



# My Erasmus+ internship at the Europe Direct Center of the Municipality of Naples



EUROPE DIRECT  
Napoli



EUROPE DIRECT  
Augsburg



COMUNE DI NAPOLI



Erasmus+

Up2Europe

*"Europe can help us be better in the world."*

These are the words of David Sassoli, the late President of the European Parliament who conveyed so much to us in terms of "belonging." And it is precisely the feeling of being European that opens up before our eyes the opportunities we are given.

Mara Bohn's experience at Europe Direct Naples is the shining example whereby those who welcome and those who are welcomed identify themselves as beneficiaries of the same wealth.

**The Head of Europe Direct Naples  
Dr. Michele Cangianiello**



## Day 1 (Saturday 14.01.23):

On 14.01.2023 it finally started for me: At 10 o'clock in the morning I left my hometown Augsburg and took the train to Munich, from where my plane to Napoli left at 14 o'clock! I arrived at 4pm and was greeted with beautiful sunshine. After a short cab ride I arrived at my small but cozy apartment in the Vico Verde Monteoliveto.

After unpacking and settling in, I immediately explored my surroundings. Not far away is the Piazza del Gesu, the beautiful monastery Chiostro di Santa Chiara and the famous Spaccanapoli. In this street of the old town there are many small shops where you can get everything from limoncello, souvenirs and delicious desserts. I also ate my first pizza frita at a small street stall, which was very tasty.

## Day 2 (Sunday 15.01.23):

The next day I plunged back into the hustle and bustle of the city of Naples. At the Piazza Municipio I admired the beautiful Neptune fountain. The Castel Nuovo was unfortunately closed on Sunday, but already from the outside this castle looked imposing.

I ate in the impressive Galleria Umberto a very tasty dessert called Sfogliatella riccia, a Neapolitan specialty made of puff pastry, filled with a kind of orange custard.

This was accompanied by the first Italian coffee, which is incredibly strong compared to German coffee. Afterwards I visited the impressive Piazza del Plebiscito and the Palazzo Reale and enjoyed the view over the Bay of Naples and the sea.



## Day 3 (Monday 16.01.23):

On Monday I started my first day at the Europe direct office in Naples. I was greeted very friendly and shown everything. One of my tasks will be to write a kind of diary about my time here in Naples and also to give an overview of how working and living in Germany looks like. At noon I went with two of my colleagues to lunch in a small restaurant called Molettieri. There I ate delicious pasta al forno and for dessert a panetone with pistachio cream. In the evening I strolled again through the narrow streets of the old town and tried some of the delicious things that were offered there.

I like Naples better and better, a very lively, diverse and sometimes a bit chaotic city. All the people are very friendly and there are still so many cultural and historical things to discover. I am really happy and thankful that there is this opportunity through Erasmus and that I can be here through it.

## Day 4 (Tuesday 17.01.23):

On Tuesday the weather was very stormy and rainy. In the office I continued to work on my task of writing something about life, work and culture in Germany. At noon I had lunch again in the small restaurant Molettieri. There was something like chicken meatballs with a delicious tomato sauce and afterwards the friendly waitress gave me a piece of cake. All the people I've met here so far are very friendly, and even if you don't get on with English, you can somehow communicate with hands and feet.

Despite the bad weather, I didn't want to just go home after work. So I started walking and entered the Chiaia district through a very pretty little shopping arcade. I liked it there very much, all the pretty little houses, beautiful statues and small cafes and restaurants. Then I really wanted to go to the sea and get to the "Lungomare" viewpoint. Unfortunately, the storm and rain was already so heavy that I finally gave up and instead fled to a small cafe, completely soaked. There I drank a cup of tea to warm up and ate a piece of lemon cake. After the rain stopped, I headed home. But before that I stopped at a store where I bought interesting Italian cheeses, olives, pickled vegetables, gnocchi and interesting types of pasta that I had never seen in Germany. In my apartment then I made myself something delicious to eat.



## Day 5 (Wednesday 18.01.23):

In the morning, after a cappuccino for breakfast in a small cafe, I went to work, where I continued to work on my projects. I ate lunch with my colleagues at Molettieri again, and after work I made my way to the port, where I admired the huge cruise ships that were anchored there.

Then I ate a delicious dish called friarielli e salsiccia in a small restaurant, which is available everywhere here and is something of a regional specialty. Friarielli is kind of a leafy green broccoli rabe, which I have never seen anywhere in Germany.

## Day 6 (Thursday 19.01.23):

After work, I went to the promenade via Partenope. I walked along the sea and reached the viewpoint Lungomare, from where you have a really beautiful view over the whole bay, Mount Vesuvius and Castel dell'Ovo. Then I walked through the beautiful Santa Lucia district back to the Piazza del Plebiscito, which was now beautifully lit up with the colours of the Italian flag in the evening.

From there I reached Toledo street, the busiest and most famous shopping street in Naples. There are shops selling everything you can imagine, and in between there are always little shops where you can buy Neapolitan delicacies. So I strolled around, ate another wonderful pizza frita and then finally made my way home.

