

My Erasmus week

IOANNA
PAPADAKI
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Erasmus+

The background image is a photograph taken from an airplane window. It shows the wing of the plane in the foreground, extending from the bottom left towards the center. Below the wing, there are white clouds against a dark blue sky. The upper part of the image shows a sunset or sunrise sky with a gradient of colors from orange to purple. The text 'The beginning of our journey' is overlaid on the left side of the image in a white, sans-serif font.

The beginning of our journey

In the morning, I woke up early to prepare myself. It was my first time traveling alone so I was a lit bit nervous. When we got to the airport, I met the other girls and the teachers. All of us were excited for the trip. During the flights I was thinking how the experience would be like. When we finally arrived at Orthez, the French girls were waiting for us. At that moment I knew that this would be one of the best weeks in my life.



Monday

On **Monday** morning, we went to school by the school bus. The first thing we did was to visit the “Agora Class”, a Class, where the students bring their own breakfast and share it with their Classmates. After that, we went to see where the gym was. The school had three courts-one for badminton, volleyball and football- one for yoga, and another one for gymnastics.

We participated in learning activities at school about inclusion, cultural diversity, social stereotypes, discrimination and human rights through self-portraits/self-profiles. We expressed our feelings, shared our emotions and developed skills through interactive educational board games.

After that, we attended a singing activity and the rehearsal of the school choir for an annual music festival. Then we had a workshop activity and an art project. We created an Erasmus+ logo at school.

At 5 o’ clock in the afternoon we left school and went home. There my Erasmus girl’s parents had prepared a wonderful dish, fried duck with potatoes and a traditional French pie. It was the most delicious meal of the week!



Tuesday

On Tuesday morning we went again with the school bus to school. We attended lessons and afterwards we went to see the town of Orthez, on foot. It was a bit exhausting, but it was worth it! On midday, we went to the school canteen. The meal included beef with a sauce, French fries, a small portion of salad, a French cheese that was a bit smelly and for dessert pear covered with chocolate. After eating, we took part in Media workshop part I, where the media school team interviewed us. They asked us questions about our school system and about our country. When the school finished we went to Camille's house for an evening party!





Wednesday

On **Wednesday**, we went to Pau. Pau is a city near Orthez. There we went sightseeing and visited the art museum. The art paintings were beautiful! After the gallery we went shopping. One of the shops we had visited was a famous cookie shop. Their cookies were very tasty! On midday we ate lunch at McDonald's, because the school canteen closed at 13:55. Afterwards we went again to basketball training for their daily practice. Then we went to another girls' home, Ines's, where we played basketball and football in the nearby park.



