

My Youthpass Experience

Everything changed for me in 2015. During that year, I had the opportunity to participate not in one, not in two, but **three** youth exchanges (“*TO oBEse or NOT TO oBEse*” in Turkey; “*Live healthy, be healthy*” in Croatia and “*Be happy, be healthy*” in Bulgaria). For all the exchanges, the key topic was around a **healthy life style and nutrition**.

At that time, I was still enrolled in the Faculty of Psychology. After my studies and thanks also to these three great experiences, I had the chance to be selected for:

- an internship in a well-known Italian institute specialized in eating disorders, where I had the opportunity to put into practice with patients affected by bulimia and anorexia what I had learnt during the exchanges;
- an internship in a family counselling, where I supported the psychologists in their work aiming to improve the life style of suffering people.

Moreover, these exchanges have reawakened in me the civic and ethical sense that all people should never forget, as members of a community. This sense...which is also at the basis of the giving and receiving principle. For this reason, I also decided to enrol myself as a volunteer at the Red Cross in Turin. Thanks to this role, I carried out public activities, in particular in schools, in order to raise awareness about the benefits of a healthy life style.

But what really impressed me and takeaways from these exchanges, in addition to the theoretical notions learnt, are:

- The opportunity to get in contact with young people from different cultures. This allowed me to discover a new world. The relationships I built during those experiences are still strong, in spite of the distance and the passing time;
- The desire to travel and discover the world, something which is more and more stronger inside me;
- The perception of being a European citizen, part of a greater System and Union, and not only being an “Italian”.

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