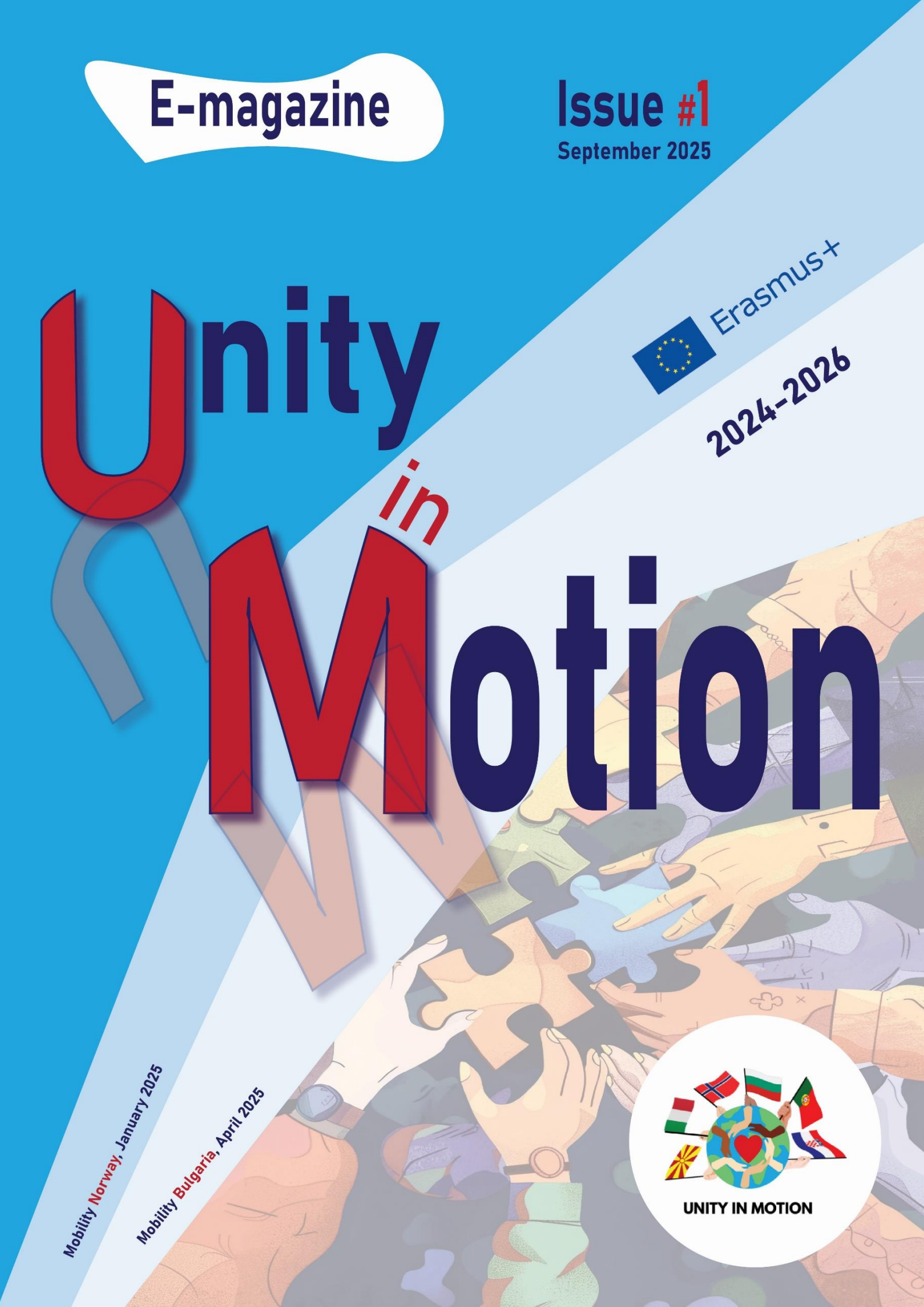
E-magazine

Issue #1
September 2025

Unity in Motion

Erasmus+

2024-2026



Mobility Norway, January 2025

Mobility Bulgaria, April 2025

UNITY IN MOTION



Mobility Norway

TRYSIL, JANUARY 2025

In the project we met many different students and learned from their cultures. We had social gatherings in the evenings at school where we played games and ate together.

