

PROJET COMENIUS 2012 - 13
HEALTH AND NUTRITION



●
Lund

●
Meerbusch

The fantastic journey ...

●
Fouesnant





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1. INTRODUCTION

« HEALTH AND NUTRITION »



Lund

Fouesnant-France, Meerbusch-Germany, Lund-Sweden

European thinking is guided by the objectives of the WHO (World Health Organization) on the eight key competences for education and training, recommended by the European Parliament.

« Learning by learning »

« Learning by moving »

- Gain new knowledge to take part in a regular physical activity
- Explore nutritional and cultural habits
 - Use English in real conversations
 - Prepare the future
- Communicate the message to the future generations

Our participants are students from 13 to 15 years old following a normal course and students with disabilities or school difficulties. Also involved are the teaching and educational staff, parents and participants from the worlds of education, work, sport and local communities.

« MENS SANA IN CORPORE SANO »

**The fantastic journey
of our pupils
across a healthy Europe.**

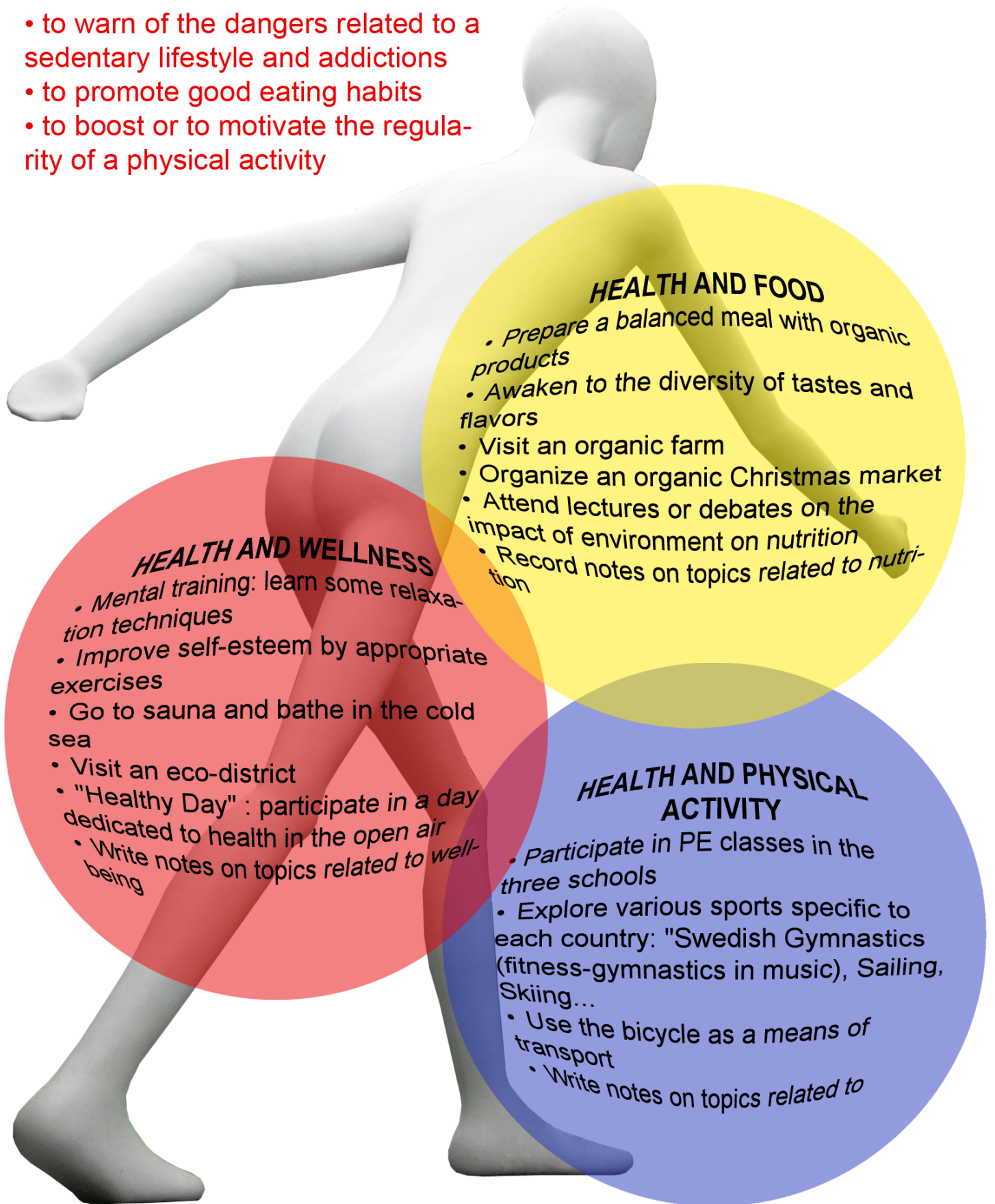
Meerbusch

Fouesnant

- Build one's future by discovering jobs concerning health
- Get to know the natural heritage of each country to preserve it in a better way
- Find another way to look at the differences in participating in activities with young people, or people with learning difficulties, etc...
- Participate in a joint project to learn how to get involved, to take responsibility or to work effectively in groups...
- Make an oral presentation in front of an audience : learn how to express oneself, how and control one's fears, learn how to assert oneself and finally how to gain confidence and self esteem

IT IS URGENT :

- to warn of the dangers related to a sedentary lifestyle and addictions
- to promote good eating habits
- to boost or to motivate the regularity of a physical activity



- Create all together "a booklet of training and consulting, "where everyone could find the keys to improve one's daily life
- Communicate via a blog



Our project aimed at making pupils, aged 13-15, realize the importance of a healthy lifestyle.


It started in November 2011 and reached its climax during impressive and enjoyable trips to Sweden, Lund (March 2012), France, Fouesnant (September 2012) and Germany, Meerbusch (April 2013).

The pupils got to know the importance of a healthy nutrition and sports activities and they also got a lot of advice on how to improve their everyday lifestyle.

In Europe, the sedentary lifestyle and bad eating habits are increasing, leading to health risks.

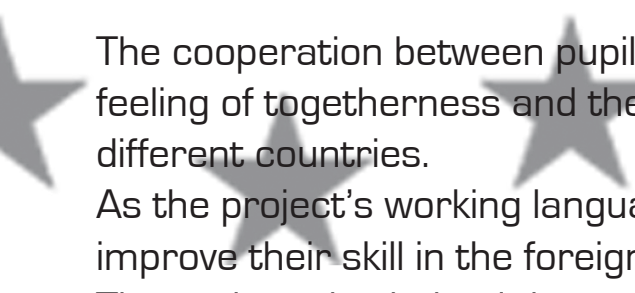
It is URGENT:

- to warn against the dangers linked to a sedentary lifestyle and addictions,
- to move on to good eating habits,
- to encourage regular physical activities.



In micro-projects the pupils could deal with the main ideas of the project «Health and Nutrition» and thus extend their knowledge in this topic. The productions written by the pupils during the workshops have been put together in a TRAINING DIARY supposed to be used by future generations of pupils.

Another important aspect of our project was the cultural exchange between the three partner countries France, Germany and Sweden. What sports are popular in the different regions of these countries? What are the differences in the eating habits?



The cooperation between pupils of the same age strengthened the European feeling of togetherness and the discussions between the pupils of the three different countries.

As the project's working language was English, the pupils got the chance to improve their skill in the foreign language.

The project also helped the pupils to acquire a better knowledge of themselves, to develop their career project and to take action towards their own success.

Who was Mister Comenius ?

John Amos Comenius was born on the 28th of March 1582 and died on the 15th of November 1670. During his lifetime, he succeeded in doing many great things such as reforming the school system in Sweden, Germany and part of Holland. The rest of Europe took after this school system, maybe not exactly like it but in their own way. Then, his ideas were developed to fit the present.

He was born in the Czech Republic but his family originated from Hungary. When he was 16 years old, he started to study at a latin school and then studied all the way through school to the end of university. After his studies, he started writing books and started working as a principal. He later changed job to a pastor in a Lutheran church. During the religious war that occurred he lost all his work and he was forced to flee from his job and became an exile.

He took refuge in Poland and started working as a principal again. The government of Sweden called him to help Sweden draw up a school schedule for all the Swedish schools. This system became quite popular and spread to Germany and part of Holland when he was alive. After he died, this system spread widely over Europe.

John had a great influence on education all over Europe, he wrote many textbooks which were in the native language instead of latin.

The most important things he did with the school system were :

1. Learning foreign languages through the vernacular
2. Obtaining ideas through objects
3. Starting with objects most familiar to the child to learn more easily
4. To teach not just one side, but plenty of different views on things giving wide knowledge
5. Making learning a pleasure instead of some torture you have to do

A decorative background of grey stars of various sizes scattered across the page.

Testimonies from parents and students:

“THIS IS SCHOOL AT ITS BEST !”

A parent

«We have learned a lot about each other and our different cultures. Even though we are from different families and countries we have to acknowledge that we are all humans and not that different from each other.»

Nice meeting and nice friends .

This is the most wonderful adventure of my life! Thank you!

This project has been fantastic, it will rest in my heart for the rest of my existence.

COMENIUS IS PERFECT !

The pupils



The City of Lund has always given education top priority. In Lund, we commit more resources to the school system than perhaps any other city in Sweden. The City of Lund has also been recognized through numerous awards and rankings as one of the best school cities in the country.

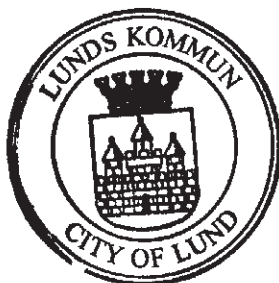
Adding to this, internationalization has always been a core value of Lund's strategic development. The investments in our international future have been crucial for our successes, as has the close cooperation between the city, the university and our diversified business sector.

The EU Comenius programme excellently combines these two perspectives – education and internationalization. Through the Comenius projects, employees as well as children and students get invaluable opportunities to enhance the European dimension in our education system, increasing the mobility in the school sector and furthering the quality of our pedagogic efforts.



Tove Klette

City Commissioner





Opening oneself to the world

It is with great interest that we have followed the actions of the Comenius project set up by the College Saint-Joseph from Fouesnant-Les Glénan. We are proud of the success met by this initiative with a strong and practical educational project which promotes the benefits of sport, respect for the body and a better awareness of nutrition.

To allow young people, tomorrow 's grown-ups to open themselves to the world, to discover new cultures is part of the education that we have to give them. We believe in passing down these essential values which make the basis of our society.

Today this exchange is coming to an end. It has given young people opportunities to meet, exchange and share. I thank the teaching teams who have put a lot into it for more than two years to make it a success.

Roger Le Goff,

Mayor of Fouesnant-les Glénan







Once again Meerbusch has been involved in a Comenius project and I'm delighted to see the commitment with which young people this time deal with the issues of sports, health and nutrition.

In Meerbusch sports is a big issue. Many clubs and sports facilities invite you to engage in regular exercise. Sports brings people together, in the case of the Comenius project even across European borders.

In our modern society it is increasingly important to look beyond your own national, cultural personal limits from time to time – how could you do that better than in direct international exchange. The Comenius project impressively combines the opportunities offered by collaborative platforms on the Internet with personal meetings where young people get to know each other and also learn about culture and characteristics of their home countries.

New encounters and experiences for young people who are ready to face the challenges of European life.


