

Erasmus+ Project "Social Well-Being"
Host school: "Ernst Mach gymnasium" - Hürth
Guest school: Istituto "E. Balducci" - Pontassieve

**The Erasmus+ "Social Well-Being" experience-mobility to Hürth
(Germany) from 8th to 15th February 2026**



On February 8th our group of 10 students left for the Erasmus+ project in Germany in collaboration with Ernst Mach Gymnasium secondary school. The Erasmus experience in Germany was much more than just a trip: it was an opportunity to meet new people, immerse ourselves in the local culture and try new activities. Since the first days of the project, the students and the teachers had the opportunity to meet, get to know and respect each other. During the week, we were hosted in Hürth, a lovely village near Cologne.

Many activities were organized during this week, all focused on the theme of Social Well-Being: historical and cultural visits, which offered an in-depth look at the history of Cologne, and collaborative group projects. This experience allowed the Italian students to interact with peers from another country and a different school system, helping everyone to broaden their cultural horizons and improve their English skills. Each activity was an opportunity to grow, work together, share group experiences and learn about a different culture. At the end of the week, each group of 4 students presented their work on Social Well-Being analyzing the theme from different perspectives. We were required to speak English, so we had to practice and improve our communicative skills. During the exchange we also participated in other activities: we did yoga in the school gym and one day we all had dinner together at school. The most memorable moment of this mobility was undoubtedly celebrating Carnival in the streets of Cologne: it was really fun to compare the different ways Carnival is celebrated in the two countries. Being on those crowded streets taught us to respect unfamiliar customs and to see the world in a different way.

Overall, this Erasmus experience was very important for us because it helped us grow, meet new people and understand how nice it is to discover different cultures and share moments together.

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