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Nijmegen The Netherlands













Dear reader,

In this information guide you will find all the information you'll need during your exchange. It contains a detailed 10-day schedule for the first part of the exchange in the Netherlands, some general information about the Netherlands and things you need to know about daily life here.

During school hours, you'll have to do several exercises. Required materials are also included in this booklet, so make sure you bring it to school every day. We call it a Teddybear, because you should have it with you all the time, just like when you were a small child!

Finding Your Voice

Finding your voice is the name of our exchange project, which is partly funded and supported by the European Union. The focus of this project is to help educate students about current events and their opinions about them. During this exchange, you will find FYV hours in your timetable. You will receive materials separately and engage in research and forms of discussion. We hope you will enjoy this programme and learn from it. Get ready to participate and find your voice!



Note: Throughout these pages, QR-codes are used to link to additional information on the internet. Your camera app will probably recognize them if you use your camera app. If it doesn't, you will need a QR code app on your mobile phone to scan them. These can be downloaded from the App Store and Google Play store: search for 'QR code'.



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1. Spain compared

Size: 505.990 km² - about 13.5 times larger than the Netherlands Population: about 47 million Madrid (3,2 million inhabitants) Capital: Landscape: mountainous – highest point: 3,479m (Mulhacén)

Inventions: calculator – speed of sound – stapler - lollipop

Currency: euro (EUR) €

Emergency: 112

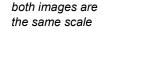
Country code: +34

Most common surname: 1. García - 2. Fernández ("Son of Fernando")

Famous for: tapas - bull fighting - flamenco

About Barcelona: 1.608.746 inhabitants // a city with a lot of history // the capital of Catalunya // renowned for the architectural works of Antoni Gaudí // famous places are Sagrada Família and Las Ramblas // has a very famous football team

to **the Netherlands**



Size: 41.528 km² - about 13.5 times smaller than Spain

Population: 17 million 前衛前衛前衛前衛

Capital: Amsterdam (0,83 million inhabitants)

Landscape: flat – highest point: 323m (Vaalserberg)

Inventions: microscope – CD – bluetooth - submarine

Currency: euro (EUR) €

Emergency: 112

Country code: +31

Most common surname: 1. De Jong ("the Young") - 2. Jansen ("Johnson")

Famous for: cheese, wooden shoes, windmills, tulips

About Nijmegen: 168.940 inhabitants // founded by the Romans (oldest city in the Netherlands) // 1 professional football club: N.E.C. // annual Four Days Marches (40.000 people walk 30-50 km for four days every day, 1.2 million people visit Nijmegen during that week) // means of public transport: bus (everybody rides a bicycle).

2. Timetables

| WEEK | (1 | 3Ja+3Vb | 3Jb | 3Jc | 3Jd | 3Je | 3Jf | 3Va | 3Vc | 3Vd | |
|--------|-----|----------------------------------|-----------|-----------|------------|---------------|-------------|-----------|---------|------------|--|
| | | 56 | 47 | 38 | 39 | 47 | 34 | 34 | 35 | 29 | |
| DATUM | UUR | Rome | Antalya | Athene | Ankara | Verona | Barcelona | Bailén | Elba | Linares | |
| | 1 | | | | | | | | | | |
| wo | 2 | | | | | | | | | | |
| 19-feb | 3 | | | | | | | | | | |
| | 4 | ARRIVAL | ARRIVAL | ARRIVAL | ARRIVAL | ARRIVAL | ARRIVAL | ARRIVAL | ARRIVAL | ARRIVAL | |
| | 5 | 12.35 | 12.35 | 13.10 | 18.10 | 14.20 | 12.40 | 12.40 | 16.35 | 11.20 | |
| | 6 | Amsterdam | Köln/Bonn | Amsterdam | Düsseldorf | Amsterdam | Amsterdam | Amsterdam | Brussel | Düsseldorf | |
| | 7 | bus | bus | bus | bus | bus | bus | bus | bus | bus | |
| | 8 | 11.30 | 11.00 | 12.10 | 17.00 | 13.15 | 11.30 | 11.30 | 14.30 | 10.30 | |
| DATUM | UUR | Rome | Antalya | Athene | Ankara | Verona | Barcelona | Bailén | Elba | Linares | |
| | 1 | | | | | | | | | | |
| DO | 2 | INTRO | INTRO | INTRO | INTRO | INTRO | INTRO | INTRO | INTRO | INTRO | |
| 20-feb | 3 | AMS | AMS | AMS | REH | FYV1 | FYV1 | REH | PL1 | PL1 | |
| | 4 | SPORT | FYV1 | FYV1 | AMS | ARTS | AMS | FYV1 | FYV1 | FYV1 | |
| | 5 | SPORT | REH | REH | FYV1 | ARTS | REH | AMS | AMS | AMS | |
| | 6 | FYV1 | SPORT | ARTS | PL1 | AMS | PL1 | PL1 | REH | REH | |
| | 7 | REH | SPORT | ARTS | | REH | | | | | |
| | 8 | | | | | | | | | | |
| | 9 | | | | | | | | | | |
| DATUM | UUR | Rome | Antalya | Athene | Ankara | Verona | Barcelona | Bailén | Elba | Linares | |
| | 1 | | | | | | | | | | |
| VR | 2 | DEPARTURE BUSES FROM SSGN: 08.00 | | | | | | | | | |
| 21-feb | 3 | | | | | | | | | | |
| | 4 | | | | | | | | | | |
| | 5 | | | | AN | ISTERD | 4 <i>M</i> | | | | |
| | 6 | | | | | | | | | | |
| | 7 | | | | ARRIVAL E | BUSES AT SSG | N +/- 18.00 | | | | |
| | 8 | | | | | | | | | | |

| Abbreviation | Explanation |
|--------------|-----------------------------|
| INTRO | Introduction |
| SPORT | Sports and games |
| E&O | Evaluation and organisation |
| FYV | Finding Your Voice |
| PL | Practical Language |
| AM | Amsterdam preparation |
| REH | Rehearsal |
| NCT | Nijmegen City Tour |
| ARTS | Dutch Art class |
| PREP | Prep and Edit |
| DEBAT | Debate |
| LET | Letter |

| Period | Time |
|--------|---------------|
| 1 | 08.20 - 09.05 |
| 2 | 09.05 - 09.50 |
| 3 | 09.50 - 10.35 |
| Break | 10.35 – 10.55 |
| 4 | 10.55 – 11.40 |
| 5 | 11.40 – 12.25 |
| Break | 12.25 – 12.55 |
| 6 | 12.55 - 13.40 |
| 7 | 13.40 - 14.25 |
| Break | 14.25 – 14.40 |
| 8 | 14.40 - 15.25 |
| 9 | 15.25 – 16.10 |

