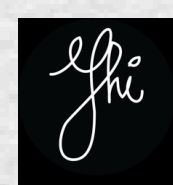




ROOTS



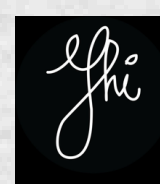
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Erasmus+

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



Erasmus+

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.



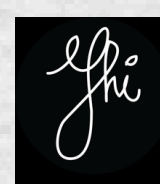
Małgorzata Hładoniuk



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



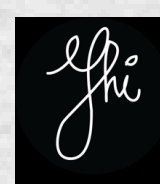
Erasmus+

ROOTS RELOADED

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



Erasmus+

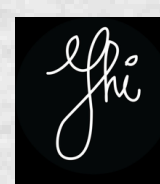
ROOTS RELOADED



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



Erasmus+

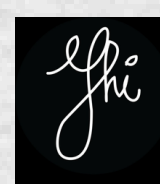
ROOTS RELOADED

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



Erasmus+

ROOTS RELOADED

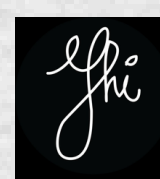
THE EXPERIENCE OF THE PROJECT “ROOTS RELOADED” WAS A HUGE EYE OPENING JOURNEY. THANKS TO THE ORGANIZERS AS WELL AS THE PEOPLE THAT TOOK PART IN IT AND COCREATED THE UNIQUE SPACE.

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



Erasmus+

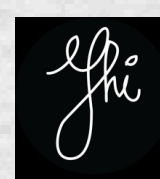
ROOTS RELOADED

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



Erasmus+

ROOTS RELOADED



PEACE & LOVE

DZIĘKUJEMY