## Day 7 (Friday 20.01.23):

Unfortunately the weather was very rainy and stormy today, so I didn't do anything after work.

## Day 8 (Saturday 21.02.23):

On Saturday I went for a little stroll in Via Toledo and looked at the shops there. For lunch I ate a delicious pizza margherita in a small pizzeria. Afterwards I visited the impressive museum Gallerie D'Italia Napoli where I admired the beautiful works of the artists, including Gentileschi and Caravaggio. At the end of the day I went to a really nice cafe called "Ceraldi". There I ate another Neapolitan specialty called Babà. This is a pastry that is soaked in rum and then sometimes served with cream and fresh fruit. Yummy.

## Day 9 (Sunday 22.01.23):

On Sunday I took a rest day and didn't do much.



## Day 10 (Monday 23.01.23):

Today at work I gave a presentation to a school class about the ASOC program. I told them about my internship via Erasmus+, about my work in the Europe direct office in Naples and about my work in Germany. Afterwards, the students had the opportunity to ask questions. They are currently working on a project about the Naples Metro, so it was interesting for me to hear about it as well.

After work Francesco took me to the port, where he showed me where the ferries depart for Ischia and Capri. In a nice little restaurant I had pasta e fagioli for dinner.

## Day 11 (Tuesday 24.01.23):

Today the weather had finally changed and it was a day of glorious sunshine.

At noon I ate a delicious pizza frita while sitting in the sun on the Piazza Plebiscito.

After work I went again to the promenade Partenope to enjoy the sunset and the beautiful view over the bay of Napoli and the snow-capped Vesuvius. Then I went to the crib-street San Gregorio Armeno where I admired the many small, world-famous cribs and figurines that are offered there all year round.

## Day 12 (Wednesday 25.01.23):

At noon we went to Molettieri for lunch with several colleagues. After work, we met up with some colleagues at a wine restaurant called Bottiglieria Di Quartiere. There we tasted different wines and snacked on some very tasty Italian finger food. Afterwards we went to a small, cozy bar called Oak, which I liked very much. It is close to the Piazza del Gesù' and therefore also very close to where I live.



## Day 13 (Thursday 26.01.23):

At work today I finished my report on life, work and culture in Germany and Augsburg and I translated it into Italian with a programme. Then I started working on different articles for the newsletter. It is about news from the European Commission, which will be published in regular intervals. My articles covered for example the European initiative on imaging in cancer medicine and an initiative for teachers in Africa. In the evening I went to a meeting of a group called "BlaBla". The people there come from different countries and also Italy, and you can talk to each other (mainly in English) and do stuff together. They meet every week on Thursday in a nice bar called caffetteria lazzarella barnight.

## Day 14 (Friday 27.01.23):

At work, I made some short posts about European Commission news, which are then published via social media.

After work I made my way to the Napoli train station Garibaldi. After my initial confusion about the Italian track system, I left for Rome at 6.30pm.

Already at 19.30 I arrived at Roma Termini and made my way to a nice small hostel.

## Day 15 (Saturday 28.01.23):

Early in the morning I took the metro to the Vatican. There I first visited the Vatican Museum, where I admired the many famous paintings, statues and of course the Sistine Chapel with the works of Michelangelo. The Egyptian part of the museum was also very impressive. Then I made my way to St. Peter's Cathedral, which I also visited. I also climbed the steps to the roof and dome and enjoyed the wonderful view of Rome and Peter's Square. Then I walked along the river Tiber to the Piazza di Spagna and visited the Spanish Steps. There I ate a pizza in a chic restaurant, which was by far not as tasty as the Neapolitan pizza (but three times as expensive). After that I went back to the hotel.

## Day 16 (Sunday 29.01.23):

In the morning I got up and walked to the Colosseum. There I had booked a guided tour to visit the Colosseum, the Forum Romanum and the Palatine. It was a beautiful, sunny day and our tour guide told us hilarious and interesting stories from Roman history while we marveled at all these famous buildings, temples and architectural masterpieces.

Afterwards, I went down the Fori Imperiali street and looked at the Foro di Augusto, the Foro Traiano and the Altare della Patria. I walked through the beautiful alleys and streets of the Roman city center and finally got to the Pantheon, which I also visited. After that I ate a delicious ice cream in the sun and then visited the famous and beautiful Trevi Fountain, where I of course threw in a coin.

After a short break I went to the train station. Since I still had to wait an hour for my train, I passed the time by eating a dessert called Pavlova and doing some shopping in the huge train station, which looks more like a huge mall than a train station. Finally, my train came, and after a short taxi ride, I arrived back at my small Neapolitan apartment around 9 p.m.

