

Italy

By Melpomeni Blachava

On March 2nd 2024 our school's Erasmus+ team visited the *Omnicomprendivo Salvatorelli Moneta* school of Marciano Italy, as part of the project's 'On life'. The main topic of the program was hyper connection, social media and how we can communicate with others. For four days we went to the school where a group of Psychologists specializing in the use of technology as a therapeutic means had prepared some workshops with several activities. On the first day they showed us through music balls how we can communicate without talking just by looking and following each other's moves. This activity was a real fun and very interesting.

The next day they showed us a video with an experiment with students like us on how can their performance be affected by their phones. We were then split up in two teams where the first team had to put their phones away and the other team had to keep them close to them. The point was to see how focused our brain was with the existence of our phones. This action was mind blowing because they made us realize how much addicted we are to our phones. The following day with the same teams we played a game with a golf ball and some pipes where we had to collaborate with the kids from our team and put the ball inside a basket. Consequently, with this activity they showed us again how we can cooperate and communicate with people we don't know just by using some strategy. We all really liked this activity because it was fun and very exciting. The next day they showed us some videos about body insecurities and after the videos they talked about how social media can affect us and make us feel less confident. They also gave us some post-it notes and we wrote some feelings we felt while watching the videos. After that we made a video with our teams from the previous day. In the video we had to work as a group and improvise a scene where we would give advice and positive messages to people with body insecurities. This activity was very meaningful and important to me. The day before the end of our trip they gave us a big piece of paper and some of the post-its we had written and with these words we were supposed to make a painting using them as the outline of the painting. The drawing activity was very good and clever. In conclusion we learned many things and we met new people in this trip that we will never forget.

Melpomeni Blachava

My trip to Italy

By Nick Moutafidis

To begin with, in my trip to Italy I had a great time. I met new people, cultures, traditions and I even made some new friends.

First of all, the schools there are much more different than ours. The buildings are bigger as well as the school yards which have no trace of litter. Also, they have cafeterias where the students can eat or study when they have no classes.

The activities that we did there were useful, helpful, interesting and not boring at all. I really enjoyed them. In the activities we played different games to get to know each other like a game with colorful balls which made funny sounds and we made beautiful drawings and videos in which we were divided in groups. Furthermore, we talked about cyberbullying, bullying at school and about the social media manifesto.



In addition we visited a lot of attractions in Rome like The Colosseum, The Trevi Fountain and a lot of catholic churches. Also, we visited different museums and more cathedrals in Florence and Assisi.

In conclusion, I am very grateful that I was given the chance to go on this trip, especially with my close friends and our amazing teachers who were very helpful and always willing to help us. It is a trip I will never forget!



Italy

By Sofia Paschalidou



Italy is a beautiful country, which is worth visiting. It has amazing places almost everywhere.

It has very kind people and I was impressed that they all dress perfectly.

4

We visited many beautiful places, monuments, churches but some of them caught my attention the most.

1) Perugia



It was the place we stayed but I liked it a bit more than the rest of the places we visited. It had beautiful Medieval houses and buildings everywhere, since Perugia is described as a Medieval city. It had picturesque paths and had many places where the view was beautiful. There I also ate the nicest pasta I've ever tried in a perfect restaurant.



5

2) Rome



I don't have much to say, the city is beautiful, there are shops everywhere and it's definitely worth a walk. They also make great ice cream.

3) Fontana di Trevi



This magnificent monument is located in Rome and is one of the most beautiful things I have seen up close. The architecture was fantastic and as a person who likes Greek mythology I could sit there for hours but unfortunately it had many people there. Also many people throw money into the water and make wishes.

At school

The school we visited was in Marciano, it didn't look like Greek schools at all, everything was more organized and cleaner. They had a beautiful yard that wasn't like a school yard, the canteen was not like ours, it

looked like a cafeteria, it had tables and chairs and they had more food variety. We ate there and for lunch they made nice spaghetti.

Here we did a lot of activities, we met the children from other countries (Bulgarian, Italian, Spanish) in the Library and some very nice therapists made us all work together. My favourite task was the one where we had to work together in groups and make a video about how important it is to love ourselves just the way we are. They also talked to us about the positive and negative aspects of using a phone and the social media and we did a lot of quizzes and played games about this. At school I also met two girls from Spain and Bulgaria who I still have contact with.

Unexpected things



When we were in Rome we met a lot of Scots, I learned things about them that I didn't know, for example that every family wears a skirt with different designs on it. At first we didn't understand why there were so many, but then we saw that they had come because they were having bicycle races.

Conclusion

Even though I got very tired, I definitely would like to live the same experience. I learned and saw many things and I definitely want to visit it again in the future. I will remember those days when I was there because it was my first trip to another country.

IN ITALY

By Stefanos Tataris

WHAT WE DID IN THE SCHOOL

Firstly we went to the Italian vocational school, our hosts, in Marciano, which was way different than our school. It was bigger than our school and it had a canteen where the students can eat food or study when they don't have classes.

In the school we did all kinds of different exercises, we played with colourful balls that when you hit them made a sound, we also put on music and drew what we felt, and lastly we were divided into groups and we were assigned different activities like making a video or drawing.

WHERE WE WENT

Saturday : When we first arrived it was already late so we didn't do anything

Sunday: we woke up, ate breakfast and headed to Florence where we went in a museum and some churches. It was late so we had dinner in Florence.

Monday: we woke up and met with everyone else and we went to the school. We tried homemade pasta in the Italian teacher's house.

Tuesday: School. Later, we went to Assisi and saw a lot of churches and the medieval city.

Wednesday: School. In the afternoon we stayed in Perugia and toured around the city.

Thursday: We went to the school and later we had dinner in Perugia with our Spanish friends.

Friday: We went to Rome and visited some important monuments, like the Colosseum, Fontana di Trevi. the Roman forum, Pantheon.

THE TRIP OVERALL

The trip was probably a once in a lifetime experience and I am glad I was picked for this awesome trip. I had a lot of fun, met new people and got closer with the people I already knew.

Stefanos Tataris