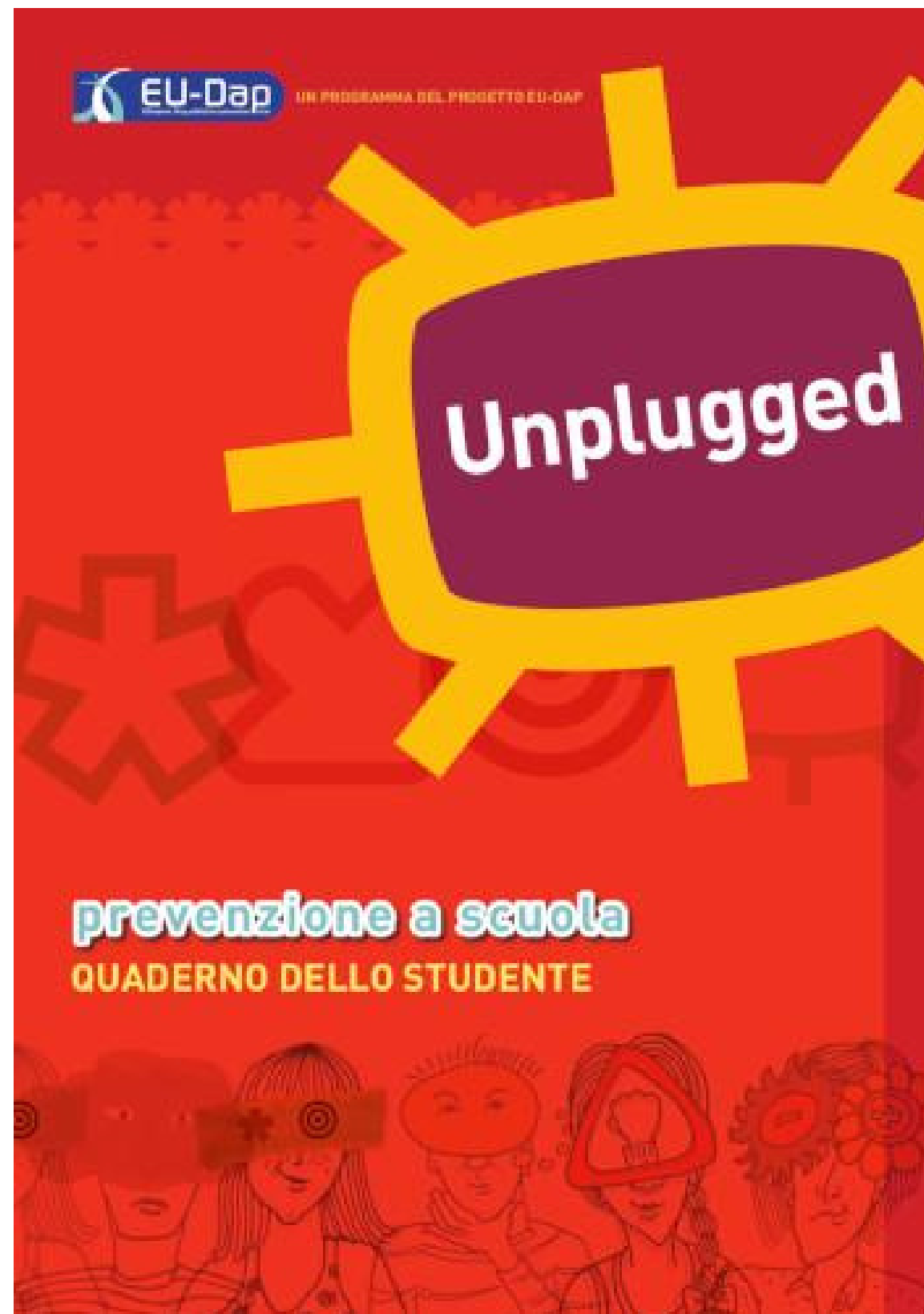


San Patrignano

Our experience



U N P L U G G E D

Unplugged is a **school drug use prevention program** based on the social influence model. It aims to improve **the well-being and psychosocial health of children** through the recognition and enhancement of personal and social skills necessary to manage emotionality and social relationships and to prevent or delay the use of substances and raise awareness about addictions.

We worked on the unplugged project at school and took part in some fun activities that were meant to teach us what's right and what's wrong.

Those was a useful activity and above all we learned new things that were unknown to us before

On 27th September 2023 we had an educational trip to the San Patrignano's rehabilitation centre. When we arrived there, the staff welcomed us and they took us on a tour of the rehabilitation centre starting from leather goods, woodworking, wallpaper and workshops. Then we went to the canteen to have lunch and to give us an idea of what a typical day is like for the people living in the centre. After lunch we had the opportunity to listen to Federico's story. He is part of the staff but before that he was just a teenager with a history of drug addictions.



After the meeting we played a game in which we wrote on a piece of paper **the moments when we felt most fully ourselves**. One of the staff members showed us the dog shelter, and he also told us his story and we saw that he was struggling since it was his first time talking about himself and the reasons why he was there. **They also wrote and gave us a few notes about their new lives in San Patrignano, sharing their stories and give us advice.**

This experience was very interesting and touching because we were offered the opportunity to hear about the experiences of different people, so we had different points of view about their own drug addiction experience.

We realized that sharing their past with us was a difficult challenge, and we noticed that their hands were shaking, and that they tended not to look in the eyes.

They made us understand how this rehab centre can help people but also how lucky we are to have a taken different path in our lives that didn't lead us to addiction problems. It was a very educational experience but also a fun one, since they didn't make it boring in any way. We will remember this school trip for the rest of our lives.

THEIR STORIES

The stories of young people who followed the path to San Patrignano, and their most beautiful phrases

I'm learning to face difficulties without running away from them (Elena)

This dark spot will be there forever, none of your medicines will cure it and make me a normal person (Federico)

Thanks to San Patrignano I also rediscovered the sense of family that had been lost in me for a long time (Paolo)

I thank this place that gave me everything without asking for anything in return (Alice)

San Patrignano has helped me understand that life is beautiful, and with all its shades we are gifted with a lot of beautiful things and opportunities that it is up to us to make the most of (Nicola)

THE VALUES OF...

What we have learned
from this experience

Determination

Solidarity

Citizenship for
a healthy lifestyle

Perseverance

Joy of effort

Ethnics

Fraternity

Identity

Courage