2026 Exchange

Antalya
Nijmegen

*an **Erasmus+ Project** with partner schools in:*

FINDING YOUR VOICE

Partly funded by

Erasmus+

Barcelona, Bailén, Baños,

Cuenca, Granada **Spain**

Rome, Livorno **Italy**

Antalya, Ankara **Turkey**

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!

FINDING 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'.

Turn on camera app

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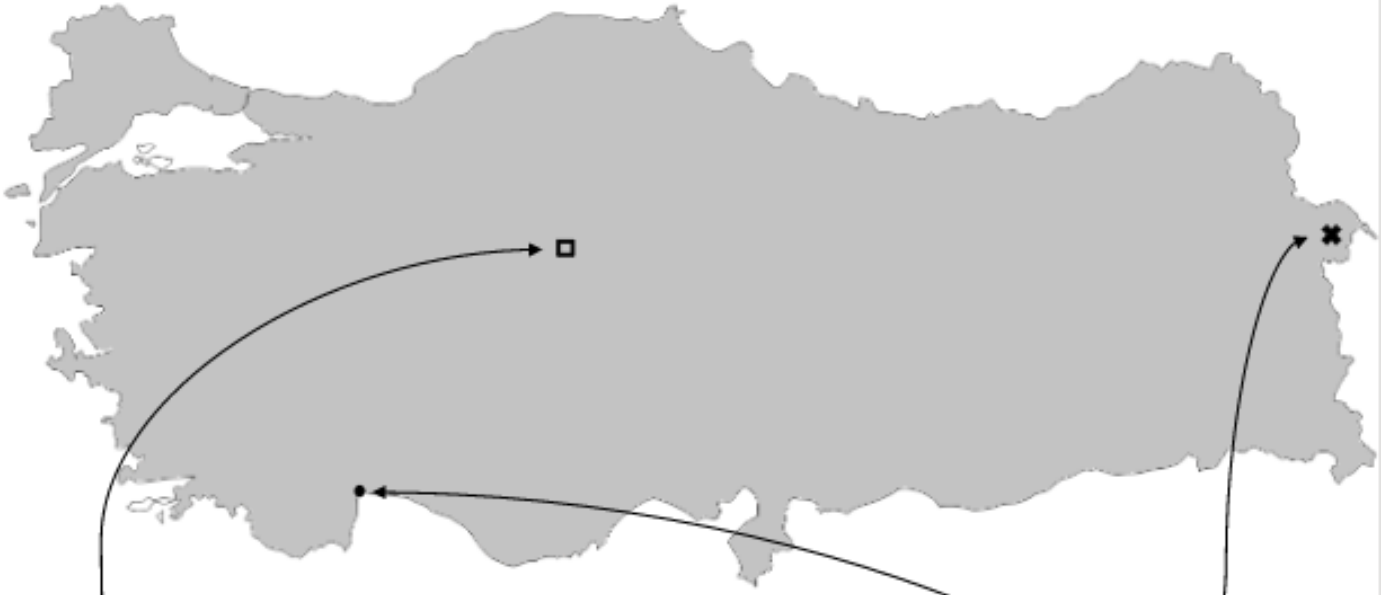
1. Turkey compared



Size: 783.562 km² - about 21 times larger than the Netherlands

Population: about 77,5 million

Capital: Ankara (4,6 million inhabitants)

Landscape: mountainous - highest point: 5,137m (Mount Ararat)

Inventions: money - vaccinations - tulips - microneurosurgery

Currency: Turkish lira (TRY) - ± 3 TL = €1 (divide by 3)

Emergency: 112

Country code: +90

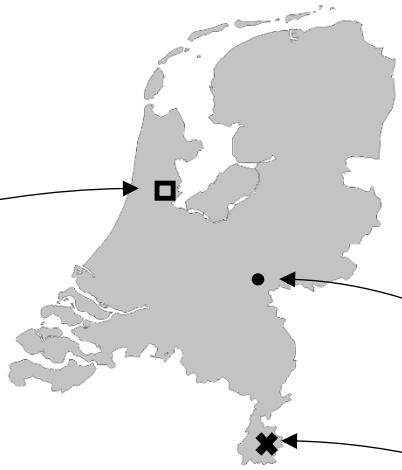
Most common surname: 1. Yılmaz ("dauntless) - 2. Kaya ("rock")

Famous for: Turkish bath (hamam) - cuisine - Turkish delight

About Antalya: 1,068,099 inhabitants // Turkey's biggest sea resort // host of EXPO 2016 // 1 football club in top league: Antalyaspor // 300 sunny days per year // means of public transportation: bus and tram (almost nobody rides a bicycle).

to The Netherlands

both images are the same scale



Size: 41.528 km² - about 13.5 times smaller than Spain

Population: 18 million

Capital: Amsterdam (0,93 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: 189.000 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	3Jb	3Jc	3Jd	3Je	3Jf	3Va	3Vb	3Vc	3Vd
DATE	PERIOD	Barcelona	Banos	Ankara	Granada 1	Granada 2	Rome	Livorno	Bailén	Cuenca	Antalya
	1										
WO	2										
4-feb	3										
	4	*ARRIVAL*	*ARRIVAL*	*ARRIVAL*	*ARRIVAL*	*ARRIVAL*	*ARRIVAL*	*ARRIVAL*	*ARRIVAL*	*ARRIVAL*	*ARRIVAL*
	5	08:25	18:55	15:40	11:20	11:20	11:00	17:05	18:55	11:20	12:35
	6	Düsseldorf	Düsseldorf	ologne Bon	Amsterdam	Amsterdam	Amsterdam	Amsterdam	Düsseldorf	Düsseldorf	Düsseldorf
	7	bus	bus	bus	bus	bus	bus	bus	bus	bus	bus
	8	07:30	17:45	13:15	10:30	10:30	10:00	16:00	17:45	10:15	11:30

