



ROOTS



RELOADED



TAKING PART IN THE "ROOTS RELOADED" ERASMUS+ PROJECT WAS A TRULY EYE-OPENING EXPERIENCE. IT ENCOURAGED US TO SLOW DOWN, LISTEN MORE DEEPLY, AND CONNECT WITH OTHERS IN A MORE MEANINGFUL WAY. THROUGH OPEN CONVERSATIONS, SHARED EXPERIENCES, AND MOMENTS OF REFLECTION, WE BECAME MORE AWARE OF THE IMPORTANCE OF EMPATHY AND PRESENCE. WE LEARNED HOW POWERFUL IT CAN BE TO SIMPLY BE THERE FOR SOMEONE – WITHOUT JUDGMENT, WITHOUT RUSHING TO RESPOND. THIS PROJECT REMINDED US THAT BEING OPEN AND SENSITIVE TO OTHERS IS NOT A WEAKNESS, BUT A STRENGTH THAT CAN BRING PEOPLE TOGETHER ACROSS DIFFERENT BACKGROUNDS AND CULTURES.

Castagnietoli, 1-12.08.25



THESE 10 DAYS WERE AN INTENSE AND INSPIRING EXPERIENCE. I LEARNED ACTIVE LISTENING, OPENNESS TO DIFFERENT PERSPECTIVES, AND SELF-REFLECTION.

I ALSO DISCOVERED THE BEAUTY OF ITALY, MET AMAZING PEOPLE, AND REALIZED HOW MANY OPPORTUNITIES THE EUROPEAN UNION OFFERS FOR YOUTH.



Agnieszka Bachmura



IT WAS A TRULY INTENSE 10 DAYS. DURING THIS TIME, WE LEARNED ABOUT EQUALITY, DEMOCRACY, THE EUROPEAN UNION AND SO ON. THE EXPERIENCE YOU CAN GAIN DURING THIS PROJECT IS TRULY PRICELESS.

10 DAYS SEEMS LIKE TOO SHORT TIME TO HAVE ANY IMPACT ON OUR LIVES. HOWEVER, THE TRUTH IS, THESE WERE SOME OF THE MOST IMPORTANT DAYS OF MY LIFE.



Małgorzata Hładoniuk





IT WAS MY FIRST TIME
TAKING PART IN AN
ERASMUS+ PROJECT. WE
TALKED ABOUT HOW
TO CONSCIOUSLY
BUILD RELATIONSHIPS
WITH OTHERS AND
WITH OURSELVES.
BEING IN TOUCH WITH
NATURE ALLOWED ME
TO BREATHE, REFLECT,
AND TAKE A BREAK
FROM THE WORLD FULL
OF STIMULI.

ALMOST TWO WEEKS SPENT IN A
MULTIGENERATIONAL HOUSE SHOWED THAT
WE ARE SIMPLY HUMAN BEINGS, AND THAT
LANGUAGE BARRIERS AND AGE DIFFERENCES
CAN BE OVERCOME. SOMETIMES A SMILE,
BODY LANGUAGE, OR EVEN SILENCE CAN
EXPRESS MORE THAN WORDS.

Marlena Hlebowicz



TAKING PART IN THE "ROOTS RELOADED" ERASMUS+ PROJECT WAS A DEEPLY PERSONAL AND TRANSFORMATIVE EXPERIENCE. THROUGH OPEN CONVERSATIONS AND SHARED STORIES, I LEARNED THE VALUE OF ACTIVE LISTENING AND THE POWER OF BEING PRESENT.

IT TAUGHT ME HOW POWERFUL IT IS TO HOLD SPACE FOR OTHERS, WITHOUT JUDGMENT OR EXPECTATION. I REALIZED THAT THE MORE WE UNDERSTAND OURSELVES, THE MORE OPEN AND COMPASSIONATE WE CAN BE WITH THOSE AROUND US.



