



ACTIVITY REPORT

Activity : 14 ,15,17,18

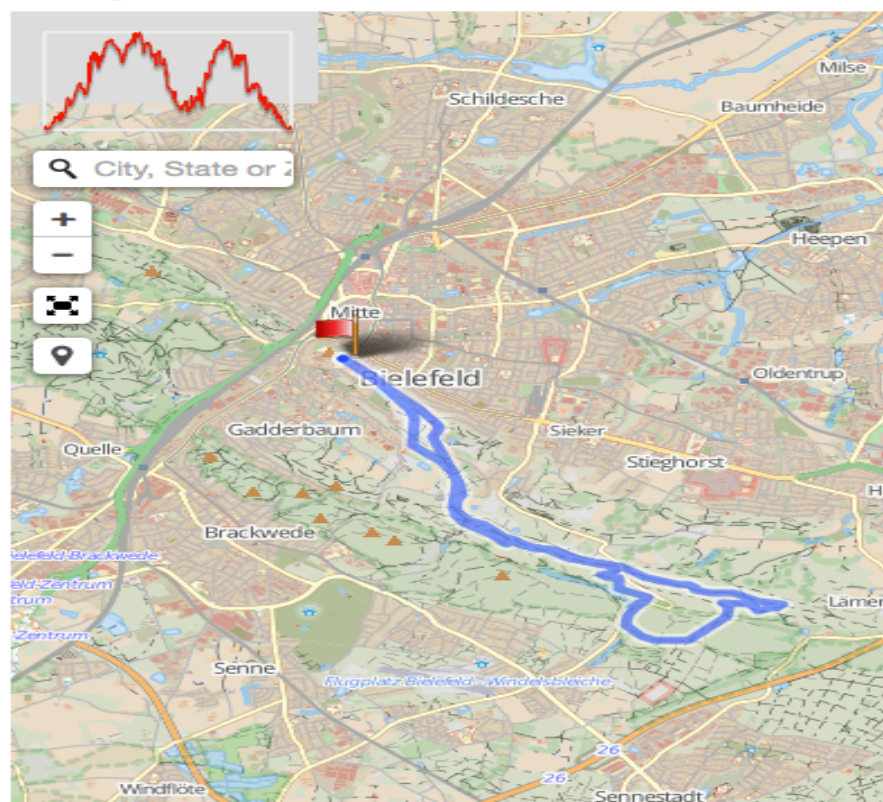
***Title of the activity: Hiking in your own country
Widening knowledge of the historical value of our hike
Learning how to use and interpret guides of walking routes,
information signs and being able to explain in legends/hiking map
Report about hiking equipment***

Teachers Responsible	Participating Teachers	Number of participating students	Duration of the activities	Location	Method of work
Michelle Tenge-Rietberg Tine Klose	Tine Klose Michelle Tenge-Rietberg	Europa AG Circa 30	Gathering Information September 2017-March 2018 Project day 6 hours March 22, 2018	Bielefeld/ Lämmershagen Hermann Trail	Group/ partner

Materials	Backpacks, hiking boots, rainproof clothing, smart phones, Rented bus transportation Smart phones, computers, PowerPoint/Colour Printer Cardboard paper/Pin boards
Final product	<ul style="list-style-type: none"> ➤ Group hiked a total of 10,2 kilometers ➤ Students gathered and presented information about German hiking signs to each other ➤ Students prepared a presentation for our EU partners in order to show them our signs and equipment at the meeting in Germany in April 2018



Hiking trail Bielefeld Bielefeld



Aims of the activity

Get students prepared/conditioned for our intensive hike in April with our European partners.
Expose the students to the historical background to the Hermann Trail, especially the Sparrenburg
<https://www.nrw-tourismus.de/a-hermannsweg>.
Get students acquainted with their hiking equipment.
Social interaction through sports and free-time activities.
Discover hiking signs on the trail and use the information for our presentation/handbook (research and gathering information).

Procedure

In our club, students researched and prepared a report/fact sheet about the Hermanns Trail and the Sparrenburg in Bielefeld.
Student also researched hiking equipment and signs in order to prepare for our first hike together. After all of the data was collected and presented, we planned our excursion.
On March 22, 2018, we rented a bus and had the children picked up at school in the morning. After travelling 35 minutes to our hiking trail head, the bus let us off and we started hiking (in less than optimal weather – 4 degrees C). although we were a bit cold, and the weather was foggy a good time was had by all. We hiked a total of 10.5 kilometers.



After hiking the trail, we walked into the town of Bielefeld and ate pizza with the students (and we were able to reflect our day together and get warm):

The students then took the train from Bielefeld to Gütersloh and were picked up by their parents at 16:00.