DATE	PERIOD	Barcelona	Banos	Ankara	Granada 1	Granada 2	Rome	Livorno	Bailén	Cuenca	Antalya
	1										
DO	2	INTRO	INTRO	INTRO	INTRO	INTRO	INTRO	INTRO	INTRO	INTRO	INTRO
5-feb	3	AMS	AMS	AMS	REH	FYV1	FYV1	REH	REH	PL1	PL1
	4	SPORT	FYV1	FYV1	AMS	ARTS	AMS	FYV1	PL1	FYV1	FYV1
	5	SPORT	REH	REH	FYV1	ARTS	REH	AMS	FYV1	AMS	AMS
	6	FYV1	SPORT	ARTS	PL1	AMS	PL1	PL1	AMS	REH	REH
	7	REH	SPORT	ARTS	C.W.L.	REH	C.W.L.	C.W.L.	C.W.L.	C.W.L.	C.W.L.
	8	C.W.L.	C.W.L.	C.W.L.		C.W.L.					
	9										

DATE	PERIOD	Barcelona	Banos	Ankara	Granada 1	Granada 2	Rome	Livorno	Bailén	Cuenca	Antalya
	1	*BE PRESENT AT:*									
VR	2	07:30	07:30	07:30	08:00	08:00	08:00	07:45	07:30	07:30	08:00
6-feb	3	***AMSTERDAM***									
	4										
	5										
	6										
	7	ARRIVAL BUSES AT SSGN +/- 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	3Jb	3Jc	3Jd	3Je	3Jf	3Va	3Vb	3Vc	3Vd
DATE	PERIOD	Barcelona	Banos	Ankara	Granada 1	Granada 2	Rome	Livorno	Bailén	Cuenca	Antalya
	1										
MA	2	Gen Reh	Gen Reh	PL1	E&O	PL1	E&O	E&O	E&O	Gen Reh	Gen Reh
9-feb	3	Gen Reh	Gen Reh	FYV2	FYV2	FYV2	FYV2	FYV2	FYV2	Gen reh	Gen reh
	4	NCT	NCT	Gen Reh	Gen Reh	SPORT	ARTS	ARTS	Gen Reh	NCT	NCT
	5	NCT	NCT	Gen Reh	Gen Reh	SPORT	ARTS	ARTS	Gen Reh	NCT	NCT
	6	12:30	12:30	SPORT	ARTS	Gen Reh	Gen Reh	Gen Reh	ARTS	12:30	12:30
	7	Lindenberg	Lindenberg	SPORT	ARTS	Gen Reh	Gen Reh	Gen Reh	ARTS	Lindenberg	Lindenberg
	8	Lindenberg	Lindenberg							Lindenberg	Lindenberg
	9	Lindenberg	Lindenberg							Lindenberg	Lindenberg

DATE	PERIOD	Barcelona	Banos	Ankara	Granada 1	Granada 2	Rome	Livorno	Bailén	Cuenca	Antalya
	1										
DI	2	GEN		GEN		GEN		GEN		GEN	
10-feb	3	REH		REH		REH		REH		REH	
	4	PAGE		PAGE		PAGE		PAGE		PAGE	
	5	10		10		10		10		10	
	6		GEN		GEN		GEN		GEN		GEN
	7		REH		REH		REH		REH		REH
	8		PAGE		PAGE		PAGE		PAGE		PAGE
	9		10		10		10		10		10
	EVENING	STAGENIGHT PATHE									

DATE	PERIOD	Barcelona	Banos	Ankara	Granada 1	Granada 2	Rome	Livorno	Bailén	Cuenca	Antalya
	1										
WO	2										
11-feb	3	ARTS	E&O	E&O	PL2	NCT	NCT	PL2	NCT	LETTER	E&O
	4	ARTS	FYV2	DEBATE	DEBATE	NCT	NCT	SPORT	NCT	FYV 2	LETTER
	5	FYV2	PL1	DEBATE	DEBATE	NCT	NCT	SPORT	NCT	ARTS	PL2
	6	PL1	LETTER	LETTER	SPORT	12:30	12:30	DEBATE	12:30	ARTS	FYV2
	7	E&O		PL2	SPORT	Lindenberg	Lindenberg	DEBATE	Lindenberg	PL2	ARTS
	8				LETTER	Lindenberg	Lindenberg	LETTER	Lindenberg		ARTS
	9					Lindenberg	Lindenberg		Lindenberg		
	19.30	DISCO DOORNROOSJE									

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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	3Jb	3Jc	3Jd	3Je	3Jf	3Va	3Vb	3Vc	3Vd
DATE	PERIOD	Barcelona	Banos	Ankara	Granada 1	Granada 2	Rome	Livorno	Bailén	Cuenca	Antalya
	1										
DO	2										
12-feb	3	PL2	PL2			PL2	PL2		PL2	E&O	E&O
	4	DEBATE	ARTS	NCT	NCT	DEBATE	DEBATE	NCT	DEBATE	SPORT	SPORT
	5	DEBATE	ARTS	NCT	NCT	DEBATE	DEBATE	NCT	DEBATE	SPORT	SPORT
	6	LETTER	DEBATE	NCT	NCT	LETTER	SPORT	NCT	SPORT	DEBATE	DEBATE
	7		DEBATE	13:00	13:00	E&O	SPORT	13:00	SPORT	DEBATE	DEBATE
	8			Lindenberg	Lindenberg		LETTER	Lindenberg	LETTER		
	9			Lindenberg	Lindenberg			Lindenberg			

PERIOD	PERIOD	Barcelona	Banos	Ankara	Granada 1	Granada 2	Rome	Livorno	Bailén	Cuenca	Antalya
	1	*DEPARTURE BUS*									
VR	2	10:30	07:15	12:30	14:15	14:15	12:30	10:30	07:15	14:15	08:30
13-feb	3										
	4										
	5										
	6	*DEPARTURE FLIGHT*									
	7	Amsterdam	Düsseldorf	Düsseldorf	Amsterdam	Amsterdam	Amsterdam	Eindhoven	Düsseldorf	Düsseldorf	Düsseldorf
	8	15:00	12:05	17:15	19:45	19:45	17:55	14:40	12:05	19:40	13:35

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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 must be. On this 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 😊!

