

## Trip to Netherlands 25<sup>th</sup>-29<sup>th</sup> March 2019

### Sunday

Our journey started at 2.30am on Sunday.

We went to Stansted airport to take Ryanair flight to Eindhoven.

It took us only 50 minutes to get there.

We dropped our luggage at the guest house and explored Eindhoven. We noticed that people use bikes a lot.

We visited the parrot zoo. We could feed birds and saw some other animals.

As we had a long day, we returned to the hotel earlier and had an earlier bedtime. We are looking forward to visiting the school tomorrow.





Monday

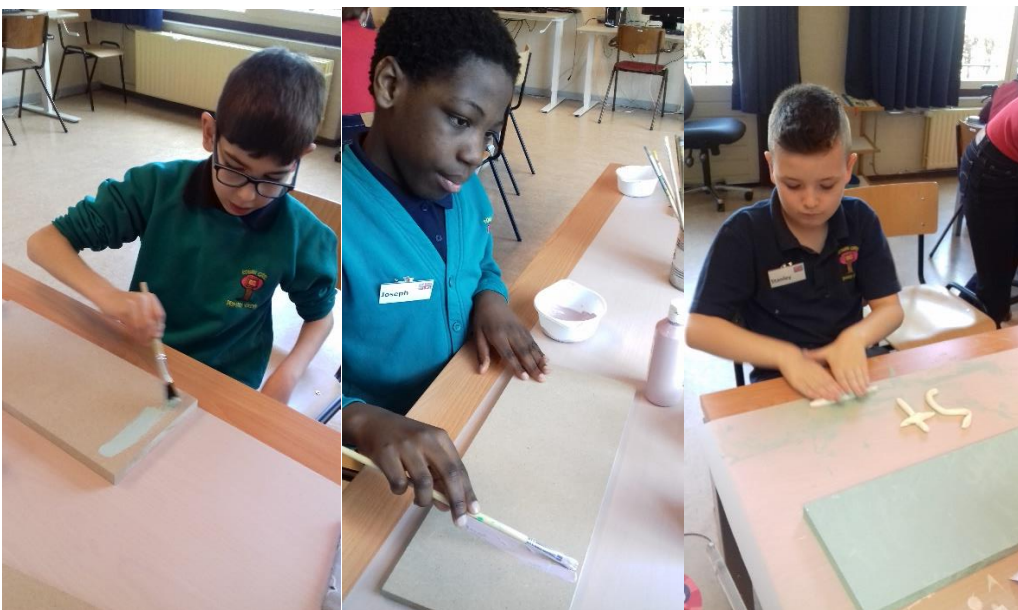
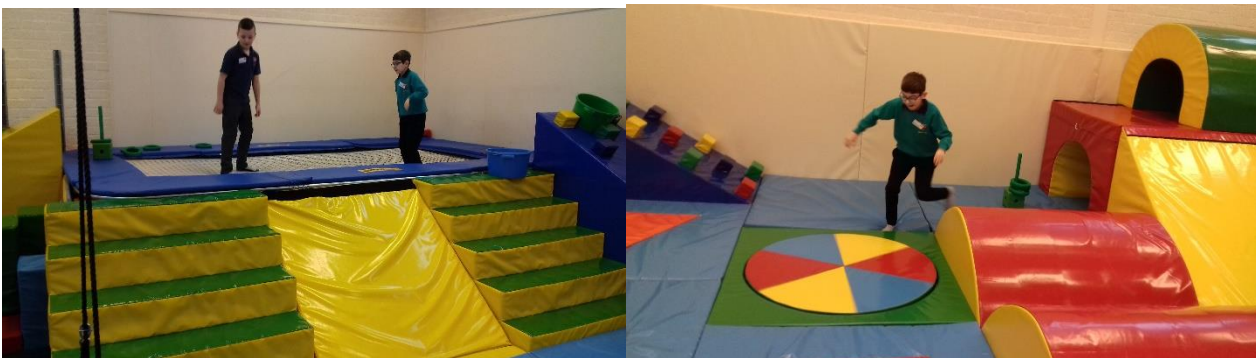
Today was a very exciting day as we got to see Emiliusschool for the first time!

