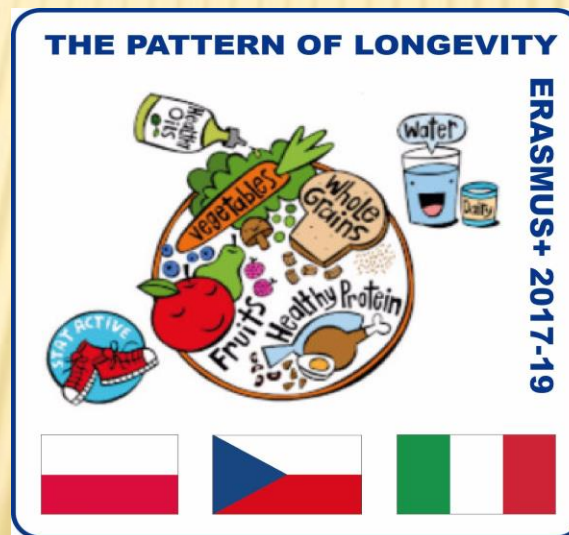


by Fany, Denča, Vendy a Lenka  
from Sicily

# TRAVEL DIARY

# Financováno z programu Evropské unie Erasmus+



# DENČA

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- × 22.11.2017
- × We had meeting at the train station in Olomouc. We went to Prague. From Prague we flew to Milano and then to Catania. In Catania we were picked up by a bus driver and driven to the hotel in Nicosia. After we arrived, our hosting families took us to their houses.
- × 23.11.2017
- × Next day, Italian students and teachers welcomed us. Then we visited the town. For lunch we had lasagne. In the afternoon each school presented results of the questionnaire. After dinner we went out.
- × 24.11.2018
- × It was Friday and we went to Palermo. We visited cathedrals, the parliament and saw fountains. Then we had lunch. We had a typical Italian street food. After lunch we had the option to go to the sea. We returned to Nicosia in the evening.
- × 25.11.2017
- × Another day, we had a lecture about Mediterranean diet. Then we visited local Bakery's and Pasta Factory's Raspanti. For lunch we had pasta and potatoes with sausages. After lunch we went t home and prepared typical Italian food which everyone brought for dinner to school.
- × 26.11.2017
- × Sunday. We went to visit Villa del Casale and Piazza Armetina. On the way back to Nicosia we visited the Lo Presti's Extra Virgin Olive oil Mill.
- × 27.11.2017
- × Last day we visited La Bufala Creamery and we had option to taste mozzarella and ricotta. For lunch we had pizza. In the afternoon we talked about our project to the radio broadcasting. Then we got certificates and a photo of our group.
- × 28.11.2017
- × On Tuesday we flew back to the Czech Republic.

# LENKA

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- ✘ 22nd November
- ✘ Our trip started at the train station in Olomouc on Wednesday. We went to Prague by train and then we flew to Catania. We were in Nicosia at about midnight. Our hosting family waited for us in hotel and we drove home. I immediately went to bed, because I was very tired.
- ✘ 23<sup>rd</sup> November
- ✘ On Thursday, first it was the welcome ceremony at school, presented of Italian education system, schools and partner countries. We went on a tour around the town and to the town hall. We had lasagne and meat with salad for lunch and of course tangerines. After lunch we presented the results of the questionnaire. It was followed by a welcoming party in the school.
- ✘ 24<sup>th</sup> November
- ✘ We met at a petrol station in the morning on Friday and we went on a trip to Palermo. The weather in Palermo was better than in Nicosia. Sun was shining. We visited Palazzo dei Normanni which houses the Sicilian Parliament, the Cappella Palatina and other interesting places in the town. We tasted street food for lunch. Then we had a free time and went to see the sea and shopping. Of course we had to try the Italian coffee. We left Palermo in the evening.
- ✘ 25<sup>th</sup> November
- ✘ On Saturday, we had a lecture about the Mediterranean diet. We spent the morning exploring the school design, the local Bakery's and the Pasta Factory's Raspanti. We prepared pizza at home after lunch. And we tasted food from the other people in the evening. Dancers danced in local costumes and we danced too.
- ✘ 26<sup>th</sup> November
- ✘ On Sunday, we met at the petrol station again and we went to Piazza Armerina. In Piazza Armerina, there was a tour of Villa del Casale and its beautiful mosaics. After healthy lunch we went to the Lo Presti's Extra Virgin Olive oil Mill and we could buy olive oil in cans. The evening program was dancing at the hall again.
- ✘ 27<sup>th</sup> November
- ✘ We visited La Bufala Creamery on Monday. We saw how to make mozzarella and ricotta. We could taste it. I think I had never eaten the buffalo mozzarella before and it was excellent. We had different kinds of pizza for lunch. A local specialty is a pizza with fries. It followed by a farewell, certification and ending party.
- ✘ 28<sup>th</sup> November
- ✘ On Tuesday, we flew back home.



