We joined this Erasmus + programme after years of collaboration with some teachers through etwinning projects. Our school has always wanted to focus on objectives of internationalization and also had the aim of raise awareness of being European citizen in teachers, students and parents to create a real sense of belonging to a wider community that is the EU. For this reason we not only started etwinning projects and joined Erasmus + KA 2 but also applied for Erasmus training sessions for teachers. These experience had a great impact on the school itself and the community around it as it tightened the bonds between local institutions as well. The town hall of Ste Savine took part in our mobility and offered presents to everyone. They also published an article in their local newspaper. Working with other partner schools allowed us to broaden our teaching methods and share our best practices as well. Our students collaborated with students from the partner schools not only during the mobilities but throughout the project thanks to etwinning and to collaborative learning, so they learnt how to negotiate ideas both face to face and online. Having the chance to compare different lifestyles, to highlight both similarities and differences was really very important. Moreover we could learn more about healthy habits from every partner country. All the activities we carried out during the project have been shared and disseminated in the school and local communities through articles in local newspaper, reports, presentations, meetings, open days, Erasmus days and all this was a great chance to share aspects of a Healthy lifestyle with other people letting them trying to change their way of eating etc. at the same time.

We were happy to share our experience about mindfulness with our partners.

This Erasmus + project also helped us improving language skills and digital competence enhancing the abilities to communicate at all levels among peers and together with adults. Being English the working language of the project allowed students realize they really need it to be able to get in touch and keep contacts with other people around Europe as they experienced it personally: they did the activities proposed by us and by the books they use with "real people in a real world". All the students who took part in these activities, not only the ones who took part in the mobilities, increased their motivation in studying English as they experienced this language is really a key that can open new doors to them.

The school management and community is willing to support and promote every further activity to keep on taking part in Erasmus + programs as we think this can help us improve the internationalization of our institute and can provide our students with the awareness of being European citizens. After Erasmus training sessions, some teachers will apply for a K1 project as soon as they can. Besides the headmistress has created an Erasmus workgroup among the staff. 5 teachers have joined this group to work on future projects. Moreover, some English courses will be provided to the teachers who want to improve their English to be able to take part in future projects.