- **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.

Movie theatre: Stagenight in Pathé Lent

Tuesday the 10th of February.

Due to the renovation of the Schouwburg the Stagenight will take place in the Pathé in Lent.

All participating groups in this exchange will perform for other groups in movie theatre Pathé in Lent 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 theatre.

In the afternoon, the groups are expected to be present at the following time:

Time	Groups	Time	Groups
11:00	3Vb and Bailén	**13:35**	3Va and Livorno
11:25	3Vd and Antalya	**14:00**	3Vc and Cuenca
11:50	3Jb and Baños	**14:25**	3Ja and Barcelona
12:15	3Jd and Granada 1	**14:50**	3Jc and Ankara
12:40	3Jd and Granada 2	**15:15**	3Jf and Rome

Instructions during the evening
Because of the size of the Pathé in Lent, the performance will take place in two parts. Half of the groups will start their performance at 18h30 and the other half will start their performance at 20h30. Parents and students can **arrive** half an hour before their performance starts. See the table below for the times:

Groups	Arrival time	Performance starts:
3Vb/Bailén, 3Vd/Antalya, 3Jb/Baños, 3Jd/Granada 1, 3Je/Granada 2	18h00	18h30
3Va/Livorno, 3Vc/Cuenca, 3Ja/Barcelona, 3Jc/Ankara, 3Jf/Rome	20h00	20h30

Disco: Doornroosje

Wednesday the 11th 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 19h30 and the party ends at 23h30.

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, it 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 7th

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 8h00. Make sure you are there at **7h45**. 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. With this URL (click) you can enter the competition.

Or scan this QR code:

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 15h45 – 16h00!

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?

<u>Sightseeing:</u>
- 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

<u>Shopping:</u>
- Waterlooplein Flea Market (just below 23)
- Magna Plaza shopping centre (behind the Royal Palace 20)
- 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 😉)

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 to 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.

<u>What can you expect?</u>

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 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."

Look at **figure 1**. It shows where Ukrainian refugees have escaped to.

