We joined this Erasmus + programme after years of collaboration with some teachers through etwinning projects. Our school has always shared the 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 KA 1 for teachers. We had hosted several teachers from other countries in the past years (France and Finland) and went to visit them too thanks to the grant we got from KA 1. 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. 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 were all able to learn more about healthy habits especially about mindfulness which was completely new both for students, parents and teachers. Since we had activities and reflections on it we started to include mindfulness activities in our lessons, we just slowed down due to COVID-19 but we tried some mindfulness activities during homeschooling as well. Concerning eating habits, movements and metabolism we had the opportunity to realize we have more similarities than differences. We could cook together, experience creating healthy menus and doing physical activities during the mobilities both face to face and online really gave us the idea we are part of the same world!

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 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. Furthermore being in touch with local institutions reinforced the relationship we already had and helped us to renew collaboration with them.

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.