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Erasmus+ Project “BenEssere Adolescenti”

Guest school: Istituto “E. Balducci” - Pontassieve - FI

Host school: IES Johan Carballeira - Bueu - Spain

Erasmus+ Project “BenEssere Adolescenti” – mobility to Bueu (Spain) from 15th to 22nd March 2025



The Erasmus experience in Spain was much more than just a trip – it was a unique opportunity to meet new people, experience the local culture, and take part in exciting activities such as music, excursions, and meaningful moments.

During the week, we were hosted in Bueu, a peaceful seaside village that welcomed us with its calm atmosphere and beautiful scenery. Walking along the seafront, discovering hidden corners, and tasting local dishes made us feel at home from the very beginning. Every day we left home to carry out our activities, and each evening we returned with our hearts full of new emotions.

One of the most exciting parts of the week was the music workshop. We practiced every day to prepare for a real final concert. We learned how to play instruments, sing together, and work as a team. Students from different countries were able to connect and communicate through music, beyond words and languages. The final concert was a deeply emotional moment that made us all feel united and proud of what we had accomplished together.

We also had the chance to visit the host school, where we were warmly welcomed by students and teachers. They showed us their classrooms, laboratories, and explained how their education system works. We took part in some shared activities and exchanged ideas about our school lives. It was an enriching cultural and educational exchange that helped us understand the similarities and differences between our countries.

Among the excursions, one of the most beautiful was the trip to “Isla de Ons”, a stunning natural island with white beaches and crystal-clear waters. We walked through scenic trails, enjoyed the sunshine, and had fun in great company. It truly looked like a little piece of paradise.

We also visited Santiago de Compostela, a city full of history, art, and spirituality. Walking through its ancient streets, visiting the majestic cathedral, and learning about the “Camino de Santiago” was an unforgettable experience.

This Erasmus experience was not only fun and adventurous – it had a strong educational and cultural value. It taught us the importance of collaboration, respect, and open-mindedness. We learned to step out of our comfort zones, work in international teams, and discover new ways of thinking and learning. It helped us grow both personally and academically.

Above all, the project strengthened our sense of European identity. Being part of Erasmus made us feel true European citizens – connected by shared values such as inclusion, peace, and cultural diversity. It reminded us that despite our differences, we belong to a united community where cooperation and friendship transcend borders.

The Erasmus experience in Spain has given us beautiful memories and valuable lessons. It's an experience we will always keep in our hearts – not only because of what we did, but also considering who we became along the way.

Yasmine Harfi