

EXPERIENCES OF PARTICIPANTS IN ITALY

"The path we have walked throughout the Erasmus + project dedicated to wellbeing, to the quality of life and to nutrition, has allowed me to challenge myself and discover aspects of my everyday life to which I have not given the right weight so far. For example: doing sports or devoting oneself to one's own passions without putting any kind of restriction related to one's conditions being a person with different abilities, precisely because we all have the same possibilities, we just have to find alternative strategies to put them into practice. In this the whole group formed by young people and operators was fundamental, because only through comparison and sharing one can become a better person. In my opinion, the project has succeeded in giving us the right tools to be one. "

Giorgio, Viterbo (Italy), 2017-2018

"For me, the project has been a positive experience that taught me and my mother some techniques to be adopted at home. In fact, I am currently putting them into practice with a clear increase in self-esteem. I appreciated the team spirit, especially in the last meeting about dancing. "

Laura, Viterbo (Italy), 2017-2018

"I had a very good time with the other members of the group because most of them I already knew. And also with the staff I had a great time, they were all kind, friendly and very available. "

Mariarosa, Viterbo (Italy), 2018