

TRAVEL JOURNAL

# AMSTERDAM

6th -12th March 2022

Sarah Salcedo Fernández







# SUNDAY, 6TH MARCH

Arrival Day

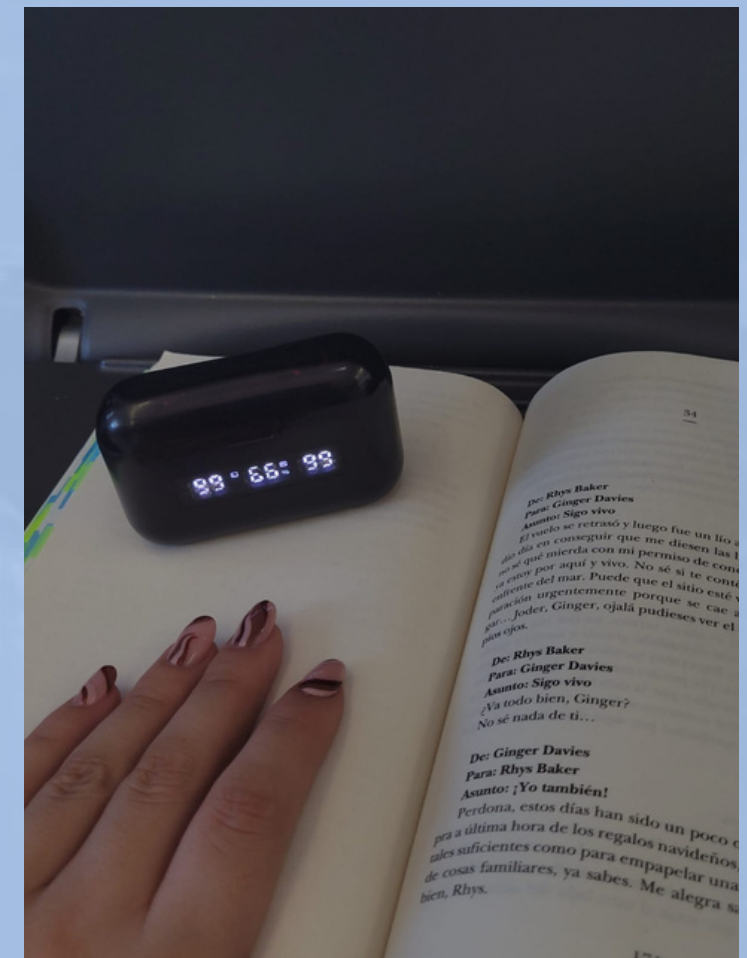
That day we got up too early, knowing that we were about to live one of our best experiences ever.

We arrived at five in the afternoon and our host families were at the airport to pick us up. I started exploring Amsterdam that night. I went for a walk through some amazing streets of Amsterdam. What a beautiful city!



# SUNDAY, 6TH MARCH

Arrival Day







# MONDAY, 7TH MARCH

First Day

My partner David and I took a bus to school, where we met the rest of the Erasmus partners.

We introduced ourselves and we played a bingo so we got to know everyone better.

Then we introduced our country, city, high school and a serie, and after that we were divided by international groups and we did an activity called *A Myth Retold*.

We watched a film, we had lunch and we did a Timeline, where we wrote our most important moments since we were born to that day.





# MONDAY, 7TH MARCH

First Day

When we left school, our dutch partners decided to make a kind of tour. They showed us their favourites places in Amsterdam and we visited a lot of streets and squares. I really had fun and really liked what we saw from Amsterdam.