Timetable week 2

| WEEK | 2 | 3Ja+3Vb | 3Jb | 3Jc | 3Jd | 3Je | 3Jf | 3Va | 3Vc | 3Vd |
|--------|-------|-------------------|------------|------------|------------|------------|------------|------------|------------|------------|
| | | 56 | 47 | 38 | 39 | 47 | 34 | 34 | 35 | 29 |
| DATUM | UUR | Rome | Antalya | Athene | Ankara | Verona | Barcelona | Bailén | Elba | Linares |
| | 1 | | | | | | | | | |
| MA | 2 | Gen Reh | E&O | PL1 | E&O | PL1 | E&O | E&O | Gen Reh | Gen Reh |
| 24-feb | 3 | Gen Reh | FYV2 | FYV2 | FYV2 | FYV2 | FYV2 | FYV2 | Gen reh | Gen reh |
| | 4 | NCT | Gen Reh | Gen Reh | Gen Reh | SPORT | ARTS | ARTS | NCT | NCT |
| | 5 | NCT | Gen Reh | Gen Reh | Gen Reh | SPORT | ARTS | ARTS | NCT | NCT |
| | 6 | 12:30 | PL1 | SPORT | ARTS | Gen Reh | Gen Reh | Gen Reh | 12:30 | 12:30 |
| | 7 | Lindenberg | | SPORT | ARTS | Gen Reh | Gen Reh | Gen Reh | Lindenberg | Lindenberg |
| | 8 | Lindenberg | | | | | | | Lindenberg | Lindenberg |
| | 9 | Lindenberg | | | | | | | Lindenberg | Lindenberg |
| | | | | | | | | | | |
| DATUM | UUR | Rome | Antalya | Athene | Ankara | Verona | Barcelona | Bailén | Elba | Linares |
| | 1 | | | | | | | | | |
| DI | 2 | | GEN | | | GEN | | | GEN | |
| 25-feb | 3 | GEN | REH | GEN | GEN | REH | GEN | GEN | REH | GEN |
| | 4 | REH | | REH | REH | | REH | REH | | REH |
| | 5 | Schouwburg | GEN | Schouwburg | Schouwburg | GEN | Schouwburg | Schouwburg | GEN | Schouwburg |
| | 6 | | REH | | | REH | | | REH | |
| | 7 | GEN | Schouwburg | GEN | GEN | Schouwburg | GEN | GEN | Schouwburg | GEN |
| | 8 | REH | | REH | REH | | REH | REH | | REH |
| | 9 | | | | | | | | | |
| | 19.30 | | | | STAGENIGH | T DE SCHOL | JWBURG | | | |
| | | | | | | | | | | |
| DATUM | UUR | Rome | Antalya | Athene | Ankara | Verona | Barcelona | Bailén | Elba | Linares |
| | 1 | | | | | | | | | |
| wo | 2 | | | | | | | | | |
| 26-feb | 3 | ARTS | NCT | NCT | PL2 | PL2 | NCT | PL2 | LETTER | E&O |
| | 4 | ARTS | NCT | NCT | DEBATE | DEBATE | NCT | SPORT | FYV 2 | LETTER |
| | 5 | FYV2 | NCT | NCT | DEBATE | DEBATE | NCT | SPORT | ARTS | PL2 |
| | 6 | PL1 | 12:30 | 12:30 | SPORT | LETTER | 12:30 | DEBATE | ARTS | FYV2 |
| | 7 | E&O | Lindenberg | Lindenberg | SPORT | E&O | Lindenberg | DEBATE | PL2 | ARTS |
| | 8 | | Lindenberg | Lindenberg | LETTER | | Lindenberg | LETTER | | ARTS |
| | 9 | | Lindenberg | Lindenberg | | | Lindenberg | | | |
| 1 | 19.30 | DISCO DOORNROOSJE | | | | | | | | |

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|--------------|-----------------------------|
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| LET | Letter |

| Period | Time |
|--------|---------------|
| 1 | 08.20 - 09.05 |
| 2 | 09.05 - 09.50 |
| 3 | 09.50 - 10.35 |
| Break | 10.35 - 10.55 |
| 4 | 10.55 – 11.40 |
| 5 | 11.40 – 12.25 |
| Break | 12.25 – 12.55 |
| 6 | 12.55 - 13.40 |
| 7 | 13.40 - 14.25 |
| Break | 14.25 – 14.40 |
| 8 | 14.40 – 15.25 |
| 9 | 15.25 – 16.10 |

Timetable week 2 continued

| WEEK 2 | | 3Ja+3Vb | 3Jb | 3Jc | 3Jd | 3Je | 3Jf | 3Va | 3Vc | 3Vd |
|--------|-----|-----------|-----------|-----------|------------|------------|-----------|------------|-----------|------------|
| | | 56 | 47 | 38 | 39 | 47 | 34 | 34 | 35 | 29 |
| DATUM | UUR | Rome | Antalya | Athene | Ankara | Verona | Barcelona | Bailén | Elba | Linares |
| | 1 | | | | | | | | | |
| DO | 2 | | | | | | | | | |
| 27-feb | 3 | PL2 | PL2 | E&O | | | PL2 | | E&O | E&O |
| | 4 | DEBATE | ARTS | DEBATE | NCT | NCT | DEBATE | NCT | SPORT | DEBATE |
| | 5 | DEBATE | ARTS | DEBATE | NCT | NCT | DEBATE | NCT | SPORT | DEBATE |
| | 6 | LETTER | DEBATE | LETTER | NCT | NCT | SPORT | NCT | DEBATE | SPORT |
| | 7 | | DEBATE | PL2 | 13:00 | 13:00 | SPORT | 13:00 | DEBATE | SPORT |
| | 8 | | LETTER | | Lindenberg | Lindenberg | LETTER | Lindenberg | | |
| | 9 | | | | Lindenberg | Lindenberg | | Lindenberg | | |
| | | | | | | | | | | |
| DATUM | UUR | Rome | Antalya | Athene | Ankara | Verona | Barcelona | Bailén | Elba | Linares |
| | 1 | DEPARTURE | DEPARTURE | DEPARTURE | DEPARTURE | DEPARTURE | DEPARTURE | DEPARTURE | DEPARTURE | DEPARTURE |
| VR | 2 | FLIGHT | FLIGHT | FLIGHT | FLIGHT | FLIGHT | FLIGHT | FLIGHT | FLIGHT | FLIGHT |
| 28-feb | 3 | | | | | | | | | |
| | 4 | 21.00 | 13.40 | 14.10 | 19.10 | 13.40 | 16.35 | 16.35 | 12.40 | 12.05 |
| | 5 | Amsterdam | Köln/Bonn | Amsterdam | Düsseldorf | Amsterdam | Amsterdam | Amsterdam | Brussel | Düsseldorf |
| | 6 | bus | bus | bus | bus | bus | bus | bus | bus | bus |
| | 7 | 16.45 | 08.00 | 09.00 | 14.30 | 08.30 | 11.15 | 11.15 | 06.30 | 07.00 |
| | 8 | | | | | | | | | |

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| 4 | 10.55 – 11.40 |
| 5 | 11.40 – 12.25 |
| Break | 12.25 – 12.55 |
| 6 | 12.55 - 13.40 |
| 7 | 13.40 – 14.25 |
| Break | 14.25 – 14.40 |
| 8 | 14.40 – 15.25 |
| 9 | 15.25 – 16.10 |

3. Programme information

The international department of the SSgN has tried to create a varied and fun programme for you. Most of it will take place during the days at school. On the previous pages you can see what you are experiencing during the entire exchange. Your personal timetable, which can be seen on the next page, shows you **the times** and **where** you have to be. On these page, the highlights of the programme are briefly explained to give you an idea of what we have in store for you this week. Later in this booklet, each activity has been given a separate chapter which you will need at the time of that event.

Highlights of the programme

- On Friday we will visit de **Zaanse Schans** and **Amsterdam**, famous for its canals and beautiful, narrow but tall merchant houses. So unique that the city centre is a UNESCO World Heritage site. As one of the world's most popular city trip destinations there is more than enough for



you to see and discover. You get to explore Amsterdam by yourself and participate in a game with your group called Goosechase. Score the most points and be the winner! For more information about the city, including a city map with all tourist hotspots, go to chapter 3 of this booklet.

- During **Arts** class, you will create your very own typically Dutch souvenir. Be prepared to get your creativity flowing and show your painting skills.
- You will visit the city centre of Nijmegen, which is only a short bike ride away. Nijmegen is the oldest city in the Netherlands and is known for its historic buildings, waterfront and great shopping. During the **Nijmegen City Tour**, you will get to know the city and its history. You will also visit de Lindenberg which is a cultural center where you will follow a workshop together with your partner.



- There will be a competition in **sports** and games. Sports are an important part of our school curriculum and you are invited to participate in some nice sports activities that we have lined up for you. Do sports together with your partners...or against them $\bigcirc!$
- **E&O** (Evaluation and Organisation) is a great way to start your school day. You get together with just your classmates and teachers to talk in your own language. You get the chance to vent, discuss and talk about your experiences. It is very important to communicate. During schooldays, feel free to talk to your teachers if something's up.
- **Finding Your Voice** are classes meant to prepare you for the debate. You are going to learn more about the European Union and issues it is currently dealing with. You are encouraged to form your own opinion and learn how to get this across in a debate. The required materials will be handed to you at the beginning of that class.
- This whole programme is leading up to the final **debate**. Students of your group will have to debate about the EU's current affairs. At the end, the jury will choose a winner.

Theatre: Stagenight

Tuesday the 25th of February

All participating groups in this exchange will perform for the other groups, friends and family members in a sold-out theatre during the **Stagenight**.

Instructions during the day

The afternoon will be used for the **technical rehearsal** to make sure that the whole evening will go smoothly. On the stage you will show a short version of your act. If you want to practice your entire act, there is room in the lobby.

On the day you will hear which **dressing room** is for your group, so you can place bags and jackets there during the performances.

To check at what time you are expected at the theatre, visit this address: https://forms.office.com/e/DUJLtY4cKW

Or scan this QR code:



When you perform, make sure you are present and <u>on time</u> at the artist (back) entrance of the theatre "De Stadsschouwburg" at the given time.

