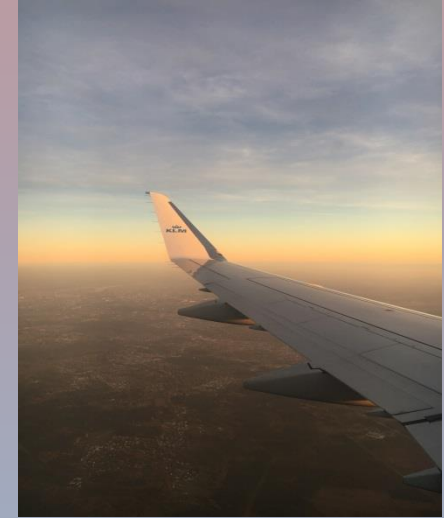


# TRAVEL IN THE NETHERLANDS



Beautiful landscapes



Very nice group



Delicious meals

## The picture that epitomizes my trip



I chose this picture that I took in Amsterdam. It's a very beautiful picture for me. It epitomizes my trip because we see a bike. The bike is a low symbol because practically everyone moves with. Then we see water and typical houses. The picture is full of striking things from the Netherlands. It was the best day together when I took this picture.

# In the Netherlands, the way of life is different from our



The Dutch people are at school from 8:45am to 3:30pm  
In the school, there is no canteen but just a hall.

# The routine Dutch and life



They have a different routine from us. They eat meals, sandwiches, all over the day, and have their dinner at 5:45pm. In addition, in the morning they eat cheese, eggs ..

About their national holiday it's December 5<sup>th</sup> which they receive gifts and not the December 25th like us.



At home at night the sport lasts 3 hours for example from 5:00pm to 08:00pm and they eat before the sport and during it.



# The streets and the architecture



The buildings are often in red brick.

In every neighborhood, the houses are identical in grey bricks.



# The weather



During the trip, the weather was very very cold. There was rain but also sun.

**BUT**

The Dutch have commonalities with us for example they dress like us.



They listen the same music as in France  
Of course, they also have their Dutch music.



# My favourites days



All day was different but I appreciated very well especially on Tuesday and Wednesday.

Why Tuesday? Tuesday is the day when we left together French and Dutch in Amsterdam. We go to 8:30 am by bus.

During the trip, it was very nice, we listened music, the trip lasted 1:30. When we got off the bus, we walked in the streets "red light", and we arrived at a monument with lots of pigeons ( I hate them). We had fifteen minutes of free time. During these fifteen minutes, I walked in the streets of Amsterdam.

After we ended up around the monument and then we walked for a good few minutes to arrive to the museum. The weather was not terrible, it was raining. After a good half hour walk we arrived to the museum, before it we ate quickly our sandwiches.

When we finished our picnic, we started to visit the museum, this visit lasted 1:15. This site was very beautiful, what I was amazing by the library, it was immense. Too, there were very beautiful works of arts. When we finished the museum, we went to the boat tour so again we walked a long time with the rain. Besides, at one point we lost ourselves.



Arrived at the boat we had to wait five minutes then we climb in. Unfortunately we did not see the landscape because of the rain. However, it was a pleasant boat ride. After, we had free time exactly 1:30. During this free time I went shopping with Flavie, it was a great moment.

When everyone was together we left for the restaurant. The meal was very nice. I ate chicken skewers with mushrooms, peppers, onions, fries and rice accompanied by a delicious sauce. The restaurant at night is one of my good memories, the atmosphere was good. After this good dinner, we left for one hour walk to get to the bus and go back to Uden. After 1:30 of bus, we finally arrived at the school where the parents of my correspondent waiting for us. It was very very cold. When we arrived at home we made a resume of our day. We were very tired, so we took our showers and went to bed. This day was really good and very tiring too.. .



The other day that I liked was Wednesday with the practice of dance and yoga. This is my first time that I was doing yoga and it has allowed to relax me, and the group with whom I did it, was really cool. Everyone participated well.