Once we met the children and staff from Lithuania and Poland and had a presentation by pupils from the school, we were given a tour round the school. We thought the huge soft play and sensory rooms were amazing!

We then all came together and had pancakes made by some of the children for lunch, which we all enjoyed.

After that, we went into one of classes and joined in with art and PE. In art we painted plaques and made our names in clay to put on them, and in PE we followed maps to get around an obstacle course. We made teams with the children in the class and worked together.

Then we went shopping for ingredients to make a traditional English meal for everyone. We made toad in the hole, and we tried butternut squash soup made by the Lithuanian and Polish schools.





Tuesday

We arrived at Emiliusschool this morning at 9am, and met the other groups again.

After a short introduction, we explored the different multi-sensory rooms, which meant we got to have another play in soft play! We really enjoyed experiencing the different sensory activities, such as following the light and feeling the different surfaces, especially the water bed.

After a short break, we got to watch some of the Emilius pupils taking part in a music lesson, which we then were able to experience ourselves and join in.

For lunch we all tried some traditional Dutch foods, which were interesting.

Next, we went on a trip to visit another school nearby, where we participated in a DT class.

We made snakes out of bottle caps, and even used a hammer and nails to make holes in them (with support from the adults of course!).

After a play on the bikes on the playground, it was time to go back to Emiliusschool. We decided to go into the centre of Eindhoven to have a look around, where we stopped for dinner.









Wednesday

Today was a very exciting day! After meeting at Emiliusschool at 9am, we got onto the coach and began the journey to Amsterdam.

When we got there, our first stop was the A'Dam Tower. The lift to the top of the 21 storey building only took 20 seconds!

When we got to the Lookout, we could see all over Amsterdam. It was amazing to look through the telescopes where we could see lots of people on the streets around the tower.

We could see all round the city, and were able to get a really good view of Amsterdam (and take a few photos too!).

After a short coffee break, we then went further into the city centre to go on a canal boat tour.

We learned about the history of the city which we all found very interesting, and got the perfect chance for some more photo opportunities.

We stopped for lunch and then had an hour and a half to explore the city. We walked through the streets and looked at all the amazing buildings, including the churches, halls and very lopsided houses along the canal!

Then we came across a huge square where there were lots and lots of pigeons feeding from people's hands. Tina was able to get some to eat from her hand too, which was very funny to watch.

After we had finished looking around, all the groups met up again and we got back on the bus to come home.









Thursday

Today was our last full day at Emiliusschool, and another very fun day it was!

In the morning, we joined one of the classes in PE, where we got to try Boccia and a version of football, but using a giant gym ball and our hands. These were both great fun, and it was fantastic to try some new sports.

After that we joined another class in the sensory garden, and got to explore different herbs, plant our own and even try some of the watercress the school grew themselves. It was great to get our hands dirty and get involved in helping to plant the different herbs.

Next, to complete a busy morning, we got to have a play with Omnidu, a learning software developed by the school. We even learned some Dutch words as a result.

Then it was time for lunch. We walked over to Komeet, the restaurant run by the Day Care Centre next to the school. After some delicious soup, we tried some traditional Dutch Kroket which we all enjoyed.

To end the school day, we went back to Emilius to watch a concert by the school band. However, we were all encouraged to get up, join in and dance which was really fun!

After a short rest at home, it was time for the benefit dinner at a nearby hotel in aid of Duchenne Muscular Dystrophy. Then, after packing suitcases it was straight to bed, looking forward to coming home tomorrow after a fantastic week.





Friday

On Friday we went to Emiliusschool for the last time. We met the Mayor of Son en Breugel, received our certificates and said goodbye. We went for a walk and saw an amazing bridge which lifts up to let the boats go through. We then went to the airport to take the flight back home. We were allowed to do self-check-in. It only took us 50 minutes to fly back!

We all enjoyed our trip!