EVALUATION SHEET

Activity:

Teacher's Assessment (From the teacher to the students)

<i>Students'Attitude</i>	Yes	No	Sometimes
1. Students were interested in the activity.	x		
2. Students were co-operative with the teacher and their peers.	x		

<i>Students'Co-operativeness</i>	Yes	No	Sometimes
3. Students were able to work in groups or pairs.	x		
4. Students were able to share ideas and knowledge.	x		

<i>Students'Autonomy</i>	Yes	No	Sometimes
5. Students were able to plan and organise their own work.	x		
6. Students were able to use different sources of information.	x		

<i>Students'creativity</i>	Yes	No	Sometimes
7. Students have shown original thought, initiative and inventiveness.	x		

<i>Concepts learnt by students</i>	Yes	No	Sometimes
8. Students have learnt different concepts related to the Topic.	x		

<i>Presentation</i>	Yes	No	Sometimes
9. Students have presented their work neatly and in an ordered manner.	x		

Students'Assessment (From the student to the activity)

<i>Evaluate the activity:</i> The activity has been useful ...	Yes	No	Sometimes
1- To learn things which I didn't know about the task.	x		
2- To enjoy with an extra-curricular activity.	x		
3- To learn to co-operate with my peers.	x		
4- To get to know what an European Project is like.	x		
5- To get to know other countries much better.	x		
6- To learn what things are called in other languages.	x		



6- Did you like the activity/task?

x

Final Evaluation of the activity/task

Students had an amazing time and were happy to be outdoors and see some of the local natural surroundings.

Some realized that they will need to dress warmer and read the weather report more accurately before starting to hike.

Students were very interested in the history related to the trail and were happy to experience it first hand (took pictures, read the signs, took many photographs of the historical sights).











Hiking equipment: Nordic-Walking Poles



Did you know that Nordic-Walking Poles (*sauvakävely*) originated in Finland in 1979? They were inspired by ski poles. Nordic -Walking became a worldwide trend at the end of the 1990's.

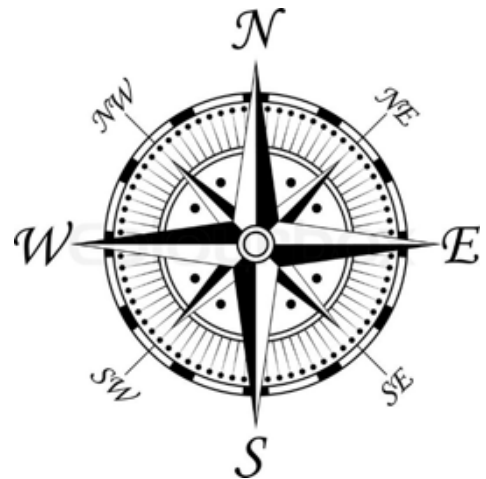
Using walking poles correctly, trains the arms, shoulders and back muscles by stimulating them. Through the use of the poles, the natural movements of the arms are increased and muscles are strengthened.

In addition, the poles contribute to the mobilization of the cardiovascular system.

Compass

For what is it helpful?

No matter where you stand on Earth, you can hold a compass in your hand and it will point toward the North Pole. What an unbelievably neat and amazing thing! Imagine that you are in the middle of the ocean, and you are looking all around you in every direction and all you can see is water, and it is overcast so you cannot see the sun... How in the world would you know which way to go unless you had a compass to tell you which way is "up"? Long before GPS satellites and other high-tech navigational aids, the compass gave humans an easy and inexpensive way to orient themselves.



How do use a compass?

Use the new direction to navigate. Keep the compass in front of you so that the directional arrow points away from you. This direction will lead you to your destination. Turn your body until the compass needle aligns with the orientation arrow.





This sign means:

Dumping rubbish in the environment is prohibited.



This sign means:

This area is a nature reserve.

Hunting is strictly prohibited.



This sign means:

Leashes required!

The sign means that from this point you have to put your dog on a leash, because it can be dangerous for your dog to run free.

- For example, your dog might be trapped in animal traps or hunt or frighten other animals.
- You might have to pay fines up to 25,000 e:uros if you do not leash your dog.

This is a trail sign:



This is a sign from the trail that we are going to hike in Germany. The “H” stands for Hermannsweg.

The 156-kilometer-long trail was named after Hermann the Cherusker, (also known as Arminius-9 A.D.), is considered one of the most beautiful mountain trails in Germany and runs over the crest of the Teutoburger Forest.

More information in English:

<https://www.nrw-tourism.com/a-hermannshoehen>

<https://www.komoot.com/collection/204/8-days-on-the-hermannsweg-trail>



This sign means:

No entrance the forest is closed to motorcyclists, cars and equestrians. It's only free for forestry care and maintenance.