On Tuesday we brought our exchange students to "Dagsturhytta", a small cabin in the woods with a fireplace. Together we went sledding, something none of them had done before. They thought it was really fun and liked it a lot. It was snowing; perfect conditions for sledding. After toasting marshmallows, we sat inside together, heating up again and getting to know each other. A great and fun way to start the project!



Another day, we were skiing in the mountains and many of them got better at skiing. When we had visitors from around Europe, we wanted to show them some of the best parts of Norway.

After spending time in Trysil, we took the bus together to Oslo. One of the highlights of our visit was going to Holmenkollen. The view from the top was absolutely stunning, and our guests were impressed by the iconic ski jump and the surrounding nature. The Holmenkollen Ski Museum was a perfect mix of sightseeing and culture. Everyone found something special to bring home from the Oslo visit—souvenirs, clothes, or just good memories from the heart of Oslo.



The mobility was fun, and we learned very much about other cultures; we got to meet many new people. We did activities to get to know each other better.





Our Unforgettable Experience in Norway

Now that the trip is over, we can all agree it was the best trip ever and it gave us such a memorable experience. It felt amazing being in Norway, especially because of the friendships we made along the way. Everyone there was kind and open-hearted and made us feel welcomed. The families treated us like their own children and put a lot of effort into making us feel at home.



Exciting Activities and Cultural Experience

We tried many activities. One of them was skiing, which was very fun although it was dangerous to try as a beginner. Sledding was also one of our favorites because it helped us bond with each other. On the other hand, visiting Oslo was more focused on educating us about its history and Norway in general, rather than just having fun.

A Journey to Remember

We are glad we had this opportunity to meet new people with different backgrounds, try traditional food, and learn new cultures. When the week came to an end, we realized how fast time flies. We will forever remember the time we spent together, and the memories we made will always bring a smile to our faces.









Team Macedonia:

Anastasija Chagorska, Antonio Trajkovski,
Eva Chagorska, Dimitar Caleski



WHEN OUR DREAMS COME TRUE!

In English classes, we have been told that the Erasmus Programmes were very challenging and a great opportunity to practise languages and learn more about the culture of other European Countries and, above all, that we would create strong bonds with our "Erasmus family", and most likely find friendships for life!





Thanks to the Erasmus+ mobility, we had the opportunity to share incredible experiences and values despite belonging to different backgrounds but with one common goal: students sharing unforgettable moments together!

For us, the Erasmus week was such a Great Experience; we met new people, new cultures and made some great friends. We would do it a hundred times more if we could!

In fact, we really enjoyed Norway and all the activities we made during the week! Everything was Magic... The Landscapes, the Weather with Snow everywhere! Everyone was so hospitable.

Thus, it was one of the best weeks of our lives because we had the opportunity to meet new people and discovered how to love skiing.

So, we recommend Erasmus to our sinblings telling them that this will be one of the best weeks of their lives. It was our first mobility but it opened our minds and made us understand that we are European citizens!



We are very grateful for all the support that was given and we hope that these programmes continue to exist so that more students can have the same experience as us.



We hope we could go back one day!

Thanks for ALL!



The Portuguese Team:
Henrique, Simão, Dinis and Rui





Participating in the Erasmus+ project in Norway was an unforgettable experience for all of us. We met many new friends, discovered different cultures, and significantly improved our communication skills. It was our first time skiing, and even though some of us were complete beginners, we truly enjoyed the snowy mountains of Trysil. Every fall and every laugh on the slopes brought us closer together.



Exploring Oslo was another highlight—we learned so much about Norwegian history and lifestyle. Despite the language differences, we collaborated really well with our hosts and peers. It was inspiring to see how quickly we connected, shared experiences, and supported one another in various activities.



Each day was filled with new challenges, fun moments, and cultural exchange. We participated in team projects, games, and discussions that opened our minds and strengthened our teamwork skills. Most importantly, we realized the true value of international cooperation and friendship.



