

We began in March 2019 on our ENYA project through speaking in our group about the problems that affect us, as children. We saw self-image as a huge problem in our school, specifically self-image on social media. After a few meetings, we met in half term to work out how to convey this theme effectively, we chose to make a dramatic video. We also decided that writing an application letter would be the fairest way to choose which two members of the group would go to the conference in Brussels.

About a week later, we met in school to film the video for the conference. Then, we went back to the classroom to do work on the group's self-image. At the end of the day, we discovered who would be going to the conference; me and Grace. From this point, we had some preparation work to do so that we were ready for the conference. I worked on a PowerPoint as Grace wrote a script, and the rest of the group edited to video. Once we were happy with our work and the whole project, we had a lesson to reflect on the project and look back on our work. This is where the journey came to an end for everybody except me and Grace.

The next time we saw Rhian and Jordan was at Swansea Train Station. As we prepared for the day ahead of us, we said "goodbye" to our parents. Once we were on the train to Paddington, we relaxed a bit and played some card games. After about three hours of travelling, we arrived at the station. We walked to get some lunch and over to Kings Cross Station to get the Eurostar. After two extra hours of travelling, we arrived in Brussels. We dropped our things off in the hotel and the four of us went out to have a look around and have a meal at the *Hard Rock Café*.

The next day, we woke up early for breakfast and then walked towards the offices where the conference was being held. As we arrived, we met Beckie and Matthew from Scotland outside. Then, after meeting everybody else, we split into three groups to play games to get to know each other. Once everybody finished the games, we started our presentations. Every country brought something interesting to the conference, with something special and unique about each one. We were the last to present, so there was high pressure. We finished our presentation with no problems, with everybody surprised that the two of us did it in Welsh.

After a short discussion about the points raised in the presentations, and having lunch, we went back into our groups to prepare a video. Once we were finished, everybody said goodbye for a short time. We went with the teams from Scotland, Northern Ireland and Malta to look around La Grand-Place before supper. Then, as me and Rhian waited in the main square to have a waffle, Grace, Jordan and the others went to look at the Manneken Pis. We met up again for supper with everybody from the conference, where we got to know each other really well. After this, some of the teams went to visit the *Atonium*, while others went back to their hotels.

The second day of the conference, we chose to take the tram to save our feet from more walking. We started with a session with some children's commissioners from other countries answering questions about their jobs. Then, we moved on to look at the main problems raised by everybody in their presentations and came up with some recommendations for the commissioners. After lunch,

the day came to an end with different countries leaving to make their way home. From the UK, Aideen and Maddie from Northern Ireland went home first, and we left at the same time as Scotland. After a short time on the tram, we said farewell to each other and went our separate ways.

We found two pairs of seats, so Rhian and Jordan sat behind me and Grace. As Rhian and Jordan did some work, I listened to music by Dodie with Grace as we chatted about life and school. As we were approaching Cardiff station, we wrote letters to each other to thank each other about the time we had on the trip. After reading them, we played some card games again while talking about Norman Price and having a joke. Once we got to Swansea, we said goodbye to each other and went home. At the end of the week, a group of us did an interview for the S4C news programme for children, Ffeil. We spoke about the project on self-image and the trip to Brussels in order to raise awareness of these problems.

- Rhys James