Dieter Spindler
Mayor

Thank you to :

France	Germany	Sweden
Décosse Véronique Secretary	Becher Astrid Mathematics, Catholic Religion and Physical Education teacher	Hagberg Christina German and Swedish teacher
Duval Christine French teacher	Gathen Angela Geography and Music teacher	Möller Birte English, French and Physical Education teacher
Le Fur Ann Marie Project Coordinator Physical Education teacher	Klofat Bianca English and History teacher	Persson Kjell Woodwork teacher
Ligen Elisabeth German teacher	Lehmann Jens English and History teacher	Tillgren Jens Physical Education teacher
Saouter Dominique Mathematics teacher	Nowocien Martyna Comenius assistant (2011/2012)	
Youinou Eric History and Geography teacher	Tscheulin Daniela French and German teacher	
	Wauschkuhn Thorsten German and History teacher (2011/2012)	

Best Thanks to all persons in the 3 schools who have helped and joined us in this adventure!

For France, to our precious helpers for English : Leslie Capp, Dominique Geimer, Cynthia Honoré, Véronique Joliff, Helena Le Fur and Coren Poinot; and for our specialists in documents and computing : Christine Barbarit and Laurent Gallou ; Jo Le Gall our cooker and his team, Marie-Claude Potard our accountant, Christine Dhennin and Annick Geimer for their support.

For Sweden, to our hosts : Danielle Collberg, Gunilla Sjöstedt-Sjöberg, Gunilla Garmer, Christina Nordenskjöld and Olle Strömbeck-IT-support, Michal Tomaszek- IT-support, Photographer, Camilla Svensson - food service, Carolina Svensson - food service and Kristina Willner – accountant.

For Germany, to the caretaker Hans-Peter Ritter for his support in school, to the persons who organized the workshops : Frau Alstede, Frau Weber, Frau Buchwald-Röser, Frau Heinrichs, Herr Klofat and also Julia Grünwald, Lena Putzka.

to the hosts : Lydia Hoffman, Lisa Leibmann-Bisanz, Jutta Packenius,
Reinhard Muhs and Maike Wienand.

Not to forget the support and the good advice of our headmasters :

Agnetha Holmquist from Lund

Burkhard Wahner from Meerbusch

Jean-Marie Velly from Fouesnant

Vornames of all the students from
the three schools

FRANCE	GERMANY	SWEDEN
Hayden	Anna-Lisa	Cina
Yves	Annika	Hanna
Lucas	Anika	Sasha
Victor	Benedikt	Mustafa
Tom	Cedric	Johannes
Nicolas	Damla	Fredrik J
Ludivine	Dana	Fredrik R
Antoine	Domenic	Karin
Aurore	Ebru	Julia
Clément	Emily	Matilda
Melvin	Emma Luzia	Sabina




Jean-François	Eric	Gzim
Hugo G.	Hubertus	Daniel
Julie	Indira	Karl
Léa	Katharina	Carl
Elodie	Laura	Zeth
Maurine	Laurenz	Joanna
Tanguy	Luisa	Henrik
Hugo L.	Luna	Sebastian
Benjamin	Mathias	Clara
Faustine	Melis	Nina
Maiwenn	Nazdar	Sofie
Baptiste	Nicole	Linn
Mickaël	Nils	Jennifer
Mathilde	Rosa Lorely	Erik
Jimmy	Sebastian	Carl-Johan
Lucie		Lilly



REALSCHULE OSTERATH







The Comenius Project, which has imprinted the activity of Tunaskolan for two years has been a tremendous success. The experience of being hosts to young people from other countries was very rewarding for our pupils. Participating in all the different activities was very interesting and great fun.

The Comenius Project also influenced all the classes in grades 8 and 9 at our school when they listened to the very qualified lectured on health and training by some of Sweden's foremost physicians.

Our pupils have not only improved their knowledge of languages but also got to know the cultures of the other countries.

I, the undersigned, am very satisfied with the way the Comenius Project has improved the knowledge and variety of our educational level.

Lund June 13th 2013



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Agnetha Holmquist
Headmistriss at Tunaskolan, Lund





Fouesnant, July 2nd 2013

This idea which has germinated for many years in Ami Le Fur's mind, a PE teacher from Sweden has taken shape and has made it possible to gather together St Joseph secondary school from Fouesnant, Realschule Osterath from Meerbusch and Tunaskolan from Lund on the topics "Sport, Health and Nutrition".

It is a fabulous project during which the students from the three countries have been able to "live together, grow up together and share".

This ambitious project has therefore come true and has made it possible for students and their teachers to experience a school without walls, without borders, to give meaning to English learning, the language chosen to communicate with each other for these two years, and to discover the different cultures and European lifestyles.

So, may this beautiful project be for you, young German, French and Swedish students, heirs and builders of the future the opportunity to keep on working together to the building of a Europe embracing its differences.

J.M. VELLY,
Headmaster

Saint Joseph School
FOUESNANT


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Tél. 02 98 56 02 93 - Fax 02 98 56 53 49





When we had started to plan the Comenius Project „Health and Nutrition“ in autumn 2011, I saw the project as a challenge, but also as a chance at the same time to get in touch with other cultures and to *live* Europe.

Many students from grade 8, as well as teachers, were interested in joining the project right away. A Comenius-casting was organized and the students gave their best, because only a limited number of students were able to take part in the project.

The success of this project has become obvious: The students and the leaders had exciting and enriching weeks abroad at our partner schools "Collège St. Joseph" in Fouesnant (France) and "Tunaskolan" in Lund (Sweden). While being with their host families and doing activities with their partners, our students had the chance to improve their English. They were able to prove and improve their language skills beyond the classroom in real-life situations. Thereby, they lost their worries about using the English language and gained more self-confidence. Moreover, they became part of two other European cultures and literally "lived" them.

All in all, the students got many ideas on how to live together in a united and consolidating Europe which might enrich or even influence their thinking and way of life.

Meerbusch, June 18th 2013

.....

Burkhard Wahner

headmaster at Realschule Osterath, Meerbusch





The page features several grey, five-pointed stars scattered across the background. Some are partially cut off by the edges of the page. The stars are of varying sizes and are positioned at various angles, creating a decorative pattern.

I want to tell you about Lund...

My hometown Lund is a thousand-year-old city and it is full of historical sites and buildings.

It is nice to walk around the town and you can find a lot to see.

In Lund's center is the Cathedral. From many places in the city you can see parts of the two towers. Today the Cathedral is one of Sweden's most visited tourist sites.

By far the most popular attraction is the Giant Finn in the crypt and the great astronomical clock, Horologium mirabile Lundense, which plays twice a day.

The University has a strong influence on the city of Lund and several university buildings are located in the heart of the city. Sweden's first and most successful research park, Ideon, is situated in Lund.

Close to the centre of Lund there is the Botanical Garden. It is a beautiful garden and in spring and summer you can see a lot of people having a picnic there.

If you get hungry there are lots of restaurants and cafés.

If you like sausages you can eat a "Lundaknake" which you only can buy here in Lund.

During spring and summer you can buy yourself an ice-cream, sit down and rest for a while in the "Stortorget" square and look at people.

It is easy to get around the city and most people use bicycles for their daily transportation.

A well-known city close to Lund is Malmö. Malmö is Sweden's third largest city by population, just a stone's throw from Copenhagen, the capital of Denmark. An interesting part of Malmö is the newly built area Bo 01, where environment and sustainability are key words.

The town of Fouesnant

The town of Fouesnant is included in the region Bretagne, in the department Finistère, in the borough of Quimper and the canton of Fouesnant.

Fouesnant covers 32.76 km² and has 10 000 inhabitants.

History

This southern shore of Finistère has remained unknown outside Brittany for a long time. A handful of explorers spread the word to each other, but the long beaches remained deserted. Then the rumour spread that a little paradise lay there. In the 19th century, artists and writers developed a passion for this dazzling and wild region. The resort of Fouesnant had just been born. Inns and mansions were built. The russet cider that farmers pressed for them started to be sold outside the farms. Pancakes, flans, fresh fish and shellfish were served to visitors from outside.

One country, a thousand faces

CAP-COZ

Between pines and ria, the sand piled up on "the old cap" encloses a vast estuary where the tide rushes in. On one side of the isthmus, the beaches stretch out under the branches of the trees. On the other side there is the fascinating merry-go-round of the foreshore " Beg-Meil".

The windmill which gave its Breton name to this rocky overhang has disappeared. It has been replaced by a station perched on top of a dune overlooking the sea. The coast is divided into tiny coves and beaches sheltered from the waves and westerly winds. Summer holidaymakers built pretty villas along the coastal path.

MOUSTERLIN

Mousterlin Point is surrounded by the most astonishing countryside. To the west, the natural lagoon of the Mer Blanche goes as far as Bénodet along a beach out off the rest of the world. To the east, man has closed the gates at the place where the tide used to come in, and formed a vast polder of prairies, pools and reed beds.

THE GLENAN ISLANDS.

They make an enchanted archipelago. The water is the purest in Brittany. There is a reserve where the Glénan narcissi bloom. Unique in the world, they cover part of the island in April.

Nature is the queen in Fouesnant. Aware of the fragility of their natural heritage, the people from Fouesnant have teamed up with the French Coastal Protection Agency and other organizations that work to protect nature.

Today, seven sites are classified or protected by the law. As pioneers in environmental protection and education, the people from Fouesnant have for several years flown the “ Blue Flag”. The community has also obtained the “ Tourisme et handicap” (“Tourism and Disability”) label for its provision of facilities for members of the public with sight and hearing difficulties and physical and mental disabilities.

LEISURE AND DISCOVERY

Everything is possible in Fouesnant. There are sailings schools, sea canoeing, surfing diving centers, stand up paddle schools. The Glenan islands sailing school and nautical center is renowned worldwide for the high standard of its teaching. Nature outings, cruises on sailing boats to the Glenan islands are organised from February to November. There are lots of hotels, self-catering apartments, holiday villages and campsites for tourists.

From the Resort guide 2013 of « Fouesnant- les Glénan, terre d’océan »



Meerbusch is beautifully situated on the left - hand side of the river Rhine in the federal state of North-Rhine Westfalia.

Meerbusch is made out of eight villages called Büderich, Strümp, Ilverisch, Langst-Kierst, Nierst, Lank-Latum, Ossum-Bösinghofen and Osterath, which were joined together in 1970 to establish the city of Meerbusch.

The biggest adjacent cities are Krefeld, Duisburg, Düsseldorf and Neuss. Meerbusch is about 20 kilometers away from Düsseldorf airport. It has about 54.000 inhabitants.

Its twin towns are Fouesnant, France and Shijonawake, Japan.

Meerbusch has nice things to offer:

you can go for long walks along the vast banks of the river Rhine. You should also take a look at the 13th century church tower which is located in Meerbusch-Büderich; today it is used as a memorial for war victims. A lot of people celebrate their wedding in the Chapel Niederdonk which is situated in the picturesque surroundings of an old manor house in Büderich.

In Meerbusch there are almost 50 sports clubs; they offer sports like football, swimming, track and field sports, horse-riding, badminton and tennis. Cyclists like the popular cycling paths along the Rhine.

Meerbusch has nine primary schools, one secondary modern school, one comprehensive school and two grammar schools.

Cultural events such as musical or theatre performances with often well-known artists take place regularly at the Forum Waserturm in Meerbusch-Lank.





Different school rules in Sweden, France and Germany.

Sweden



In Tunaskolan, the school in Sweden, the rules aren't that harsh. Things like eating, using mobile phones, listening to music in class are prohibited. Being late, drinking and bullying aren't allowed. But you're allowed to use mobile phones during breaks and leave the school yard for example. Some of the students don't follow those rules and that's a bit bad.

France



In collège Saint-Joseph in France the school rules are very strict. The pupils are not allowed to do things like being impolite to the teachers, leaving the schoolyard and using mobile phones during school time. But on the contrary maybe strict rules are necessary for the future of the pupils. Drugs, smoking, alcohol are prohibited. You have to be polite to each other.

Germany



The rules in Realschule Osterath in Germany are less strict compared to France. Mobile phones at school aren't allowed either, things like going to the toilet during a lesson, drinking and eating, smoking, drinking alcohol, using drugs and bullying are not allowed too. In a German school, you are supposed to learn, to be polite and to do your homework.

