

Progetto Erasmus+ Project KA121-SCH

Digital Detox

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Pontassieve

Gymnazium, Hlinská 29
Žilina

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From the 19th to the 25th of October 2024 the mobility related to the Erasmus project “DIGITAL DETOX” took place in Žilina, Slovakia. For this project 5 Italian students from Istituto E. Balducci, with two teachers, went to Slovakia by train, where they met for the first time the Slovakian students who would host them.

At our arrival at Žilina railway station, we were welcomed by the Slovakian Erasmus mates and by two Slovakian teachers from Gymnázium Hlinska 29.

Even if the culture between the Italians and the Slovaks is pretty different, we got used to it really well, creating from the beginning a strong team feeling between us. It was really interesting to talk about different opinions caused by our different traditions and that was also helped by the language, in fact most of the Slovakian students speak a really good English and some Italian too.

The topic of this Erasmus project was “Digital Detox” and in school we did plenty of activities about this. Of course we did other activities, too, like the guided tour of Žilina on Tuesday, the guided tour of the capital city of Slovakia, Bratislava, on Wednesday, and some other really interesting and funny workshops.

On the first day we introduced ourselves to each other and then we were taken on a tour of the school, guided by two Slovakian students. The food was, in some cases, a bit of a problem, their tastes are completely different from ours, even if I personally liked everything pretty much.

This project gave us so many important lessons, for sure some of them were about digital detox, but most of them were actually about ourselves. The way we were catapulted into this reality, completely different from ours, was something that only Erasmus can do. I found new friends this way, some really important people in my life, and that’s probably what really matters. I’m so happy I’ll be able to see some of them again really soon in Italy, while for the others who are not coming to Italy this time, I’m sure I’ll see them again soon.

Niccolò Del Bigallo