



Elizabeth

from Cambridge Sunrise to Italy

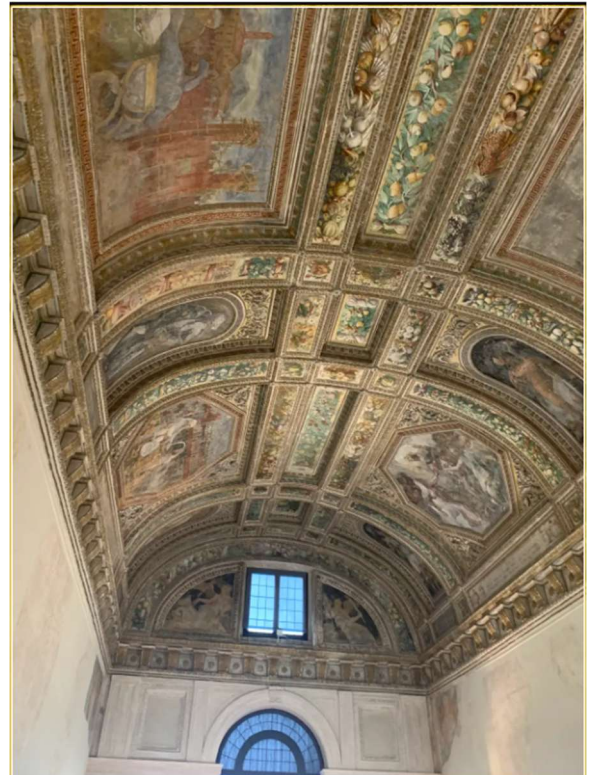
Ciao, it's Elizabeth! I cannot believe I am halfway through my exchange already, five months down and five to go! These last five months have been so amazing, and I cannot wait to see what these next five months bring!

I moved to a new host family last month, right before school started up again after the holiday break. I was sad to leave my old host family that I had lived with for four months, but I was also looking forward to a new and exciting change! My new host family lives in the city now, so I am closer to the school, my friends, the other exchange students, and the centre which is really nice!

I love being able to walk to school every morning, my walk takes me right through the Duomo which is a large square at the centre of the city with a beautiful church. In this host family, I have a little host sister who is the same age as one of my sisters back home. This family is extremely kind and welcoming. My host mom is an amazing cook, and my host dad is an amazing guide. He loves to show me around Cremona when we have free time.

My new host family loves to take me sightseeing to nearby cities to explore Italian history, sometimes other exchange students will come with us or I get to go with their families. I love getting to see the amazing churches, baptisteries, and so many different museums! In Mantova, we went to several museums and got to see so much unique artwork.

My favourite things to see were the stunning ceilings and Roman artifacts.



After exploring in the morning, we stopped at a local restaurant that is famous in Mantova for serving unique pasta. I got a pasta called “Carbona” but it had pesto and zucchini in it as well. It was really good! I think my favourite part of being in Italy might be the food!



The following Sunday we went to a beautiful city called Ravenna, where we got to see the sea. It was rainy and overcast most of the day, but the sun came out right before we left so we spent some time at the beach. I collected some shells as mementos to bring home to my family. I really love visiting these small towns that are so beautiful and have so much history and art but are often overlooked and not visited as often by tourists. The ceilings in the churches, castles, and museums never cease to amaze me. In this city we stopped for a traditional Italian “fast food” called piadina, it is almost like a quesadilla but the tortilla is thicker and it is traditionally made with prosciutto and cheese.



Recently, we also explored a city called Pavia. While we were there, we saw a very old castle and visited a local monastery. We got a guided tour of the monastery, and we got to learn about its history. The museums in this city also displayed beautiful paintings and stunning sculptures. While we were there, we ate some delicious

pizza; Italian pizza is so much better than I ever imagined.



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Recently I have started doing fitness classes (like Pilates) at the dance school my host sister goes to. Most of the other people who attend are older women. They are such nice people and they make me feel very welcome. I am so glad my host mom offered these classes to me, and I got to meet so many new people who I wouldn't have met otherwise. It just goes to show that you should say yes to all the new experiences and opportunities that are offered to you during your exchange. Say yes to the new experiences, say yes to the new opportunities, say yes to trying new things, and say yes to trying new food and your exchange will be so much more fun and fulfilling.

Ciao for now,

-Elizabeth