

Kyrgyzstan
A Kyrgyzstan Visit
to CIF Italy and Slovenia
(from CIF World News, Winter 2014)

By Sagynbek kyzy Nargiza,
CIF Kyrgyzstan

“Ciao, prego, grazie and hvala!” – These words became my favorite words after visiting Italy and Slovenia as a participant of the CIF exchange program. I thought few days before writing and sending back this short letter to editor. I needed time, because I had so many thoughts and feelings in my head.

My name is Nargiza, I am from Kyrgyzstan. This autumn I was in Italy and Slovenia for the first time in my life by CIF program. First of all, I would like to thank the president CIF Italy Mimmo Merola and CIF Slovenia Tatjana Prashnikar, and other members of the program especially Fabio Cappello, Oriano Pianezza, Majda Knehtl, and Petra Cerinshek. Secondly, special thanks to my both host families. They were so kind and caring to me, that I am missing them so much.

The program was organized perfectly. During three weeks I got practical and theoretic information about the social service and culture of both countries. I had visited different organizations and institutions and I had met so many different people. I was inspired by how people dedicate their life to their job, how they do care about other people, and how they try to help to everyone. These people gave me a lot of ideas and filled me with enthusiasm. I had visited with two other participants from France and Turkey a variety historical and cultural places. We saw the Amphitheatre, the Coliseum, architectural heritages from different historical periods and so on. I tried Italian and Slovenian cuisine and different ice-creams which I loved much. Also, I visited Frida Kahlo exhibition, and I had motorbike trip around Genova.

This CIF exchange program gave both professional and personal growth. I learned a lot, and I had so many ideas which I want to implement in my country. Honestly, I didn't expect that one day my dreams and wishes came true. Sometimes it was hard for me to find the right words to express all my feeling and emotions, everything was fantastic. No comments, no words, just feelings.