift, the best way to start a healthy coexistence.

We visited the city which has a really charming old town and many green areas including a natural park which they call the parc de los patos.

We learned their traditions and customs by getting used to living in ways that are sometimes different from ours. Then we visited the historic centre of Caceres with a great guide who made us understand how important it was, a day that ended with a tour of the city and also shopping at the local mall.

Another really interesting experience was at the Parco de Monfrague a beautiful nature reserve. However, there was no lack of school activities through game presentations and a Greco-Roman show organized by the students. It was an unforgettable experience both for Jorge with whom I

had a great time despite the ups and downs and also thanks to the organizers and the other guys who allowed this experience to be so unique

FRANZESE LUCA



# Diary by Erika

Erasmus experience was a fundamental opportunity for growth and social integration. This was my first Erasmus experience and I didn't think it was so informative and full of surprises.

When I arrived my host family immediately welcomed me with sweetness making me feel at home.

the best part of the trip was visiting new places all together with a guide who showed us the attractions of the city in English allowing us Italians, Spaniards and Czechs to understand everything. specifically, we visited the city of Caceres, its spectacular historic centre and a museum of contemporary art with a particular section dedicated to the denunciation of violence. The place where we lived, Plasencia, had a lot to offer: it was wonderful to see the murals of the city with the local people, which was very reminiscent of Roman architecture in Italy; or Parque de los pinos; with peacocks free to walk next to us!

A real immersion in nature in contact with animals accustomed to the presence of man. The trip gave us many experiences of social integration, such as some events organized at schools such as student day, where students and teachers welcomed us dressed as Romans and made us taste local specialities, organizing group dances and a small show. the Spanish guys were kind enough to organize an afternoon dedicated to puddle, a sport similar to tennis that I personally had never practised or seen before, it was a great opportunity to learn something new. on the last day, the one before leaving, a graduation ceremony was organized in which each of us was called to the stage together with the partner to receive a certificate. At the end of the event we all celebrated together at school with music and dancing on the morning of departure, before taking the bus, it was very sad: we all burst into tears at the end of the experience, but we were also happy to have created a beautiful relationship that will certainly not be lost with the distance. thanks to this experience I have made new friends that I will always cherish in my heart

Erika