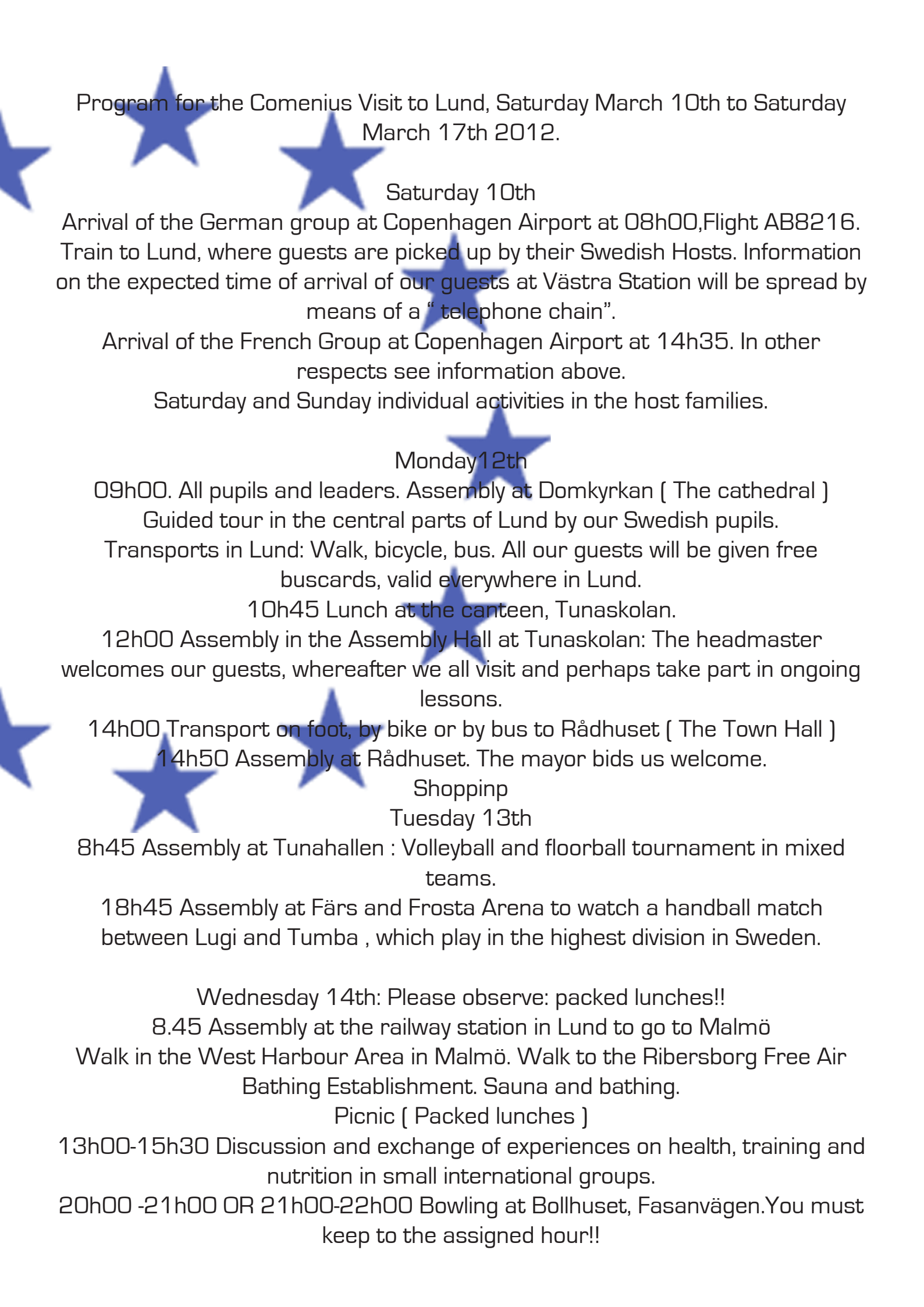




2. THE THREE TRIPS

SWEDEN





Program for the Comenius Visit to Lund, Saturday March 10th to Saturday
March 17th 2012.

Saturday 10th

Arrival of the German group at Copenhagen Airport at 08h00, Flight AB8216.
Train to Lund, where guests are picked up by their Swedish Hosts. Information
on the expected time of arrival of our guests at Västra Station will be spread by
means of a " telephone chain".

Arrival of the French Group at Copenhagen Airport at 14h35. In other
respects see information above.

Saturday and Sunday individual activities in the host families.

Monday 12th

09h00. All pupils and leaders. Assembly at Domkyrkan (The cathedral)
Guided tour in the central parts of Lund by our Swedish pupils.

Transports in Lund: Walk, bicycle, bus. All our guests will be given free
buscards, valid everywhere in Lund.

10h45 Lunch at the canteen, Tunaskolan.

12h00 Assembly in the Assembly Hall at Tunaskolan: The headmaster
welcomes our guests, whereafter we all visit and perhaps take part in ongoing
lessons.

14h00 Transport on foot, by bike or by bus to Rådhuset (The Town Hall)

14h50 Assembly at Rådhuset. The mayor bids us welcome.

Shoppin

Tuesday 13th

8h45 Assembly at Tunahallen : Volleyball and floorball tournament in mixed
teams.

18h45 Assembly at Färs and Frosta Arena to watch a handball match
between Lugy and Tumba , which play in the highest division in Sweden.

Wednesday 14th: Please observe: packed lunches!!

8.45 Assembly at the railway station in Lund to go to Malmö

Walk in the West Harbour Area in Malmö. Walk to the Ribersborg Free Air
Bathing Establishment. Sauna and bathing.

Picnic (Packed lunches)

13h00-15h30 Discussion and exchange of experiences on health, training and
nutrition in small international groups.

20h00 -21h00 OR 21h00-22h00 Bowling at Bollhuset, Fasanvägen. You must
keep to the assigned hour!!

Thursday 15th

8h00 (Don't be late!) Assembly at Tunaskolan. Walk to Vattenhallen, the Science Centre at LTH. Performance 8.30-10.00

10.15 Visit to The A-building at the Institute of technology. 15- 12.00 Ikea Design Centre.

12.15 Lunch at the canteen, Tunaskolan

13.50 Gympa at Gerdahallen, the leading training centre in Sweden.

Friday 16th

8h30-9h15 approximately we all sing together with the help of our music teacher and some other musicians at Tunaskolan.

9h45-10h45 Continuation of the discussion on health and nutrition in the same international groups.

10h45 Lunch at the canteen

13h20 Assembly at the Assembly Hall at Tunaskolan. Lecture in English on a very interesting new invention to create power by means of a kind of generating station below water, using the tidal movements and streams. This innovation will create an efficient way of protecting our environment.

18h00 Buffet and disco. All Swedes contribute by bringing many kinds of Swedish food.



Saturday 17th

German departure from Copenhagen at 08h45, flight AB 8217. Information on assembly time at Västra Station will be given later.

French departure from Copenhagen at 18h05. Information on assembly time at Västra Station will be given later.

A VERY WARM WELCOME TO ALL OUR GUESTS!!





We all flew to Kastrup, the international airport of Copenhagen. There we took a train and drove the rest of the way to Lund. We arrived in Lund in the morning. We met our host families at the train station. The Swedish people were waiting for us. Everyone of us was so excited what family was going to be our host family.



On Monday the 12th March 2012 all pupils and leaders of the Comenius-Project met at 9 o'clock in the morning at the assembly hall of the Domkyrkan Cathedral. After that our Swedish pupils showed us the central parts of Lund and told us some important facts about them.

Then we got a bus ticket from our hostfamilies which was valid everywhere in Lund. With the ticket we could go anywhere we wanted.

At 10.45 we all went to Tunaskolan and we all had lunch in the canteen. After lunch we all had time to walk around the school and at 12 o'clock we met in the assembly hall of Tunaskolan and the Headmistriss welcomed us.

After she had talked to us we could take part in an ongoing lesson and could see what the lessons were like in Sweden and what sort of lessons they had.

At 14.00 we went by bus or on foot to Radhuset in the Town Hall. We met the First Secretary in Lund, her name is Tove Klette. She told us to be welcome and we drank and ate something. She talked about Radhuset, Lund and Sweden. She can speak German and this was very nice for us. After the presentation, she told us we could write our names in Lund city book and we took photos of the City hall.

In the afternoon we left the Radhuset and we went in the city shopping or we just had a look around.

In the evening we went home with our Swedish pupils and had a little chat with our host families.







Visiting lessons in Sweden

Some of us visited a cookery class where Swedish students were making lunch. We were allowed to taste the food and see how Swedish kids learn to cook.

Another group took a look at sewing and textile work. For the pupils from abroad these were two very interesting lessons because only German pupils have studied these subjects before. But still only in Sweden these are essential subjects.

But there were also students who visited other lessons like physics for example. They got to see how lessons in the same subjects can be very different from one country to another.

One impression was that Swedish students and Swedish schools have much less discipline than others. The teachers are for example called by their first name and not their last name, cellphones are allowed in the corridors etc...





Visit to a lesson

In every Swedish school it is customary for pupils at an early age to be taught Hemkunskap, literally meaning Home Knowledge. Every school is equipped with a large kitchen containing cooking tools where the students learn how to prepare various meals. In addition to practising cooking, students learn about economics. They are taught the fundamentals of financial management, and this course establishes their ability to make proper decisions and be fiscally responsible later in their life. As a result, this subject is one of the most important ones at school ; it prepares pupils for the future in ways other subjects do not.



Music

I was in the guitar class and I loved this moment because I played the guitar. On the picture there are two guitarists and the drum set.

In the music class they can play music together in groups with friends. They have a special studio to play the music. Lots of students play music or sing in a choir. Every Swedish pupil learns to play the guitar.

We listened to a girl singing songs from ABBA and JOHN LENNON, and a pupil played the bass and another guitar.





In Swedish schools, they try to integrate every pupil in sport activities.

Everyone can join the class and there are special teachers, following these pupils and helping them.

In these sport lessons, there are only 5-6 children per class.

These children love sports.



Swedish sport

Tuesday morning:
we played floorball and in the afternoon
some volleyball.

Tuesday night: 8pm
That night we had the chance to go and see
a handball match. The two teams who were
playing are in the Swedish championship of
handball.

Sports are very important for the Swedish.
As Swedish people train a lot they have to
eat heavy meals.





Floorball In The Morning Volleyball In The Afternoon Handball In The Evening

We were together in a sports hall to play floorball. That's a Swedish sport, very popular in Sweden.

We began at 9h30 and we played for 3 hours. Each team was composed of 4 players and there were 7 teams.

After this we played volleyball for 3 hours in the afternoon.

It was a very good day and after we went on to play another Swedish game which is called king-out. We loved that game!

In the evening we went to a handball match. That was fantastic!!!







Handball and king-out

We were at a handball match on Tuesday evening. It was Luigi who won the match against Tumba. We were at the big Arena in Lund, there were cheerleaders and other games.

In the afternoon before the handball match, we played king-out with the Swedish and German pupils.

This is a game that can be played with several players.



On Wednesday we met at Lund railway station. Then we all drove together to Malmö. When we arrived in Malmö, we visited the West Harbour in Malmö where there were lots of nice houses. After that we worked on a short quiz about the West Harbour in Malmö and then we went to a sauna. This sauna was very nice. We had a lot of fun there and we could also go swimming. Sauna is good for our health, it makes you feel good. After that we had a picnic with all students and teachers and we took lots of pictures of us and our teachers.







1. The Turning Torso was designed by the Spanish Architect Santiago Calatrava. The tower reaches a height of 190 meters. The design was based on Santiago Calatrava's "Twisting Torso" sculpture.