# VENDY

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- ✘ 22<sup>nd</sup> November
- ✘ On Wednesday morning we departed from Olomouc to Prague at 9 a.m. At about 12 we arrived at Prague airport. We waited for our plane for about 2 hours. Then we got on our plane and we flew to Milano. There we waited 3 hours. After that we flew to Sicily and there we got on the bus which took us to Nicosia. On the reception in the hotel we met our families. We drove home. We went to bed.
- ✘ 23<sup>rd</sup> November
- ✘ On Thursday morning we went on a tour around the city. Then we had lunch. After lunch we had some free time for coffee and came back to school. We went dancing. Then we went home and we had dinner. I went to bed.
- ✘ 24<sup>th</sup> November
- ✘ On Friday we had a trip to Palermo and there we visited sights of Palermo. We had lunch and after we had some free time for coffee. At 7 p.m. we drove back to Nicosia. At about 10 p.m. we were at home and we had dinner.
- ✘ 25<sup>th</sup> November
- ✘ On Saturday morning we had some presentations on the topic of food pyramid and Mediterranean diet. Then we visited local Baker's, we tasted bread with olive oil, after we visited Pasta's factory's Raspanti. We had lunch. After lunch we drove home. At home we cooked some typical Italian food. Then we went to school where we ate the food. After the dinner we had a party where we danced and listened to music. At 11p.m. we went home.
- ✘ 26<sup>th</sup> November
- ✘ On Sunday we had a trip to Villa del Casale. There were beautiful mosaics. Then we visited the town and had lunch. In the afternoon we visited the Lo Presti's Extra Virgin Olive oil Mill. We came back to school and there we had dinner.
- ✘ 27<sup>th</sup> November
- ✘ On Monday we were at school. Then we had lunch. After that we gave an interview for the local radio station about ERASMUS PLUS project. Then they gave us certificates and there was a ceremony. After ceremony we went home and there we had dinner. After the dinner we came back to school and there was a party. Then we went home.
- ✘ 28<sup>th</sup> November
- ✘ On Tuesday we said goodbye and drove to the airport in Sicily. From Sicily we flew at 9a.m. to Milano. There we had to wait for 5 hours for plane. In Prague we got on the bus and then to train.

# FANY

✦ Wednesday 22<sup>nd</sup>  
We arrived very late and we were tired because of the long way. However, my hosting family was so kind!

Thursday 23<sup>rd</sup>  
Today we (me and Flavia) got up really early. I met her aunt and Flavia showed me her garden. At half past eight we went to school. And there students presented their school system to us. We all went for a walk around Nicosia (town, we were in). After that we were choosing a logo of our project in the school auditorium. Then dancing and dancing..

Friday 24<sup>th</sup>  
We visited Palermo, saw the Sicilian Parliament and had lunch (btw, lunch was- horrible - typical Sicilian food but too unhealthy). We were sitting in the restaurant and relaxing after heavy meal, and then we went for a walk to the city. Me and girls went to see the sea in Palermo, it was so satisfying and beautiful (you know... the sea in winter, amazing!). We went through many shops, tried Italian ice cream. And back to Nicosia and home. At home I met Flavia's sister; she is a really friendly and positive girl! Finally went to bed <3

Saturday 25<sup>th</sup>  
Today we found out something about Mediterranean diet and told a few words about food pyramid. I hope that at least a few Italian people (students) learnt what the healthy lifestyle is... Next they showed us a local Bakery's and how to do their typical bread, we also saw a Pasta Factory, it was everything so interesting. For lunch we had pasta (penne) and a main meal was some sausages with backed potatoes. After that we went home and prepared some typical food of Sicilia and tasted them in the school in the evening. Then the Sicilian Folk group taught us to dance.

Sunday 26<sup>th</sup>  
In the morning we met at a bus and went to Piazza Armenina. We visited an interesting building: Villa de Casale, there are mosaics everywhere on the floor, really awesome! We were also in other places (church,). And lunch! 😊 We got some chicken and vegetable salad, I was so happy it wasn't fried! In the evening we went to the factory, production of extra virgin oil. When we got home my Italian mother had made delicious and healthy dinner (I was glad because the food today! 😊)

Monday 27<sup>th</sup>  
We visited La Bufala Cremery (factory of making mozzarella) and tasted the genuine mozzarella, I have never eaten anything like this! Later there had arrived some radio reporters to school and they asked about the Erasmus+ project. I can't forget lunch, of course! We had a bit of types of pizza. I reckon a mushroom one was the best. After lunch we met in school and there was a certificates ceremony in the auditorium. And some cake wasn't missing, surely! We were dancing with Italians to the midnight. Good night (at 1 a. m.).

Tuesday 28<sup>th</sup>  
We got up early, it was terrible 😞 I liked it here, everything (maybe instead of the meals 😞). I was crying, everybody was crying, although I was looking forward to home. So good bye! 😞