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

_____

_____

_____

_____

_____

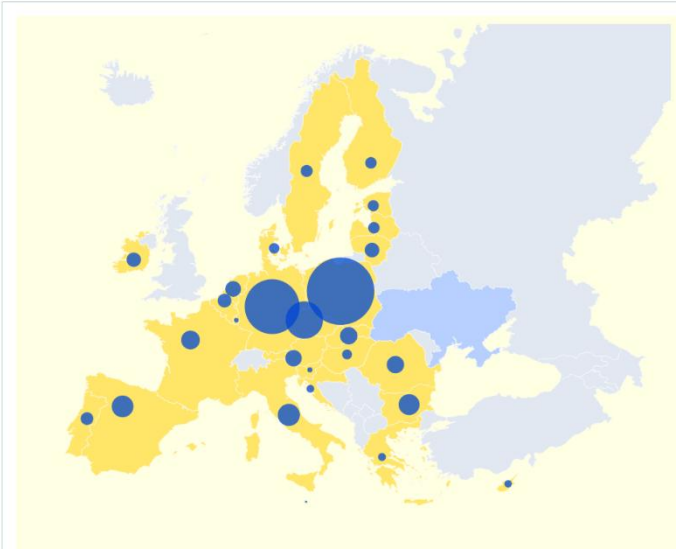


Figure 1

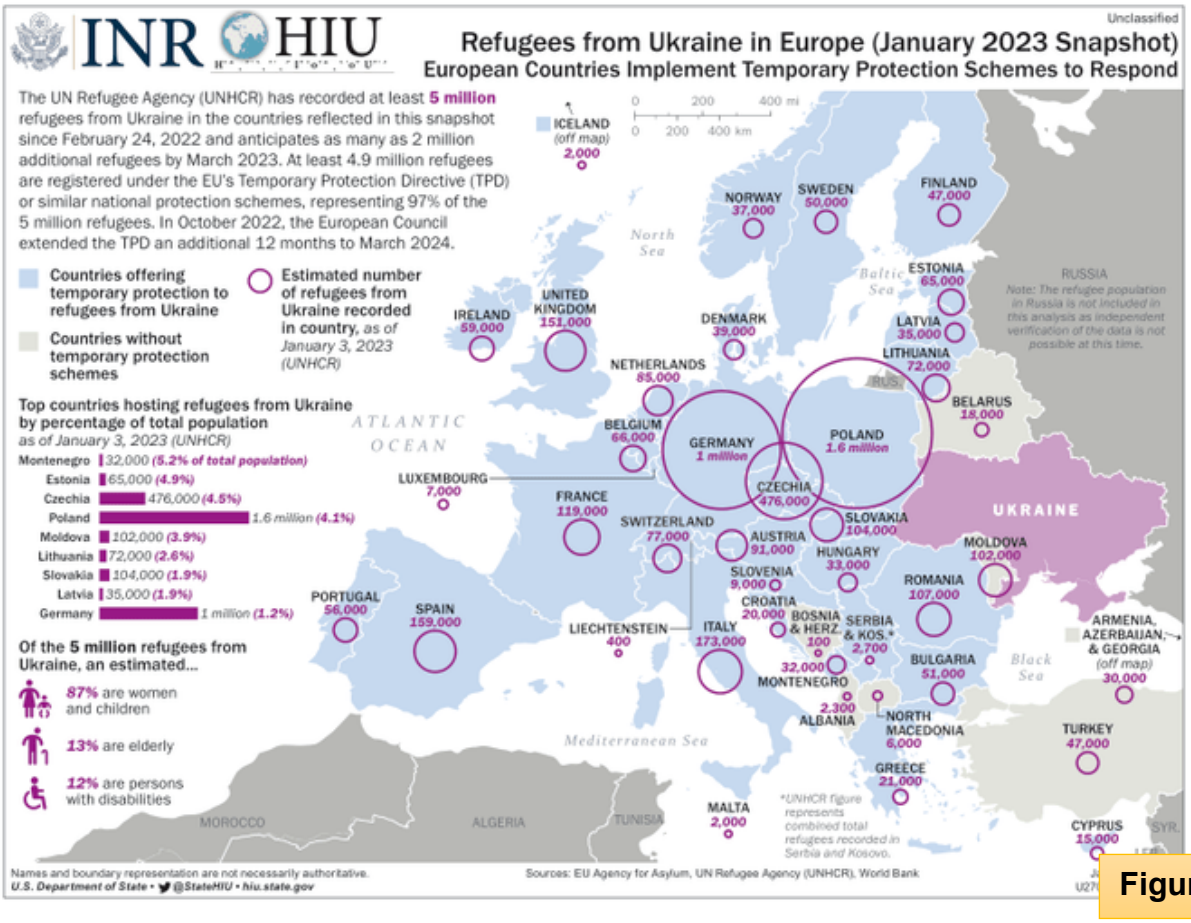


Figure 2

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 noticed anything in your country or area of Ukrainian refugees?

_____

_____

_____

There's a lot of refugees in Poland and Germany, for example. Why do you think 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?

_____

_____

_____

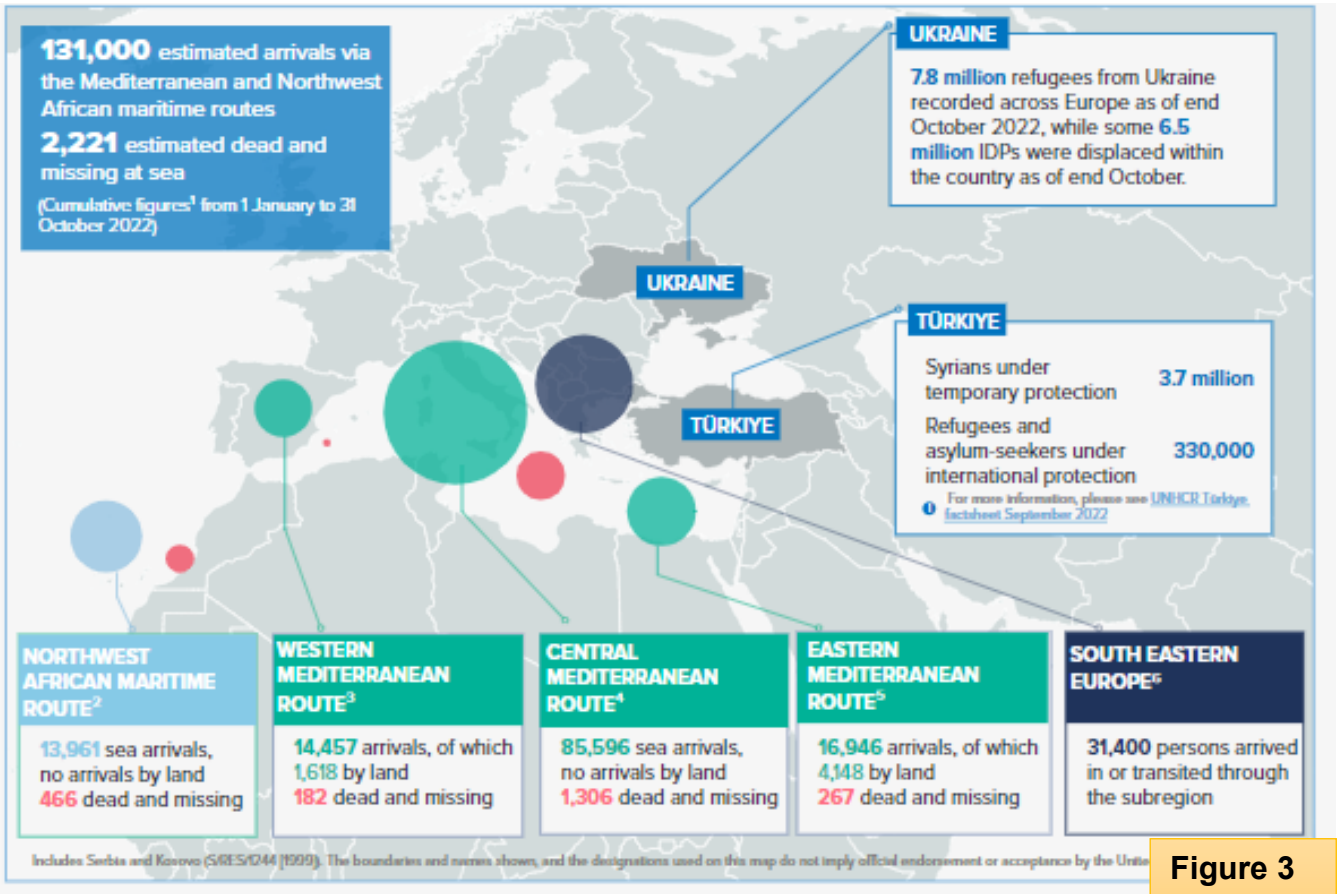


Figure 3

Individual exercise – Do this part yourself

Immigration is an important topic in the EU. In recent years, more immigrants and refugees have come to the EU. The EU now spends more money on immigration. The EU has taken measures to help immigrants and to keep people safe. Look at these measures and give your opinion.

