

Well-being in France



—Bird watching—



Am Freitag, den 24. Mai, fand im Naherholungsgebiet von Cholet (am Lac de Ribou) das Bird-Watching statt.

What did we learn to improve our well-being @school or at home?

Wir haben gelernt, wie wichtig es ist, in die Natur zu gehen und neue Dinge auszuprobieren, auf die man im ersten Moment vielleicht gar keine Lust hat. Es ist wichtig, einen Ausgleich zum Sitzen und der Schule zu haben, indem man sich bewegt und einfach mal frische Luft schnappt.



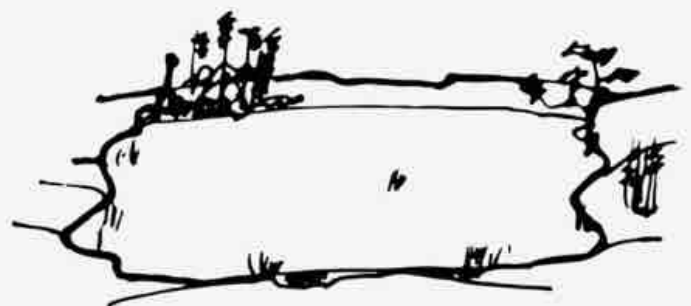
How did this support our well-being?

Wir hatten eine Pause von den Workshops und konnten uns etwas „erholen“. Viele von uns haben gemerkt, wie gut ihnen die frische Luft und die Pause getan hat.

Wir haben einige verschiedene Vogelarten gesehen, aber vor allem gelernt, sie an ihrem Ton zu erkennen.



Nach dem Spaziergang hatten wir noch etwas freie Zeit zur Verfügung, die wir für ein ausgiebiges Picknick genutzt haben.



Reistagebuch Nachmittag 24.05.2024

Der Nachmittag des 24.05.2024 begann damit, dass wir uns für den marché des connaissances vorbereiteten. Dazu sollten wir auch ein Plakat für unseren jeweiligen Stand gestalten. Anschließend zeigte eine französische Schülerin das, was sie am marché des connaissances zeigen wollte, wo sie jedoch nicht anwesend sein konnte. Es handelte sich um Grundlagen der Gebärdensprache. Nachdem sie fertig war, gab es einstündige Aktivitäten. Danach ging es zu unseren Austauschschülern nach Hause.

Wellbeing in France

Today's activity: Char à voile

· There are 2 people each vehicle: 1 drives, the other helps

· first person drives on half circle

· driving: control direction with feet, hold the rope from the sail to go faster/slower



How did this support your wellbeing?

It was really fun to try something new and we had to be brave

Wellbeing for the future
What did I learn to improve my wellbeing @school but also in my freetime?

hanging out with friends

do things outside

try to be happy



Wellbeing in France

Today's activity: Trip to the Atlantic

We took our bus to the Atlantic
and had a picnic on the beach.
The first group went to the beach
swimming and we were allowed to do
something on our own. After a while,
we then started a sandcastle competition.

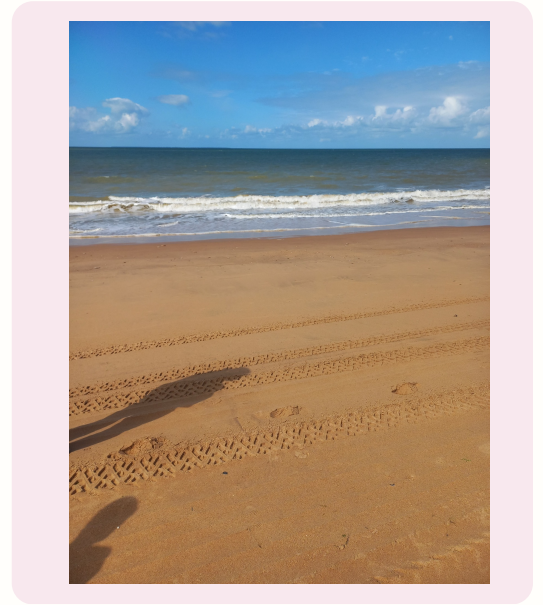
How did this support your

- It was nice to be at the wellbeing?

beach with friend

- it was a different feeling as usual

because of the special environment



Photo



Wellbeing for the future
What did I learn to improve
my wellbeing @school but
also in my freetime?

- nice and friendly environment

- special and funny activities

Wellbeing in France

Today's activity: The Performance from the french people and the good bye

- We and our guestparents were at the school to ate and drunk something there
- After that we drove to a theater to listen to the perfomance from our french exchange students
- At least we said goodbye to the french people and drove back to Germany

How did this support your wellbeing?

At the school was a comfortable feeling because we just ate and spoke there. There were also your friends, who made the situation better, so that you aren't unhappy to drive back



Wellbeing for the future
What did I learn to improve my wellbeing @school but also in my freetime?

We lernend, that the school isn't just a horrible place, also a place were you can feel comfortable, when you have the right environment with good friends mood-relaxing things.

