



Diary by Renée Gräper, Oskar Klockmeier,
Mia Köhler, Fahim Shirdel, Jale Thulke



SUNDAY

Our day started at 1:45pm at the Hamburg airport, all of us were excited for the week and we couldn't wait to arrive in Portugal!

We landed in Porto at ca 5:45pm. After that we had a really bad airport dinner but we made the best out of those two waiting hours and played Uno or talked about life.

After that long day we went to our host families and got to know them better :) We met the parents hosts and their friends.

By Renée Gräper



MONDAY

On the first real day we went to school at 8:30 we started the day with a few ice breaker activities, which were really funny, but we could've done more ;)

After that we meet the director of the school who was interesting. Right after that some countries had their presentations about their school, which was cool to see because we got to know their schools better :)

In the first break we went into the students' room and talked about life and so on.

After the break we heard some of the presentations from Portugal, French and Spanish about the Mediterranean diet. I personally didn't know a lot about the Mediterranean diet so hearing the presentations helped me to understand it even better.



After the presentations we had a lunch break in school and after the lunch we went to the supermarket to buy some cookies and juice. We Germans we're really shocked at the prices because everything is so cheap here.

We went back into school and played Uno with the other students. We still needed to discuss the rules though!



Later on, we went to the reception by Mayor of the Town Hall which we really enjoyed because of the art in the buildings and the warm-hearted welcome.

We were supposed to visit the Cathedral. Sadly, we didn't so we walked through the city until we were at the cathedral.

At 3:30pm we were allowed to leave school and do whatever we liked, so we split up from the teachers.

We all (Germans, Portuguese, French, Belgiums, Spanish and Greeks) went into the

mall to go shopping and see what's there. We went into a few stores and then ended up having dinner with my host and my friends.

By Renée Gräper



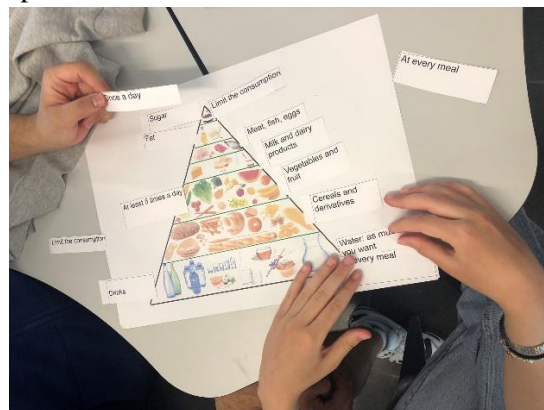
TUESDAY

It all started on Tuesday when we were supposed to be at school at 8:00. We met in a room and the first thing we heard was a presentation by Angela Pereira. She talked about her company. Her company is careful to only sell organic produce, for example, she gave us all an apple that was made without pesticides, they may not look good for sale but they are better for our environment and they tasted great too. After her presentation we had a short break where we played Uno in a small group.



Later, we had the lecture by Dr. Teresa Heath. She told us about marketing. How the advertisers try to influence us and they try to keep the advertisement in our heads. When she finished her presentation, it was around 11:20. So we first took a short break of 10 minutes and then listened to another small lecture. The lecture was by the Greek students. They told us something about food waste and about sugar in food.

The last presentation was about the task (walking around the city center) we did after lunch. The presentation was very exciting because we learned new things about the city. In the canteen there was rice with fish, it tasted ok. We then had a break from 12:30 to 1:45 p.m., some went to the supermarket right next to the school, during this time, and others just spent the time at school and talked.



After lunch, we first went to the Cathedral because unfortunately we couldn't go there on Monday. We were divided into two groups, so group 1 and 2 formed one group and group 3 and 4. The two groups went one after the other into the cathedral where we had a guided tour. The Cathedral was so beautiful and very interesting. First, we went into a small room in the Cathedral where a 600-year-old dead person lay, that was a little creepy.



After the tour of the Cathedral, we started walking around the city center. Our task was to visit 16 places and take a picture at each place. Each group took their own photos. The first three groups started with teachers, only the fourth group had to start without teachers. It was a lot of fun to have been in smaller groups, because it was easier to talk to everyone and not

always with friends from their own country in the local language.