	Completely support	Partly support	Somewhat against	Completely against
REMIGRATION (returning to home country)				
1. The EU helps EU countries send migrants back to their home country when they cannot 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 criminals and people smugglers. Almost 90% of refugees and migrants paid criminals to help them enter the EU.	☐	☐	☐	☐
*4. The EU wants immigrants to enter the EU in a **safe and legal way**, so they do not have to risk their lives.*	☐	☐	☐	☐
OUTSIDE EUROPE				
*5. The EU **helps improve life** in the home countries of illegal immigrants, so they do not need to leave.*	☐	☐	☐	☐
*6. The EU **helps** refugees and migrants in **countries outside the EU** such as: Iraq, Jordan, Lebanon and Turkey.*	☐	☐	☐	☐
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. Helping immigrants costs a lot of money. The EU **helps** people who **need protection move** to other EU countries.*	☐	☐	☐	☐
*9. Many people coming to the EU need basic things like **clean water, food, and a place to stay**. The EU gives money to help with their most important 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 understandings 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.

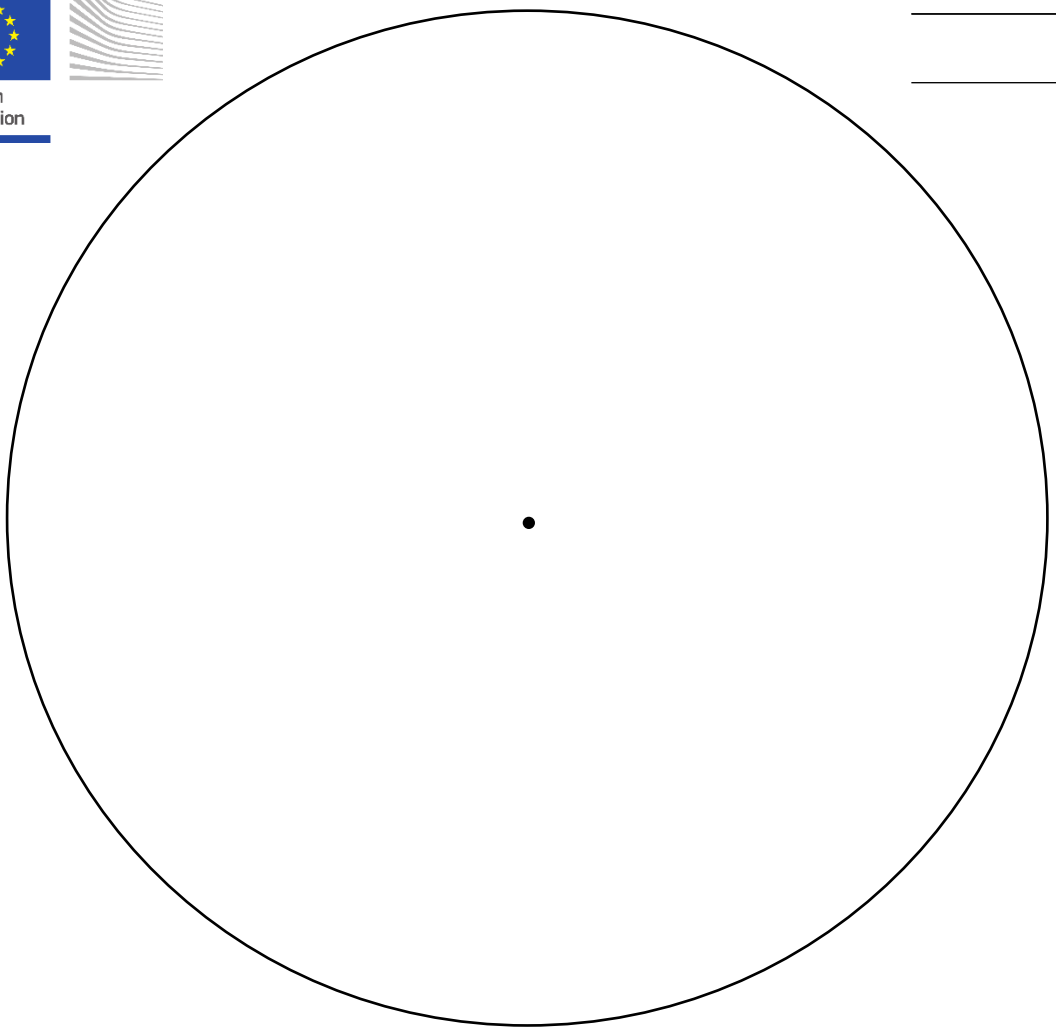
Put your names in the top right corner and try to make your decisions.

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

_____

_____

_____



- Remigration - 1
- Safe travel - 2
- Outside Europe - 3
- Border Country Help - 4
- Security- 5

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 cannot be wisdom.
Wisdom is different.
While intelligence speaks, wisdom listens.
And we willingly covered our ears
to mother nature’s 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 cannot 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**.

1. What does Prince Ea mean with the fourth second?

_____

_____

2. What does he mean with *the flutter of a butterfly's wing can cause a typhoon halfway around the world*?

_____

_____

Nature isn't bound by man-made borders. If one country decides to make a rule to lower the emission of greenhouse gases, it has only a small effect as long as the countries around it don't also do it. This is the reason that countries within the EU 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 20 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 or bought this week that were made of plastic.

_____

_____

_____

4. In the video, it is said that we need to change our way of packaging from a *linear system* to a *circular system*. What do these two systems mean?

Linear system: _____

Circular system: _____

The European Union wants member states to reuse or recycle all packaging by 2030.

5. Why is it better to recycle than to burn or throw away?

_____

_____

6. What are things that you could do to make sure that less plastic is used? And what is already being done by you or your government?

