



Taking charge of our emotions

Project number 2023-1-IT02KA121-SCH-000147021



Mobility Spain to Italy

6/04/2024 13/04/2024

Saturday 6th April 2024

After having made Spanish and Italian students work online in order to get to know each other on April 6th, our Spanish friends arrived in Binago from BG airport by Red Cross vans and were welcome by Italian students, families and teachers.



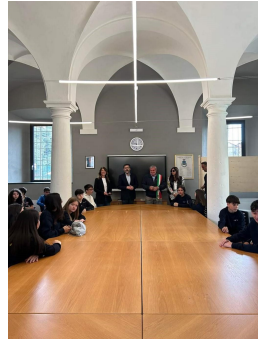
Time for emotions: the joy to meet

When our Spanish partners arrived it was really a moment full of strong emotions: our students were meeting for the first time after having keep in touch only through emails, padlets and video calls.

Sunday 7th April 2024

Day 1

In the late morning the whole group was greeted by the mayor of Binago, Alberto Pagani and by Valmorea principal Massimiliano Branchini in the Council Hall. Lunch was run by Alpini group. In the afternoon we walked to the Casale Rocolo Farm where we visited the breeding of Alpine chamois goats and promote a contest to choose a name for a baby goat that will become the mascot of the project.



Time for emotions: meeting people and unusual pets

Our first day together was full of smiles and enriched by the presence of local associations.

In the afternoon the meeting with the goats at Casale Rocco showed us how pets reduce stress levels and boost one's mood.

Monday 8th April 2024

Day 2

Our Spanish friends were welcome by students belonging to "Welcome Committee"

After that we made them visit the school spaces

Then we walked 13 km to discover the Lanza Valley accompanied by a naturalistic guide



Time for emotions: walking in nature make you feel better

Our long walk in Parco del Lanza immersed in nature colours, sounds and scents, brought us physical and mental benefits.

Tuesday 9th April 2024

Day 3

We reached Milan by train and visited the most iconic places in the city.



Time for emotions: history, art and curiosities

Our visit to the most iconic places in Milan made us experience strong emotions retracing centuries of historical events.

Wednesday 10th April 2024

Day 4

After visiting Binago school spaces and the welcome from a class of Solbiate con Cagno primary school , we worked on the implementation of the project app.
In the afternoon the group guided by our principal visited Como.



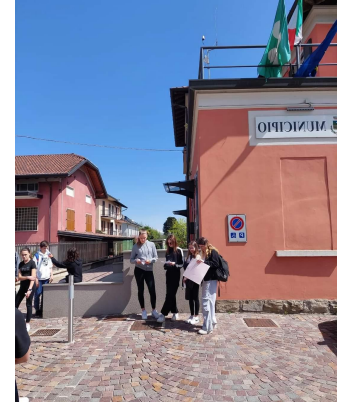
Time for emotions: creating a new app is really exciting as well as visiting a city like Como

Starting creating a new app about emotions in collaboration with our Spanish partners knowing that it will be widespread in our schools was really exciting as well as visiting an elegant city like Como.

Thursday 11th April 2024

Day 5

After having worked to the project Logo we had an interesting lab about sensoriality and well being , finally a walk around Valmorea to discover its facilities



Time for emotions: art and sensoriality

Collaborating in creating the Logo was really interesting above all because we had the opportunity to give an identity to our project. The lab about sensoriality and well being made us experience our relational skills and gave us suggestions about how to relate to other people.

Friday 12th April 2024

Day 6

In the morning we had sport activities at Cagno sport centre. In the evening we took part to the ceremony of attendance certificate delivery and a party with food, music and dancing.



Time for emotions : we succeeded in building a strong friendship

The last day of activities we noticed that our friendship became stronger and stronger.

Farewell

On Saturday 13th April our friends left for Malpensa airport.



Time for emotions: a bit of sadness

When our friends were leaving for the airport we felt a bit sad, but we recovered thinking that we are going to meet in Alicante soon.

About our project

A journalist from “La Provincia” and one from “Il Giornale di Olgiate” came to our school to know about our project and wrote articles full of emotions



Sono stati coinvolti 26 ragazzi della scuola secondaria di primo grado di Valmorea

Scambio culturale con gli studenti spagnoli

VALMOREA (cfr) La Spagna incontra l'Italia: gli studenti imparano insieme. Il progetto Erasmus «Taking charge of our emotions» ha coinvolto 26 studenti italiani e altrettanti spagnoli, che hanno vissuto un'esperienza arricchente non solo dal punto di vista culturale ma, soprattutto, personale. Dal 6 aprile, gli alunni della scuola media di Valmorea hanno accolto i corrispondenti di San Vicente del Raspeig, nei pressi di Alicante. Per sette giorni hanno condiviso le mura scolastiche per conoscere lingua, cultura e abitudini diverse. Ma non solo, hanno anche accompagnato i loro omologhi alla scoperta dei luoghi più simbolici del territorio, come la Valle del Lanza e le Cave di Molera. Martedì mattina, invece, sono partiti verso una rinomata destinazione: la città di Milano, di cui hanno



ammirato il duomo, la galleria Vittorio Emanuele, il Castello Sforzesco e il parco Sempione. Lo scambio è stato organizzato dalla professoressa Renata Ronconroni, docente di inglese, che ha affiancato gli studenti con un fondamentale supporto linguistico. Il progetto, dopo quello con gli studenti francesi appena concluso, conferma l'attenzione del dirigente Massimiliano Branchini sull'aprire gli orizzonti scolastici verso un approccio sempre più internazionale.

