

Participant: Jonna from Flensburg, Germany
Duration of her stay: a school trimester
Place: Puerto de Santa María / Cádiz

My stay in Spain

My name is Jonna and I was for 3,5 months with Openmind in Spain, to be more precise in a town called El Puerto de Santa Maria, which is located in Andalusia within the province of Cádiz.

I had an incredible time with many impressions and a lot of people I met. The orientation in Barcelona was great. In general, I felt very well looked after by Openmind during my whole stay.



Of course I noticed a cultural difference between Spain (EL Puerto de Santa Maria) and Germany (Flensburg). The food is a little different, a lot of rice, meat and fish, mostly fried, is eaten, but if you get a little involved you can eat a lot of different delicious dishes Your daily routine times are also different from those you are used to at home. Everything is a bit later and for most things you need more time than necessary, which brings a relaxed serenity with it.



I liked how open people are and how much time they spend outside. **This made it easier to integrate, and you**

quickly felt comfortable.

Of course, I also liked the nice weather and the beautiful area with the fantastic beaches, but also the great cities.

But what I missed the most was my family and my friends, whom over the time I have been here, I have kept in my heart. I had a very warm, caring and open family with whom I had a lot of fun and could experience a lot. They were always there for me when I had problems with homesickness or language.

I was warmly welcomed and integrated by my classmates and teachers. School is a little longer, especially because you only have one break. You also have six different subjects on one day, but this makes the day a little more varied.



The Spanish students unfortunately must write a few more papers than we do in Germany. There is also more homework to do, but no stress - as a non-native speaker you just can't get the same amount of them. However, this is not bad, because you receive a lot of understanding from the teachers. You can also ask your classmates or family for help.

Through the exchange I got to know many incredibly nice people and had great impressions. I learned a lot about gratitude and living together with other people. I also realised how important friends and family are, and that you need to be close to other people. After overcoming



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my fear to open. I also got this closeness from my host family. **I got to know myself better and developed my self-confidence.** I would advise future exchange students to be open, communicative and calm. You should not think about everything and just enjoy the time you can experience.

I wish every further exchange student an unforgettable time and then a safe journey home. **With Openmind you are in super good hands.**