_____

_____

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

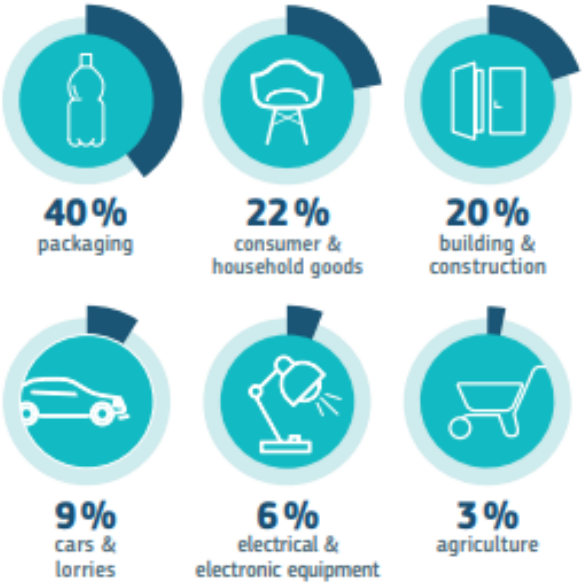
European Commission

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

ONLY 30 % is recycled

39 % is incinerated

31 % is in landfills

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 TONNES

OF PLASTIC PACKAGING WASTE IN 2015

Source: Eurobarometer

EU average

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

40% of plastic packaging waste was recycled (2015)

What are you doing about plastic waste?

EU average

Source: Eurobarometer

65% separate waste for recycling

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

94% think products should be designed to ease recycling

94% think that industry and retailers should try to reduce plastic packaging

90% think local authorities should provide more and better collection facilities for plastic waste

89% think people should be educated on how to reduce their plastic waste

61% think consumers should be charged more for single-use plastic goods like cutlery

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:

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: whoever wants to speak		- 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.
- Choose one speaker to end the debate (Round 3). This person will have to sum up the most important arguments that were mentioned and conclude the debate.
- Select your arguments (Round 2). **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 must 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 1 t/m 10

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

2. Good morning / Good day / Good evening

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

3. Please (taking and giving)

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

4. Thank you!

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

5. Where is the toilet / bathroom?

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

6. Are you hungry / thirsty?

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

7. How expensive is that?

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

8. At what time do I have to be home?

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

9. I am not in the mood for ……

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

10. I am tired; I want to go to sleep.

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

11. I really enjoyed myself / I didn't enjoy myself.

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

Topic: ***Getting to know you***

1. My name is …

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

2. What's your name?

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

3. How old are you?

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

4. I am … years old.

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

5. Where are you from?

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

6. I'm from …..

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

7. You are wearing nice clothes

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

8. Do you like my shoes?

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

9. You look nice.

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

10. Thanks, you too.

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

11. Do you want to go on a date?

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

12. Yes, that would be nice / No, sorry I can't.

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

13. What would you like to do?

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

14. Would you like to go shopping / see a movie / go to Mc Donalds ?

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

15. You have got beautiful eyes / a beautiful smile

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

16. Can you tell me about your family?

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

18. Can I have your phone number?

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

Topic: Groceries

---

1. Shall we go to the supermarket?

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

2. I will carry the (shopping) bag.

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

3. What do we need?

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

4. What would you like to eat?

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

5. Who will do the cooking?

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

6. Is there anything you don't like to eat?

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

7. Is there anything you aren't allowed to eat according to your doctor / religion / parents ?

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

8. We need potatoes / smoked sausage / milk / cheese / bread

Dutch:
Dutch: [ ]
Turkish:
Turkish: [ ]

What else do you want to be able to say in the other language?

_____

_____

_____

_____

9. Toolkit

TURKISH

Everything you have always wanted to know,

but didn't dare to ask.

TURKISH

At home, greetings/introductions:	
Good morning, good afternoon, good evening, good night.	GÜNAYDIN,İYİ GÜNLER,İYİ AKŞAMLAR, İYİ GECELER
Pleased to meet you.	TANIŞTIĞIMA MEMNUN OLDUM.
My name is	BENİM ADIM….
Have a nice day	İYİ GÜNLER
How are you today?	BUGÜN NASILSIN?
I am feeling great.	HARİKA HİSSEDİYORUM.
See you soon	GÖRÜŞÜRÜZ.
That's fine	İYİ
Yes please.	EVET LÜTFEN.
No thanks	HAYIR TEŞEKKÜRLER
Can I have an apple? Yes you **can.**	BİR ELMA ALABİLİR MİYİM? EVET,YAPABİLİRSİN
May I go outside? Yes you **may**, No you **may** not	DIŞARI ÇIKABİLİR MİYİM? EVET, YAPABİLİRSİN, HAYIR YAPAMAZSIN
Will it rain today Yes it **will**	BUGÜN YAĞMUR YAĞ*ACAK* MI? EVET YAĞACAK
Did you see her**?** Yes I **did**	ONU GÖRDÜN MÜ? EVET, GÖRDÜM
Do you like icecream**?** Yes I **do,** no I **do**n't.	DONDURMA SEVER MİSİN? EVET, SEVERİM, HAYIR SEVMEM
Thanks!	
Thank you very much for the lovely period.	İYİ BİR ZAMAN GEÇİRDĞİM İÇİN TEŞEKKÜR EDERİM
Thanks, I have enjoyed my stay.	TEŞEKKÜRLER, SİZİNLE KALMAKTAN MEMNUNUM
Thank you very much for showing me around	BANA ETRAFI GÖSTERDİĞİNİZ İÇİN TEŞEKKÜR EDERİM.
Thanks for all the little presents.	BÜTÜN KÜÇÜK HEDİYELER İÇİN TEŞEKKÜR EDERİM.
Hope to meet you soon again.	YAKINDA TEKRAR GÖRÜŞMEK UMUDUYLA.
You're welcome at my place any time.	BİZİM EVİMİZE HER ZAMAN KALMAK İÇİN GELEBİLİRSİN.
Thank you for putting me up	BENİ YERLEŞTİRDİĞİNİZ İÇİN TEŞEKKÜR EDERİM.
At home	
The toilet	TUVALET
The bathroom	BANYO
The kitchen	MUTFAK
The livingroom	OTURMA ODASI
The corridor	KORİDOR, ANTRE
The bedroom	YATAK ODASI
Where can I find the toilet	TUVALETİ NASIL BULABİLİRİM?
Which door leads to the corridor?	HANGİ KAPI KORİDORA ÇIKAR?
Could you show me my bedroom?	YATAK ODAMI GÖSTERİR MİSİNİZ?
What time is breakfast, lunch, supper?	KAHVALTI,ÖĞLE YEMEĞİ, AKŞAM YEMEĞİ SAAT KAÇTA?
What will we have at supper?	AKŞAM YEMEKTE NE VAR?
What are your hobbies?	HOBİLERİN NELERDİR?
Do you like music?	MÜZİKTEN HOŞLANIR MISIN?
I am sorry. I am cold. Could you switch on the heating?	ÜZGÜNÜM, ÜŞÜTTÜM.KLİMAYI AÇABİLR MİYİZ?
Where can I find the light switch?	İŞİK DÜĞMESİ NEREDE?
Please close the door. There is a cold draught.	LÜTFEN KAPAYI KAPATIN,SOĞUK.
Bathroom	
Could I have a clean towel.	TEMİZ BİR HAVLU ALABİLİR MİYİM?
Yes ofcourse you can	EVET, ELBETTE ALABİLİRSİN

