

THE FIRST DAY

On Monday morning, after staying in a hotel in the city of Bordeaux, we took the bus to go to the city of Niort, where Prof. Grégoire, the teacher of the "Venise Verte" high school, was waiting for us. Once we arrived at school, the French students welcomed us warmly. In the early afternoon, after having toured the entire school, we went to the biology laboratory to carry out an experiment: they measured our heart rate and then recorded our resting beats and our beats during an effort. After having fun at 5.30pm at the end of the lessons, we Italian students split up and each of us went to our respective host families.

THE SECOND DAY

At 6:00 in the morning, like all the rest of the following days, the alarm went off, Rachelle and I, after having breakfast and getting ready, took the bus to go to school. After meeting up with the other Italian and French students, we first took the bus and then the tram to go to Rochelle, a French city. Here we visited the maritime museum full of history and ancient objects, it was truly fantastic and interesting. At the end of the museum visit they divided us into a group to carry out a treasure hunt around the city during which we had a lot of fun. To rest we ate lunch prepared by the host families. After lunch we took a walk in the town of Rochelle and then reunited with all the students and returned to school. When we arrived at school we split up and each of us went to our host families.

THE THIRD DAY

On Wednesday, after meeting up with the other students, we went to the "Marais Poitevin", a large national park south of the Vendée. Initially we took a walk exploring the environment and then created drawings inspired by the place around us. After eating a packed lunch, we came across a rowing boat race divided into groups during which I rowed. Even if it was tiring, it is an experience worth repeating! After finishing this other wonderful experience like every afternoon at 5.30pm we went to the host families.

THE FOURTH DAY

On Thursday after joining the other French and Italian students at school, we immersed ourselves in a beautiful walk in the city of Niort. Here we visited the castle and the most important church in the city as well as that of Saint-Andrè. At lunch time, upon returning to school, we went to the school canteen where we tasted the lunch they served us and everyone chose the dish they liked best. After lunch we introduced ourselves to the French kids through a power-point we created. After this presentation we went to the Italian classroom and met other French students who were taking part in the course. Here too we introduced ourselves, but in Italian, and they tried to translate what we were saying. We laughed like crazy! After all these experiences on Thursday we each returned to our host families.

THE FIFTH DAY

Friday was the funniest day of the whole week because it was carnival day and we all dressed up, even the principal. I dressed up as Captain America while others were dressed as foods, actors or singers, animals or superheroes. They were all really funny! During the morning everyone could choose a different course to follow; I, with two other Italian boys, decided to follow the mathematics course with Prof Aurelie. When lunch time came, like the previous day, we went to the school canteen where I ate some not very tasty spaghetti and a cutlet. After lunch we attended some nice dances and songs to continue the carnival party; subsequently we followed the advanced Italian lesson introducing ourselves to the French students and vice versa. When it was time for the lesson to end we returned to our host families.

THE SIXTH DAY

On Saturday, after joining the other Italian and French students, we took a tour of the markets of Niort. Leonardo and I, with our French correspondents Mariane and Anael, had fun exploring the city and took the

opportunity to buy some souvenirs. In the afternoon, after having eaten a packed lunch, we went to an indoor amusement park where there were many elastic trampolines. We didn't think twice and we came across many challenges having fun like children, fully enjoying the last day of this fantastic experience in France. At the end of this magnificent activity we returned to our host families. The next day, after thanking and saying goodbye to the host families, we met with all the Italian students to reach the airport together and return to Italy.

Tommaso Busto