Finally, we went to the park afterward. Some showed their sporting skills, it was very funny. At some point, some of our group came with a ball and we formed a circle and threw the ball back and forth while others sat on the grass and talked. Eventually everyone went home. It was a very long and exhausting day, but it was still a lot of fun. *By Jale Thulke*



WEDNESDAY

On Wednesday we had to be at school at 8:30am. Right at the beginning, presentations were held for an hour. Belgium gave a presentation on fake news. It was about bottle cables on food. It was very interesting and I think we learned lots of new and important stuff. Afterwards, we, Germany gave presentations on alcohol, drugs and energy drinks. An interview was shown that informs about the alcohol consumption of students and teachers from the German School (JLS 😊). The video about Energy Drinks showed how many Energy Drinks were found in one week in our German school. And at the end the drug presentation we provided information on the use and dangers of different drugs. The other students told me that our presentations were cool and informative.



Afterwards we had a break in which we played, like almost every break UNO:) And we also had to discuss the rules again, as always... At 9:45 am after the break we had two different workshops. Two groups were in the labor of the school. There we mixed juice with glucose powder and we dropped this into oil, for example, and then small balls were formed from it. We could also eat these balls but the most students found it disgusting. The other two groups had an art workshop. We printed out our photos from the day before and they were cut into different parts. Everyone got one piece and painted that part of the picture.

Afterwards, the pieces were put together again. While we painted our pictures we heard party music, sang a little bit and talked about our lives. These workshops were really cool. It was a lot of fun! Between the workshops we had another Portuguese “10-minute” break. So, it was probably more like 20 minutes:)

At 12:30 we had lunch in the canteen. There was beans and meat with rice. After school at 2pm we drove in two different groups by bus to “Bom Jesus.” This is a roman catholic church. We walked around and took a little boat trip on the water. We also ate ice cream, played UNO again and took a lot of photos. We ended up walking all the way back. That was exhausting and everyone’s feet hurt. But it was a very nice trip. After the long walk everyone met in small groups and rested.

In the evening we went back to school at 7:30. We had our dinner at school with teachers, students and also their families. There was a lot to eat and it was exciting to try out new food.

The evening was beautiful and the food was so good!

By Mia Köhler

THURSDAY

At 8.15 am we met the bus and drove around 2 hours to Portugal's second biggest city, Porto. We had a tour guide for the day who did her best to keep the group under control but failed sadly (Her microphone was broken). We were guided around the city and came across churches monuments and small streets. As Porto is a city with a lot of different height levels I really enjoyed the view from some places. Once we even came across a balcony that gave us a look above the whole city and the river leading through it.



After about 2 hours in the city, we got in the bus again to drive to a park and have a picnic. The park had a great view as well. After the picnic we got in the bus for the last time before we left to drive directly to the river and end the day with a boat tour across Porto. Unfortunately, I was super exhausted and slept throughout the whole tour.

By Oskar Klockmeier



FRIDAY

It was our last day in the Erasmus+ Program and like every day we started the day at school. Because of a strike the school was totally empty. We had a really cool workshop on that day where the French student showed us how to preserve veggies in saltwater. Also, we learned how to read food and nutrition labels correctly which was also interesting. And, to top it all, I won the Kahoot questionnaire on this topic!

After that our Students from Germany distributed some Erasmus+ Goodies/2HB



Recipe books and explained a bit about the QR-Coded badges and keyrings and, of course the Recipe pixi-Books etc. The last point of the week where the Olympic Games presented and prepared by the Belgians. We did some team sports and some games about general knowledge. We Germans had the second place which wasn't bad, so yeah this was our last Day in Braga, Portugal.

By Fahim Shirdel



SATURDAY

The worst day of the beautiful experience. I started my day at 5:00 am and met all the German and Belgium guys at 5:45am at the Bus station with our hosts. The bus came at 6:00am so it was time to say goodbye. Even though we

knew it wouldn't be the last time we see each other but many people cried and all of them



were sad. We all had a cool week, met new friends and had funny Uno games. So, after we said goodbye, we foreigners sat on the bus and where on our way to the airport.

We arrived at the airport we said bye to the Belgian "Puchachas" and had the normal airport struggle. After the flight we landed in Lisbon, the second most beautiful airport in Portugal I ever saw. We had a connecting flight so we didn't need to go to the boarder control, so we just waited. Except for me and Ms Walsh because one of the German idiots forgot their AirPods at the Aircraft (it was me 😊). So, we were stressed and were running from one gate to another and we didn't get them yet so yeah, the worst day of the week. But wait until we arrived in Hamburg... After some delays in Lisbon, we got on the flight. In Hamburg we were all exhausted it was 6pm and we all just wanted to grab our luggage and go home but computer said No. Some of our luggage was still in Portugal and we didn't get them for 24+ hours, so as I said, "Worst day of the week". But it was all worth it.

By Fahim Shirdel

