

I Play My Part, Do You Play Yours?

Our Erasmus+ KA210 project "I Play My Part, Do You Play Yours?" had its first mobility activity from December 2-6, 2024, in the Brémontier-Merval region of France. During this time, we had the opportunity to stay at the agricultural high school Lycée du Pays de Bray. The school is not only an educational foundation but also a living space that integrates with nature.



Agricultural Education and Sustainability

During our stay at this rural school in France, we gained in-depth knowledge about sustainable and local agricultural practices. The school's huge farm area, apple orchards, and apple cider vinegar production facilities offered us the chance to observe modern and ecological farming methods. These experiences helped us understand the environmental and economic benefits of local agriculture. We observed the fermentation process and quality control stages in apple cider vinegar production. The school's hands-on education programs emphasized the importance of applying theoretical knowledge to practice and helped us understand the value of sustainable agriculture.



Therapy with Horses: Equicoaching Experience

Another highlight of our educational program was the equicoaching sessions. This therapy method, which makes us reflect on the commonalities between horses and humans, reminded us of our bond with nature. These sessions, carried out with the guidance of horses, provided not only theoretical knowledge but also an emotional transformation. Working with horses helped us understand both body language and spiritual harmony. The calm and reassuring energy of the horses simplified strong bonds among the participants. These experiences increased our individual awareness and positively influenced group dynamics. Being surrounded in nature helped us relieve stress and feel more at peace. Equicoaching sessions not only served as a therapy method but also allowed us to discover the healing power of nature. This process significantly contributed to our awareness on both individual and societal levels.



Cultural Interaction and New Friendships

In addition to gaining academic and technical knowledge within the project, we also had the chance to engage in cultural exchange with participants from different countries. These interactions contributed significantly to the formation of new friendships and the development of cultural awareness. Learning about the traditions and customs of different nations, experiencing language diversity, and exploring different perspectives improved us greatly. Sharing each participant's cultural heritage allowed us to reflect deeply on our common values. This process also offered the opportunity to question our biases and understand the meaning of being part of a global community. Consequently, our mobility activity provided us with a broad cultural perspective and laid the foundations for lifelong bonds through the friendships we established. This unique experience once again demonstrated how enriching and educational it can be when different cultures come together.



Conclusion and Return

This meaningful project, which lasted for four days, greatly benefited the participants both personally and professionally. This process, in which we felt like a part of nature rather than its owner, provided significant awareness about our production and consumption habits. We successfully completed our mobility activity, filled with new knowledge, experiences, and friendships.

This valuable experience has been an important step in achieving the goals of our project and has provided meaningful interaction both locally and internationally. We all take honor in having taken important steps towards a more sustainable and conscious future by playing our part.