Wiktoria Mielak





IT WAS MY FIRST ERASMUS + MOBILITY AND IT SURPRISED ME IN MANY DIFFERENT WAYS. THE AMOUNT OF KNOWLEDGE, TEAM BUILDING SKILLS AND MEMORIES I CARVED DEEP INTO MY HEART WILL STAY WITH ME AS A REMINDER OF THOSE 10 DAYS IN CASTAGNETOLI.

I AM GRATEFUL FOR THE OPPORTUNITY TO BE PART OF THIS DIVERSE MULTICULTURAL GROUP THAT DECIDED TO OPEN THEIR MINDS AND HEARTS FOR THE COMMUNITY OF CASA FAMIGLIA S. FRANCESCO, AND DISCUSS NOWADAYS CRUCIAL THEMES OF INCLUSION, DIVERSITY AND COMMUNITY BUILDING.

Katarzyna Miszczuk



ROOTS RELOADED

IN A WORLD THAT OFTEN ENCOURAGES US TO LOOK OUTWARD, THIS PROJECT REMINDED ME OF THE IMPORTANCE OF LOOKING INWARD. OF HONORING OUR HERITAGE, OUR LOCAL STORIES, OUR LANGUAGES, AND THE UNIQUE WAYS OF LIFE THAT SHAPE WHO WE ARE. BY CONNECTING WITH PEOPLE FROM DIVERSE BACKGROUNDS, I GAINED A FRESH PERSPECTIVE ON MY OWN CULTURE.

TAKING PART IN THIS PROJECT WAS AN UNFORGETTABLE JOURNEY OF SELF-DISCOVERY, LEARNING, AND CONNECTION. IT HAS IGNITED A STRONG DESIRE IN ME TO REDISCOVER WHERE I COME FROM — TO EMBRACE MY ROOTS & CELEBRATE LOCAL TRADITIONS. THIS PROJECT HAS PLANTED A SEED IN ME. A COMMITMENT TO STAY CURIOUS, TO BECOME MORE ENGAGED IN MY LOCAL COMMUNITY & TO KEEP BUILDING BRIDGES BETWEEN PEOPLE.



