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ISTITUTO ERNESTO  
STATALE  
SUPERIORE BALDUCCI

## ERASMUS+ PROJECT “HUMANITAS – LOVE, KNOWLEDGE AND CULTURE”

### MOBILITY IN BORAS – SWEDEN FROM JANUARY 26th TO FEBRUARY 2nd, 2025

During the current school year, Istituto Ernesto Balducci has carried out the second part of the Erasmus+ Project “Humanitas – Love, Knowledge and Culture”, started in 2023-24. The participants were the students of 5BLS, accompanied by two teachers, Ms Cristiana Canali and Ms Eleonora Vitali, and the Principal Prof.ssa Maria Rita Urciuoli.



Here is the report written by the students:

#### - Morning activities

Having arrived in Sweden late in the evening, we had the opportunity, only starting from the following morning, to get to know the families better and to approach an unknown reality. From the very beginning, we were catapulted into the heart of the lessons, which continued for a total of four school days, during which, divided into three groups, we participated in the most varied activities. The lessons were held in an interactive way, with the aim of stimulating our participation and introducing us to teaching methods that were very different from our everyday life. The experience allowed us to understand how there are multiple ways to approach studying: more creative, practical methods, aimed at stimulating the interest and curiosity of the students, while maintaining a calm atmosphere, facilitated by the familiarity with the teachers. We participated in creative drawing workshops, design workshops, dance lessons and sports activities, all new and stimulating experiences. At the same time, it was essential to immerse ourselves in the daily life of the local students, with lessons in mathematics, English and much more. During school hours, group work was essential to collaborate with Swedish students and interact with teachers, enhancing the use of English through listening and speaking activities.

### - Afternoon activities

During this week in Sweden, in addition to the morning school activities, we spent most of the afternoons with our Swedish correspondents and their families, immersing ourselves in their daily lives and local traditions. Our correspondents guided us to discover the town of Borås, making us explore restaurants and shops of all kinds. We had the opportunity to taste typical Swedish dishes, even experimenting with unusual combinations, such as pizza with kebab. Despite our nostalgia for Italian cuisine, the host families always took care to prepare delicious meals for us, allowing us to truly immerse ourselves in their gastronomic culture. One aspect that particularly struck us was the different rhythm of the day: in Sweden dinner is much earlier than in Italy, a habit to which we had to adapt. The afternoons were full of activities: we visited several art museums and participated in an exciting challenge between Italians and Swedes organized by the school. The competition included games of strategy, concentration and skill, offering a fun and engaging opportunity for comparison. However, the moment when we were able to improve our English the most and immerse ourselves in Swedish culture was undoubtedly the one spent directly with the correspondents and their families. Our correspondents introduced us to their afternoon pastimes, taking us bowling, ice skating and walking along the beautiful Swedish natural landscapes, including immense lakes. We also had the opportunity to watch local TV programs and have fun together at the disco, experiencing real moments of socialization. At first, the idea of spending a whole week in the homes of strangers with habits and traditions different from ours scared us a little. However, the warm welcome, kindness and availability of the correspondents and their families made us feel at home, allowing us to adapt quickly and live an unforgettable experience.

### - Art museums

Among the many activities organized by the Swedish school was the guided tour of the exhibition "Christian Andersson - NO PROSPECT OF AN END", held at the Art Museum of Borås. The exhibition was based on the artist's attempt to explore the thin threshold that separates reality and illusion. The works exhibited were the starting point for many reflections on human limits, which lead man to perceive reality differently depending on the point of reference. We also had the opportunity to spend a day in Gothenburg, immersing ourselves both in a new urban space and in an artistic dimension different from the Italian one. Once in the city, we went to the civic museum where, accompanied by a guide, we saw numerous works, mainly impressionist, which allowed us to better understand what we had previously studied at school. It was really interesting to come into contact with the world of Swedish art, as we discovered a new aspect of Swedish culture and mentality. Also in Gothenburg we visited the Röhsska Museum of Design, where we immersed ourselves in the dimension of small-scale craftsmanship. In this museum we did an interactive activity, independently organizing a sort of guided explanation of a work that had particularly fascinated us.

### - Cultural Shock

This week has put us in front of a reality different from the one we live every day, starting from lifestyles to nutrition, causing a stimulating exchange of cultures. Being a Nordic country, Sweden receives little sun during the day: during the week, in addition to a cold (but not too much) and rainy climate, we encountered little sunlight, unlike what we are used to in Italy. The Swedish school is very different from the Italian one: composed of many buildings, it has numerous common spaces dedicated to students, so that they can spend many hours in the structure. A fundamental aspect that we have noticed is in fact the importance of the autonomy of the students, who are immersed in a relaxed and collaborative environment, where teaching is very focused on active and creative learning. We, on the other hand, are more accustomed to a more passive teaching. We have noticed that the Swedes dedicate a lot of their free time to themselves and to the well-being of the person. They favour open and green spaces, so as to come into contact with nature, despite the low temperatures. Spending seven days in Sweden, where we encountered differences, was an engaging and interesting experience, especially the differences in lifestyles, which gave us a new perspective on the world.