

DISCOVER EU: FROM EAST TO WEST

NEWSLETTER



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НАЦИОНАЛНА АГЕНЦИЈА
ЗА ЕВРОПСКИ ОБРАЗОВНИ
ПРОГРАМИ И МОБИЛНОСТ



ABOUT THE PROJECT:

DiscoverEU: From East to West is an Erasmus+ project that offers young people with fewer opportunities aged 18 the opportunity to have a short-term travel experience across Europe by train, bus or other sustainable means of transport (green travel). It also aims to equip young people with knowledge, life skills and competences of value to them, to foster connections and intercultural dialogue and a sense of belonging among young people in the European Union.

WHO WE ARE: Atlantis

Atlantis ESC is a non-governmental organization for education, sport and culture. Our mission is promotion of personal and professional development among young people, in order to help them to reach their successful future through non-formal education.

ROUTE:

Day 1 Tetovo - Durres - Bari

Day 2 Bari

Day 3 Bari- Roma

Day 4 Roma

Day 5 Roma - Napoli

Day 6 Napoli

Day 7 Napoli - Bari- Durres

Day 8 Durres- Tetovo



BARI



WHAT IMPRESSED YOU MOST ABOUT THE CITY?

Eva: I was impressed by the way that every kind of transport was on time which is not a case where I come from.

Marjan: The combination of historic charm and vibrant coastal life left a lasting impression.

Stefani: Bari is such an underrated gem of southern Italy. The Adriatic Sea has this unreal shade of blue and the people really stuck with me.

Filip: There was a lot of nice people and beautiful shops and also really great food.

Matea: The peaceful vibe of the old town and Polignano a Mare with the beautiful beaches.



HOW DOES THIS CITY COMPARE TO YOUR HOME?

Eva: The only comparison is that also in Tetovo you can see garbage everywhere.

Marjan: Bari feels more relaxed and seaside-oriented than my fast-paced urban hometown.

Stefani: Bari feels sunny and relaxed especially with its Mediterranean rhythm and Italian charm on the other hand Tetovo has mountain-town feel with a stronger Balkan energy

Filip: The only similarity is that is small everything else is different and beautiful in its own way.

Matea: It's calmer and more traditional than my fast-paced hometown.



WHAT DID YOU LEARN FROM TALKING TO LOCALS AND EXPLORING?

Eva: That everybody will help you if you need something even with the fact that they don't understand you.

Marjan: Locals taught me the value of living slowly and appreciating everyday beauty.

Stefani: For them Sunday lunch is non-negotiable family time they place so much value in being close to family and helping each other out.

Filip: It was a great experience to get out of the comfort zone and getting along in a different country

Matea: Family and traditions are at the heart of life here.





ROMA



WHAT IMPRESSED YOU MOST ABOUT THE CITY?

Eva: I was impressed by the Fountain di Trevi because if you see it in a picture is beautiful but seeing her in real life is a different experience.

Marjan: I was amazed by how the ancient ruins coexist so naturally with the modern city life.

Stefani: One moment you're drinking coffee and the next you're standing in front of a 2000- year old ruin like the Colosseum or the Pantheon.

Filip: Really beautiful culture with unbelievable buildings everywhere you go.

Matea: The layers of history visible on every street corner.



HOW DOES THIS CITY COMPARE TO YOUR HOME?

Eva: This city is nothing like my home.

Marjan: Compared to my home, Rome feels like an open-air museum with history on every corner.

Stefani: With Rome you just can't compare my town, because they are so different. Rome is the best city I have ever seen and that's all I can say.

Filip: Nothing compares to this gorgeous city its big filled with culture.

Matea: Much older and more monumental compared to my modern city.

WHAT DID YOU LEARN FROM TALKING TO LOCALS AND EXPLORING?

Eva: I learned that even that the city seems to be pretty hectic if you have mobile network you will be fine and you will explore the town.

Marjan: I learned that Romans are proud yet welcoming, and they carry their history with pride.

Stefani: In Roma you can learn how to laugh through frustration- they've been living with chaos since Caesar :) why carbonara should never have cream and how community bonds still shape Roman life.

Filip: We learnt a lot about the subway and the way it works also a lot about the culture.

Matea: Locals take deep pride in their cultural heritage.



Interview with locals



WHAT MAKES ITALIAN CULTURE UNIQUE?

Italian culture is unique because it blends deep history, family values, and everyday beauty, from food to fashion to how we speak with our hands.

WHAT IS ONE THING YOU THINK COULD BE IMPROVED IN DAILY LIFE HERE?

Public transport could definitely be more reliable and cleaner.

WHAT IS A LESS-KNOWN SPOT IN YOUR CITY THAT YOU THINK VISITORS SHOULD EXPLORE?

Trastevere is a hidden gem, its narrow cobbled streets, local trattorias, and bohemian vibe show the real soul of Rome beyond the tourist crowds.

HOW DO PEOPLE HERE CONTRIBUTE TO PROTECTING THE ENVIRONMENT?

Many locals use bikes or scooters, bring their own bags when shopping, and sort their waste for recycling.



HOW DO ITALIANS CELEBRATE HOLIDAYS, AND WHICH IS YOUR FAVORITE?

We celebrate holidays with family and with lot of foods, my favorite is Ferragosto in August, when the whole country seems to pause and enjoy summer.

WHAT DO YOU ENJOY THE MOST ABOUT THE LIFESTYLE IN YOUR CITY?

I enjoy the slow mornings, good coffee, and how people still take time to enjoy life, even during a workday.

WHAT IS THE MOST ICONIC LANDMARK IN YOUR CITY, AND WHY IS IT SIGNIFICANT?

The Colosseum definitely, it's a symbol of Roman strength and history, and even after 2,000 years, it still impresses me every time I pass by.

