

# ERASMUS+



MONCHENGLADBACH  
11 – 16 JANUARY 2017



# DAY 1

- We arrived at Dusseldorf International airport at 22.35.
- Our hosts welcomed and took us home.





# DAY 2

- In the morning we started the workshops in 4 different groups:

## 1. FOOD & NUTRITION DAIRY



## 2. SPORTS & FITNESS DAIRY



## 3. BUSINESS PLAN & MARKETING

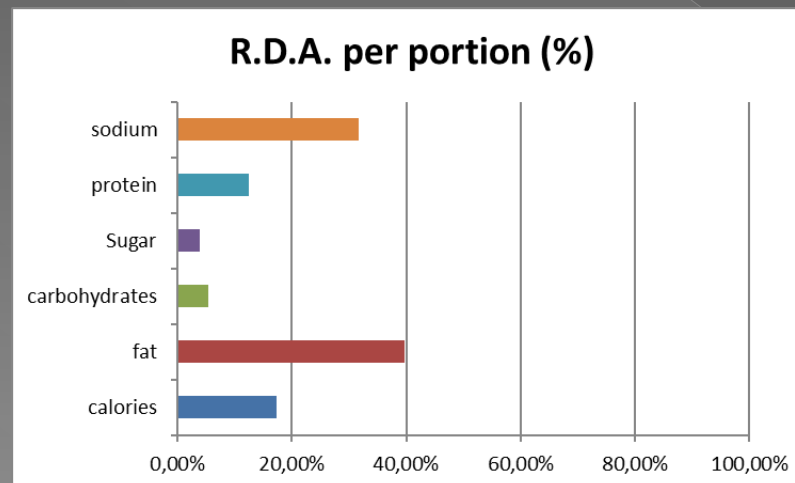


## 4. VIDEO GAME APP



# Food & nutrition diary

- This group had to do calculate how nutritious the recipes are.
- We tried out our recipes in practice – cooking them and later we analysed what kind of physical activities and how long for we should do to burn the calories



# Sport and fitness diary

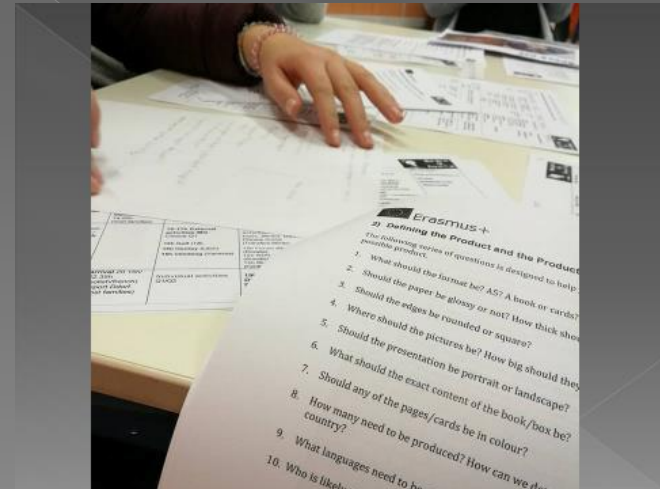
- ◉ During Sport and fitness workshops we were preparing movies about the sport we do



- ◉ On Sports and fitness workshops we were making a scripts to make a movies from our activities
- ◉ Next we was making this movie's

