

Sara Santoro IV G

My Erasmus+ in PORTUGAL



Introduction



Olá! My name is **Sara Santoro**, I am 17 years old, and I'm attending the last year of **high school**. I had the opportunity to participate in the **Erasmus+ program**, and to travel to **Portugal**.

On **November 19th** my plane landed in **Porto**. It was there that I met my host family, **Afonso** with his mum, dad and his younger brother.

During that day, before going home, they showed me a little bit of **the city** and I tried new **typical portuguese** dishes.

Since the beginning they were really nice and helped me to make me feel at home.



Secondary School of Oliveira do Bairro

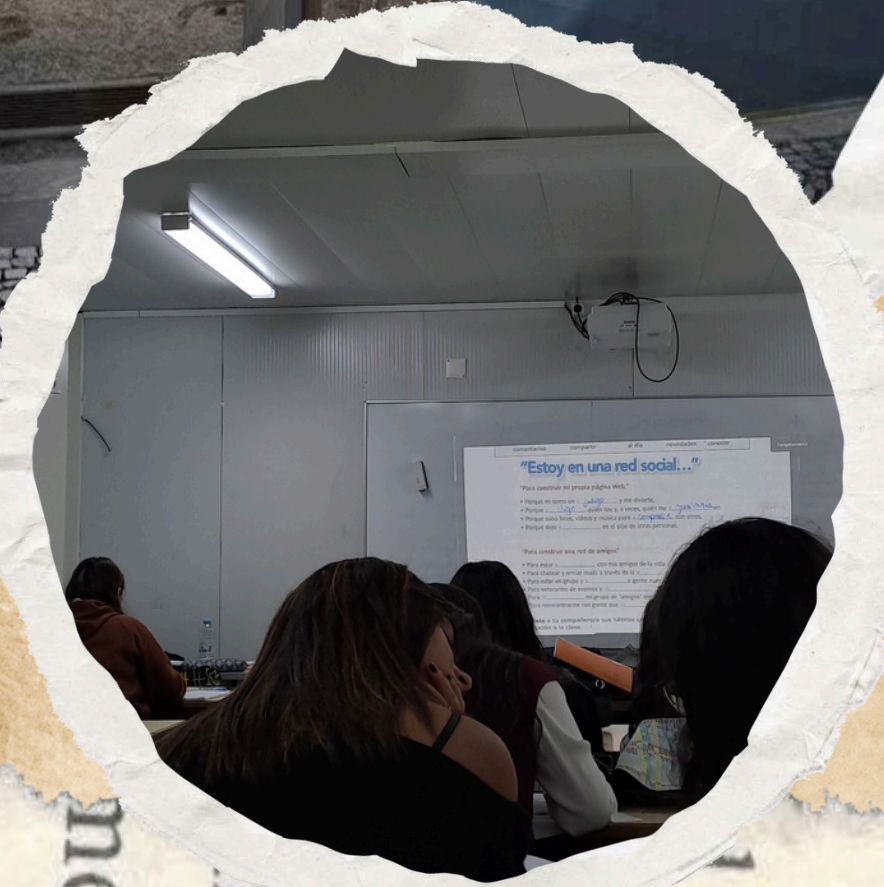


The day after my arrival, I had the pleasure and the opportunity to stay in the "**Secondary School of Olivera do Bairro**", to **study** there and to get in touch with a **different culture** and school system.

We immediately received the **schedule** with all the subjects that we were going to attend like: **Biology, Chemistry, Portuguese, Psicology.**

The lessons started at **8h30am** and ended at **1pm**. But between classes, you would have **5 mins break** where you could go out and take some fresh air.

Another difference with Italian school was that for each subjects you had **different classes, with different people.**



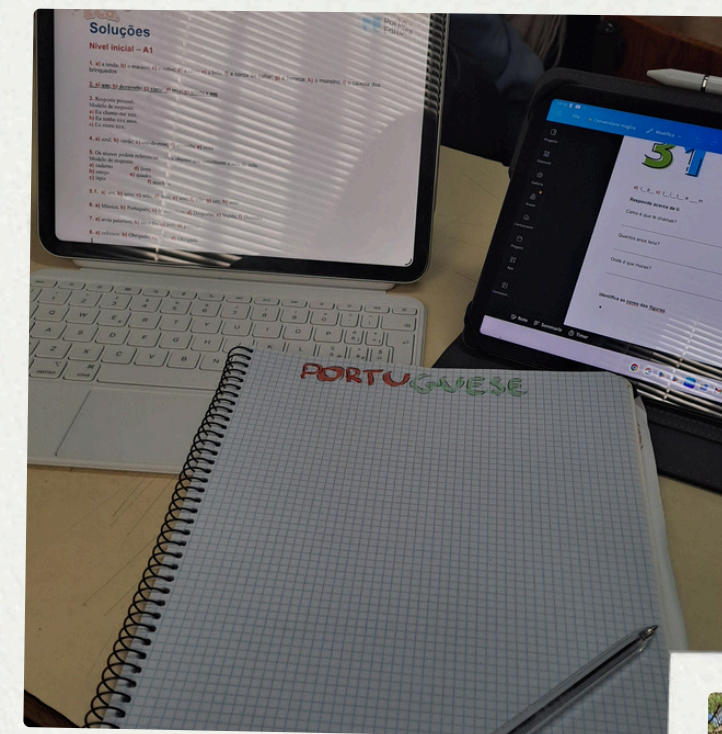
Secondary School of Oliveira do Bairro

At school **teachers** and **students** were all so kind and interested in **our culture**, but mostly to make us feel included and to let us know about **their country** as well.

