

Erasmus+ Project "BenEssere Adolescenti"
Host school: Istituto "E. Balducci" - Pontassieve
Guest school: IES Johan Carballeira - Bueu - Spain

The Erasmus+ "BenEssere Adolescenti" experience

During the week from February 23rd to March 1st 2025, a cultural exchange was organized between a group of Italian students and a group of Spanish students, accompanied by two Italian and two Spanish teachers. During the week of the event, cultural and historical activities were organized on the history of Florence and its surroundings, and group activities, such as a series of sports challenges. The aim of this project was, in fact, to put two groups of teenagers from different countries in social contact, and to carry out a study on what makes teenagers feel good.



At the end of the week, the works on the study of adolescents' well-being were presented. The topics were relationships with teachers, with peers including students with special needs, schoolwork, wellbeing outside of school, free time and extracurricular activities. Social activities were also organized, such as the study of two Italian songs and two Spanish songs and a workshop on the importance of group work and the independence of one's thoughts.

Matteo Fabbrucci 3BT

9th March 2025