Instructions during the evening

The doors of the theatre open at 19h00. Please be present around that time, especially if you are performing in the first part before the break. The show starts at 19h30.

Seats

Parents take place in the seats at the ground floor (the seat number is on the ticket). Students take place on the balconies (see next page). Check the following schedule:

Students will have **different** places before and after the break:

Before the break:

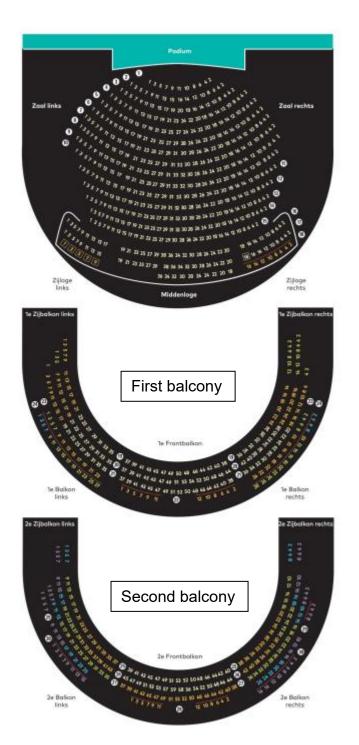
| Performance | Seat |
|----------------------|----------------|
| If you perform | Second balcony |
| before the break | |
| you are sitting on: | |
| If you perform after | First balcony |
| the break you are | |
| sitting on: | |

After the break:

| Performance | Seat |
|----------------------|----------------|
| If you have | First balcony |
| performed before | |
| the break you are | |
| sitting on: | |
| If you perform after | Second balcony |
| the break you are | |
| sitting on: | |

When you are **done** performing, you can take place on the second balcony. Please mind the noise you make when entering; respect the other acts!





Disco: Doornroosje

Wednesday the 26th of February

The SSgN will host the (in)famous **SSgN Exchange Disco Party** at the iconic pop and dance venue **Doornroosje**.

In Doornroosje we will have the Exchange party-evening with a DJ.

There's a free cloakroom where you can leave your jacket (don't lose your ticket!)

- No alcohol allowed before, during and after the party. Please be sensible ©.

Doors open at 19:30 and the party ends at 23:30.

Make sure you you think about your way home after the party!



4. How to survive in the Netherlands

The Dutch are down-to-earth people. It might take some time to get accustomed to their habits and rituals. But since you only have ten days, this crash course Dutch culture should give you a head start. Of course you'll also want to be able to speak the language. During the 'Practical Language' workshop, you will learn many useful phrases. Here are seven of the most typically Dutch habits.

1. Cheek to cheek

How do you make and keep Dutch friends? It's all in body language. New acquaintances should be greeted with a handshake. For longer-term friends (boy-girl / girl-girl), a 3-point kiss – that's cheek to cheek to cheek, is common.

2. On yer bike!

Bikes (fietsen) are an unescapable part of Dutch culture. Separate biking paths make this the safest country to ride a bike. A typical bicycle comes with locks (at least two, you don't want it to get stolen), saddle bags for shopping and bells to warn traffic. Be sure to watch this video: issued by the city of Amsterdam to teach tourists how to behave on a bike in the Netherlands.

3. Cut to the chase

The Dutch have earned themselves a reputation for being incredibly outspoken. Speech is almost always context-driven and without any question direct. This style of conversation has its positive side in that you can ask a Dutch person almost anything, and sure enough you'll get the answer. Sometimes it may seem that the way in which the Dutch express themselves is a bit rude, but you can rest assured they mean well.

4. A matter of taste

For breakfast and lunch, it's hard to avoid the two slices of bread with cheese in between, or, when going for a bit more luxurious, 'broodjes' (or *bread rolls*) instead of normal bread, washed down with milk or tea. French fries (or chips) is always eaten with mayonnaise and sometimes with apple sauce or ketchup. Krokets and frikandels are typically Dutch



snacks to go with the fries. Be sure to try a 'kapsalon' and let yourself be surprised by Dutch creativity.

5. Did someone say 'Sale'?

Nobody loves a bargain quite like the Dutch. That's why window shopping takes many forms: if you want to keep it real, look for damaged good and labels promising 'sale' (uitverkoop); 'special offer' (aanbieding or actie); 'offer' (reclame); and the most exciting of all 'everything must go' (alles moet weg). If you say gratis (free), you've just made a Dutchie very happy.

6. Greet like a local

There are a few essential greeting that are useful to know. When you walk into a shop, it's customary to greet the person working there with a simple 'hallo' (*hello*) or 'goedemiddag' (*good day*). Same goes when you walk into a room full of people, for example at the dentist's or doctor's office. When leaving you can wish someone a nice day 'fijne dag nog' (*have a nice day*) or simply say 'dag' or 'tot ziens' (*bye*).

7. Dutch modesty

'Doe maar gewoon, dan doe je al gek genoeg' is a famous Dutch saying, which translates into something like 'Just act normal, then you're acting crazy enough as it is.' The Dutch don't like a show-off and people who brag about money or their possessions. On the other hand, they are very open about their personal life.

And finally, to make your stay a bit more comfortable, here are a few **app suggestions** to download:

- **Buienalarm** (Rain Alert)

Since you'll probably travel everywhere by bicycle while being here, it is very important to know if it is going to rain or not. Be sure to download the 'Buienalarm' app.

Amsterdam Tourist Map – Enjoy Amsterdam

When visiting Amsterdam, a proper city map is essential if you don't want to get lost and miss the bus back to Nijmegen. This **tourist map** is free and you are able to use it offline. It highlights all touristic attractions and sights you might want to have a look at. Be sure to download it before you leave for Amsterdam! Search for: 'Enjoy Amsterdam'



- Google Translate

Thankfully a lot of Dutch people speak English well, but if you want to translate a menu with your camera, if you want to describe your favourite things in Dutch, or you just want to learn some of our difficult language, make sure you download Google Translate if you don't have it already.



5. Nijmegen for Beginners

When you arrived at the SSgN, you also set foot in the oldest city of the Netherlands. Nijmegen cannot be captured in a single description. The city is immensely diverse and offers a range of possible activities and places to explore.

Nijmegen is a city dating back to Roman times, a place where Charlemagne (Charles the Great) built a palace, and home to the renowned annual Four Days Marches event attracting thousands of people from all over the world. We describe Nijmegen as 'an old city with a young vibe', because even though the city was first founded on the banks of the River Waal more than two thousand years ago (called Noviomagus back then), it is still full of life today. Have fun exploring the city!

Did you know that...?

...Almost 180.000 people live in Nijmegen?

...Nijmegen has a professional soccer club called NEC? It plays in the highest division and their stadium 'The Goffert' is close to our school.





...a famous landmark of our city is the **Sint Stevenskerk**, or Saint Stephen's Church. It has been around for ages, but was heavily bombed during the WWII. Thankfully, is was reconstructed and still offers fantastic views over the city.

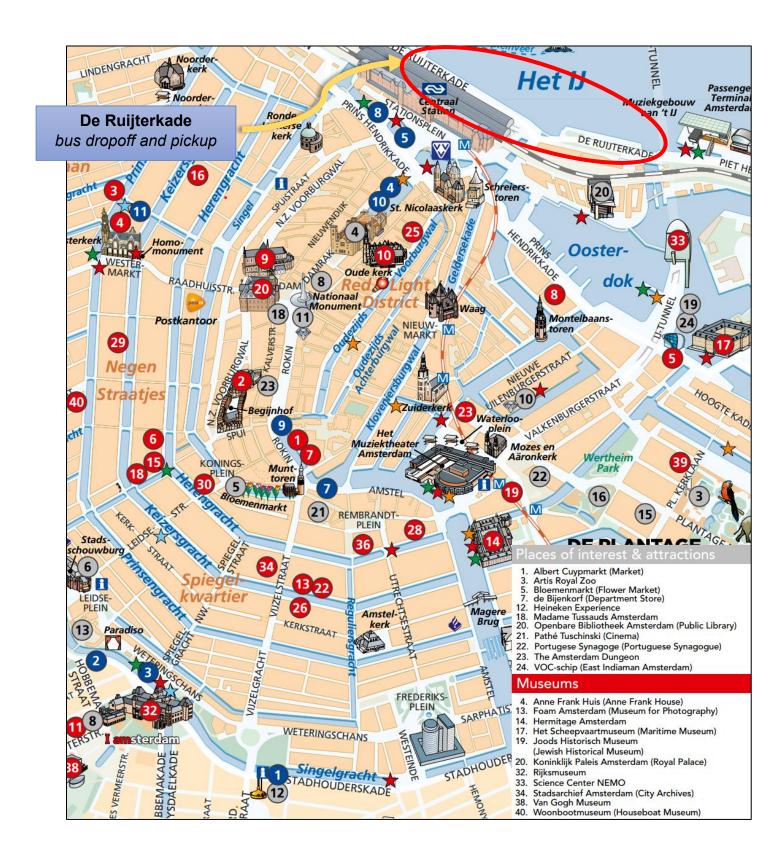
... Nijmegen has a University, called **Radboud University**. Almost 25.000 students study here, in over 90 studies covering all kinds of fields. A lot of them live in or around Nijmegen, and over 10% of students are from different countries.