# Marketing & PR

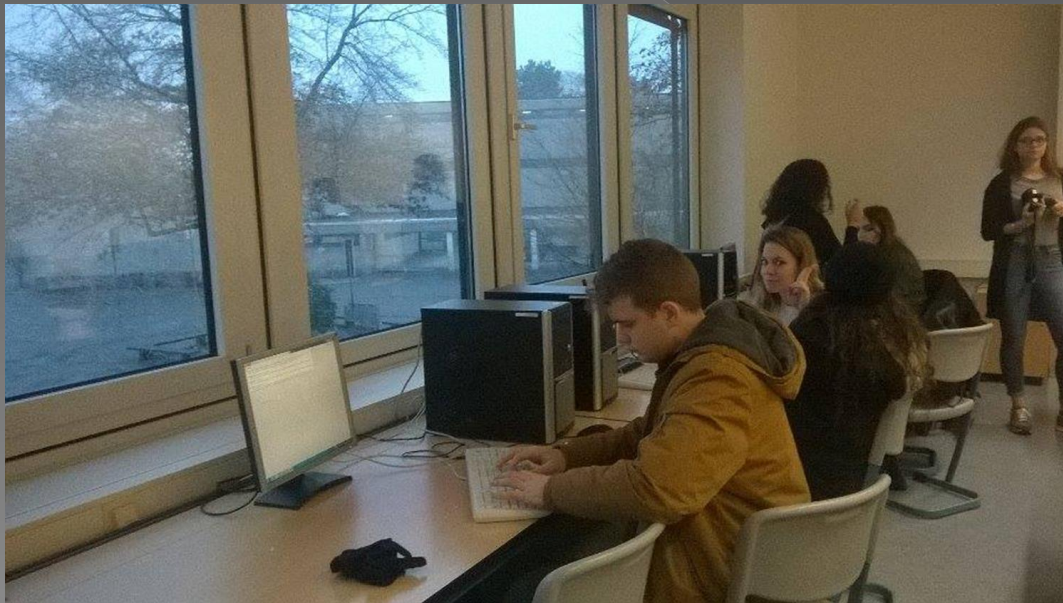
- In this workshops we was thinking about how our book would be look and how to sell this
- We did a questionnaire and we gave it to people to make some notes.





# Video game

- On video game workshops we were doing a game which everybody can download and play
- In this game you can learn words in English, Polish, Spanish and French.



# External activites

After lunch we were divided into three groups :

- **Golf**
- **Hockey**
- **Climbing**





# Golf

- ◉ Golf group went to the big golf course.
- ◉ Student from Germany told us about the rules of golf and history.
- ◉ After theory we went to the practise, on the golf course our coach show us how to play golf.
- ◉ Then we had a lot of fun 😊.

# Hockey

- We had learn hockey theory
- Our couch was one of erasmus students from Germany
- Then all group was playing in practise

# Climbing

- ◉ We learned how to wear equipment
- ◉ We had a big wall to climbing
- ◉ And everybody got helmets and special belts to climb





## DAY 3

- ◉ Workshop in four groups – continuation
- ◉ External activities, exhibitions
- ◉ Ice hockey derby live

# Next we had external activities, exhibitions topic 'Media' in Dusseldorf

- Again, we were divided into 3 groups :
  - Forum NRW
  - WDR TV STUDIO
  - MUSEUM OF FILM



# Pictures from the museum



❖ Walking to the museum

❖ This photo was taken 30 sec. before explosion



❖ Prison model

**First part of museum was about ISIS terrorists**

Next, we had a little time for us  
so we went to the old town

After old town everybody went to the Ice  
hockey derby in Dusseldorf (18.00h)



# Day 4

- ◉ Instead of workshops, we had family day
- ◉ Next we had private activities with family or friends .
- ◉ After day with family we ate some food in a small groups (hosts and their guests)
- ◉ At the evening all of us had together party because one person had 18th birthday

# Day 5

- ◉ Again workshops at the morning
- ◉ SCORM (Food & nutrition diary + Sports & fitness diary)
- ◉ Marketing (Buisness plan / visualisation / presentation)
- ◉ Video games (programming / presentation)



➤ Preparing meal with friends with given ingredients



➤ Cooking prepared dinner



➤ Finally, we start eating our prepared dinner



- ◎ After lunch we had indoor activities:
  - > Fitness coaching
  - > Boxing

# Final day

- ◉ Final presentation
- ◉ Scorm
- ◉ Business Plan
- ◉ Video game
- ◉ Evaluation

- ❖ All groups had to make presentation about what they did during workshops
- ❖ Canteen GE hardt or packed lunch
- ❖ Polish and French people left Germany (17.00h)
- ❖ Spanish people left Germany (18.00h)

End of Erasmus

That was end of our trip