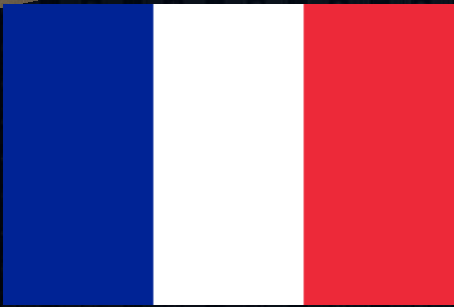




Log Book,
France- the Netherlands 2017-2018





I chose this picture because it's for me one of the best moment of the trip.

It was Tuesday in Amsterdam, and we walked in a street of this unusual city. Amsterdam is very beautiful with boats, houses and it's very modern. I really enjoyed this city.

I think that this picture represents the trip because during one week we went in a country with an other lifestyle, an other achitecture, an other food.

This picture is a good representation of the week, we can see bikes, some houseboats and Amsterdam's canals. Maybe it's stereotyped but it could be a good representation of Amsterdam and of the Netherlands.

Monday we visited Uden's School.

This school is bigger than our High School, this is an old building but it's very beautiful. It is made of red bricks, this is very different from our High School.

There are other differences, Dutch students start school at 9 a.m and they finish at 3 p.m. In France we start at 8 a.m and we finish at 5 p.m .

At the center of the school there is a gymnasium, they have 4 rooms where they can do every sports (basket-ball, field-hockey, volley-ball, soccer, hand-ball etc...)





Dutch routine :

They always use bikes to go somewhere but Dutch bikes don't have brakes, to stop them you need to put your foot on the ground or pedal backwards.

This is where Dutch students put their bikes before going to school. It's in front of the High School.

When we had to go to school, we woke up at 6.20 a.m, ate, took a shower and we left home at 8 a.m .We needed 30 minutes to go to school by bike .

For lunch, we brought our food, it wasn't a big meal. We came back home at 6 or 7p.m and when we arrived at home we ate the dinner at 6 p.m, this is too early for French people.

After dinner, we often went to a party at 8 p.m and we came back at 11 p.m and slept.



For the breakfast at 7a.m,
they eat Stroopwafels and
Hagelslag with bread.

For the lunch at 11a.m,
they eat sandwiches with
sweet spread, meat or
cheese.

The 6p.m dinner is the
only hot meal so they can
eat boerenkool or hutspot.
Dutch family eat together.



Stroopwafels



Hagelslag



Boerenkool



Hutspot



Dutch streets :

The roads are very large because they have bicycle paths on the sides.

Speed bumps are less violent than in France.

In the center of the Dutch cities we can easily walk because there are not many roads there.



Dutch fashion :

We have the same manner to dress up.

Famous clothing brands are the same in France or in the Netherlands.

Dutch people often wear a jogging on Sundays.





The music in the Netherlands :

French and Dutch people listen to international singers, like American singers (Beyonce, Avicii, Bruno Mars ...)

Before we met them, we didn't know any Dutch singers and what kind of music they listened to. Now we know that famous Dutch singers and famous French singers are similar.

My peupal, Jaap, listens to Dutch rap, so I know some Dutch rappers like 3robi, josylvio, Lil kleine and Ronnie Flex but I don't really like this music.



3robi



Josylvio



Ronnie Flex



Lil kleine

The Dutch TV channels :

Dutch and French channels are similar (news channels, sports channels, movie channels ...)

Npo1 and Npo2 are the national channels like TF1 and France2 in France.

BVN is a channel for international news like BFMTV in our country.

When I watched tv, an interview about sports, there were english subtitles.



The Dutch weather :

In the Netherlands, it was so cold. We don't have this weather in our region, it was always very cold and dry.

Maybe we went to the Netherlands during the coldest period of the year, but we don't have a weather like this in France.

So when we had to go to school by bike it was very difficult, both my hands were frozen.



Typical Dutch houses :

A lot of houses are made of red bricks and Dutch neighborhoods look like English neighborhoods.

The buildings have a lot of windows and they often have one or two floors.



For me, my favorite day of the trip was the Wednesday. This day we had to go to school with our exchanger by bike.

I woke up at 6.20 a.m and I took shower and ate with the family of my peupal, we ate Dutch food for breakfast. With Jaap we went to school by bike, 30 minutes to go to school.

When we arrived at school, from 8.45 a.m till 10.45 a.m, we had lessons with our peupal and other french people. I was with Jules, Soizic, Lucas, Yannis, Mathéo and Marine. But when we entered the classroom, the Dutch teacher said that we were not obliged to stay in the classroom because the lesson was in Dutch so it would have been too hard for us to understand. So we stayed in a room in front of the classroom where our Dutch peupals were studying.

When they finished the lesson, we went to a gym but we didn't know wich sports we were going to do. After 20 minutes of bike, we arrived at this place, and when we had finished change our clothes, two girls told us that we were going to do dancing and yoga. I don't really love these sports but with Dutch people and my French friends it was very funny.