...the **average age** in Nijmegen is 39, which makes it a relatively young city. Also, there are more females (51,5%) than males (48,5%) in Nijmegen!

6. Amsterdam

Below you see a tourist map of Amsterdam. We recommend that you download the Amsterdam tourist map app as described before, or use Google Maps.



All groups will visit Amsterdam on Friday February 21st

We would like to show you a lot of what our capital has to offer on this busy day. We will do the following on Friday:

Departure

-The bus leaves at 8.00. Make sure you are there at **7.45**. Please have a close look at **the front window** of the bus for your group. Sadly it is not possible to change buses and sit with other groups.

First stop...Zaanse Schans

-Windmills, clogs, cheese and tulips...Here you will see everything foreigners think is Dutch. You will have some time to sightsee, eat lunch and take pictures. We will also take a group picture here!



After that...Amsterdam!

Your bus will take you to De Ruijterkade, on the Northside of the Central Sation. We've prepared a *Goosechase* assignment to guide you through Amsterdam. Goosechase is a game which you can play with an app. During this game you get photo and video challenges you can do during your visits to Zaanse Schans and Amsterdam. On the day before you will follow a workshop about Amsterdam. During this workshop you will be divided into groups and you can setup the Goosechase app. Try to score as many points as you can and enjoy yourself!





Please stick with your partners and listen to your class teachers. Departure for all groups is **at the same place** you were dropped off.

Don't be late and have fun!!

Be back at the bus at the time the teacher asked you!

Buses will leave between 15:45 – 16:00!

A brief history of Amsterdam

Amsterdam is named after the river Amstel, which flows right through the heart of the city. The city is first mentioned somewhere in the 13th century, although the area had been inhabited for 4000 years. In the 15th century, Amsterdam became the most important trading city. During the Golden Age (1600-1700, the period where the Dutch were one of leading countries in the world in terms of trade, science, military and art) the city of Amsterdam prospered and the number of citizens rose extremely fast, thus expanding the city. The historic city centre (the area depicted on the map on the left page) is a result of this wealth and expansion. In the second half of the 19th century, the city saw again a significant increase in citizens, mainly because the industrial revolution.

Amsterdam today

Today, Amsterdam is the capital of the Netherlands and the biggest city. Even though the government sits in The Hague, Amsterdam is seen as the most important place of the country. The city is most known for its tolerance and attracts a lot of tourists for that reason. The annual gay pride is visited by several hundreds of thousands of visitors each year. Amsterdam is the city where the most different nationalities live. The many tourists (4.5 million every year) add to the international character of the city: you will notice that you see and hear more English than Dutch on the street.

What to do when you're in Amsterdam?

Sightseeing:

- Dam Square and the Royal Palace 20

- Tuschinski Cinema (21) and Rembrandt Square

- Flower market (Bloemenmarkt) (5)

- De Waag (Nieuwmarkt 4)

- Red Light District

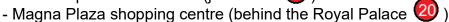
- Anne Frank House 4

- Leidse Square 6



Shopping:

- Waterlooplein Flea Market (just below 23)



- The Nine Streets (Negen Straatjes) for small, handmade, hipster boutiques
- Kalverstraat (facing the Royal palace, the street on your left) for main shops (and yes...the McDonalds is there too (5))

7. Finding Your Voice



Finding Your Voice

During this exchange, you have probably heard the words: "Finding Your Voice" before. The meaning of these words can be found in the basis of this exchange: we want you be informed of issues that are currently important in the world we live in, we want you to think critically about them and we want to enable you to form your own opinion about important topics. These classes are designed to do just that.

What can you expect?

Workshop 1 and 2: FYV

In your schedule you see that there are two periods FYV (red in your timetable). During these **workshops**, you will be introduced to the main topics that will be discussed: immigration in and around the EU and the environment: the global plastic problem.

Debate

The grand finale of this exchange will be the debate. The first part (45 minutes) gives time for you to **prepare** the debate. You can use your phone or computers to look for data and information on the internet. After this period it's time for the debate.

Two debates will be held: one about *immigration* and one about *the environment*. You are part of either the *for* team or *against* team. The **jury** will consist of your teachers (Dutch and foreign). They will be the ones deciding whether your team has either **won** or **lost** the debate. It's up to you and your team members to **convince** them!

Good luck and have fun!

Workshop 1

Immigration



Workshop 2

Environment



Workshop 1: Immigration



Watch a part the **video** your teacher shows you.

Because of the war in Ukraine, millions of people have left their country because it is not safe anymore. There are many unsafe places and regions in Ukraine, so people that have the ability try to leave to different countries around them.

This makes these people **refugees**. The official definition of a refugee is:

"a person who has been forced to leave their country in order to escape war, persecution, violence or natural disaster."

Ukrainian refugees have escaped to.

What do you think the size of the blue circles means?

Look at **figure 1**. It shows where

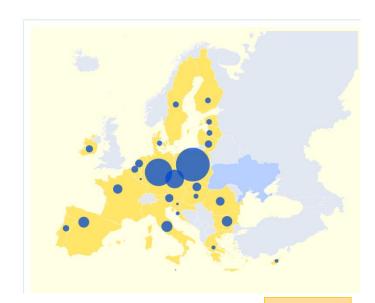
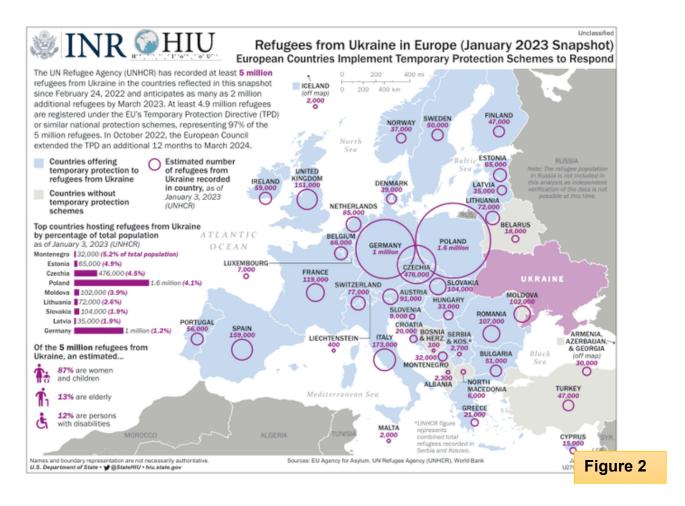


Figure 1



As you can see in the **picture above**, between 5 and 8 million people have fled Ukraine since the start of the war. The numbers in the countries represent the refugees they have accepted.

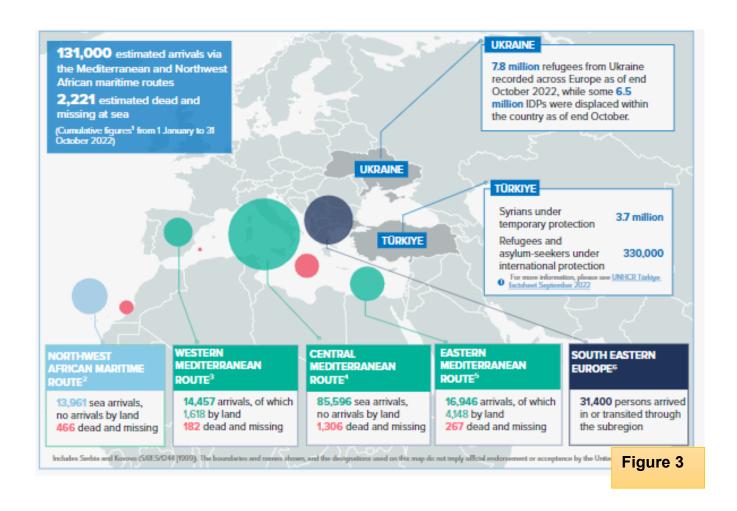
| Have you no | iced anything in your country or area of Ukrainian refugees? | |
|-------------|--|--|
| | | |
| | here's a lot of refugees in Poland and Germany, for example. Why do you nink this is the case? Give two reasons: | |
| | | |

Apart from Ukrainian refugees, there's also a lot of people from other countries in Africa and Asia coming to the countries in Europe. In figure 3 you can see how refugees try to find routes from their own country to the European mainland and to Turkey.

