

My experience with EUDEMOS Summer school

I had the wonderful opportunity of taking part in a European Project: EUdemos.

The primary objective of this project was to unite students from various countries, such as Italy, Spain, Portugal, Poland, and Greece in order to promote collaboration, intercultural exchange, and the formation of new friendships, based on shared European values. The most interesting part of the project for me was the EUdemos Summer School, in July 2025, in Brussels, at the core of the European Union.

Through this extremely valuable experience, we also had the chance to discover Brussels, the capital city of Belgium. The city of Brussels proved itself to be both fascinating and culturally enriching. Despite not having mother nature by our side as it continued to rain for nearly half of our stay, the overall experience was extremely rewarding.

Since my team arrived in the city ahead of schedule, we had some time to explore Brussels at our own pace. During this period of our own self exploring of the city, we were able to admire Brussels architectural grandeur, historical charm, and its commendable commitment to environmental sustainability.

As the programme progressed, we were finally introduced to our international counterparts—students from across Europe—many of whom were staying in the same hotel. This proximity facilitated our getting to know one another.

Our first collective activity was a visit to the European Commission, where we engaged in different debates. The following days we also visited the European Parliament, where we could observe the place in which our governments vote for important decisions.

One of the highlights of the week was a day trip to the enchanting medieval city of Brugge.

The programme finished with a group dinner on our final evening—a fitting conclusion to a week of shared growth and discovery.

On a personal level, this experience significantly enhanced my communicative confidence and social adaptability. Engaging with peers from diverse cultural backgrounds broadened my worldview. I would warmly encourage anyone who has the opportunity to take part in the activities promoted by the European Union, as such experiences offer incomparable opportunities for personal and cultural growth.

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