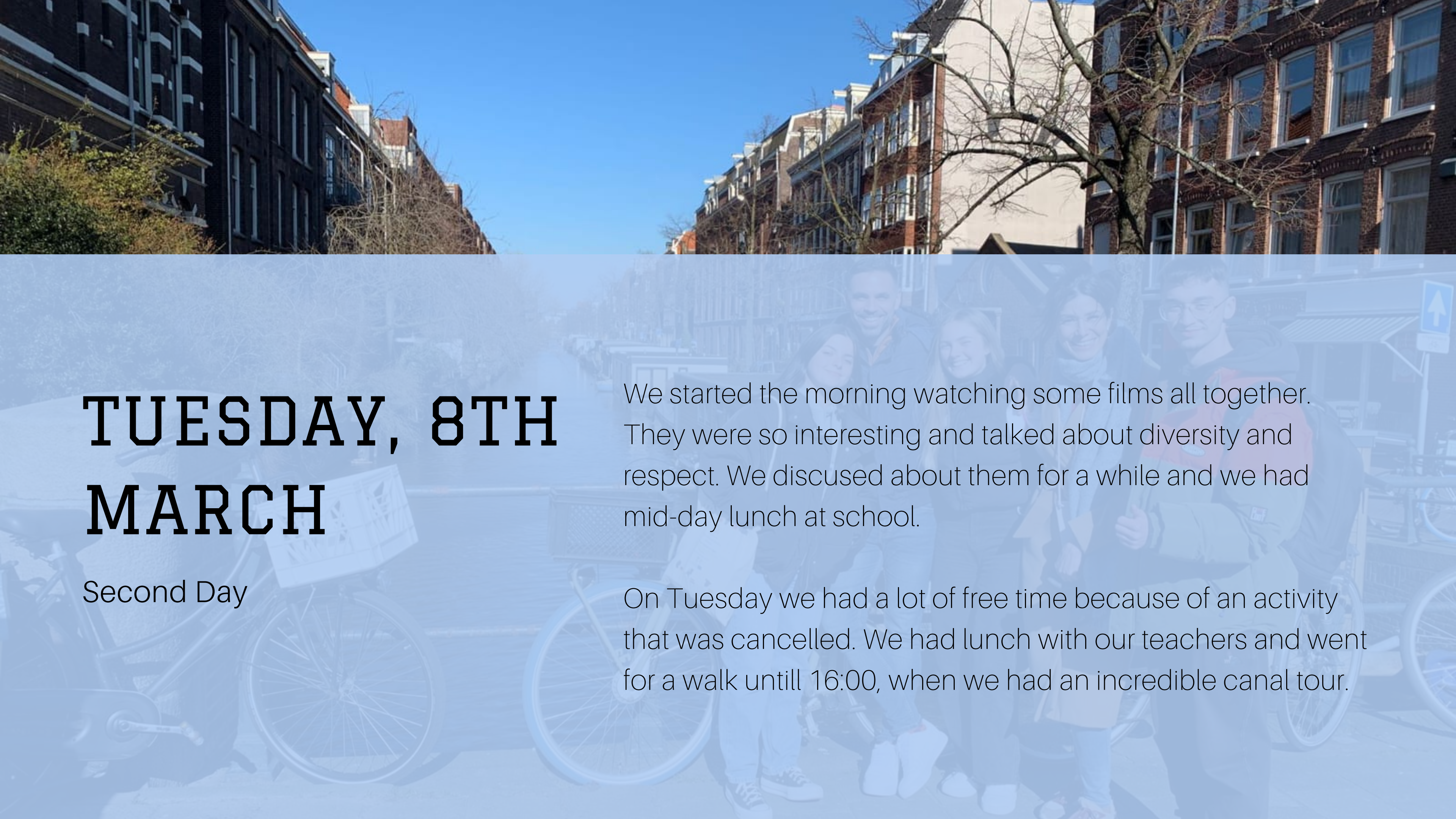


# MONDAY, 7TH MARCH

First Day







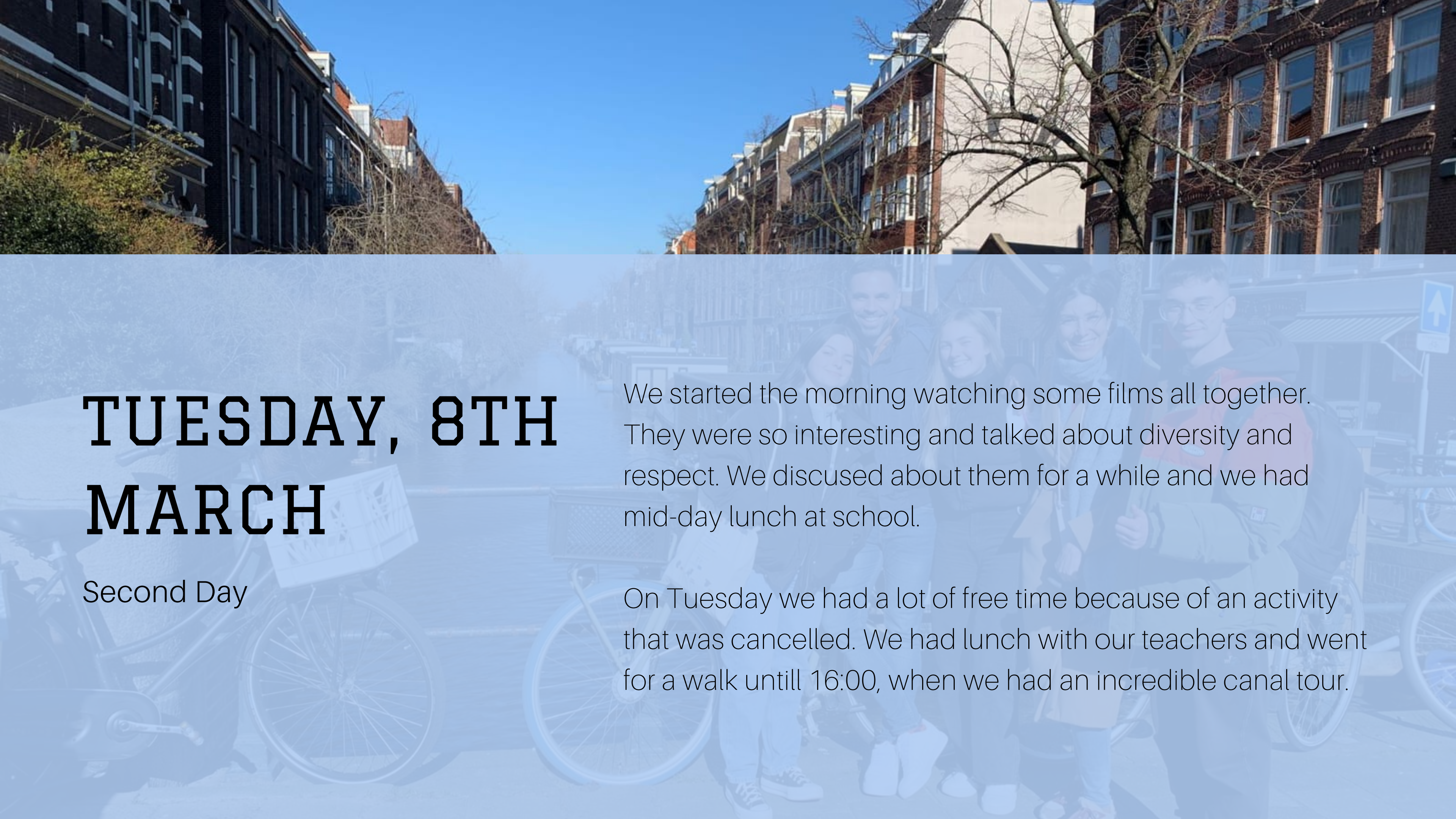
# TUESDAY, 8TH MARCH

Second Day

We started the morning watching some films all together. They were so interesting and talked about diversity and respect. We discused about them for a while and we had mid-day lunch at school.

On Tuesday we had a lot of free time because of an activity that was cancelled. We had lunch with our teachers and went for a walk untill 16:00, when we had an incredible canal tour.





# TUESDAY, 8TH MARCH

Second Day

After a very funny tour, we went with our European partners to some shops and cafeterias. Then dutch guys had the idea to go bowling.

We enjoyed a lot that night all together at the bowling. We had so much fun, and Tuesday was without doubt one of my favourites days of the week.

We finished the night having dinner at McDonald's and we got home pretty late, but very happy.





# TUESDAY, 8TH MARCH

Second Day







# WEDNESDAY, 9TH MARCH

Third Day

That morning we met at a museum and we did a task that consisted in a tour taking photos by international groups. We learnt a lot and we really had fun.

Then we went to central station and we took a free boat to an island very close. We fed ducks and we returned again to have lunch.

At 15:00 we went to Tropenmuseum and we were guided by a very kind girl that explained us a lot of history of the museum. Later, we had a Capoeira Workshop where we really had fun.





# WEDNESDAY, 9TH MARCH

Third Day

When we finished the workshop we went to iceskating. We laughed a lot in there. We fell many times, but we also learnt and enjoyed.

Wednesday was the best day in my opinion. It was really funny!





# WEDNESDAY, 9TH MARCH

Third Day







# THURSDAY, 10TH MARCH

Fourth Day

We started the day at Rijksmuseum. It was one of my favourite places. It was really large and had a lot to learn. We did some tasks and then we went to Van Gogh Museum, which was also so great.

When we finished we had lunch with dutch and portuguese in the grass near museums. We did a kind of picnic and we had free time. Daniel, Ulises, Kaiet and I went to a canal and rest some hours there. We saw swans and we fed them and "played" with them.