2. In the district of Bo01, you can also find "sculptural fitness places". The artist wants the people to use these sculptures for doing sport in a different way, by being able to look at the sea at the same time.



3. The european village : the city of Malmö asked several architects to construct different types of houses from various countries in many different materials.



4. At Bo01, It is important to collect and select the garbage in different tins... For example, you can recycle food into bio-gaz



5. The city of Malmö collaborates with artists and designers to create unique playgrounds and other places for games and integration.

There are not so many parking places in Bo01 while the point is to make the people use their bicycles, go to work or to school on the bike instead of using cars.



6. "Malmö meets the water"

The water is collected from the roofs and led down to natural reserves in Bo01, then it goes out in the channels or in the sea. Bo01 is built on a slope at each side so the water glides slowly...



7. Close to the houses where the people live, there are places where they can meet and have activities. Squares for example or an out-door theatre.



8. There is also a huge super- market with biological food in Bo01. Old people can order their food and the shop delivers by bike and not by car!!!



9. "An exotic bubble"

A place near the sea for old people to sit inside when the wind is blowing out-side and have exotic plants around.



10. The bridge in between Copenhagen and Malmö is 2700 meters long and was constructed in the year 2000. This bridge is very important for the economics of southern Sweden and Denmark.



11. "Diamond stones"

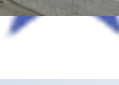
The artists have polished some stones in between the normal stones! Beautiful!



12. The rain water collected on the roofs goes down to little places called "biotops". A biotope is an environment for plants, vegetations, water, animals, fishes and birds. The water goes through the biotope and will be cleaned by the plants. As there are biotops everywhere, normal life of animals will be kept after the construction of these modern houses. If there were no biotops, the animals would have been moved away...



13. The animals normally go away with the construction of houses. Therefore these biotops have been created where animals can live, a natural condition for them.



After lunch we went back to Lund where we were put into different international groups. In these groups we talked about the issue of the Comenius project ("Health and Nutrition"). Later in the afternoon, we all went back to our host families, where we spent some time until the evening. In the evening we all went to a bowling center in Lund where we all had a lot of fun and talked very much. Our teachers had a lot of fun too.

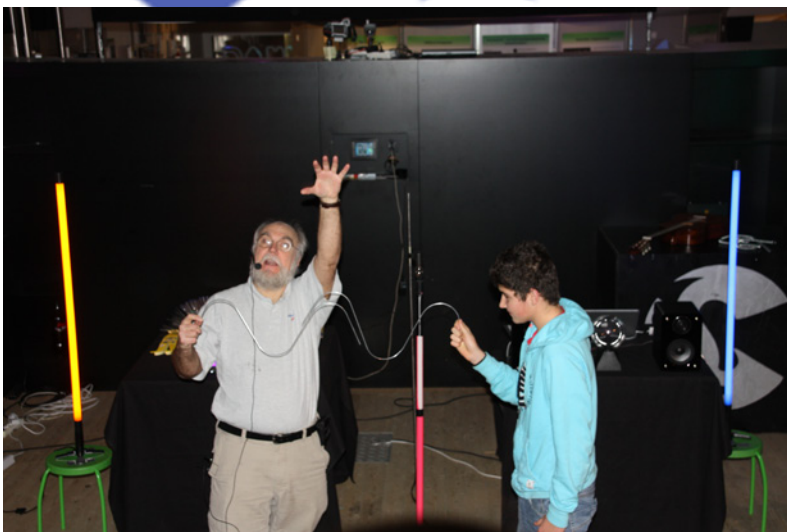
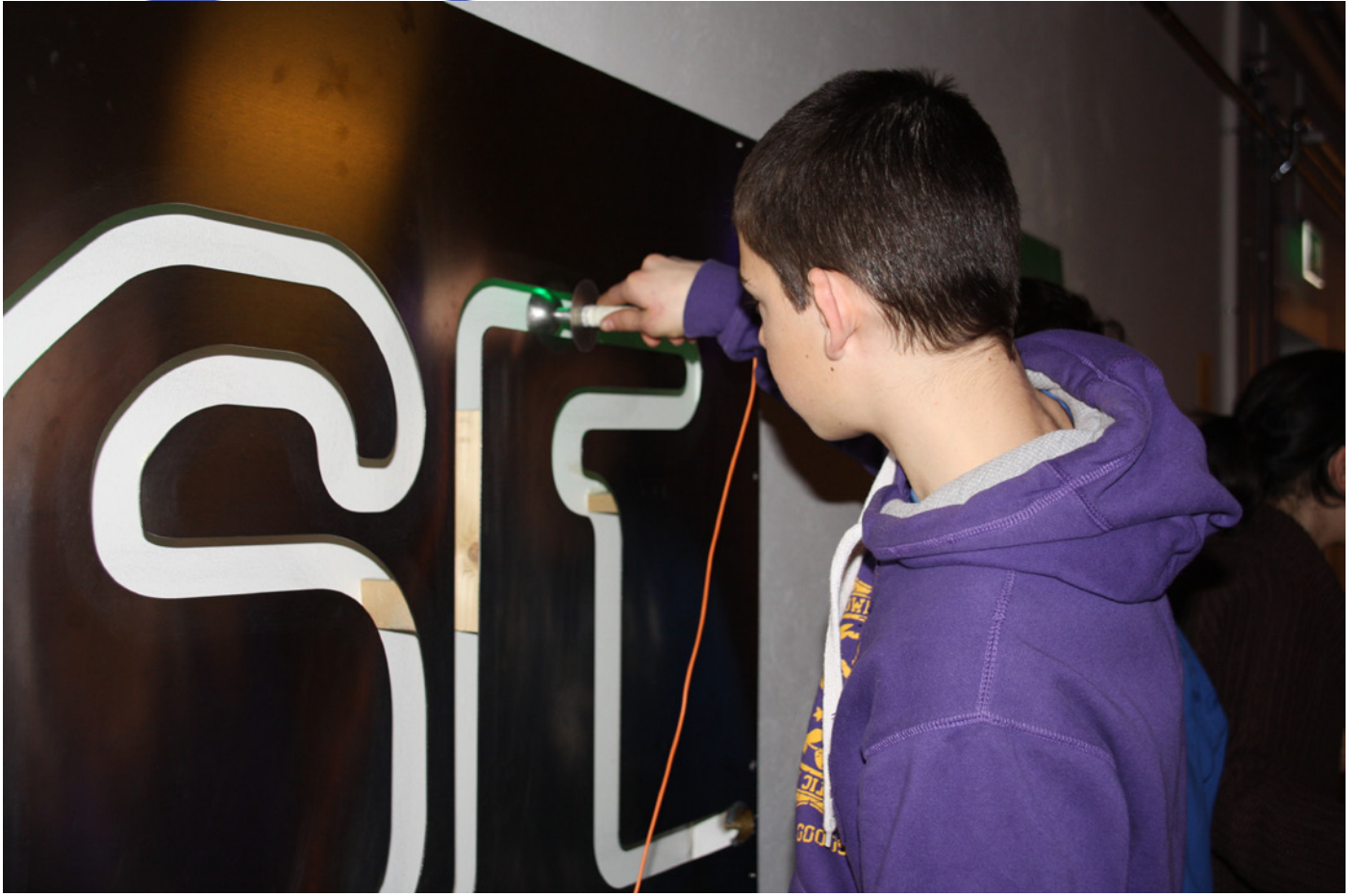




On Thursday morning we all met at 8 o'clock at the assembly at Tunaskolan. Then we walked to Vattenhallen, the Science Centre at LTH. We were there from 8.30 to 10.00 o'clock. All French and German pupils went to discover the scientific centre. An american scientist explained lots of experiences about light, sound and water. It was very interesting!

After his conference, we all tried the different workshops. At 10.15, we visited the A - building at the Institute of Technology. From 11 o'clock until noon we went to the Ikea Design Centre. There, they put us into groups and showed us the new inventions. They also showed us where and how they worked. That was very interesting. At 12.15 pm, we ate lunch in Tunaskolan canteen and after that we went to Gerdahallen, the leading training centre in Sweden. There we had a gymna lesson, which is a kind of sport. At the end of this sport lesson, they gave us some topics and we had to write a text about the topic we got for the next day.





The design center of IKEA

It was a very big school with many peoples.





Exhibition board with the heading "Folga oss om..." and various images and text.

Exhibition board displaying several landscape and architectural photographs.

Exhibition board with a mix of photos, diagrams, and text.



Later on during the week we went to Gerdahallen, one of the biggest training centers in Scandinavia.

There we had a session of “Friskis och Sveltis” or as you can also say “Swedish Gympa”. What we did was a lot like aerobics or fitness. We warmed up by running around in the hall as cheery and energetic music was played. An instructor was there the whole time and showed us what to do.

As for what we thought, obviously we all had different opinions. Some people enjoyed it, some found it a little boring. Personally, I liked it. It made me sweat and I felt like a great way to burn calories.





Gympa is a typical sport of Sweden. It is a sort of gymnastics you do in the rhythm of Music. It is composed of cardio and muscle training. You do Gymnastics exercises on a special mat and you do exercises with some iron rods. There are different types of iron rods, some are heavier than others, you can choose which one is the best weight for you. Especially training in a big groups is much fun, it is normal that a Gympa group has about 20 or 30 people.




In the morning, we listened to a girl singing songs from ABBA and JOHN LENNON, and a pupil played the bass and another guitar.







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A representative from the company Bga Invest talked about water power. There are machines that produce energy by using the power of the waves in the sea. It is very good for nature and it produces a large amount of energy.

The company thinks that this will be used very often in the future.



On the last day in Sweden we had dinner in the Swedish school with traditional Swedish food.

There were many nice things like “köttbullar”, Swedish chocolate cake, mini sausages and different mixed salads.

Then, we celebrated with all the other pupils of the Comenius project and the teachers.

We had a really good time!

It was a very nice evening and we had a beautiful week in Sweden!

It was very hard to say goodbye to each other the next morning at the railway station .



1. Comenius Hosting Program in Fouesnant- September 2012

	Morning	Noon	Afternoon	Evening
Sat. 15/09	Pen pals will arrive at about 7 am. They will be taken care of by host families.	In host families	In host families	6pm-10pm Volleyball matches (provide students with a picnic or buy sandwiches there)
Sun. 16	In host families	In host families	It is possible to attend a show by the charity « Céline et Stéphane » place de la mairie with hosted ar Stangala and Dan Ar Braz.	In host families
Mon. 17	8.30 : M. Velly will welcome students and show the school. 10.25 : pen pals will attend one or two lessons.	Lunch at the cafeteria at 12.05	Pen pals will leave for Concarneau at 1.30 : visit of the "Walled Town" and the fishing museum	5-7 pm : football tournament. 7 pm : back to host families.
Tues. 18	Group 1 8.30-10 : Work in library for final booklet.	Group 2 8.30-10 : Powerpoint.	Lunch at the cafeteria from 11.30	From 1.30 will leave for cookery workshops. Back to school before 5pm.
10 – 11.30 Powerpoint.			10-11.30 : Work in library.	
Wed. 19	Group 1 8.30-10 : Work in library	Group 2 8.30-10. 10: Photomontage contest	Packed lunch provided by host families	UGSEL sports meet on Kerambigorn beach (1.30/4.30) Back to host families (Parents will have to come and pick up students)
10 – 12 Photomontage contest			10-12 : Work in library	
Thur. 20	Group 1 : 8.30/11.30 Sailing	Group 2 : 8.30/12.00 Sightseeing in Quimper and visit of the Faïencerie (earthenware factory), free time.	Lunch at the cafeteria from 12.00	Group 1 : 1.30/5pm Sightseeing in Quimper and visit of Armor Lux, free time.
				Group 2 : 2pm/5pm Sailing
Fri. 21	Pen pals will arrive at school at 8.30 am with their luggage. 8.45/10.00 visit of the sailing hub in Port-la-Forêt. 10.00 will leave to Paris.			