This project didn't just give us memories—it gave us lessons we'll carry for life. We would recommend Erasmus+ to anyone who wants to grow, learn, and create unforgettable moments. It's more than a trip; it's a journey that changes you.



Team Croatia for Norway 😍



Our participation in the **"Unity in Motion"** project in Norway was an incredible experience that broadened our cultural horizons and deepened our appreciation for physical activity.



We made friends with students from Norway, Portugal, Italy, Northern Macedonia and Croatia. We learned about their traditions, customs, and languages. It was fascinating to see how diverse yet connected we all are.



During our stay, we played traditional Norwegian games introduced by **Trysil Videregående Skole** students. One of the most exciting was **kin-ball,** a dynamic game where three teams try to keep a massive ball from touching the ground. We also enjoyed sledding, skiing, and snowboarding, making the most of the breathtaking snowy landscapes.



We took part in the **logo selection**, where each country submitted two designs. It was exciting to see the creativity behind the final choice.



Our time in **Oslo** was unforgettable, especially the **treasure hunt**, which helped us explore the city in a fun and interactive way.

For the final meeting, **Gery made banitsa**, a traditional Bulgarian dish, which we shared with the hosting students and their parents.

This one week was filled with unforgettable moments, new friendships, and incredible experiences we will cherish forever.





ERASMUS+



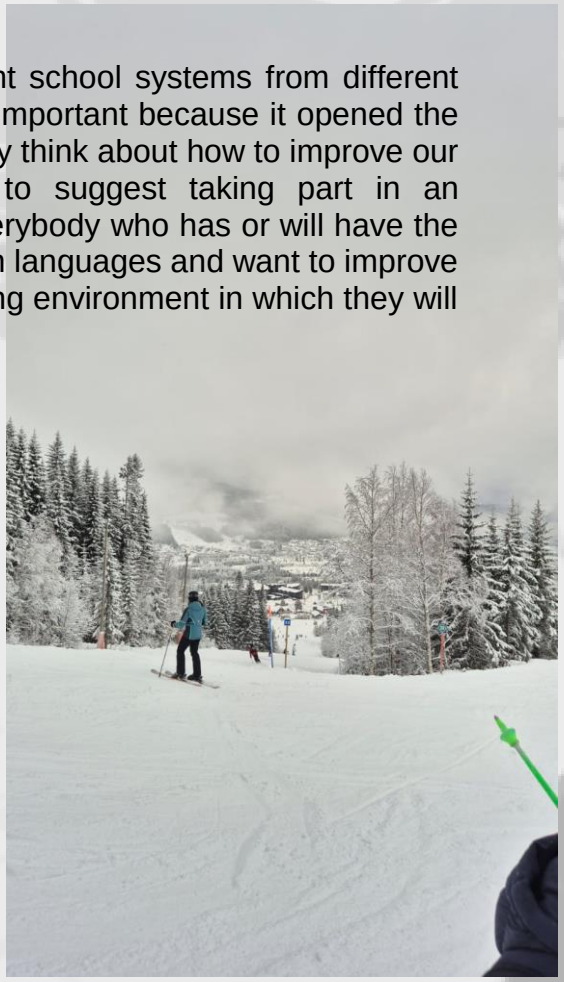
During the week between the 20th and the 25th of January we had the opportunity to live the Erasmus+ experience: we stayed in Trysil, hosted by students from Trysil Videregående Skole, and took part in activities organised by the school that aimed to let us learn about the local culture while also highlighting our common values as Europeans. It has been a very interesting and productive week, full of "first times" and engaging activities that opened our minds and hearts to different realities than the ones we are used to, while also challenging us to improve our language and social skills. We all fell in love with the local landscapes, the cultural dishes and the most popular winter sports. One of the best things overall has been the kindness and the hospitality we received from our hosts and all the other people involved in the programme because, tough being miles away from our homes, we have always felt like being part of one big family of boys and girls from all around Europe.