# THURSDAY, 10TH MARCH

Fourth Day

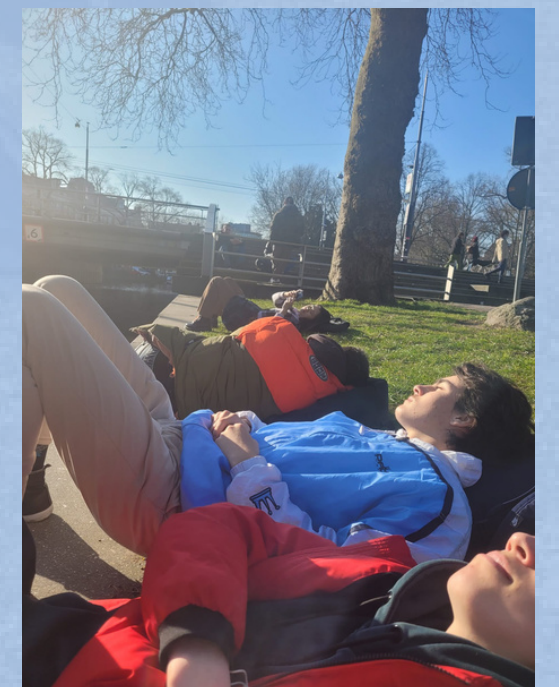
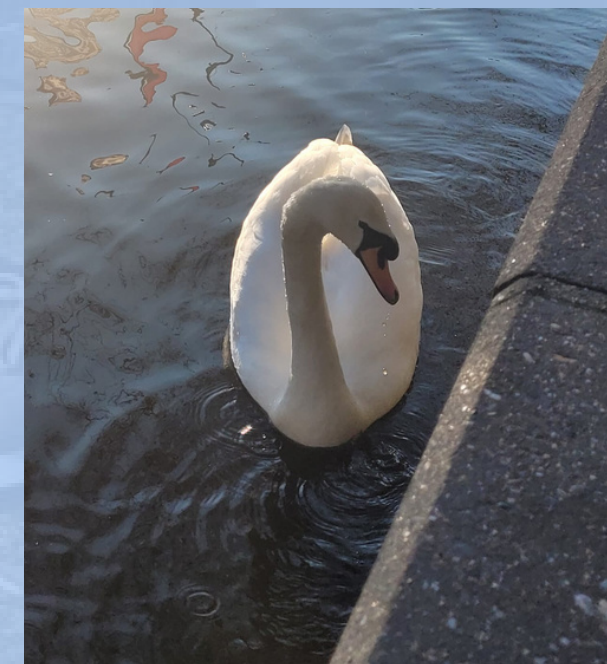
Then, we got ready for the Multicultural Festival. We enjoyed the food and we played a trivial divided in countries. It was so funny, although we didn't win. We returned home and got ready for the last day all together.





# THURSDAY, 10TH MARCH

Fourth Day







# FRIDAY, 11TH MARCH

Last Day

Friday was a little sad but also so funny. We put our reports on Twinspace and we got our certificates. Then we had lunch and we went to the fair, where we had so much fun.

We went to some shops and we bought souvenirs and gifts. My favourite was a Netherlands flag that all my partners signed.

We spent all the evening together and we said goodbye at night, with tears in our eyes but very happy to have had the luck to meet everyone and participate in this project.





# FRIDAY, 11TH MARCH

Last Day







# SATURDAY, 12TH MARCH

Departure Day

If I had to describe this morning in a word, I would say emotions. It was so sad to say goodbye to the people that made me feel at home the whole week. It was hard to give them the last hug. But I did it all knowing that I will meet them again one day. I will miss Amsterdam, especially its people, but I feel really lucky to have had this experience. I will never forget them and I know they neither.





# SATURDAY, 12TH MARCH

Departure Day








# HOST FAMILIES

VALORATION

It was a new experience to stay at a familie and learn other culture, and in my opinion it was so interesting. Besides, in my case, I learnt about Dutch culture but also about Vietnamese, and that really gave me a lot of new knowledges and it broke all kind of stereotypes or prejudices.





# SOME ACQUIRED LEARNING

VALORATION

I used to think that people from some other specific countries were cold or rude. Now I know that it is just a stereotyping.

I used to think that diversity and respect were important, but we couldn't do anything to change other people's thinking. Now I think that if we all fight for our rights and try to respect everyone, we can make the world a better place.





THE END

THANK YOU SO MUCH FOR  
GIVING ME THE BEST  
EXPERIENCE OF MY LIFE:  
ERASMUS ART OF INCLUSION'S  
SAKE

*SARAH SALCEDO FERNÁNDEZ; LA LABORAL DE LA LAGUNA- SPAIN*