Valmorea
Per una settimana 13 ragazzi spagnoli hanno vissuto insieme ai loro coetanei una bellissima esperienza

Ballano, i ragazzi e le ragazze, bilano nel salone della scuola media inondato di luce e decorato da cartelloni e disegni fatti in classe che inneggiano alla pace spiegano perché il mondo è tanto tribolato. Ma i ragazzi e le

ragazze ballano ed è un'esplosione di gioia, di vitalità, di bellezza: è il loro modo per concludere una settimana di «Erasmus», il programma europeo, sostenuto dal governo italiano, per gli scambi culturali e soprattutto umani tra giovani europei.

Per una settimana, 13 ragazzi e ragazze di terza media di Valmorea e di Binago hanno vissuto con altrettanti ragazzi e ragazze della scuola media di Alicante, Spagna meridionale, accompa-

gnati dai rispettivi docenti e li hanno ospitati in famiglia. Mai visti, appare è come se si conoscessero e si volessero bene da sempre, avessero gli stessi sogni, le stesse parole: vivono, crescono e studiano a 1.500 chilometri di distanza tra loro, ma l'Istituto comprensivo di Valmorea ha abbattuto ogni confine anche mentale e ha perfino predisposto un «comitato d'accoglienza» per chi entra a scuola da fuori per comprovati motivi. «La ge-

stione delle emozioni: star bene a scuola» è il progetto individuato per il programma «Erasmus» in corso, referente la professoressa Renata Ronconroni che accompagnerà poi i suoi studenti ad Alicante. La Cri di Ugiate con Ronago e il Centro polisportivo intercomunale di Solbiate con Cagno hanno chiesto di essere coinvolti nell'esperienza. L'altra sera, i saluti e il compiacimento del sindaco Lucio Turzi e del dirigente scolastico Massimiliano Branchini.

Quello che fa la sua scuola in tutte le sue componenti è nel commento di un'anziana spettatrice: «Se le cose stanno come sivede qui ed ora, questa giovane generazione ce la farà ad essere migliore». M. Cas.

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Studenti di Alicante in paese Incontri nel segno della pace



Il gruppo di studenti spagnoli insieme a quelli di Valmorea e Binago

Feedback

Thank you. The experience for our students has been incredible. Direct consequence of your great effort and work in the organization of all activities. The families and we are very happy with what we have experienced throughout the week, a team of teachers that has managed to carry out a fantastic mobility. Thank you for your welcome and hospitality.

Jesus Lopez (Teacher, Colegio Santa Faz)

Many thanks to the entire educational community of IC Valmorea for the experience lived this week. Thank you for your hospitality. Our students have lived a very enriching experience that they will remember all their lives.

Juan Ramon Castano
(Principal Collaborator, Colegio Santa Faz)

Thank you very much for all the love of the families, students and teachers. The students are a bit sad but very happy about everything they lived.

Jorge Rivas (Teacher and project Coordinator, Colegio Santa Faz)

It was a real pleasure to have you all here, to cooperate with you and spend precious time together. I hope our collaboration can continue for the future.

Renata Roncoroni (Teacher and Project Coordinator, IC Valmorea)

Your visit was a fantastic experience for us and our students. I hope to be able to collaborate with you again in the future.

Teresa Rizzo (Teacher and headmaster collaborator)

Thank you all Spanish friends for the wonderful moments we spent together, I felt very well with you and you are very nice! I'm so excited to see you again!!!

Valentina Annoni (student, IC Valmorea)

It was a great experience to meet the Spanish students who were friendly with everyone. I can't wait to go to Alicante to visit a new place and meet them all.

Anahi Bianchi (student, IC Valmorea)

It was a funny experience, I met new friends , improved my English and learnt a lot.

Michael Gibilisco (student, IC Valmorea)

It was a fantastic experience. I met a girl I thought was very different from me, instead we are very similar.

It has been a wonderful week. I had a lot of fun.

Sofia Broggini (student, IC Valmorea)

I think this was a wonderful experience, above all because I got to know a new culture and many new friends.

Simone Taurisano (student, IC Valmorea)

Thanks to all the Italian students for the wonderful week we spent together.

I have very good memories of the experience. For me, it was a fantastic week that I will remember forever.

Alba Rico Lillo (student Colegio Santa Faz)

The Erasmus with the students of Valmorea was one of the best experience in my life and I met many nice people.

Martina De Torres Asensio
(student Colegio Santa Faz)

Thinking about our project future

We are going on with “taking charge of our emotions” in the following years, strengthening our collaboration with Colegio Santa Faz.

Furthermore our project has aroused the interest of several associations in our area:

The Red Cross from Uggiate Trevano and the Solbiate con Cagno sports club have expressed their desire to be involved in the project and to create twinings with similar associations in the Alicante area.

Thank you for your attention

Renata Roncoroni - IC Valmorea