When we had to dance, we didn't do a perfect performance nevertheless it was so funny even if we didn't know what the coach said because she spoke only Dutch. After dancing, we did yoga, I prefered dancing because the yoga was a little bit boring for me and for the other people. I'm not very flexible so it was very difficult for me.

When we finished the yoga, we changed our clothes and we ate a little bit, two sandwiches with butter and meat.



The whole group left the gym, by bike again, and we went to a place to do tree-climbing and mountain-biking.

First I did tree-climbing, it was cool but I was very focused because I'm afraid of heights. Lucie was always laughing when I tried to advance on the path. It was a very good moment but at the last zipline my head hit a green construction in iron so it was very painful for a moment. It wasn't the first time that I had taken a zipline but this one was strange.

After this awesome activity, the other group came back with bikes. At this moment my group and me took bikes and did mountain-biking, during approximately one hour and a half we rode bikes in a forest and hills. Maybe it was a little bit hard when we had to rise to the top of a hill and with trees we had to be very concentrated because nobody wanted to crash into them.

Fortunately, I never hit anything. The mountain-biking was a lot of fun but I think that maybe it was a little bit too long, at the end everybody was tired and we rode a bike everyday. So I understand if somebody thinks that the mountain-biking wasn't a good activity even if in my opinion it was so funny.

After the mountain-biking we came back, my exchanger and me, at Jaap's home. For dinner, we had bread with cheese and soup, the dinner was so good. After dinner, I played videogames with Jaap and we slept.



My Dutch vocabulary :

Hallo : Hello

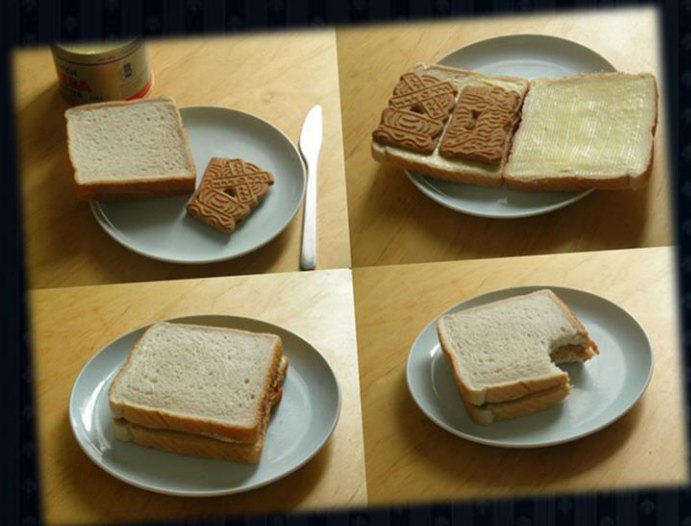
Hoi : Hi

Doei doeï : Bye bye

Hoe graat het ? : How are you ?

Ik ben ... : My name is ...

What I have eaten at Dutch school for the lunch:



Two sandwiches with speculos and butter



An apple



A bottle of ice tea

Hartstichting is a Dutch association who encourages people to do sports, have a healthy eating habits and give blood for sick people or to improve scientific research to find a cure for dangerous diseases.

This association made an awareness campaign with the World Heart Federation. The goal of this campaign was to convince people to keep or adopt a healthy lifestyle.



The Stroopwafels, a typical Dutch food :



For this recipe you need : (10 Stroopwafels)

For the waffles :

500g of flour
150g of sugar
6cl of milk

250g of melted butter
4,5 teaspoons of baking powder
1 egg

For the syrup :

200g of brown sugar
1 teaspoon of cinnamon

50g of butter
350g of molasses

What you have to do :

- 1) Mix the flour, the melted butter, the sugar, the baking powder, the milk and an egg. You need to get a smooth and elastic mixture. Let it rest during 45 minutes.
- 2) Make the syrup . Warm up in a saucepan, the molasses, the brown sugar, the butter and the cinnamon. Mix until the dissolution of all ingredients.
- 3) Heat up your waffle-iron. With the mixture, make balls of 5cm of diameter. Put them in your waffle iron and close the lid. Cook until the waffle has a gold color.
- 4) Spread over the waffle the syrup and do it again to have the Stroopwaffles.

Field-hockey, a prestigious Dutch sport :

- Field-hockey is the most prestigious sport in the Netherlands. Men's and women's national team are some of the strongest teams in the World.

To do field-hockey you need :

2 teams of 11 players, each of them have a hockey stick, a ball, they can have protections like shin guards, a mouth guard or a helmet. You need to have 2 goals inside or outside with a ground of grass by 91,4 metres to 55 metres. You can only hit the ball with your stick.

The goal : put the ball in the goal of the opponent team with your stick.

A match during 60 minutes, four parts of 15 minutes.



My experience with the field-hockey :

I didn't play field-hockey very long, maybe 3 minutes. It was on Friday and we did a multisports competition (Dutch vs French), we had basket-ball, field-hockey, soccer, handball and dodge ball.

When it was my turn I had to do field-hockey with two friends against three Dutch students. At the beginning, it was hard to swing the stick but you quickly understand what you have to do to win.

After three minutes, with my friends we scored against Dutch people so we won one point. It was really fast but really nice.