Some people travel by land (and cross different countries on the way), and some by sea. During the time at sea boats get lost and some people die at sea looking for a better life.

Almost 5 million Syrians have migrated to Europe, with an additional 3,7 million moved to Turkey.

Why do you think Turkey, Greece and Italy get more Syrian or African refugee arrivals compared to Portugal and Germany?



Individual exercise - Do this part yourself

Immigration has always been a part of the EU's agenda, but in recent years, due to the rise in immigrants and refugees, the EU has increased its **immigration budget**. Many different measures have been taken to help immigrants and at the same time make sure that the EU stays safe. Have a look at the measures taken by the EU and give your view.

Completely Partly Somewhat Completely support support against against

| | | • • | J | Ü |
|--|---|-----|---|---|
| REMIGRATION (returning to home country) | | | | |
| 1. The EU helps EU countries to return migrants to their home country if they have no right to stay in the EU. | | | | |
| | | | | |
| SAFE TRAVEL | | | | |
| 2. The EU has organised search and rescue | | | | |
| boats in the Mediterranean Sea, saving thousands of lives. | | | | |
| 3. The EU is fighting criminal networks and people smugglers . Almost 90% of refugees and migrants have paid organised criminals to get them across EU borders. | | | | |
| 4. The EU wants to create safe and legal ways for immigrants to enter the EU so they don't have to risk their lives by turning to smugglers. | | | | |
| | | | | |
| OUTSIDE EUROPE | | | | |
| 5. The EU helps improve the living conditions of the illegal immigrants in their home countries so they don't have to leave. | | | | |
| 6. The EU provides help to refugees and migrants in countries outside the EU such as: Iraq, Jordan, Lebanon and Turkey. | | | | |
| | ı | | | |
| BORDER COUNTRY HELP | | | | |
| 7. The EU has set up centres in Greece and Italy | | | | |
| where most immigrants enter the EU to help identify and register arrivals. | | | | |
| 8. Accommodating immigrants is costly. The EU takes care of transferring people in need of | | | | |
| protection to other EU countries . 9. Many people arriving in the EU need basics | | | | |
| such as clean water, food and shelter . The EU provides financial help for their most urgent needs. | | | | |
| | | | | |
| SECURITY | | | | |
| 10. The EU has improved the control and protection of its external borders . | | | | |

Group exercise

You might be able to imagine that with 27 member states it is very difficult to reach an agreement on how money is spent. After the previous exercise, you have now some basic understanding of what the EU does with the money meant for immigration. Now have a look at the budget proposal for the years 2021-2027.



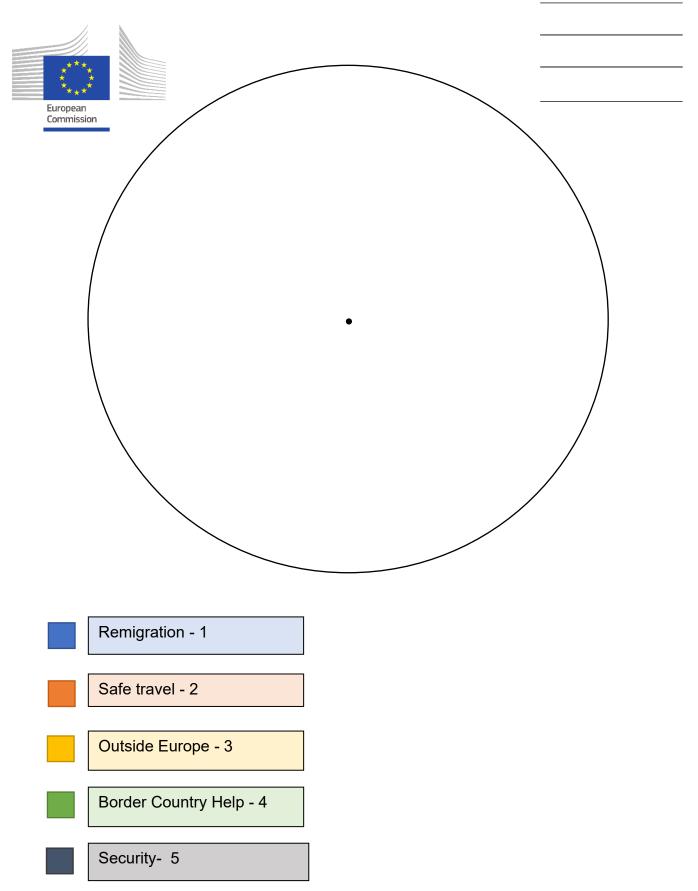
As you can see, about 35 billion euros (€35,000,000,000) will go to *Migration and Border Management*. This is 2.7% of the EU's total budget spending. In the next exercise, you and your group can decide how you will divide these 35 billion over the 5 main themes from the **previous exercise**. Discuss within your group what you think is the most important theme and should get the largest amount of money and what is the least important and should get the smallest amount of money.

In the pie chart on the next page, you will have to draw which theme gets what percentage of the 35 billion.

This exercise shows you that it is difficult to come to an agreement when there are people with different views and opinions.

Put your names in the top right corner and try to make your decisions.

How the EU budget for migration should be spent, according to:



Workshop 2 : Environment

Watch the video "Man vs Earth" by Prince Ea

Fun fact: planet Earth is 4.5 billion years old.

Mankind? About 140,000 years old.

Let me put that in perspective:

If you condense the Earth's lifespan into 24 hours,

that's one full day,

then we have been here on this planet for...

...drumroll please...

...three seconds.

Three seconds, and look what we've done.

We have modestly named ourselves "homo sapiens" meaning "wise man", but is man really so wise?

Smart, yes, and it's good to be smart,

but not too smart for your own good.

Yes, we have split the atom.

Yes, we build clever machines that

navigate the universe in search of new homes.

But at the same time,

those atoms we split created nuclear warfare.

In our quest to explore the galaxy,

rejects and neglects the home that we have here now.

So no, that can not be wisdom.

Wisdom is different.

While intelligence speaks, wisdom listens.

And we willingly covered our ears

to mother natures screams...

and closed our eyes to all her "Help Wanted" signs.

Wisdom knows that every action

has an equal and opposite reaction.

So if we were wise, we would not be shocked

when we see storms stronger than ever before.

Or more drought, hurricanes, wildfire than ever before.

Because there's more pollution than ever before.

More carbon, more trees cut down than ever before

at a record pace.

We have increased the extinction of animals

by 1000 times the normal rate.

What a feat.

In the next 10 to 100 years,

every beloved animal character

in every children's book

is predicted to go extinct.

Lions? Gone.

Rhinos? Gone.

Tiger? Gorilla? Elephant? Polar bear?

Gone. In three seconds.

Species that have been here longer than us

will be gone because of us in this three seconds.

In an existence shorter than a Vine video,

we turned the circle of life

into our own personal conveyor belt.

Somebody, anybody, help!

We were given so much.

The only planet in the solar system with life.

I mean, we are one in a million.

No, actually, scientifically,

we are one in a billion trillion trillion.

That's a one followed by 33 zeros.

And I don't wanna get too spiritual, but how are we not a miracle?

We are perfectly positioned to the sun so we don't burn,

but not too distant so we don't turn to ice. Goldilocks said it best: we are just right.

This paradise.

Where we are given medicine from trees,

not coincidentally.

But because like the song says:

We are family. Literally.

Everything. Every species is connected genetically,

from the sunflower to the sunfish.

This is what we must recognize before it's too late.

Because the real crisis is not global warming,

environmental destruction, or animal agriculture.

It is us.

These problems are symptoms of us.

Byproducts of us.

Our inner reflection.

loss of connection has created this misdirection.

We have forgot that everything contributes

to the perfection of Mother Nature.

Corporations keep us unaware and disconnected.

but they have underestimated our strength.

Contrary to popular belief,

millions are waking up out of their sleep.

Seeing our home being taken

right up from under our feet.

We can not allow our history to be

written by the wicked, greedy, and loony.

It is our duty to protect Mother Nature

from those who refuse to see her beauty.

Call me crazy,

but I believe we should have the right

to eat food that's safe.

With ingredients we can pronounce.

Drink water that is clean.