We did **many activities** during these two weeks, starting with simple exercises trying to **learn Portuguese**, doing **group works** or **biology quizzes**.

At first it seemed so scary trying to make new friends or even to communicate in class, but slowly the **fear went away**.

The lessons were so interesting and I really liked the possibility for them to **move outside** of the class. Also having different subjects, with different people, I think, can help you a lot in making **new friends**.



The activities

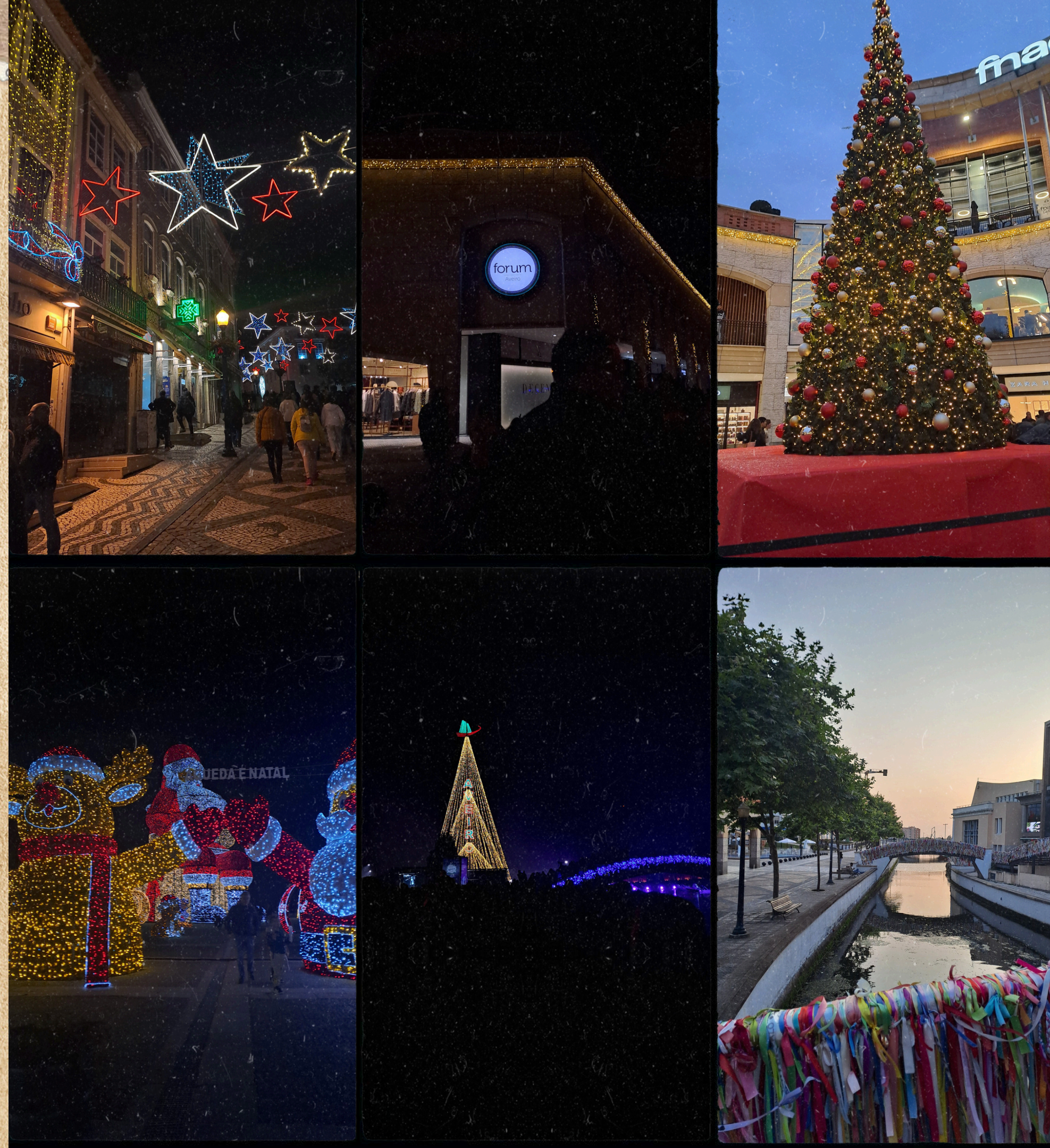


Thanks to **my host family** I visited many **different places** outside of the school.

We did many walks around the city of **Aveiro**, and visited its “**forum**”.

It was really amazing specially because all the streets were **decorated for Christmas**: Christmas trees, little shops with typical food, and a **parade**.

During the same week we also spent time in **Agueda**, an amazing town nearby.



The activities



The place that **took my heart**, however,
was the city of **Porto**.

Me and my host family, took a train and
went to Porto for one day.

I fell in love with its **colour** and **streets**;
we had a lot of fun.

Almost in the end of the weeks, we, also,
spent a beautiful **afternoon at the
beach**, colletting some shells!



My host family

About my host family, I **couldn't have been luckier!**

They were ,since the beginning ,ready to **help me**, trying to make me feel at home; specially **my foreign correspondent** Afonso.

These weeks have flown with him. Thanks to them I came back to Italy full **of souvenirs** from so many different places, but manly with so **many new memories.**





Conclusion

If I had the opportunity I would choose the **Erasmus+ over again.**

It was such a **wonderful experience**, a real opportunity to explore and to live **other realities**: where I learned so much about Portugal but mostly about **myself and others.**

I managed to **overcome** my shyness and to adapt to a different lifestyle and **school enviroment**, developing more **confidence** especially with the English language. I will for sure come back to Portugal one day!.