FRANCE



WELCOME

On Saturday 14th we arrived in France with our bus. Before we arrived we had picked up the Swedish guys from the airport in Paris. The host welcomed us friendly. They hung out flags of the countries Germany , France and Sweden. We had some time to get to know our families. Together we went to the sea and we took a look at the harbour of Fouesnant. We ate chicken and played football in the huge garden of Hugo's house. At midday we went bowling with the whole "Comenius"-group. In the evening, we drove to a volleyball match. Our families provided us with lunch-boxes.

We all had the same food in our lunch-boxes.

The volleyball ended at 9 pm. We drove home and after this long and exciting day we were tired and went to bed straight away.





Quimper volleyball team is a professional team. With our penpals we went to see a match with Mister Peralta and Mister Gouessant.

We saw a good game that allowed us to discover this sport. We had a good evening with our German and Swedish friends. We made our penpals discover a sport they did not really know. Our penpals found this game very interesting. We spent a very good evening together.





After having spent the weekend in our guest families we all met at school on Monday morning. We gathered in the assembly hall with our French and Swedish friends. All teachers introduced themselves and we got a map with many worksheets. After that we formed groups always consisting of a French, Swedish and a German student. In small groups we took part in lessons.







The city of Concarneau

In the afternoon we drove with the bus to Concarneau. In the small streets of the Old city there were many shops, like souvenirs shops, chocolate shops, wine shops where they sold cidre and a lot of cafes and creperies. At the end of the old town there was an open air theatre. The city was close to the port with a lot of ships.

Around noon we went to the fishing Museum. There we watched a film about fishing. Then we saw several fishes in an aquarium. We also saw fishingboats of today and of the past. There were ships in original size. At the end of the exhibition we saw a model of the city ,in today ´s time and before 100 years.



Football match

All people from Comenius went to a football match and played in different groups.

First of all, a French teacher danced and everybody danced with her. A few french students did tricks with footballs. Then different groups of students played against each other.

There were different teams with different colours and people were mixed (German, Swedish, French). We put some flags on a bench ; a Swedish flag, a German flag and a French flag representing our 3 nations.







Conference And Work-Out With Mister Peralta

When the exchange students came to France, we had a conference with mister Peralta, who is a volley-ball teacher. He told us about nutrition, about what's important to eat in the morning. He told us to eat eggs, bacon, pancakes... that is to say an American breakfast in the morning. Then, he talked to us about training and what a sporty person needs to do, to keep fit. To keep fit, people have to run a few kilometers, do push-ups and so on...



In France we went to a « computer room » to write articles. We were in several groups and we wrote about health and nutrition topics, for example :
anorexia, bulimia and obesity.

We tried to find pictures for the topics as well. We tried to speak English to each other.

One example is Seafood in Brittany.

In the after-noon we went to different work-shops concerning, nutrition.





Group-work

On the photo, there are two Swedish girls, Karin and Nina, three French girls, Faustine, Maurine and Julie and a German girl, her name is Emily.

We worked together, trying to answer questions about health and nutrition. We worked in a place which served meals.

Swedish people helped us with the work, because they have a better level in English than us.



Crêpes

Recipe

Very easy, makes about 20 sweet crêpes:

Ingredients

1 cup (230ml) plain flour

1/2 cup (115ml) milk

4 eggs

2 tbsp (15ml) oil or melted butter

1 pinch of salt

Variation: For a sweeter recipe add 2 tsp sugar and 1 tsp vanilla.

Preparation

Sift the flour into a mixing bowl and make a well in the centre.

Add eggs, oil or butter, salt and a dash of milk.

Mix and slowly incorporate the flour, until you get a thick paste. Continue mixing and slowly add the rest of the milk, mix well to avoid making lumps. You can add a little water.

Heat a crêpe pan, grease it with some butter, and pour some batter while rolling the pan to make the crêpe as thin as possible.

Cooking may take 30 to 60 seconds until the cooked side looks like the surface of the moon, then turn it over to cook the other side; with some practice, you can flip it in the air by swinging the pan.

Serve with butter, sugar or jam.

The crêpes in Brittany are often served with apple juice or cider. Bon Appétit!

Nutrition Workshops





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THE BAKERY

We walked from the school to the bakery and on the way was the church.

The baker who had invited us, showed us the bakery and all the machines.

After that he mixed up all the necessary ingredients for a “Healthy Bread”
dough.

Then the bread went into the oven.

He also showed us how to make “Croissants”, some with chocolate and others
without.

In the end we tasted the bread and the “Croissants”.

Brittany actually stands for nearly 80% of France's total shellfish production. In some harbours you can buy the fish straight from the fishing boats while unloading for the fish auction. There are different kinds of seafood, for example: oysters, mussels, trays with seafood, fish soup and seaweed.

Oysters: are the most famous seafood in Brittany, you can find them around the region of Brittany.

There are two sorts of oysters, rock oysters and flat oysters. They are typically served with salted butter, rye bread, lemon and a shallots red wine vinegar mix that you pour into the oyster before eating.

Moules Marinieres: Moules Marinieres are steamed mussels with white wine, shallots, laurel leaf and thyme and can also be served with French fries.



Restaurant de la pointe de Moustierlin

Langoustine nems with Mr.Bayes

During an afternoon, we went to Jason Bayes's hotel called "Hotel de la Pointe de Moustierlin" to prepare langoustine nems.

Ingredients:

For nems:

1kg of fresh langoustines
1 courgette
Candied Ginger
1 carrot
Fresh Coriander
Filo Pastry

For Langoustine cream:

Langoustine heads
1 onion
1 carrot
2 stars of anise
3 cloves of garlic
1 tea spoon of chilli powder
200 ml of white wine
3 or 4 tablespoons of tomato puree
One and a half litre of cream

And with some apple juice as a drink.

This afternoon was very good because Jason Bayes made everyone take part in the recipe. Everyone made one langoustine nem.





Verrines preparation with Mrs Le Torc'h and her team

In September, we went to Cap Coz to make vegetarian verrines with Mrs Le Torc'h and her team. We prepared two kinds of verrines: one with fish and cream and another one with vegetables and cream. We were split into three groups to prepare the verrines. In the end, we tasted them : they were delicious !



Restaurant de la pointe du Cap Coz



The Strawberry farm

First we took a bus to a big farm with a lot of animals and fruit plants. At the farm we went out on the field and got a lot of fresh strawberries and raspberries. The weather was very good, the sun was shining on us. We had a lot of fun.

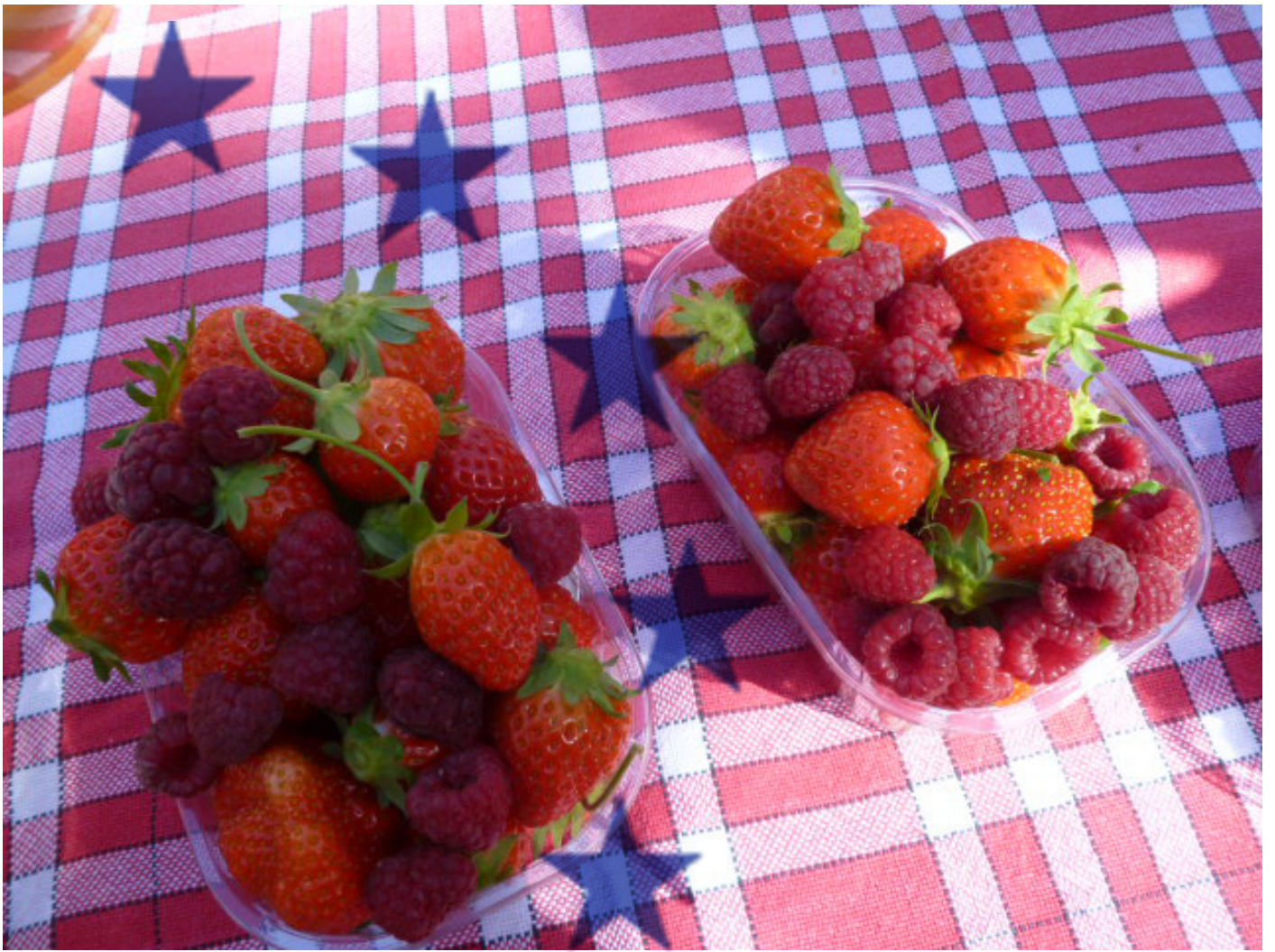
When all our boxes were full of delicious fruit we helped the woman that lives on the farm to make cream. When the cream was ready we ate the cream with the fresh fruit. It was delicious. The woman said that she and her husband

owned a company that produced chocolate milk and other dire products.

Everything they offered us tasted very good.



The strawberry ferm of M. and Mr. Lahuec



THE « LETTY » FARM

In the afternoon, we went by car to the little town of Bénodet, near Fouesnant.

It was sunny! The “Letty” farm is situated on a sea lagoon in a beautiful landscape. Mrs. And Mr. Guilbault welcomed us.

Mr. Guilbault is a famous cook, and nowadays he makes his own jam. He has had several prizes for his creations, especially the prize of the best jam-maker of France.

He is also a great “fan” of spices which he finds during his adventures in foreign countries.

Mr. Guilbault explained to us the origin and the character of different spices, and after that we made a fantastic strawberry jam. In the end, each of us got one pot of strawberry jam.

Mr. Guilbault's recipe is :



Strawberry jam

- 2 pounds of fresh strawberries
- ¼ cup of lemon juice
- 4 cups of white sugar

This is the recipe for 5 pots of strawberry jam.



Good luck!



Sport activities on the beach



On our Beach Day in France we had the chance to do lots of different sports. One sport was basketball. The field was like a little blown up arena with baskets. It was completely built on sand so you weren't able to dribble with the ball and you often had to give the ball to your partner. That was really hard and exciting, but it was fun.