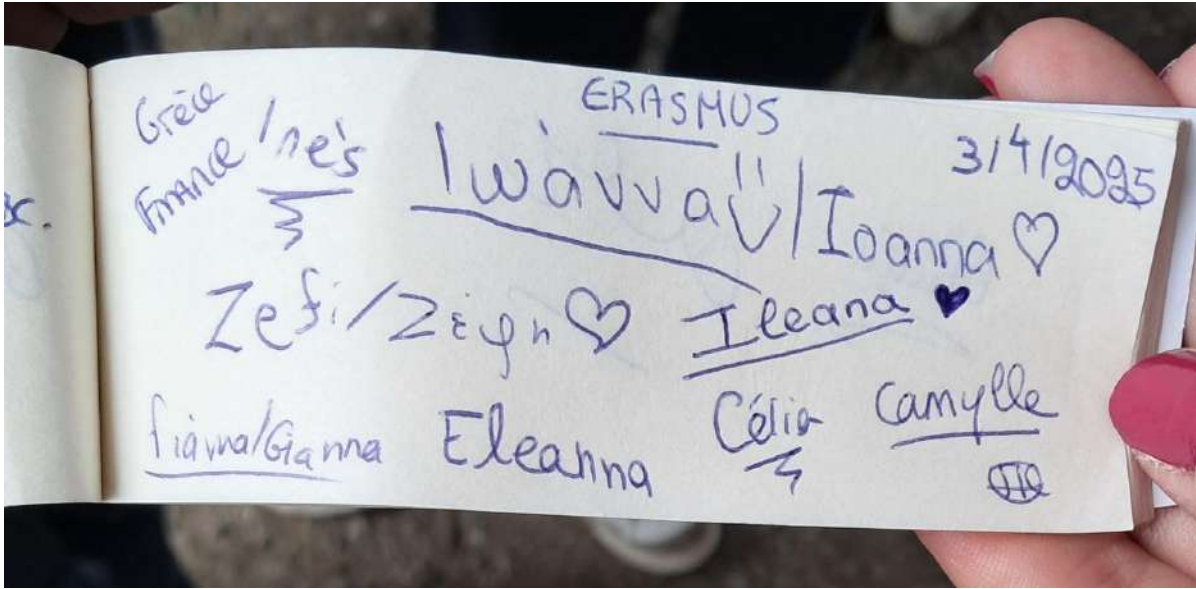
Thursday

On Thursday, the program didn't go as planned. The plan was to visit Bayonne, but that day the trains were on strike, and we stayed at school to have lessons. Every Thursday students have a picnic near a big lake, but unfortunately that day it was raining, and we couldn't go. So, we had the picnic at the school canteen.

We also attended French class, Literature Class, math class and English class and we had the opportunity to experience a real educational experience in the French host school.

After lunch, the parents drove us to a small museum, where we listened to a documentary about the place. Then we went again to basketball training, and after basketball we went to Celia's home.





Friday

On Friday we took part in Media Workshop part II, which focused on media production and digital storytelling. During this session, we worked on editing and creating a video montage using the interviews that had been recorded in the previous days. The interviews covered important topics, such as school life, bullying incidents, classroom experiences, and students' well-being.

- We used tablets, microphones, and a green screen background to enhance the visual and audio quality of our project. Additionally, we were introduced to the host school's YouTube channel, where we explored how digital platforms can be used to share student voices and promote awareness on social issues.

Friday was our last day at school, so we had a small tea party and played board games with the other students. After that, the mother of the girl that hosted me drove us to the city center, and they bought me some presents. We also, went to the nearby park. It was very big with a big lake. After the shops we went to Ileana's home, where we played ping pong.





Saturday

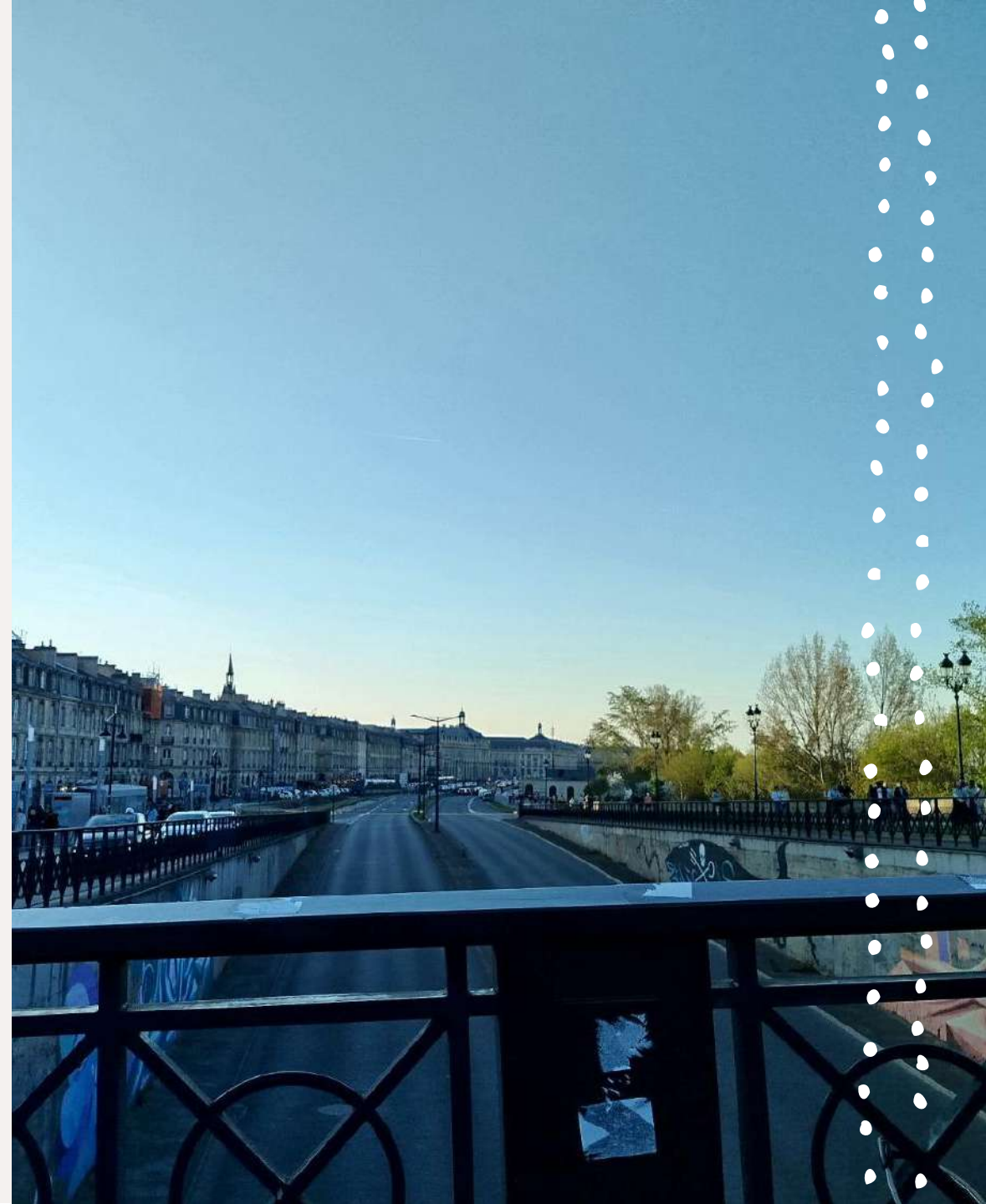
Saturday was the last day I stayed at the host family, so we tried to do as many things as possible. We visited Bayonne and some shops there together with the rest of the Erasmus team. We bought our souvenirs. Then we had a picnic at the beach. Because the weather was so hot, we ate ice-cream too. In the afternoon, we watched a football match. The local Orthez team was playing. About 20:00 o'clock we went back home to pack our suitcase. The host family had given me so many presents, that I couldn't close my suitcase! Fortunately, I did it!