Marvel at trees. Breathe air free of toxins.

These are natural rights.

Not things that can be bargained for in Congress.

See they want you to feel powerless.

But it has been said that something

as small as the flutter of a butterfly's wing

can cause a typhoon halfway around the world.

Well, when enough people come together,

we too will make waves.

And wash the world into a new era

filled with love and connection.

Freedom for all without oppression.

But it is up to you.

Yes, you watching this behind this screen

to make the effort.

Because time is of the essence.

And only together can we make it

to the fourth second.

| 2. What does he mean with the flutter of a butterfly's wing can dhalfway around the world? | cause a typhoon |
|--|-----------------------------|
| Nature isn't bound by man-made borders. If one country decides to lower the emission of greenhouse gases, it has only a small effect a countries around it don't also do it. This is the reason that countries have decided to work together. Watch this video: https://www.youtube.com/watch?v=HQTUWK7CM-Y Plastic is a major issue at the moment. Almost everything you buy is packed in plastic or is made of plastic. A plastic bag can take up to 2 years to be broken down by nature, a plastic cup up to 90 years. - 30 % of plastic waste is recycled - 39 % is burned - 31 % end up in landfills or waterways 3. List as many items as possible that you have used, touched to the lower the emission of greenhouse gases, it has only a small effect a countries of the countries of the plant | s long as the within the EU |
| week that were made of plastic. | |
| 4. In the video, it is said that we need to change our way of paclinear system to a circular system. What do these two systems Linear system: | |
| | |
| Circular system: The European Union wants member states to reuse or recycle all pa 5. Why is it better to recycle than to burn or throw away? | ickaging by 2030 |

7. Have a look at the fact sheet on the next pages and discuss with your group.





Changing the way we use plastics

It's light, it's cheap, it's everywhere and we can't live without it. Plastic is fantastic, but it has serious downsides as well. It's time to rethink plastic, and ask some tricky questions:

- · How can we get away from single-use plastics?
- · Can we make recycling it easier?
- And how can we stop plastic from ending up where it doesn't belong?

EUROPE PRODUCES A HUGE AMOUNT OF PLASTIC: 58 MILLION TONNES EVERY YEAR



Most of the raw material is fossil fuel based. Thus, if the current production trends continue, by 2050 plastics could account for 20% of oil consumption, 15% of greenhouse gas emissions, and there could be more plastics than fish in the sea.

Source: PlasticsEurope

EUROPE PRODUCES 25 MILLION TONNES OF PLASTIC WASTE



Source: PlasticsEurope, 2014

EU initiatives like higher recycling targets and more effective legislation for drinking water (cutting the need for bottled water) are improving the situation, but stronger action is needed.

More than 60% of plastic waste still comes from packaging, but only 40% of that packaging is recycled.

Sources: PlasticsEurope and Eurostat

Environment

Plastic leakage

Plastics are very durable, so they accumulate in nature, damaging ecosystems we rely on. In the oceans they break down into tiny fragments, which enter the food chain. The microplastics are eaten by plankton, which are eaten by fish, which are eaten by... us.





Many of these items are packaging for food and drink and most were designed to be used only once ("single-use plastics"). That's a waste of valuable resources.

It's time to rethink plastics

It's time to change the way we design, produce, use and dispose of them. Let's reinvent plastics!

The EU has a new strategy to address the whole life-cycle of plastics. The aim is to make them:



We also need to stop using plastic where there are better alternatives available, and ensure that the plastics we use keep their economic value for as long as possible, and don't end up in landfills. By 2030, all plastic packaging placed on the EU market should be reusable or recyclable. As well as cutting the industry's carbon footprint, this will reduce plastic waste and marine litter, and slow the proliferation of microplastics.





THE EU GENERATED 15.88 MILLION OF PLASTIC PACKAGING WASTE IN 2015

Source: Eurobarometer



31 kg/person of plastic packaging waste was generated (2014)



of plastic packaging waste was recycled (2015)

What are you doing about plastic waste?



EU average

Source: Eurobarometer



65%





34%

avoid single-use goods like cutlery & cups



24%

avoid buying over-packaged products



75%

use fewer single-use plastic bags

How would you tackle the plastic challenge?

Most Europeans back measures to cut plastic waste.

With 87% of Europeans worried about the environmental impact of plastic, and 74% worried about its impact on their health, people have the drive to tackle the plastic challenge, but what do they think should be done?

Source: Eurobarometer



Debate

You will have 45 minutes to prepare the debate. Two debates will be held: one about each subject discussed during the Finding Your Voice workshops. The following topics will be the centre of the debate:



When the situation is safe in their home country, refugees should be sent back.

Immigration

Both the environment group and the immigration group will again be divided into two sub-groups:

- The FOR group
- The AGAINST group

Sit together with the other students that are in your sub-group: FOR or AGAINST. You will be given a laptop to do some research about your subject and to prepare for the debate that will take place during the next period.

The debate will look like this:

| Round 1: FOR GROUP: | 2 speakers | - 2 minutes |
|---------------------------|-------------|-------------|
| AGAINST GROUP: | 2 speakers | - 2 minutes |
| break | - 1 minute | |
| Round 2: OPEN DEBATE: who | - 6 minutes | |
| break | - | - 1 minute |
| Round 3: FOR GROUP: | 1 speaker | - 1 minute |
| AGAINST GROUP: | 1 speaker | - 1 minute |

With your group you will have to do a couple of things:

- Choose two speakers to open the debate (Round 1). During this speech you will state the topic and list your main arguments.
- <u>Choose one speaker to end the debate (Round 3)</u>. This person will have to sum up the most important arguments that were mentioned and conclude the debate.
- <u>Select your arguments (Round 2)</u>. **Every member** of your team will have to come up with an argument. Those arguments are to be written on a piece of paper. Once the debate starts, every member of your team has to have an argument on a piece paper. You can keep this with you during the debate as a reminder.

If you feel insecure about your level of English, prepare this well to ensure you are able to get your point across.

You can use the space on this page for making notes. During the debate, there will be a one-minute break twice for you to prepare for the next round. Use it carefully!

Teachers have a teacher's guide with detailed instructions how to perform the debate.

8. Practical Language

On the first line without brackets, you have to write the written translation. The line below, with brackets, has to be used for the pronunciation. [egzampel]

| Topic | | General phrases | | | |
|-------|--|-----------------|---|--|--|
| 1. | Count from | n 1 t/m 10 | | | |
| | Dutch: Dutch: Spanish: Spanish: | [|] | | |
| 2. | Good morning / Good day / Good evening | | | | |
| | Dutch: Dutch: Spanish: Spanish: | [|] | | |
| 3. | Please (taking and giving) | | | | |
| | Dutch: Dutch: Spanish: Spanish: | [|] | | |
| 4. | Thank you! | ! | | | |
| | Dutch: Dutch: Spanish: Spanish: | [[|] | | |
| 5. | Where is the toilet / bathroom? | | | | |
| | Dutch: Dutch: Spanish: Spanish: | [|] | | |
| 6. | Are you hungry / thirsty? | | | | |
| | Dutch: Dutch: Spanish: Spanish: | [|] | | |

| 1. | How exper | nsive is that? | | |
|-----|--|---------------------------------------|---|--|
| | Dutch: Dutch: Spanish: Spanish: | [[|] | |
| 8. | At what tin | me do I have to be home? | | |
| | Dutch: Dutch: Spanish: Spanish: | [|] | |
| 9. | I am not in the mood for | | | |
| | Dutch: Dutch: Spanish: Spanish: | [|] | |
| 10. | I am tired; | I want to go to sleep. | | |
| | Dutch: Dutch: Spanish: Spanish: | [|] | |
| 11. | l really enj | joyed myself / I didn't enjoy myself. | | |
| | Dutch: Dutch: Spanish: Spanish: | [|] | |

| 1. | My name is | s | | | |
|----|--|----------|---|--|--|
| | Dutch: Dutch: Spanish: Spanish: | [|] | | |
| 2. | What's yoเ | ır name? | | | |
| | Dutch: Dutch: Spanish: Spanish: | [|] | | |
| 3. | How old are you? | | | | |
| | Dutch: Dutch: Spanish: Spanish: | [|] | | |
| 4. | I am years old. | | | | |
| | Dutch: Dutch: Spanish: Spanish: | [|] | | |
| 5. | Where are you from? | | | | |
| | Dutch: Dutch: Spanish: Spanish: | [|] | | |
| 6. | I'm from | | | | |
| | Dutch: Dutch: Spanish: Spanish: | [|] | | |
| 7. | You are wearing nice clothes | | | | |
| | Dutch: Dutch: Spanish: Spanish: | [|] | | |