To be a good basketball player you should be fit, strong and tall. But even if you are like this, you also have to play as a team and know good tactics to succeed in the game.

I really enjoyed playing because I also play it in my free time.



Swedish Gympa and Fitness

On a Wednesday, we went to Kerambigorn beach in Beg-Meil with our penfriends. The weather was beautiful as it was sunny! We did lots of activities: volleyball, handball, beach rugby, beach basketball, football and mainly Gympa! Gympa: it's Swedish dancing that is used to build muscles, maintain your body and relax ... You can practice this sport at home or in a club. Misses Amegninou and Le Fur, who is Swedish, were our teachers for this sport. We ran and stretched with music. It was hard but so much fun!







Sandball and volleyball

When the Swedish and the Germans came to France, we went to “Kerambigorn Beach”; we did a sport tournament on the beach: volleyball, sandball, beach-rugby, beach basketball... Kerambigorn beach is situated near Moustierlin, it’s not very far away from our school. When we arrived there, we ate on the beach. Then, we changed our clothes to wear sports clothes. We had teams of four or five people. We stayed at the beach all Wednesday afternoon. The weather was very nice and this was much fun.





Meeting the Mayor in France

On Thursday in France we met the Mayor from Fouesnant. He talked about friendship with Meerbusch and the Comenius project. He looked back to the week in Sweden and also he looked forward to the week in Germany. And he bid us welcome to Fouesnant. He said that he is very proud of us because of the student exchange. He said that this project will prove our English skills but he also told us that the project only works with sponsors which made this possible. After he talked to us, we had soft drinks and some cookies.







Visit to Henriot factory and shop

On Thursday, we went to Henriot in Quimper with Swedish and German people.

The Henriot factory has their own artists who design the porcelaine. We visited the factory and after that, the shop. It was very interesting and we learned a lot about the making of porcelaine. Every creation is hand-painted.



Armor-lux

Armor-lux is a French clothing Company.

One day we went to the Armor-Lux factory to take a look into the production. Our group guide was a German man, he was from Meerbusch-Osterath. He took us into the factory. Armor-Lux made the first striped clothes. Now they produce every kind of clothes.

We saw every step of production. Every shirt is made in 5 steps. He showed us the huge stock, only in the factory there are 50.000 clothes which are waiting to go into their shops. Armor-lux makes clothes for normal people, for Airports employees and for the French police too.





Visit to Armor-lux factory with «Gympa» performance

When the Swedish and the Germans came to France, we visited the Armor lux factory with them. After the visit, we practised gympa in front of the factory to thank the manager for offering each of us a T-shirt.

We all had a lot fun! Sailing At Cap-Coz

On Thursday 20th September, we went sailing to Cap-coz beach.

There were twelve catamarans. We were in two groups of thirty people. We were three per boat: one French, one German and one Swedish. We all had to wear neoprene clothes, because of the cold Sea.

Two instructors were there for our security. They taught us how to sail. We stayed on the boat for three hours. Unfortunately, the weather was not very nice (it was not sunny and a little windy) but everybody liked this activity. It was a very fun day!







Crêpes Evening with the Twinning Meerbusch-Fouesnant

During the evening, we only ate crêpes. The meal was in the school cafeteria. The Crêpes were made by “Bigoudènes”. ‘Bigoudènes’ are women from our region who wear a traditional Breton headdress. In the Crêpes, there were eggs and there was ham, cheese, and butter.

There was also “Breton” dancing and everyone could participate. Swedish, German and French students were present at the meal. After the meal, there was a disco. The Party finished at 10:30 P.M. It was a nice Evening.







« La Forêt Fouesnant » little harbour

At the end of our trip to Fouesnant, we visited a harbour with big racing boats. We had a guide, Christian Le Pape who is a former sailor. He trains sailors who will race in international competitions like « The Vendee Globe ». These boats are used for long-way races.

The former sailor spoke good English and it was very interesting. Some students were allowed to board one of the boats. The guide showed us many different boats and some parts of them.

He also told us how much the boats cost and the importance of sponsors. The boats were between 10 to 20 meters long and the trip was good fun.







Goodbye France, see you soon in Germany

Programme for the Comenius Week in Meerbusch April 2013

Time	Friday 12.04.2013	Saturday 13.04.2013	Sunday 14.04.2013	Monday 15.04.2013	Tuesday 16.04.2013	Wednesday 17.04.2013	Thursday 18.04.2013	Friday 19.04.2013
M O R N I N G		Pupils in their host families	Pupils in their host families	8:30 We all meet at school 9: 00 Mr. Wahner and Mr. Spindler (Mayor) welcome our guests Work shops at school -Yoga or Korfball -Comenius-dance (Assembly hall) -Healthy snacks or healthy cocktails -Guidelines for nutrition (expert advice) -Workshop with Ami	9:00 Meeting at school Sports activities in "Halle Mensch" Düsseldorf 10 am to 5 pm -Climbing -High ropes course -Beach Volleyball -Fitness -Zumba	8.00 Meeting at school Trip to Cologne: Visit to the cathedral (Guided tours by the German pupils) 11.45 Visit to the Sports Museum (English speaking tour guide)	9:00- 12:00 Visit to the Landtag (parliament) in Düsseldorf 12:15 Visit to the TV Tower	Packing and Checking out of the Youth Hostel 10:00 Bus Transfer from YH to the school 12:00-14:00 Paddling on the river Niers from Grefrath to Wachtendonk
A F T E R N O O N	12:05 Arrival of our guests at the airport and transfer to the RSO. Lunch in cafeteria and guided tour around the school			Lunch at school The workshops finish at about 5 pm	The host families provide a packed lunch Back at school at about 5:45 pm	The host families provide a packed lunch Free time in Cologne until 3 pm 5 pm Checking in at the Youth Hostel	13:00 Rallye in Düsseldorf Free time until 17:00	16:00-18:00 Farewell-Barbeque at school 18:30 Transfer to airport
E V E N I N G	Pupils in their host families			Pupils in their host families	Pupils in their host families	6 pm Jogging along the river Rhine 8 pm Dinner at the Youth Hostel	18:00 Dinner at the Youth Hostel Disco at the Youth Hostel	
The pupils will get worksheets for every day to report on their activities. The worksheets must be given to the teachers every morning								





GERMANY



The french group came by bus to Meerbusch on friday morning after a visit in Aachen.

The swedish group came to Düsseldorf by plane and the french groupe came to pick them up.

We all had a warm welcome at Réalschule in Osterath. The germans had prepared a delicious lunch. The families welcomed us and we went to their homes to start the weekend.





The Workshops

On Monday we had our Workshop day. Every workshop had a different topic, some were about healthy food and some were about sports like dancing or yoga.

We started with the Comenius dance. It was not very hard to learn and the students who created the dance had done some good work.

We also practiced some Yoga with Mrs Alstede. At first, she showed us how to breathe on different but right ways. You can breathe in three different ways: stomach, chest and in the head. She told us that it is healthy to breathe in four seconds and breathe out eight seconds. After this exercise she showed us three figures. The first was the tree. She also told us "a sentence" to move on. It was very nice because after some hard work we had the chance to relax a little bit before we started on with Korfbal.

The game was funny and the rules were very easy to understand: it was a little bit like basketball.

The Korfbal is a sport, that started in the Netherlands. This sport is very similar to basketball. We play the sport inside a building. To play the sport you need two teams with eight players in each team. The difference between basketball and korfbal is that you can't move when you have the ball. It was a fun sport that none of us knew before this day. We learned a lot. The sport is also very good for your health. The basket cage is different from basketball, because it hasn't got a wall on the back.

In the kitchen some of us backed some Swedish carrot muffins or made some fruit salad.

In the workshop about healthy food and nutrition, we learned how to eat healthy and how to find the right way between sport and nutrition.

At Ami's workshop, we wrote about the meeting in France. We also searched on "Google" for smoothies. We all liked the workshop, because we had a really good time. Teachers gave us topics about which we had to write about. When we were ready with a topic we gave it to a teacher and they checked it. Everything we wrote goes into our Comenius project booklet. We also drew and painted pictures for the booklet.



Fruit Smoothie

- 1 cup strawberries
- 1 cup blueberries
- 2 peeled and cut into chunks bananas
- 1 ½ cup plain yoghurt
- 1 tbs soy milk powder

Combine all the ingredients in a mixer and mix it all.

Have a nice smoothie!



Carrot-Muffins

Dough:

2 eggs
60g butter
250g grated carrots
3 table spoons milk
100g sugar
150g flour
2 teaspoons baking powder
½ teaspoons baking soda
100g oatmeal

Icing:

2 table spoons orange juice
sugar powder



Preparation:

- 1.) Stir all ingredients for the dough in a bowl.
- 2.) Pour the dough into the muffin-baking-dishes (each baking-dish should be filled ¾).
- 3.) Put the baking-dishes into the oven and bake the muffins for 30 minutes at 180°C.
- 4.) Mix the orange juice and sugar powder. Spread the icing on the baked muffins.



Fresh Fruit Salad

Ingredients:

250g curd
250g yogurt
2 packets vanilla extract
1 banana
2 apples
1 kiwi
1 bunch grapes
½ packet almonds
juice of ½ lemon
honey



Directions:

- 1.) Combine the curd, yogurt, honey, vanilla extract, and almonds in a bowl and set aside.
- 2.) Chop and slice the apples and kiwi.
- 3.) Combine the lemon juice and banana slices in a separate serving bowl. Add the chopped and sliced fruits and grapes. Mix the fruit mixture gently together.
- 3.) Pour dressing mixture over fruit and toss gently to combine. Cover and chill the fruit salad thoroughly before serving.



Sports hall in Düsseldorf

Tuesday we went to the « Halle Mensch » in Düsseldorf. There we had the opportunity to try out different kinds of sport like climbing, beach volleyball, zumba and gym. We were divided into different groups with people from different nations and then we went around trying out the different stations.

I really loved climbing though it was really scary. When we climbed on just a wall we climbed without security, something I had never imagined ever doing. But it was still very exciting. We also did “high ropes” which was climbing high up in the air on ropes, swings etc.

While being up in the high rapes I was extremely scared. I don't think I've been that scared for a long time. But I actually made it through the whole thing, for that I am very proud of myself and hopefully I'll remember that moment of overcoming my fear for many more years.

I enjoyed every activity I tried, but zumba was by far the best ! It doesn't take long to get into it, and after a while, you don't even realize that you're actually exercising and burning calories ! It's awesome ! The music was catchy, and it was in Spanish, too ! A great time to practice my Spanish language skills.

I think the whole idea of visiting this sports hall was a splendid idea. I got to try different sports apart from ball sports ! But something positive that I felt today was the sense of community. Everyone was together and it felt like we bonded yet a little more.