Where can I leave my dirty	KİRLİLERİMİ NEREYE KOYABİLİRİM?.....
Just leave it in the washing bin.	KİR SEPETİNE BIRAKABİLİRSİN.
Yes ofcourse	EVET, TABİİ Kİ.
Could you please wash my underpants.	İÇ ÇAMAŞIRLARIMI YIKATABİLİR MİSİNİZ?
Can I leave my clothes in here?	KIYAFETLERİMİ BURAYA BIRAKABİLİR MİYİM?
Yes you can.	EVET, BIRAKABİLİRSİN.
Can I take a shower every day?	HER GÜN DUŞ ALABİR MİYİM?
That's no problem.	SORUN DEĞİL
How do I run a bath?	BANYO NASIL ÇALIŞIR?
Just turn on the tap.	SADECE MUSLUĞU AÇ
How does the thermostate tap work?	ŞOFBEN NASIL ÇALIŞIYOR?
At school	
The period	DÖNEM-SÜRE
The classroom	SINIF
The bicycle shed	BİSİKLET ALANI
The corridors	KORİDORLAR
Groundfloor, first floor, second floor	ZEMİN KAT, BİRİNCİ KAT, İKİNCİ KAT
The stairs up, the stairs down	YUKARI KAT, AŞAĞI KAT
The aula, the atrium	TOPLANTI MERKEZİ
The entrance, the exit	GİRİŞ-ÇIKIŞ
The clock	
10 o'clock	ON
A quarter past ten.	ONU ON GEÇİYOR
A quarter to ten	ONA ÇEYREK VAR
Half past five	BEŞBUÇUK.
Twelve minutes past ten	ONU ONİKİ GEÇE.
Twelve minutes to ten	ONA ONİKİ KALA.
At the table	
Breakfast, lunch, supper/dinner	KAHVALTI, ÖĞLE YEMEĞİ,AKŞAM YEMEĞİ
Could I have a glas of water?	BİR BARDAK SU ALABİLİR MİYİM?
Could I have an (apple), please.	BİR (ELMA) ALABİLİR MİYİM?
Can you pass me the (butter), please	(TEREYAĞI) ALABİLİR MİYİM LÜTFEN?
Could I have another sandwich, please?	BİR SANDVİÇ ALABİLİR MİYİM, LÜTFEN?
Can I have some more potatoes?	BİRAZ DAHA PATATES ALABİLİR MİYİM?
No thank you, that's enough for me	HAYIR, TEŞEKKÜRLER, BANA YETER
Yes please, that's great.	EVET LÜTFEN, ÇOK LEZİZ.
No thanks, I am fine.	HAYIR TEŞEKKÜRLER, BÖYLE İYİYİM
No thanks, I don't care much for green peas.	HAYIR TEŞEKKÜRLER.BEZELYE ÇOK SEVMEM
Thank you ever so much for this fine meal	BU HARİKA YEMEK İÇİN TEŞEKKÜRLER
I wouldn't mind a roasted (bear).	…. FARKETMEZ
I prefer coffee to tea.	KAHVEYİ ÇAYA TERCİH EDERİM.
Could I have a glass of water?	BİR BARDAK SU ALABİLİR MİYİM?
Would you like a softdrink?	MEYVE SUYU İÇMEK İSTER MİSİNİZ?
What you eat is what you are	
Bread: wholemeal, white	EKMEK,TAM TAHILLI, BEYAZ
Buns and rolls.	BAHARATLI EKMEK
Butter and margerine	TEREYAĞI VE MARGARİN
Omelet, fried eggs, boiled eggs, scrambled eggs.	OMLET, SAHANDA LOP YUMURTA, HAŞLANMIŞ YUMURTA,SAHANDA YUMURTA
Cheese: Gouda: young, mature, old.	PEYNİR: GOUDA, ESKİ
Cooked ham, salami, sausage, cold meats.	PİŞMİŞ DOMUZ, SALAM, SOSİS, SOĞUK ETLER
Potatoes: fried, cooked, mashed. French fries.	PATATES: KIZARMIŞ, PİŞMİŞ, PÜRE, PARMAK PATATES
Onions, garlic.	SOĞAN, SARIMSAK
Salt, pepper, curry, chili pepper	TUZ, KARA BİBER, ACI KIRMIZI BİBER