| 8. | Do you like | e my shoes? | |
|-----|--|---|---|
| | Dutch: Dutch: Spanish: Spanish: | [|] |
| 9. | You look ni | ice. | |
| | Dutch: Dutch: Spanish: Spanish: | [|] |
| 10. | Thanks, yo | u too. | |
| | Dutch: Dutch: Spanish: Spanish: | [|] |
| 11. | Do you wa | nt to go on a date? | |
| | Dutch: Dutch: Spanish: Spanish: | [|] |
| 12. | Yes, that w | ould be nice / No, sorry I can't. | |
| | Dutch: Dutch: Spanish: Spanish: | [|] |
| 13. | What would | d you like to do? | |
| | Dutch: Dutch: Spanish: Spanish: | [|] |
| 14. | Would you | like to go shopping / see a movie / go to Mc Donalds? | |
| | Dutch: Dutch: Spanish: Spanish: | [|] |

| 15. | You nave g | ot beautiful eyes / a beautiful smile | |
|-----------|--|---|---|
| | Dutch: Dutch: Spanish: | |] |
| | Spanish: | |] |
| 16. | | Il me about your family? | |
| | Dutch: Dutch: Spanish: | [|] |
| | Spanish: | |] |
| 18. | Can I have | your phone number? | |
| | Dutch: | | |
| | Dutch: Spanish: | |] |
| | Spanish: | [|] |
| | | | |
| Topic |); | Groceries | |
| Topic 1. | | o to the supermarket? | |
| | Shall we go Dutch: Dutch: | |] |
| | Shall we go | to the supermarket? |] |
| | Shall we go Dutch: Dutch: Spanish: Spanish: | to the supermarket? | |
| 1. | Shall we go Dutch: Dutch: Spanish: Spanish: I will carry: Dutch: | to the supermarket? | |
| 1. | Shall we go Dutch: Dutch: Spanish: Spanish: | to the supermarket? | |
| 1. | Shall we go Dutch: Dutch: Spanish: Spanish: I will carry to Dutch: Dutch: | to the supermarket? | |
| 1. | Shall we go Dutch: Dutch: Spanish: Spanish: I will carry: Dutch: Dutch: Spanish: | to the supermarket? [the (shopping) bag. [| |
| 1. | Shall we go Dutch: Dutch: Spanish: Spanish: I will carry: Dutch: Dutch: Spanish: Spanish: Spanish: What do we Dutch: | to the supermarket? [the (shopping) bag. [|] |
| 1. | Shall we go Dutch: Dutch: Spanish: Spanish: I will carry to Dutch: Dutch: Spanish: Spanish: What do we | to the supermarket? [the (shopping) bag. [| |

| 4. | wnat woul | id you like to eat? | |
|-------|--------------------------|--|---------|
| | Dutch: Dutch: | Γ | 1 |
| | Spanish: | |] |
| | Spanish: | [|] |
| 5. | Who will d | o the cooking? | |
| | Dutch: | | |
| | Dutch: Spanish: | [|] |
| | Spanish: | [|] |
| 6. | Is there an | ything you don't like to eat? | |
| | Dutch: | | |
| | Dutch: Spanish: | [|] |
| | Spanish: | [|] |
| | | | |
| 7. | ls there an religion / p | ything you aren't allowed to eat according to your doarents? | octor / |
| | Dutch: | | |
| | Dutch: Spanish: | [|] |
| | Spanish: | [|] |
| 8. | We need n | ootatoes / smoked sausage / milk / cheese / bread | |
| 0. | Dutch: | otatoes / sillokeu sausage / lillik / cheese / breau | |
| | Dutch: | [|] |
| | Spanish: | r | 1 |
| | Spanish: | l . | 1 |
| \A/ba | t alaa da yay | went to be able to say in the other language? | |
| vvna | t eise do yoi | u want to be able to say in the other language? | |
| | | | |
| | | | |
| | | | |
| | | | |

9. Toolkit



SPANISH

Everything you have always wanted to know, but didn't dare to ask.

SPANISH At home, greetings/introductions: Good morning, good afternoon, good evening, good Buenos días, Buenas tardes, Buenas tardes, night. Buenas noches Pleased to meet you. Encantado de conocerte My name is Me llamo ... Have a nice day Que tengas un buen día How are you today? ¿ Qué tal estás hoy?" I am feeling great. Estoy bien Hasta luego See you soon That's fine Está bien, Vale Yes please. Sí, por favor No thanks No, gracias Thanks! Thank you very much for the lovely period. Muchas gracias por estos días tan maravillosos Thanks, I have enjoyed my stay. Gracias, me lo he pasado muy bien aquí Thank you very much for showing me around Muchas gracias por enseñarme los sitios Thanks for all the little presents. Muchas gracias por los regalos Hope to meet you soon again. Espero verte muy pronto You're welcome at my place any time. Serás bienvenido siempre Thank you for putting me up Muchas gracias por alojarme At home The toilet El aseo The bathroom El baño The kitchen La cocina The livingroom El salón The corridor El pasillo The bedroom La habitación Where can I find the toilet ¿Dónde está el baño ...? Which door leads to the corridor? ¿Por dónde se va al pasillo?" Could you show me my bedroom? Me puedes enseñar mi habitación? What time is breakfast, lunch, supper? ¿A qué hora es el desayuno, comida, cena? What will we have at supper? ¿Qué hay de cena? What are your hobbies? ¿Cuáles son tus hobbies? Do you like music? ¿Te gusta la música? I am sorry. I am cold. Could you switch on the heating? Lo siento, tengo frío. ¿Puedes encender la calefacción? Where can I find the light switch? ¿Dónde está la llave de la luz? Please close the door. There is a cold draught. Cierra la puerta. Hay corriente **Bathroom** Could I have a clean towel. ¿Me puede dar una toalla limpia? Yes ofcourse you can Claro que sí Where can I leave my dirty ¿Dónde puedo dejar mis ... sucios? Just leave it in the washing bin. Ponlos en la cesta de la ropa sucia Yes ofcourse Por supuesto Could you please wash my underpants. ¿Me puede lavar la ropa interior? Can I leave my clothes in here? ¿Puedo dejar mi ropa aquí? Yes you can. Sí, claro Can I take a shower every day? ¿Me puedo duchar todos los días? That's no problem. Sin problema

¿Cómo se pone la bañera?

¿Funciona el termostato?

Abre el grifo

How do I run a bath?

Just turn on the tap.

How does the thermostate tap work?

| The period The classroom The bicycle shed The corridors The corridors The corridors The corridors The corridors The corridors The stails floor, second floor The stairs up, the stairs down The clock The stairs up, the stairs down The stairs up, the stairs | At school | |
|--|--|---------------------------------------|
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| | | |
| | The road, the footpath | La carretera, la acera |

| Emergency instructions for cyclists | |
|--|--|
| Keep to the right. | Circula por la derecha |
| Look over your left shoulder | Mira por encima del hombro izquierdo |
| That car has the right of way. | El coche tiene preferencia |
| Keep both hands on the handlebars. | Mantén las dos manos en el manillar |
| Stop speeding | No corras |
| Don't cross right in front of the car. | No gires a la derecha delante del coche |
| Don't overtake the car. | No adelantes |
| Please indicate where you are going. | Por favour, indica dónde vas |
| Could you cycle a little faster please. | ¿Puedes ir más rápido, por favor? |
| Please follow the bycicle track. | Por favour, sigue el carril bici |
| Take the first turn to the right (left) | Gira la primera a la derecha (izquierda) |
| Just cross the street. | Cruza la calle |
| Mind the traffic lights. | Atento a los semáforos |
| Health | |
| I don't feel very well today | No me wencuentro muy bien hoy |
| I'm having an off-day. | Hoy me quedo en casa |
| I am homesick. | Tengo nostalgia |
| I have a pain in my (stomach, back,leg) | Me duele (el estómago, la espalda, la pierna)" |
| I have a headache. | Me duele la cabeza |
| Could I have an asperine? | ¿Me puede dar una aspirina? |
| Did you take your medicines? | ¿Te has tomado las medicinas? |
| Did you bring your medicines? | ¿Te has traido tus medicinas? |
| Did you mail your parents? | ¿Has escrito a tus padres? |
| Shopping | |
| How much does this cost? | ¿Cuánto cuesta ésto? |
| How much is it? | ¿Cuánto cuesta? |
| I would like to have | Quiero |
| Do you have? | ¿Tiene? |
| I am looking for | Estoy buscando |
| I am afraid it is too expensive. | Lo siento, es muy caro |
| Don't you have anything cheaper? | ¿Tiene algo más barato? |
| Do you have one size up/ down? | ¿Tiene una talla más/menos? |
| Do they come in all colours? | ¿Hay de todos los colores? |
| Can I pay cash? | ¿Puedo pagar en efectivo? |
| Do you take credit cards? | Aceptan tarjetas de crédito? |
| Free time | |
| Could we go to the cinema? | ¿Podemos ir al cine? |
| Can we go for a walk? | ¿Podemos ir a dar un paseo? |
| Let's visit our friends. | Vamos a ver a los amigos |
| Let's go into town. | Vamos a la ciudad |
| By what time do we have to be back? | ¿A qué hora tenemos que volver/regresar? |

10. Nijmegen City Tour



Did you know that...?