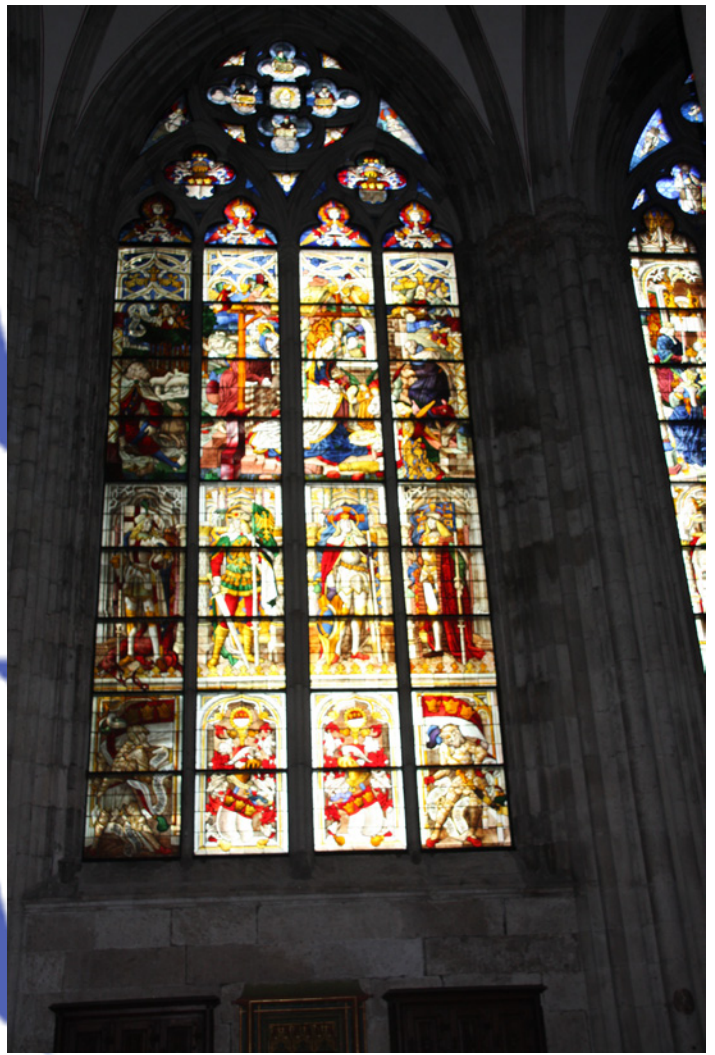


On Wednesday we went by bus to Cologne.

In the morning we visited the most important monument in the city, the gothic cathedral :

- The Cathedral was built in 1248.
- Is one of the most famous Cathedrals in the world.
- The history reaches back up to 750 years old.
- The Cathedral bells don't ring only for festivals, also for the masses which are celebrated daily in the cathedral.
- The biggest and most famous bell in the Cathedral is the „Petersglocke“.
- The place where the Cathedral stands today, was in the past the place where Christians met.
- During the Second World War, 14 bombs were thrown into the Cathedral and broke the church.
- The Cathedral was rebuilt in 1945.
- The Cathedral must be repaired all the time, because it's constructed with sandstone. It's also called the 'eternal building site'.









The sports museum

In the afternoon we walked along the river Rhein and we arrived at the sports museum.

The first thing we saw was the giant statue of Hercules. Hercules was very tall and well-built with a lion under his arm and a discus behind his back.

After that we went to a room with wooden sticks to do some exercises, passing a room with a model of Olympus, the sports capital in ancient Greece. Inside the room, we got to do exercises, including squats with sticks over our heads.

We went on to the 20th century, into a room featuring Germany during the 1930s. There we got to see the worst kind of discrimination. A black man who won the gold medal in the Olympics didn't even get mentioned in a German article about the games.

We left the room and got to try the old school long jump.

We finished the day by cycling on a stationary bike inside a cylinder-shaped room.

It was a very interesting museum, and we think it was a very nice day.

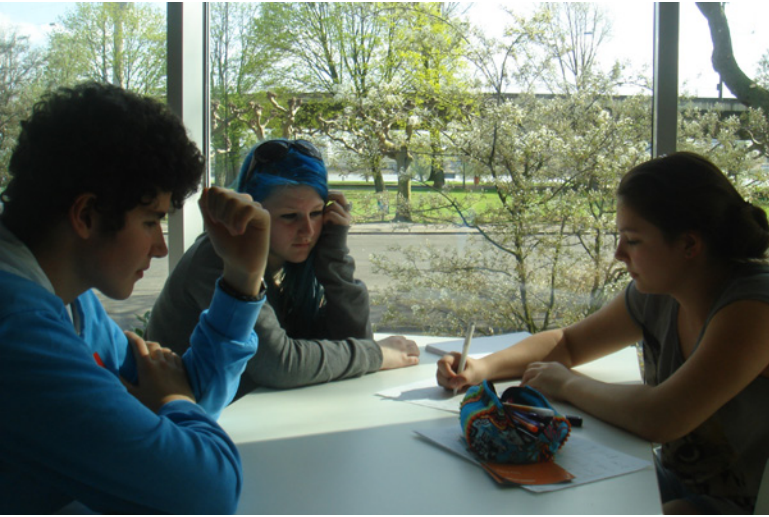
Comenius Youth Hostel

We spent the last three days at a youth hostel. There, we lived in split groups with Germans, Frenchmen and Swedes.

At the youth hostel there was a big cafeteria where we had breakfast and dinner. In the rooms where we slept and relaxed, there were four or six beds. There was also a toilet, a bathroom and one table with four chairs. In some of the biggest rooms there was also a TV set.

On the whole, the stay at the youth hostel was very good.





Sport at the youth hostel – Running

You could choose between running the long way, 8-10 km., or the shorter way, 4-5 km. We ran across two bridges and along the river Rhein. The weather was really nice, the sun was shining and the wind blew only a little. The pupils who were not running could wait for the others by the riverside. After running, we felt well and we did some stretching. It was a nice evening.





Landtag/Parliament

We started by walking across a bridge to the Parliament. There the guide greeted us. After the security check we put our bags in a room and went downstairs for breakfast. Later we went up to the presentation room. The presenter talked about international parliaments and chefs.

When the presentation was over we went to the Plenary Hall. That's the assembly hall. We saw and talked about the different political parties. Later we went back to the presentation room and a new political man came in. He talked about energy concerns, future plans and the Plenary Hall. He also talked about the green party. Then we finished and went to the TV-tower.







Today, we have visited Düsseldorf. We started with the Landstag. We got a lot of information about the organisation of the country. After that, we went to the TV tower; it was fun to see the city from on high.

In the tower, there is one of the fastest lift in Europe. The Tower is 236 meters high and you can see Düsseldorf and some towns like Meerbusch and Willich from there. After the TV tower, we got a task from our teachers : it was a rally to discover Düsseldorf. With this rally, we saw that this city is very beautiful. It was a nice day because the sun was shining. There was some free time after the rally and some people went shopping whereas others went to the fun park. And this evening we're going to have a big disco party !





Paddle on a river





Final meeting





Goodbye and we hope to see you in the future





3. DICTIONARY

COMENIUS DICTIONARY

German	English	Swedish	French
Ankunft&Begrüßung	Arrival&Welcoming	Ankomst och Välkommen	Arrivée et bienvenue
Hallo!	Hello!	Hej	Bonjour
Wie geht es dir ?	How are you?	Hur mår du?	Comment vas-tu ?
Mein Name ist...	My name is...	Jag heter	Je m'appelle?
Ja.	Yes.	Ja	Oui
Nein.	No.	Nej	Non
Vielleicht.	Maybe.	Kanske	Peut-être
Bitte.	Please.	Snälla (please) Varsågod (you're welcome)	S'il te plaît
Danke.	Thank you.	Tack	Merci
Haben Sie Haustiere?	Have you got any pets?	Har du några husdjur?	As-tu des animaux?
Wie heißt du?	What's your name?	Vad heter du?	Comment t'appelles-tu ?
Wie alt bist du?	How old are you?	Hur gammal är du?	Quel âge as-tu ?
Auf Wiedersehen!	Goodbye!	Hej då	Au revoir
Es war eine sehr schöne Zeit bei euch.	It was a very nice time here with you.	Det var trevligt här tillsammans med er.	Nous avons passé un bon moment ensemble.
Gut.	Good.	Bra	Bien
Schlecht.	Bad.	Dåligt	Pas bien
Schön Sie kennenzulernen!	Nice to meet you!	Trevligt att träffas	Heureux de vous avoir connu!
In Ordnung.	All right.	Okej	D'accord
Entschuldigung!	Excuse me!	Ursäkta!	Excuse - moi
Wie bitte?	Pardon?	Vad sa du?	Pardon
Wie teuer ist?	How much is that?	Vad kostar...?	Combien ça coûte?
Haben Sie...?	Do you have...?	Har ni...?Säljer ni...?	As-tu ...?
Guten Morgen!	Good morning!	God morgon!	Bonjour
Wie viel Uhr ist es?	What time is it?	Vad är klockan?	Quelle heure est-il?
Gestern	Yesterday	Igår	Hier
Heute	Today	Idag	Aujourd'hui
Morgen	Tomorrow	Imorgon	Demain
In der Familie	In the family	I familjen	Dans la famille
Darf ich mir einen Wecker stellen?	Can I set an alarm?	Får jag ställa väckarklockan? (klockan)	Est ce que je peux mettre un réveil?
Haben Sie W-LAN im Haus?	Have you got W-LAN at home?	Har du W-LAN (trådlöst internet) hemma?	As-tu la wifi?
Darf ich fernsehen?	May I watch TV?	Får jag öppna/stänga förnstret?	Est-ce que je peux regarder la TV?
Wo ist die Zahncreme?	Where is the toothpaste?	Var är tandkrämen?	Où est le dentifrice ?
Wo ist die Zahnbürste?	Where is the toothbrush?	Var är tandborsten?	Où est la brosse à dents?
Wo ist das Waschzeug?	Where are the toiletries?	Var är hygienartiklarna?	Où sont les produits de toilette ?
Wo ist das Deo?	Where is the deodorant?	Var är deodoranten?	Où est le déodorant ?
Darf ich das Fenster öffnen/schließen?	Can I open/close the window?	Får jag öppna/stänga förnstret?	Puis-je ouvrir/fermer la fenêtre?