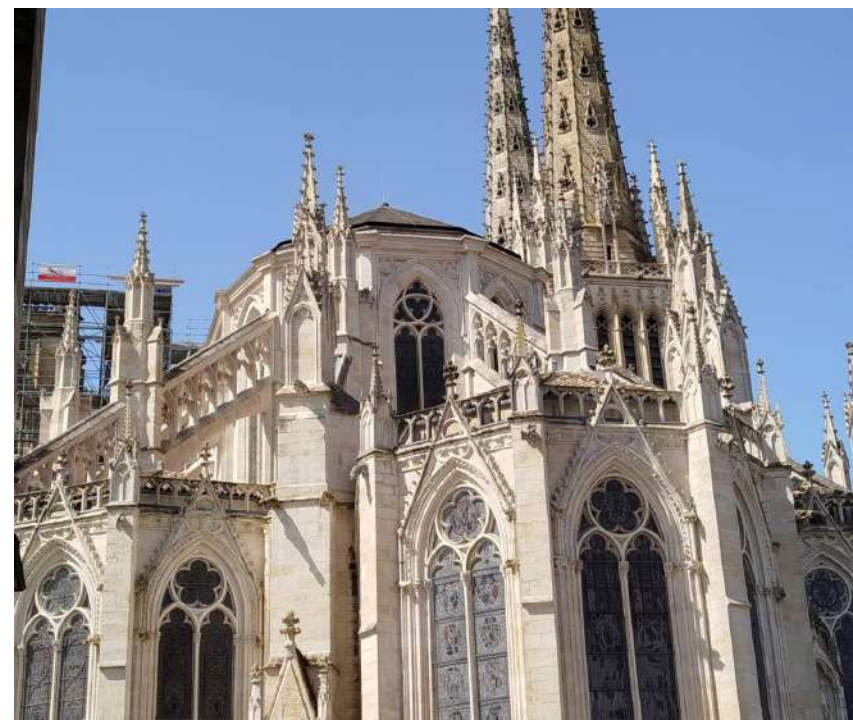




Sunday

On Sunday I was happy and sad too! I was happy because we were going to Bordeaux, but I was sad because I had to say goodbye to a real friend and her family. When we arrived at Bordeaux, we went sightseeing. We visited the Grand theatre of Bordeaux which is the stage for Bordeaux National Opera. One room looked particularly majestic, because the decoration was made of gold! On midday we had difficulty to find where to eat, because almost restaurants were closed! Fortunately, we ate at a nice Italian restaurant. The food was delicious! Afterwards we went shopping and then we returned to the hotel. It was a nice hotel.





A view from an airplane window showing the wing and a blue sky. The word "Monday" is written in white text over the image.

Monday

On Monday we were travelling back home all day. It was a tiring day, but the trip was worth it! Unfortunately, the next day we had to go to school.

Conclusion



Erasmus is a very nice program, and I think everyone should take part in it! You learn about a different culture and make new friends. I want to take part again!



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Ανοίγει δρόμους, αλλάζει ζωές.