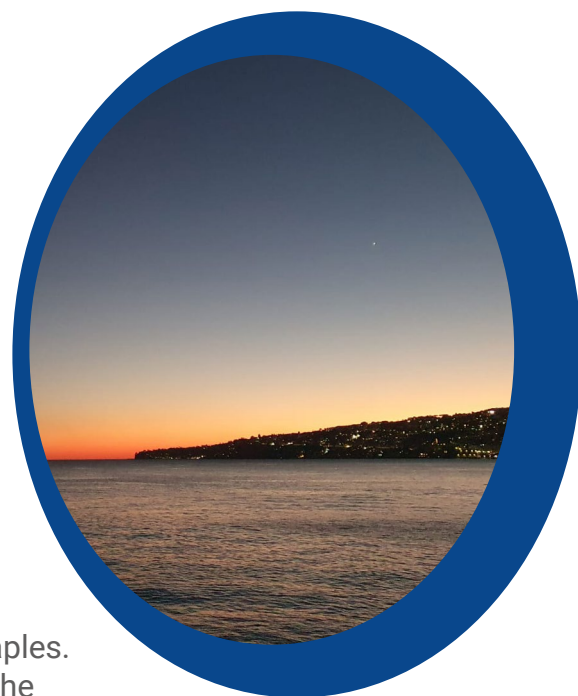


## Day 17 (Monday 30.01.23):

After work I had to go to a laundromat and do some laundry. After that I went shopping and cooked something nice from delicious Italian specialties.

## Day 18 (Tuesday 31.01.23):

After work I wanted to visit the Castel dell'Ovo. This is the oldest fortification of the city and is located on a small island near the Partenope street. Unfortunately, the Castel dell'Ovo was closed for security reasons. So I took a long walk along the sea. I arrived at the small Mappatella Beach and admired the sunset over the sea.



## Day 19 (Wednesday 01.02.23):

Today we had another ASOC meeting with a school group preparing a project on culture, tourism and museums in Naples. Afterwards we made a short tour through the city, visiting the courtyard of the Palazzo Reale and then the Castel Nuovo.

The Doctressa showed us, for example, the chapel, the large assembly hall, the place where the ancient paintings are restored and the archaeological foundations of the Castel. She also explained a lot about the history of the castle, which was very interesting. Afterwards we went to eat at Molettieri, and then back to the Europe direct office.

After work I went to the old town and visited the Cappella Sansevero, where the famous cloaked statues and the anatomical apparatus could be seen. Then I visited the church of San Domenico Maggiore. After strolling around the old town for a while, I bought some delicious cheeseballs and some "dulce" from a confectioner, and then headed back to my apartment.

## Day 20 (Thursday 02.02.23):

At work today we shot an interview where I tell something about my internship which will then be published on social media. After work I went to the meeting of the "blabla" group again. I also had to pack, as I have to leave my flat tomorrow and move.

## Day 21 (Friday 03.02.23):

This morning I moved out from my apartment. After work my boyfriend Christoph arrived from Germany. Together we moved into the new apartment near the metro station Museo and the National Archaeological Museum. Then I showed him a bit of the city, for example the Spaccanapoli and the Piazza del Gesù. Afterwards we ate a delicious pizza at a small pizzeria in the old town.



## Day 22 (Saturday 04.02.23):

In the morning we drove to the train station Garibaldi. From there we took the Circumvesuviana train line and went to Pompeii. When we arrived there, we visited the old streets, temples, buildings and mosaics of this city destroyed by Vesuvius. We had the most beautiful sunshine. In the evening we drove back to Napoli and went to a small restaurant called Trattoria da Nunzia for dinner, where we tried the regional specialty pasta e patate and various antipasti. It was delicious as always.

## Day 23 (Sunday 05.02.23):

In the morning we drove to Castel Sant'Elmo. However, since it was very stormy, it was not possible to visit this for safety reasons.

So we first visited the monastery Certosa di San Martino right next to it. When we were done with that, luckily we were also able to visit the Castel Sant'Elmo. We were very impressed by the beautiful view of the great panorama over the whole city and the Gulf of Naples.

Then we drove back into town. We ate very hot Kottu roti in a small Sri Lankan restaurant and then went to the National Archaeological Museum. There we admired the mosaics and art treasures from Pompeii, Herculaneum and other places.

## Day 24 (Monday 06.02.23):

Unfortunately, today was the last day of my internship at the Europe Direct Office. Francesco gave me a homemade arancello and jam made from oranges from his garden, as well as chillies, which made me very happy. I said goodbye to my colleagues and had lunch at Moletierri's for the last time.

I'm really very sad that my time here is already over. I really liked it here, both in the lively and interesting city and at work, where I was able to meet such nice people and learned so much about the work of the Europe Direct Offices and the European Commission. This made European cooperation really tangible for me. I will use the next few days to travel around a bit with my boyfriend, for example to Herculaneum, Mount Vesuvius and the Amalfi Coast. But I am already very grateful for having had this great experience. Thanks to everyone who was involved, both the employees of the Europe Direct Office in Napoli, those responsible for the Up2Europe program in Augsburg and the Erasmus+ program, which made this great experience possible for me!





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