Hast du Verwandte?	Do you have relatives?	Har du släkt?	Avez-vous de la famille?
Habt ihr Bräuche?	Do you have any customs?	Har ni traditioner?	Avez-vous des traditions?
Was ist euch unangenehm?	What is unpleasant for you?	Vad tycker ni inte om?	Qu'est ce que tu n'aimes pas faire?
Gibt es Verbote?	What is forbidden in your country?	Har ni några förbud?	Qu'est-ce qui est interdit dans ton pays?
Gibt es irgendwelche Regeln ?	What rules are there in your country?	Vilka regler gäller?	Quel est le règlement dans ton pays?
Wann gibt es Essen ?	At which times of day do you eat meals?	Vilka tider äter vi?	Quels sont les horaires des repas?
Wann gibt es Nachtruhe?	What time do you go to bed?	När är det läggdags?	Quand vas-tu te coucher ?
Wann müssen wir aufstehen?	When do we have to get up?	När måste vi gå upp?(kliva upp)	Quand devons-nous nous lever ?
Bis wie viel Uhr dürfen wir draußen sein?	Until when are we allowed to stay/play outside?	Hur länge får vi vara ute?	Jusqu'à quelle heure avons-nous le droit de rester dehors?
In der Küche	In the kitchen	I köket	En cuisine
Besteck (Löffel, Messer, Gabel)	cutlery (spoon, knife, fork)	bestick(sked, Kniv, gaffel)	les couverts (fourchette,couteau,cuillère)
Küchengeräte	kitchen utensils	köksredap	Ustensiles de cuisine
Essenszeiten	mealtime(s)	Matdags	L'heure du repas
Lebensmittel (Brot, Käse, Schinken)	names of food (bread, cheese, ham)	livsmedel(bröd, ost skinka)	Les aliments (pain, fromage, jambon)
Getränke (Wasser, Tee, Kaffee)	drinks (water, tea, coffee)	dryck (vatten, te, kaffe)	Boissons (eau,thé,café)
Rezept	recipe	recept	Recettes
Hilfe anbieten: Tisch decken, abräumen, kochen, spülen, abtrocknen	Offering help: setting the table, clearing the table, cooking, washing up, drying the dishes	erbjuda hjälp: duka bordet, duka av borden, laga mat, diska, torka disken	Mettre la table, débarrasser la table, faire la cuisine, faire la vaisselle, essuyer la vaisselle
Zutaten	ingredients	ingredienser	Ingrédients
Darf ich nachnehmen?	Can I have a second helping?	Kan någon hjälpa mig? Kan jag få hjälp?	Est-ce-que je peux me resservir?
Wo was hin gehört?	Where should I put this?	Var/vart ska jag lägga den/det? Vart tillhör den/det?	Où dois-je ranger ceci?
Wo darf ich mich sitzen?	Where can I sit?	Var kan jag sitta?	Où puis-je m'asseoir?
Das Essen war lecker.	The meal/food was tasty.	Maten var god. Tack för maten.	C'était délicieux
Kann ich schon aufstehen?	Can I leave the table?	Kan jag lämna bordet?	Est-ce que je peux sortir de table ?
Kann ich helfen?	Can I help you?	Kan jag hjälpa till?	Est-ce que je peux vous aider ?
Einkaufen	Shopping	Shoppa/Handla	Les courses
Supermarkt:	Supermarket:	supermarket,shoppingcentra	Supermarché
Wo ist.../ wo finde ich..?	Where is ... / Where can I find ..?	Var/vart är? Var/vart kan jag hitta?	Où est l'endroit, où je peux trouver ?
Haben sie... im Geschäft?	Can I get ... in this shop?	har ni...?säljer ni...?	Puis-je trouver... dans cette boutique ?
Wie viel kostet das?	How much is it?	Hur mycket kostar denna/detta?	Combien ça coûte ?
Ich möchte gerne 3 Kilo ...haben!	I'd like to have 3 kilos of ...!	Jag skulle vilja ha 3 kilo...	Je voudrais 3 kilos de?
Ich hätte gerne 4...!	I'd like to have 4 ...!	Jag skulle vilja ha fyra...	J' en voudrais quatre...
Geschäfte:	Shops:	Affärer	Magasins
Haben Sie auch Schuhgröße ...?	Can I get the shoe size ...?	Kan jag få skostorlek...?	Est-ce que vous avez la taille 30, 40 ?
Gibt es das auch in anderen Farben?	Do you have this in another colour?	Har ni denna i en annan färg?	Est-ce que vous l' avez en une autre couleur ?
Sieht es gut aus ?	Does it look good?	Ser det bra ut?	Est -ce que cela me va bien ?
Zu groß / klein/ eng?	Is it too big/ small/ tight?	Är den för stor/liten/tight?	Est-ce trop grand / petit /serré ?
Wo finde ich die Umkleide/Kassen ?	Where are the changing rooms /cash desks?	Var har ni provrummen/kassan?	Où sont les cabines d'essayage/ la caisse?

Können Sie mir bitte helfen?	Could you help me, please?	Skule du kunna hjälpa mig?	Pouvez-vous m'aider, s'il vous plaît?
Wegbeschreibung/Verkehrsmittel/Öffentliche Verkehrsmittel :	Directions how to get somewhere/means of (public) transport:	Vägskrivning/transportmedel, bostadsdel, kommunaltrafik	Demander sa route/les moyens de transport
Wo finde ich die Innenstadt ?	Where is the city centre?	Var är innerstaden/centrum?	Où est le centre ville ?
Wo finde ich den Bäcker ?	Where is the bakery?	Var är bageriet?	Où est la boulangerie ?
Entschuldigung, wie viele Haltestellen muss ich fahren bis... ?	Excuse me, how many stops are there to ...?	Ursäkta, hur många hållplatser är det till...?	Excusez - moi, combien y a-t-il d'arrêts jusqu'à ?
Mit welchen Verkehrsmitteln muss ich fahren um nach zu kommen ?	Which means of transport should I take to get to ...?	Hur kan jag ta mig till...?	Quel moyen de transport devrais-je prendre ?
Wo kriege ich ein Ticket für Bus/Bahn...her ?	Where can I buy a bus/train ticket?	Var kan jag köpa bus/tågbiljett?	Où puis-je acheter mon billet de train et de bus?
Wo finde ich die Bus/S-Bahn Haltestelle ?	Where can I find the bus/tram stop?	Var finns en busshållplats?	Où puis-je trouver l'arrêt du bus, du tramway ?
Wie lange dauert die Fahrt von ...bis..?	How long does it take fromto...?	Hur lång tid tar det att åka mellan.. och..?	Combien de temps met-on pour aller?
Wann kommt die Bahn/der Bus?	When does the tram/bus arrive?	När kommr tåget/ bussen?	Quand le tramway /le bus arrive-t-il?
Wie ist das Ticket zu benutzen ?	How should I use the ticket?	Hur använder man biljetten?	Où dois-je composer mon billet?
Ist es rechts/ links? Soll ich geradeaus gehen?	Is it right/left? Should I go straight on?	Är det till höger/vänster? Ska jag gå rakt fram?	Est-ce à gauche? À droite? Tout droit?
Freizeit&Schule	Free time&school	Fritid & Skola	Les loisirs et l' école
Mathematik	Maths	Matematik (Matte)	Mathématiques
Deutsch	German	Tyska	Allemand
Englisch	English	Engelska	Anglais
Französisch	French	Franska	Français
Was ist dein Lieblingsfach?	What is your favourite subject?	Vilket är ditt favoritämne?	Quelle est votre matière préférée?
Was ist dein Lieblingssport?	What is your favourite sport?	Vilken är din favoritensport?	Quel est votre sport préféré?
Wo ist der Raum ...?	Where is the room??	Var ligger rummet...?	Où est la classe ?
Wie heißt dieser/e Lehrer/in?	What is the name of this teacher?	Vad heter denna läraren?	Quel est le nom de ce professeur?
Wohin gehen wir jetzt?	Where are we going now?	Vart går vi nu?	Où allez-vous maintenant?
Wie heißt deine Schule?	What is the name of your school?	Vad heter din skola?	Quel est le nom de votre école?
Gesundheit&Allergien	Health&Allergies	Häla & allergier	La santé et les allergies
Haben sie etwas gegen Erkältungen?	Do you have something for my cold?	Har ni något mot förkylning? (som motverkar förkylningar)	Avez-vous quelque chose contre le rhume?
Ich bin allergisch gegen Haselnüsse/Roggen/Tierhaare.	I am allergic to hazelnuts/rye/animal fur.	Jag är allergisk mot...hasselnötter/gluten/pälsdjur	Je suis allergique aux noisettes, au gluten et aux poils d'animaux
Haben Sie Taschentücher/ein Pflaster/Verband?	Do you have handkerchieves/a plaster/bandage?	Har ni näsdukar/ett plåster/bandage?	Avez-vous des mouchoirs/ un pansement/une bande?
Ich habe Kopfschmerzen,Bauchschmerzen und Halsschmerzen.	I have a headache, a stomachache, a sore throat.	Jag har huvudvärk/ont i magen/ ont i halsen	J'ai mal à la tête, j'ai des maux d'estomac, j' ai mal à la gorge.
Ich fühle mich nicht gut!	I don't feel well!	Jag mår inte bra!	Je ne me sens pas bien.
Ich muss zum Arzt/ zur Apotheke!	I need a doctor/pharmacy.	Jag måste gå till doktorn/ till apoteket	Je dois aller chez le médecin, à la pharmacie.
Ich (wir) hatte(n) einen Unfall!	I (we) had an accident!	Jag/vi har varit med om en olycka!	Il y a eu un accident!
Zahlen	Numbers	Siffror	Nombres
Eins	One	ett	un
Zwei	Two	två	deux
Drei	Three	tre	trois
Vier	Four	fyra	quatre
Fünf	Five	fem	cinq

Sechs	Six	sex	six
Sieben	Seven	sju	sept
Acht	Eight	åtta	huit
Neun	Nine	nio	neuf
Zehn	Ten	tio	dix
Elf	Eleven	elva	onze
Zwölf	Twelve	tolv	douze
Dreizehn	Thirteen	tretton	treize
Vierzehn	Fourteen	fjorton	quatorze
Fünfzehn	Fifteen	femton	quinze
Sechzehn	Sixteen	sexton	seize
Siebzehn	Seventeen	sjutton	dix-sept
Achtzehn	Eighteen	arton	dix-huit
Neunzehn	Nineteen	nitton	dix-neuf
Zwanzig	Twenty	tjugo	vingt
Fünfzig	Fifty	femtio	cinquante
Hundert	One hundred	ett hundra	cent
Tausend	One thousand	ett tusen	mille
Zehntausend	Ten thousand	tio tusen	dix mille
Hundert Tausend	One hundred thousand	ett hundra tusen	cent mille
Eine Million	One million	en million	un million
Konflikte&Angst	Conflicts&Fear	Konflikter/ rädsla	Conflits et peurs
Ich habe Angst vor ...	I'm afraid of ...	jag är rädd för...	J'ai peur de.
Nehme dieses Tier bitte weg!	Take this animal away, please!	Var snäll och ta bort det där djuret!	Eloignez cet animal.
Sagen sie ihm/ihr das er/sie mich in Ruhe lassen soll!	Tell him/her to leave me alone!	Säg till honom/henna att lämna mig ifred	Dis-lui de me laisser seul.
Kannst du bitte das Licht anmachen? ich habe Angst im Dunkeln	Can you please turn on the light? I'm afraid of the dark.	Kan du tända ljuset? Jagr är mörkrädd?	Pouvez-vous allumer la lumière, s'il vous plaît? J'ai peur de l'obscurité.
Kannst du das Licht beim Schlafen anlassen?	Can you leave the light on?	Kan du låta det vara tänd medan vi sover?	Pouvez-vous laisser la lumière allumée ?
Lass mich in Ruhe!	Leave me alone!	Låt mig vara! / Lämna mig ifred!	Laissez-moi seul !
Hör auf damit!	Stop it!	Sluta med det där!	Arrête !
Sei bitte leise!	Be quiet, please!	Var snäll och var tyst!	Taisez-vous, s'il vous plaît !
Was willst du von mir!	What do you want from me?	Vad vill du?	Que veux-tu?
Geh weg! Gehen sie bitte weg!	Go away! Go away, please!	Gå iväg! Gå iväg tack!	Va-t-en ! Va-t-en, s'il te plaît !
Kann ich mal bitte telefonieren?	Can I make a phone call?	Skulle jag kunna ringa ett telefonsamtal?	Est-ce que je peux téléphoner ?
Wo finde ich die Polizei/ das Krankenhaus ?	Where can I find the police station/hospital?	Var ligger Polisstationen/Sjukhuset?	Où puis-je trouver le commissariat/ l'hôpital ?
Entschuldigung, ich wollte das nicht!	I'm sorry, I didn't mean to do it!	Förlåt, det var inte meningen!	Excusez-moi, ce n'est pas ce que je voulais faire.
Ich meinte es nicht so! Tut mir leid!	I did not mean it! I'm sorry!	Jag är ledsen , det var inte meningen.	Ce n'était pas ce que je voulais dire, je suis désolé..



A decorative border of green stars is arranged in a circular pattern around the text. The stars are solid green and vary in size, with the largest star positioned directly behind the text.

4. CONCLUSION AND THANKS

Thanks to this EXTRA-ORDINARY project, the students from the three countries have learned to work in some other way, out of the school walls. They have discovered the importance of sport and nutrition throughout their life. Between each other and with their teachers, they have made up a real team, united, bonded, prepared to overcome the fears linked to travelling to foreign countries (getting integrated in schools, in host families, language difficulties ...)

The three educational teams have discovered with interest new teaching and educational methods. Besides, friendship links between teachers have strengthened.

This project has also united energies in the three schools: the parents and the staff have been very happy to help and to take part in some activities.

Finally, relationships with students have gone over simple educational relationships and it has saddened the teachers' heart to see their students leave for a holiday and other adventures.





"mens sana in corpore sano"



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VORWEG GEHEN

SPARKASSENSTIFTUNG
IM RHEIN-KREIS NEUSS