The afternoon was mountain biking. It is an activity that I had never practiced and that especially I will never have tried in France ... So I discovered this sport ..... practice riding on muddy roads or in woods was hard for me but I did it ! Even if I thought that sometimes I was going to give up, I stayed in the course, but I arrived last ☐.

The evening was also very nice with all the families, we was able to taste many specialities which all were very good.





## The few words learned



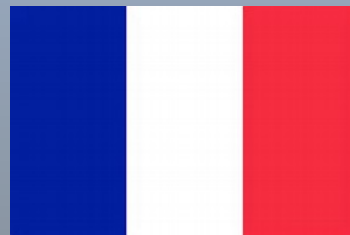
Danke --> merci --> thank you

Doei --> au revoir --> good bye

Goede morgen --> bonjour --> good morning

Paraplu --> parapluie --> umbrella

Stroopwafel --> Gaufre au sirop --> syrup waffle



# School menu

There is no menu, each student prepares his lunch which consists of:

- -a sandwich with Nutella or cheese
- -a cake
- -a fruit
- -a juice or water



# My favorite speciality



My correspondent on my arrival bought me a cake called “ stroopwafel” it's a delicious cake.

The recipe is

For wafers

500 g of flour

250 g melted butter

150 g caster sugar

4.5 teaspoons dry baker's yeast (or 1.5

sachets of 7 g)

6 cl of warm milk

1 egg

For the syrup

350 g molasses

200 g brown sugar

50 g of butter

1 teaspoon of

cinnamon



# Practiced sport



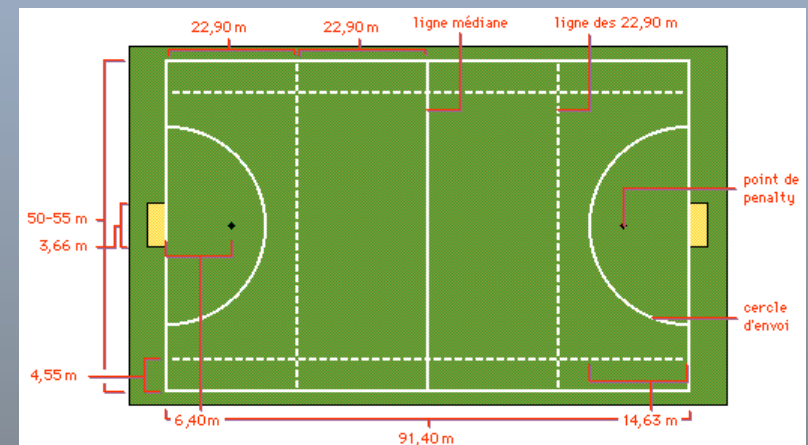
I practiced volley-ball, it is a very complicated sport especially when I wanted typing in the ball. The ball did not go over the nets. The boys who were in my team, were very strong. We did several games without counting the points. It was a very friendly atmosphere.

# Typicaly sport in netherlands

One of the typical sports is field hockey. there are 11 players per team. Each is equipped with a tooth mold, a goal, a jersey, shorts, and shin guards. In terms of the rules, players are not allowed to touch the ball with any body parts and the goal is scored only if he was scored in the circle before the goal. The game takes place for 2 periods of 35 minutes separated by a rest of 5 to 10 min. The face-off is at the center of the field with a back pass to a partner. It is forbidden to hold the goal of an opponent, to attack it from the left, unless you play the ball.



## The dimensions of ground



# Some small informations

- ❖ In spring, there are everywhere asparagus.
- ❖ - Orange is the color of royal family because the second name's king is « oranje »
- ❖ - The Netherlands is the tulips' country, it's everywhere, thanks to the ground. So they can grow good.
- ❖ - The Dutch people are very tall.
- ❖ - There are many windmill for so that the Netherland does not overflow



**Thank you very much for  
the exceptional travel**