- Nijmegen is the oldest city of the Netherlands?
- There are still many Roman remains that can be seen throughout the city?
- The roundabout 'Keizer Karelplein' is the spot where most traffic accidents happen per year?
- The layout of the city was modelled after Paris?
- There used to be a train service running from Nijmegen to Kleve (Germany)?

Be ready to discover a lot more!

By now, you have probably already explored the city and know where you can find McDonalds, KFC and H&M. But there is a lot more to know about this city. During the past couple of weeks, your Dutch partners prepared a city tour for you and one of your classmates during their geography classes.

Before the start of the city tour the group will get together at Plein '44. The tour starts at 09:50. There is ample space to park the bikes beneath the square. When you're done you will be expected at De Lindenberg (Ridderstraat 23, Nijmegen) at **the times presented in our timetable**. You can have your lunch in the **courtyard** at De Lindenberg.



The assignment for you and your partner is to make a video.

The Dutch partners will tell you about certain special or important places in Nijmegen. After that, the foreign and Dutch students will present what they've just learned on camera at the site of these places. The more excited you are, the higher the grade of your partner will be! The video should be edited, and the Dutch partners will get time to do this on Friday. Hopefully it will end up a great lasting memory of your time together in Nijmegen.

Weather

There is no bad weather, just bad preparations. Watch the weather forecast and dress accordingly! Maybe bring an umbrella if necessary.





11. Letter

During the exchange you will have a partner. Maybe the partner you will meet is just like you, with similar interests, or maybe there's a lot of differences between you two.

Either way, you will share a lot of experiences, and you will be part of each other's family for a while.



These experiences you share take place before you meet each other, during the time in and around Nijmegen, but also in the country you are going to.

During the **Letter**-period you are going to write a letter for your partner. Not to read immediately! But this letter will be sealed at the end of the period and given to your teacher. Your partner can only read this letter after the bus has left on Friday...!

In this letter you can write the following things:

- What was the first impression of your partner?
- Has this impression changed a lot?
- What was your best memory of the exchange so far?
- What was most surprising to you about the exchange?
- For the foreign partners: What did you think of the family you were staying in?
- For the foreign partners: What was surprising about the Netherlands?
- What are you looking forward to the most in the second part of the exchange?
- Anything else you want to say to your partner?
- Anything else you can think of to write...

Try to write a nice letter in which you write a message to your partner looking back, but also looking forward. You will see each other again on the 17th of March!

After you finish your letter, put it in an envelope and clearly write the full name of your partner, but also your own name and class on the envelope.

We hope you will exchange great letters that will prepare both of you for a great time in the next part of the exchange.

Have fun!

Presentation evening (For Dutch students!)

As experienced exchange organisers, we know the time can fly during the days in the Netherlands and abroad. You will experience and see a lot with a lot of new people, so we recommend to make some memories. Of course you will use social media, but don't forget to write some things down once in a while.

In April, after the whole exchange is done, there will be a *Presentation evening* at school. This year it will take place on **Wednesday the 16**th of April.

During this evening, you will be together with your group, your parents and the teachers to close the exchange experience.

Every student of the SSgN is expected to make a presentation about the things you have experienced during the exchange periods in the Netherlands and abroad.

You may do the presentations in small groups and the teachers may give you some subjects to focus on.

We advise you to keep track of your experiences in a simple notebook, on a computer, or on your phone. We recommend to do this every day so you won't forget the things you have experienced.

What you can think about:

- the journey
- the programme at school in the Netherlands
- the excursions (Amsterdam, Nijmegen City Tour)
- the evening programme in the Netherlands
- your experiences at home with your partner and at your guest family's
- the programme abroad
- any adventures you have taken part in with your class/or partner

Moreover, pay special attention to the feelings you've felt during the exchange period. We advise you to take lots of photos You can create a wonderful photo-book or booklet full of memories that you can pick up in a few years and look back at this exciting time!

Feel free, be creative!

Please highlight **Wednesday the 16th of April** in your schedule! On this evening you will present for your classmates, parents and group teachers!

After the exchange you will:

- Tell your class teacher with whom you will do the presentation.
- Form groups of at least four students and a maximum of five students.
- In class you will discuss which topic or aspect you are going to present during this
 evening.
- Every group will present a different aspect of your stay abroad or in the Netherlands. Use pictures and visual aids on a PowerPoint during your presentation.

Edit (Especially for Dutch students!)

For the subject of Geography the Dutch students have prepared a city tour. During the Nijmegen City Tour you will be making a video that should be edited to become a lasting memory of the exchange. On the final day of the project, on Friday, the Dutch group will have to finish their videos by editing them.

You can use your phone to edit your video. For this you can use the *Capcut* app. You can download this app in your Appstore. If you want to use a computer, that's fine too.



For the Dutch students

If you've edited your video, you can hand it in on Teams, where you can find it as an assignment. Once you've done that, you can go home. If you can manage to finish your assignment before Friday and **you've handed it in**, you don't have to go to school on Friday. Please note that the last days of the exchange will be quite exhausting, so it's okay if you haven't finished yet.

12. Flight Data

Februari 19th 2025 - Februari 28th 2025

<u>Arrival</u> <u>Departure 28-02-2025</u>

Date: **19-02-2025** Date: **28-02-2025**

Flight arrival time: 12:40 Flight departure time: 16:35
Airport: Amsterdam
Flightnumber: VY8309 Flightnumber: VY8310

Arrival bus at SSgN: +/- 14:45 Departure bus from SSgN: 11:15



March 17th 2025 - March 26nd 2025

Departure Arrival

Date: **17-03-2025** Date: **26-03-2025**

Bus Departure: **08:15** Flight departure time: **13:25** Flight: **Barcelona** to **Amsterdam**

Flight: Amsterdam to Barcelona Flightnumber: VY8302

Flightnumber: **VY8303** Estimated arrival airport: **15:55** Arrival time: **15:35** Estimated arrival SSgN: **19:00**

Vertrekplek bus 17 maart 2025 parkeerplaats ingang Goffertstadion

Don't forget to share your photos on Instagram by using #fyv25

Follow @2025ssgn for updates and news



13. Timetable and times to be present

The timetable for the exchange is published on Magister, which is the program the SSgN uses for school affairs.

Magister.

Find your up-to-date timetable on <u>Magister</u>, including the classrooms where you have to be!

Ask your Dutch partner for a screenshot of the days in the program, so you have it on your phone too!

Explanation of the timetable:

The numbers 1 to 9 correspond with the periods here at school.

The next column is the location (AUL is the aula, 113 is classroom 113, Z1 is the sports hall across from the entrance at school), and finally the last column is the abbreviation of the subject which you can also find in the general timetable on page 6 and 7 in this booklet.

Note that some classes are in two classrooms at the same time. Since some classrooms are too small for everyone, the whole group must be split in two smaller groups in different classrooms.

At these times you have to start your program during the week:

| Day | Time | Where |
|-----------------|---------|--|
| Thursday 20-02 | 09:05 | School |
| Friday 21-02 | 07:45 | School (BUS LEAVES AT 08.00 BE ON TIME!) |
| Monday 24-02 | 09:05 | School |
| Tuesday 25-02 | Page 10 | De Stadsschouwburg theatre (Back entrance) |
| | 19:00 | De Stadsschouwburg – Be there at 19:00! |
| Wednesday 26-02 | 09:50 | Center of the city (ask your teacher where!) |
| | 19:30 | Doornroosje Nijmegen (near Central Station) |
| Thursday 27-02 | 09:50 | School |
| Friday 28-02 | 11:00 | School (BUS LEAVES AT 11:15 BE ON TIME!) |





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