Vegetables: carrots, French beans, cauliflower, cabbage, lettuce, tomatoes, endive, cucumber, apple sauce.	SEBZELER: HAVUÇ, FASULYE, KARNIBAHAR, LAHANA, MARU DOMATES, - , SALATALIK, ELMA SOSU
The meats: beef, mutton, pork, chicken	ETLER: DANA, KOYUN, DOMUZ, TAVUK
Fish	BALIK
Cycling Outside	
Traffic lights	TRAFIK IŞIKLARI
Right of way	YOLUN SAĞI
Compulsory bicycle track	ZORUNLU BİSİKLET YOLU
The brake, to brake	FREN, FREN YAPMAK
3-speed, 10-speed bicycle	ÜÇ VİTES, ON VİTES BİSİKLET
Handlebar for **two** hands	IKI ELL İÇİN BİSİKLET DÜMENİ
The road, the footpath	YOL, YAYA YOLU
Emergency instructions for cyclists	
Keep to the right.	SAĞDAN GİDİN
Look over your left shoulder	SOL OMUZUN ÜZERİNDEN BAK
That car has the right of way.	ARABANIN GEÇİŞ ÜSTÜNLÜĞÜ VAR
Keep both hands on the handlebars.	DÜMENİHER İKİ ELLE TUTUN
Stop speeding	HIZI KESİN
Don't cross right in front of the car.	ARABANIN ÖNÜNDEN GEÇMEYİN
Don't overtake the car.	ARABAYI SOLLAMAYIN
Please indicate where you are going.	LÜTFEN NEREYE GİDECEĞİNİZİ BİLDİRİN
Could you cycle a little faster please.	LÜTFEN BİRAZ DAHA HIZLI SÜRERMİSİN
Please follow the bycicle track.	LÜTFEN BİSİKLET YOLUNU TAKİP ET
Take the first turn to the right (left)	İLK SAGA (SOLA) DÖN
Just cross the street.	KARŞIDAN KARŞIYA GEÇ
Mind the traffic lights.	TRAFİK IŞIKLARINA UYUN
Health	
I don't feel very well today	BUGÜN KENDİMİ İYİ HİSSETMİYORUM
I'm having an off-day.	BUGÜN BOŞ GÜNÜM
I am homesick.	EVİMİ ÖZLEDİM
I have a pain in my (stomach, back,leg)	(MİDEMDE, SIRTIMDA, BACAĞIMDA) BİR AĞRI VAR
I have a headache.	BAŞIM AĞRIYOR
Could I have an asperine?	BİR ASPİRİN ALABİLİRMİYİM?
Did you take your medicines?	İLAÇLARINI ALDINMI?
Did you bring your medicines?	İLAÇLARINI GETİRDİNMİ?
Did you mail your parents?	AİLENLE GÖRÜŞTÜNMÜ?
Shopping	
How much does this cost?	BU KAÇA – BU KAÇ PARA?
How much is it?	BU KAÇ PARA?
I would like to have.....	…….. ALMAK İSTERİM.
Do you have....?	…… VARMI?
I am looking for	…… ARIYORUM.
I am afraid it is too expensive.	KORKARIM ÇOK PAHALLI
Don't you have anything cheaper?	DAHA UCUZ BİR ŞEY VARMI?
Do you have one size up/ down?	DAHA BÜYÜĞÜ/KÜÇÜĞÜ VARMI?
Do they come in all colours?	HER RENGİ VARMI?
Can I pay cash?	PEŞİN PARA ÖDEYEBİLİRMİYİM?
Do you take credit cards?	KREDİ KARTI ALIYORMUSUNUZ?
Free time	
Could we go to the cinema?	SİNEMAYA GİDEBİLİRMİYİZ?
Can we go for a walk?	YÜRÜYÜŞE ÇIKABİLİRMİYİZ.
Let's visit our friends.	HADİ ARKADAŞLARI ZİYARETE GİDELİM.
Let's go into town.	HADİ ŞEHRE İNELİM.
By what time do we have to be back?	SAAT KAÇTA DÖNMEMİZ GEREK?

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.

3° 1°

4° 2°

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 16th 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 making some memories. Of course you will use social media, but don't forget to write some things down occasionally.

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 15th 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 15th 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 04th 2026 – Februari 13th 2026	
Arrival Date: **04-02-2026** Flight arrival time: **12:35** Airport: **Düsseldorf** Flightnumber: **XQ184** Arrival bus at SSgN: **+/- 14.45**	*Departure* Date: **13-02-2026** Flight departure time: **13.35** Airport: **Düsseldorf** Flightnumber: **XQ185** Departure bus from SSgN: **08.30**

March 16th 2026 – March 25th 2026	
Departure Date: **16-03-2026** Bus Departure: **08.30** Flight departure time: **13.35** Flight: **Düsseldorf** to **Antalya** Flightnumber: **XQ185** Arrival time: **19:15**	*Arrival* Date: **25-03-2026** Flight departure time: **17.45** Flight: **Antalya** to **Düsseldorf** Flightnumber: **XQ180** Estimated arrival airport: **19.50** Estimated arrival SSgN: **22.30**
Vertrekplek bus 16 maart 2026 parkeerplaats SSgN	

Don't forget to share your photos on Instagram by using **#fyv26**

Follow @uitwisselingen26 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.

Find your up-to-date timetable on <u>Magister</u>, including the classrooms where you must 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 must start your program during the week:

Day	Time	Where
Thursday 05-02	09:05	School
Friday 06-02	07:45	School ***(BUS LEAVES AT 08:00 <u>BE ON TIME!</u>)***
Monday 09-02	09:05	School
Tuesday 10-02	Page 10 Evening	Pathé Movie Theatre Pathé Movie Theatre
Wednesday 11-02	09:50 19:30	School Doornroosje Nijmegen (near Central Station)
Thursday 12-02	09:50	School
Friday 13-02	08:15	School (***BUS LEAVES AT 08:30 <u>BE ON TIME!</u>)***

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