Kamila Przybył



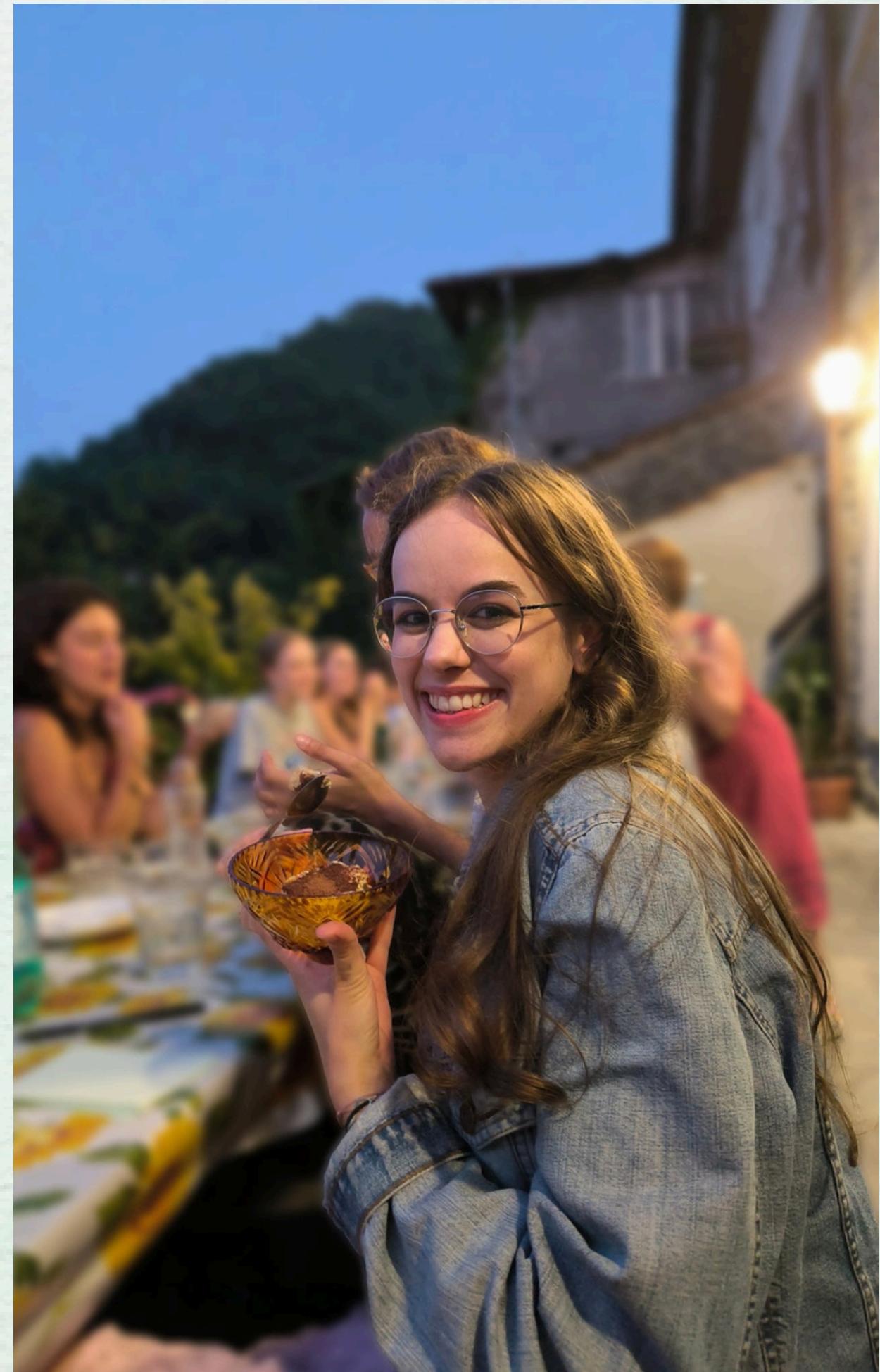
THE EXPERIENCE OF THE PROJECT “ROOTS RELOADED” WAS A HUGE EYE OPENING JOURNEY. THANKS TO THE ORGANIZERS AS WELL AS THE PEOPLE THAT TOOK PART IN IT AND COCREATED THE UNIQUE SPACE. SPENDING THIS TIME IN THE COMMUNITY, GETTING TO KNOW PEOPLE, STORIES, CONNECTING FROM HEART TO HEART WAS UN UNFORGETTABLE LEARNING. SURROUNDED BY BEAUTIFUL AND NOURISHING NATURE KEPT DEVELOPING THE QUALITIES THAT VALUE. FULFILLING THE SPACE WITH LAUGH, LOVE AND JOY.



Agata Russjan

HOPE AND GRATITUDE – THESE ARE MY TWO MAIN OUTCOMES OF THE ROOTS RELOADED ERASMUS PROJECT. IMMersed IN NATURE, WE WERE BUILDING STRONG CONNECTIONS WITH EACH OTHER, WE WERE EXPERIENCING MOMENTS THAT FELT LIKE MOVIE SCENES.

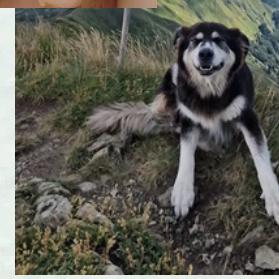
WE LEARNED A LOT, ESPECIALLY ABOUT THE IMPORTANCE OF STAYING OPEN- MINDED AND NOT PASSING JUDGMENT ON ANYONE. AFTER ALL, YOU NEVER KNOW THE WHOLE STORY. SERENITY AND EXCITEMENT, SHARING AND ACTIVE LISTENING, PLAYFULNESS AND SERIOUSNESS – THE MOBILITY WAS AN UNFORGETTABLE MIX OF THEM ALL.



Marta Spytek



ROOTS RELOADED



PEACE & LOVE



DZIĘKUJEMY



Erasmus+