

*Being part of the Erasmus + project really helped me improve international relationships and made me grow up as a person. The picture I chose perfectly represents what Erasmus + can give you in a really small amount of time.*

*I had the chance to know many people, and even if we stayed together just for a week, we created strong bonds of friendship that, I'm sure will last over time. Moreover, I found these days really useful to improve my English language proficiency, since the only way that we had to understand each other was speaking English.*

*For me, this was a unique and inimitable experience that I will always carry with me, it allowed me to travel again after a long time and it gave me the opportunity to get to know a reality completely different from mine.*

*Chiara Nicosia*

*Italy*