Seeing how different school systems from different countries work has been important because it opened the possibility for us to actually think about how to improve our school. We would like to suggest taking part in an Erasmus+ program to everybody who has or will have the opportunity to, especially to those who do not excel in languages and want to improve their skills because they will find a nice and welcoming environment in which they will not be judged but helped to get better instead.









Mobility Bulgaria



VRACA, APRIL-MAY 2025

As a Bulgarian student at “Hristo Botev” Secondary School in Vratsa, hosting the Erasmus+ “Unity in Motion” mobility was an unforgettable experience. From April 27 to May 3, 2025, we welcomed 38 students and teachers from Portugal, North Macedonia, Norway, Italy, and Croatia. My family hosted a Portuguese student, and we quickly became close friends. It felt amazing to show them our way of life—exactly what Erasmus+ is all about.



The first day was full of traditions, music, and emotion. We greeted our guests with bread, honey, and salt, followed by a festive concert where I saw students perform in different languages and styles. It made me proud of our school and culture.



Every day brought something exciting — racing at the go-kart track, solving math puzzles (well, that wasn't very exciting, because the tasks were too easy), exploring Sofia’s historic sites, hiking the Vratsa Balkan, playing football at a nearby village, and dancing at the farewell party. I especially enjoyed the relay games and first aid demo, where I helped demonstrate first aid techniques.

Saying goodbye on the last day was hard. There were hugs, tears, and promises to stay in touch. This project truly united us and showed that even though we’re from different countries, we can learn and grow together. I’ll never forget this week!





ERASMUS + "UNITY IN MOTION"

"Unity in Motion" was an unforgettable Erasmus experience that brought us, five Italian students, in Vratsa, Bulgaria, for a cultural exchange. We were hosted by Bulgarian students with whom we shared meals, laughter and time together and at the end of the experience new friendships were born

Throughout the week, we took part in a variety of team-building activities and maths games designed to strengthen collaboration. Every moment was filled with energy and laughter from creative workshops to outdoor challenges.

Our journey also included museum tours that deepened our understanding of Bulgarian history and traditions, as clothing and everyday items. The experience concluded with a heartfelt farewell party organized by our hosts. It was a joyful evening of music, dancing, and shared memories.

"Unity in Motion" was more than just a project. It was a journey of discovery, connection, and growth. We returned to Italy not only with memories, but with new values: open-mindedness, confidence, and a true appreciation for diversity. We came back changed, more aware, more united, and much more mature than before.

We have to thank this Erasmus project if we are now friends with people from other nations, such as Norwegians, Bulgarians, Macedonians, Portuguese and Croatians, friendships wouldn't have been born if we had stayed in Italy.







TEAM NORWAY IN VRATSA



Mattis and Heine had a great time in Bulgaria. We lived in a nice little village where their mother was the mayor. During our stay, we gained a good insight into Bulgarian culture and how they live their life. Some places showed big contrasts from Norwegian culture, while others were very similar. We did many fun activities during our stay, such as football, volleyball, mountain hiking, go-karting, cave tours, and more. We also made good friends from Bulgaria as well as other nationalities that were visiting.



Ann-Mari, Shulin and Margrete had a great time as well. Margrete and Shulin stayed with the same girl while Ann-Mari stayed alone with someone else. Luckily, the two girls we stayed with were friends. Shulin is from Bulgaria, so the culture was familiar.



During our stay, we were shown the food they like, and we got to experience the life of a Bulgarian teenager. We got to experience the beauty of Bulgaria and their culture together, with host students we all loved. In addition to making good friends with the Bulgarians we stayed with; we also got the opportunity to become friends with people from all over Europe. We all had a great experience.









Our Unforgettable Experience in Bulgaria

Now that the trip is over, we can all agree—it was an amazing experience. Being in Bulgaria felt truly special, not just because of the beautiful places, but also because of the wonderful people we met. Everyone was so kind and welcoming. The host families treated us like one of their own and made us feel right at home.



Everyday Moments and Cultural Discoveries

We had the chance to do so many interesting things. At school, we worked together on math problems, which helped us learn and bond as a group. We also tried aikido, which was both fun and challenging. Visiting museums gave us a glimpse into Bulgaria's rich history and traditions. Our trip to Sofia was a great mix of learning and exploring—seeing the capital city was truly unforgettable.