WHAT IS THE BIGGEST ENVIRONMENTAL CHALLENGE YOUR CITY FACES?

Traffic congestion is the worst, because too many cars, not enough parking, and it makes the air quality suffer too.





NAPOLI



WHAT IMPRESSED YOU MOST ABOUT THE CITY?

Eva: I really liked the quart that is dedicated to Maradona (famous football player).

Marjan: The intense energy of the streets and the rich culinary tradition were unforgettable.

Stefani: I thought I knew good pizza before, but eating a true Neapolitan Margherita was really a game changer its more than just food its art, history and pride in one bite.

Filip: Great food, very nice people and really beautiful subway stations.

Matea: The raw, energetic spirit and the unbeatable street food.



HOW DOES THIS CITY COMPARE TO YOUR HOME?

Eva: The only fair comparison is that, just like in Tetovo, there's a noticeable amount of garbage in many places and the traffic jam is just as bad, if not worse.

Marjan: Naples is much more chaotic and expressive than the more reserved atmosphere back home.

Stefani: These two have something in common and that's the chaos in the town. For me Napoli was very crowded and it reminded me of Tetovo.

Filip: People in this city are the closest to people in my area, more open for conversations.

Matea: More chaotic and expressive, with a stronger sense of community.



WHAT DID YOU LEARN FROM TALKING TO LOCALS AND EXPLORING?

Eva: None will give you nothing unless they have a favor for it.

Marjan: Exploring with locals showed me their passion for tradition and strong community ties.

Stefani: A simple chat can turn into full-blown story with hand-gestures, laughs or even a little drama. They remind you that its okay to live with your whole heart, not just your head.

Filip: The same as in Rome we learnt a lot about the transport in the city.

Matea: Resilience and passion shape everyday life in Napoli.



Interview with locals



HOW DO ITALIANS CELEBRATE HOLIDAYS, AND WHICH IS YOUR FAVORITE?

We celebrate with family, food, music, and fireworks. My favorite is Natale (Christmas), especially with all the lights and presepi (nativity scenes) around Napoli.

WHAT DO YOU ENJOY THE MOST ABOUT THE LIFESTYLE IN YOUR CITY?

I love the energy, the sea breeze, and how people are always talking, laughing, and living with passion.

WHAT IS THE MOST ICONIC LANDMARK IN YOUR CITY, AND WHY IS IT SIGNIFICANT?

Definitely Castel dell'Ovo, it's full of legends and has a beautiful view over the bay, it feels magical at sunset.

WHAT IS THE BIGGEST ENVIRONMENTAL CHALLENGE YOUR CITY FACES?

Waste management is a big problem, sometimes the garbage piles up, especially in busy and touristic areas, and it really affects the beauty of the city.

The oldest Pizzeria



Visiting *L'antica Pizzeria Da Michele* in Napoli was honestly one of the highlights of our trip. The place had this warm, authentic vibe, and you could really feel the history behind every detail. The menu is super simple, just Margherita and Marinara, but the taste was incredible. The dough was soft with just the right crisp, the tomato sauce was fresh and full of flavor, and the mozzarella was unbelievably creamy. It's easy to see why this place is known as the birthplace of pizza. We all agreed it was the best pizza we've ever had!



TESTIMONIALS

This experience helped me to discover the Italian culture on a deeper level. As we visited Bari, Polignano a Mare, Rome, Vatican and Naples we discovered that each of these cities has warmth that nobody can describe you unless you have visited yourself. We also had a chance to travel with a ferry, train and a metro throughout the cities, and I will cherish those experience forever. I am so grateful for this opportunity and I really enjoyed this trip.



EVA JANEVSKA



STEFANI STOJANOSKA

Before the trip , I thought of Italy as one culture- pizza, pasta and beautiful old buildings. But travelling through different cities showed me that Italy isn't one thing. It's a tapestry of local identities. Bari felt humble and deeply traditional , Naples was fiery and intense , and Rome blended grandeur with everyday life. Each place has its own dialect, food, rhythm and soul. What struck me most was how Italians live in the moment. Whether it's a long lunch, an evening walk or just standing at the bar for espresso - they are present. That really challenged the way I move usually through life, always in a rush. In Italy time feels different. It reminded me that slowing down isn't laziness its international living. People didn't try to impress me they were just being themselves. That authenticity was everywhere. This trip taught me to look for a meaning in everyday life. It wasn't just a trip it was a shift in how I see the world and myself.



My trip to Italy was an amazing journey through Bari, Rome, and Naples. I began in Bari, where I strolled through the charming old town, visited historic churches, and enjoyed the seaside atmosphere. Next, I traveled to Rome, exploring iconic landmarks like the Colosseum, Vatican City, and beautiful piazzas filled with history and life. Finally, I visited Naples, where I tasted delicious pizza, explored lively streets, and admired the city's rich culture. Each destination offered something unique, making this Italian adventure truly unforgettable.



FILIP DIMITRIEVSKI



MARJAN JAKIMOSKI

Visiting Italy through Bari, Rome, and Naples gave me a new appreciation for the country's rich diversity. Each city had its unique rhythm, history, and character, yet all reflected a deep love for culture and tradition. The journey changed my perception of Italian culture, showing me how the past and present coexist harmoniously, and how food, family, and expression are at the heart of it all.

Traveling through Italy revealed a rich diversity within a single country, each city had its own soul, from Bari's charm to Rome's grandeur and Naples' vibrant energy. I gained a deeper appreciation for how Italians value history, culture and food. Conversations with locals helped me see how culture is lived day to day, not just seen in museums. This journey made Italian culture feel more personal, colorful, and alive than I ever imagined.



MATEA STOJANOVSKA



Thank you for your attention



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