A Journey to Remember

We're grateful for this experience—the chance to meet new friends, try traditional food, and learn about a different culture. The week went by so fast, but the memories will stay with us forever. It was hard to say goodbye, but we'll always remember the laughter, the people, and the moments we shared in Bulgaria.





Our week in Bulgaria exceeded our expectations! It was a really nice experience to open up emotions and to meet new people. We were all really well-welcomed! Our host families were fantastic and so dedicated too!



We spent our week talking to everyone, sharing experiences and cultural aspects from the different countries. Bulgarian Students were very friendly with us and we discovered that we had so many things, in common.

Everyone and we mean, every single person enjoyed the different activities we did during that week!



The night before we left Vratsa, we had a party involving all the students from the different mobilities. It was fantastic because we really built strong bonds and the spirit of friendship was present in each face!

We all cried when time to say goodbye happened!



All of us brought unforgettable memories from this mobility!

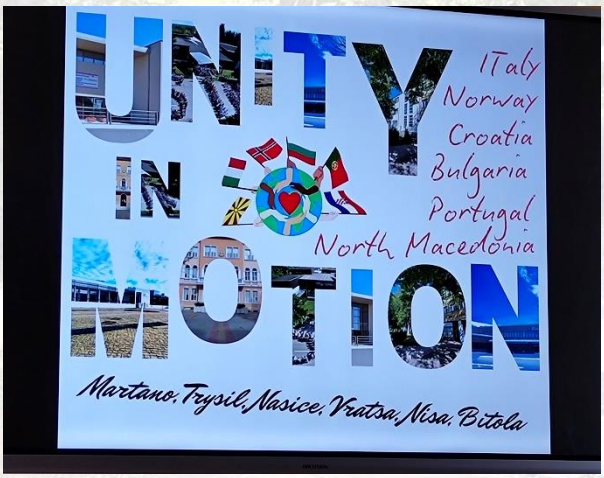
What an Amazing Week we had!

Thanks for being so Kind with Us!





Team Portugal in Vratsa_Bulgaria



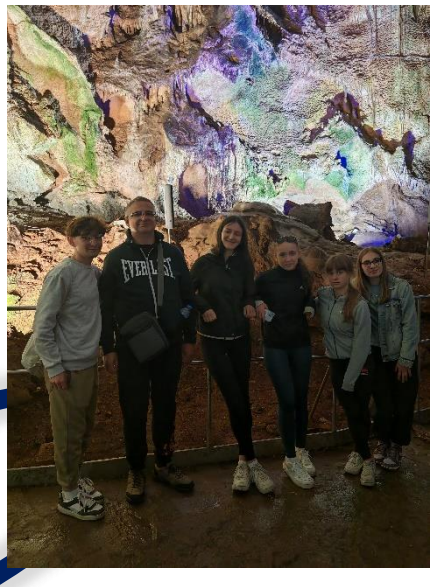
Participating in the Erasmus+ project in Bulgaria was truly an unforgettable experience. We stayed in the town of Vratsa and visited Sofia, which impressed me with its history, architecture, and vibrant atmosphere. We met students from many different countries and learned about their cultures, languages, and traditions. We tasted delicious Bulgarian food, danced to traditional music, and even tried out some of the local words like “zdravey” and “blagodarya.”





One of the highlights for us was the treasure hunt that helped us explore Vratsa in a fun way. We also loved the hike in the nearby mountains – the views were breathtaking, and the time spent in nature brought us all closer. We had many “firsts”: riding the metro, visiting Orthodox churches, going karting – ten minutes of pure adrenaline!

Throughout the week, we rarely touched our phones. Instead, we made real connections, laughed, competed, and created memories that will last a lifetime. We stayed in touch with some of the people we met and even made plans to reunite. Erasmus+ didn’t just open the doors of the Balkans, but also the doors to lifelong friendships and a broader perspective on life.



Team Croatia 😍





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Issue #1

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UNITY IN MOTION



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