

HONORARY POSTS SERVICES GUILDS TRAINING OPEN OFFERS



2019/2020



LOUISENLUND
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Dear students of Louisenlund,

this brochure will introduce you to the wide variety of extra-curricular experiences that will be available this academic year 2019/2020.

I am very happy that we could add Chess, Math Circle, Flag Football, Baseball, Horse Riding, Self-defense, Duke of Edinburgh Award and Drama Hof to our programme!

Besides the classes, your participation in services, guilds, customized training and open offers make living and learning in Louisenlund special. I encourage you to discover yourselves.

If you want to commit yourselves to the school community beyond the average level, apply for an honorary post!

Take the opportunity to apply yourselves to experiences that define your personality, demonstrate your talent and promise fun and success. Enhance your strengths!

Also, I encourage you to try and discover new experiences. Act on stage, if you have never done before, learn how to sail or to play tennis, get involved in the students' enterprise LundAG or the fire brigade or debate heatedly at Debating Society. Challenge yourselves!

I would like to thank all our colleagues for contributing to the extra-curricular programme and for making holistic learning, achieving and living possible. My special thanks go to Mrs. Hau, who is, besides your mentors, your contact for everything concerning the extra-curricular programme and the IB CAS programme.

Have fun! Test yourselves! Discover your talents!



Dr. Peter Rösner
Headmaster Stiftung Louisenlund

Contact

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Extra-curricular programme of Louisenlund

The following pages give you an overview of our wide range of extra-curricular experiences.

The programme is divided into five categories:

1 Honorary post

These are tasks for students of Louisenlund who want to commit themselves for the school community beyond the average level. An honorary post requires a recommendation or an application and appointment.

2 Services

Students of Louisenlund should feel responsible and assume responsibility as well. Therefore, a service with regular attendance for at least one academic year is obligatory for every student.

3 Guilds

They help to discover and develop talents or enhance the students' profile. The guilds range from sports, art and music to business and politics. They need to be attended regularly for one academic year.

4 Customized training

The aim of customized training is to promote interests and talents or to minimize weaknesses individually. Time period and goal are clearly defined before the beginning of the training. Arising costs for customized training are charged separately.

5 Open offers

Depending on their mood, students can visit the open offers. Everyone is welcome. The students can discover themselves spontaneously and the participation is voluntary.

Selection of experiences

Every student selects a service (category 2). The attendance of additional guilds (category 3) depends on your grade level:

grade	selection
5 th - 8 th grade:	<ul style="list-style-type: none">• 1 service: Firework, Rabbit & Co., Woods and Garden• 1 Tuesday-guild: Art, Model Making, Sewing, Pottery optional: <ul style="list-style-type: none">• 1 Thursday-guild: Golf, Tennis, Horse riding, Chess, Sailing, Self-defense, Drama
9 th - 12 th grade:	<ul style="list-style-type: none">• 1 service• 2 guilds which focus on activity or creativity
STEM – classes:	<ul style="list-style-type: none">• 1 service

If you want to visit more experiences, you need to contact me. I will consult with the head of your grade to make sure, that you still would have sufficient time for the preparation and follow-up of classes and will inform you about his or her decision.

If you want to make benefit from customized training (category 4) such as instrumental lessons, tutoring or talent promotion, you need to sign up for it. You are always welcome to visit the open offers (category 5).

Election procedure

At the „Gildenmarkt“ (guilds market) on 15.08.2019 from 14 to 16, all experiences are presented. This gives you the opportunity to inform yourself about the content of the experiences and when and where they take place. In addition, you receive the link for the online election to select your experiences. Please ask your mentor for advice in case you are not sure. If too many students select a specific experience, the places will be assigned to students according to the “first come, first served” principle. I will inform about the details in time.

If you come to Louisenlund at a later time of the academic year, contact me and I inform you about our extra-curricular programme and the CAS programme (if you're an IB student) and you select your experiences.

Enjoy engaging in the experiences!

Petra Hau



IB CAS Programme in Louisenlund

Why CAS?

Because you are more than just a grade average. CAS is intended to move you out of the academic arena and help you learn through life experiences. Yes, as an IB student, we know you are involved in many interesting activities. What we are asking you to do now is consider how these activities enhance your personal development.

So, for you as an IB Diploma Programme student, the extracurricular experiences of Louisenlund are even more important, because CAS is in the heart of the IB and is a requirement for successful completion of the IB Diploma Programme. **The three strands of CAS are:**

- | | |
|---------------------|---|
| C Creativity | exploring and extending ideas leading to an original or interpretive product of performance |
| A Activity | physical exertion contributing to a healthy lifestyle |
| S Service | collaborative and reciprocal engagement with the community in response to an authentic need |

CAS requirements

- engaged in experiences for at least 18 months
- regular attendance of experiences on a weekly basis
- CAS project of at least one month's duration undertaken, using the CAS stages: investigation, preparation, action, reflection, demonstration
- all seven CAS learning outcomes achieved
 1. Identify own strengths and develop areas for growth
 2. Demonstrate that challenges have been undertaken, developing new skills in the process
 3. Demonstrate how to initiate and plan a CAS experience
 4. Show commitment to and perseverance in CAS experiences
 5. Demonstrate the skills and recognize the benefits of working collaboratively
 6. Demonstrate engagement with issues of global significance
 7. Recognize and consider the ethics of choices and actions
- maintained and completed a CAS portfolio as evidence of engagement with CAS
- at least three formal documented interviews with CAS coordinator

Selection of CAS experiences

You select 3 experiences:

- 1 creativity
- 1 activity
- 1 service

to make sure that there is a reasonable balance between the 3 strands of CAS.

CAS project

In addition, you initiate a CAS project of at least one month's duration. A CAS project is a collaborative, well-considered series of sequential CAS experiences. It can address any single strand of CAS, or combine two or all three strands. Make sure to use the CAS stages as a framework for implementation.

CAS portfolio

You document your CAS experiences, noting in particular your reflections. Its extent should match the significance and depth of your involvement in the particular activity (there's no point in writing lengthy accounts about routine experiences). It must give the information what happened, why it happened, how it happened, what its value was, and what you have learned from it. For each experience/project, you show evidence of one or more of the 7 learning outcomes. Evidence may include, but is not limited to, the following: digital media (photographs, film/video, audio recordings, blogs, web pages), printed media (correspondence, published articles, posters, booklets) and physical objects.

CAS handbook

At the beginning of the school year during the IB Orientation Days, I will give you a hard copy of the CAS handbook of Stiftung Louisenlund containing all the details you have to know about the CAS programme. In addition, there is a pdf-version of the CAS handbook on Managebac which will give you access from anywhere at any time.

*"...if you believe in something,
you must not just think or talk or write,
but must act."*

(Peterson 2003)

HONORARY POSTS

EVENT GUILD

10th - 12th grade

The members help to plan festivities and other events, assisting the organisers with the tasks.

Mrs. Martina Kock and Mrs. Bettina von Barga

- Focus: service
- Places: 10
- Costs: none

HOFSTOP - STUDENT ENTERPRISE

7th - 8th grade

Would you like to run a kiosk in the Meiereikeller with everyday products? Your activities range from sales, creating shopping lists, designing posters and other advertising material to bookkeeping and cash accounting. Hofstop needs you as an all-round talent!

Mrs. Petra Hau

- Focus: service
- Places: 8
- Costs: none

GYM SUPERVISOR

10th - 12th grade

After an introduction training, the members perform their supervisory role independently and reliably and provide students with specialist assistance to assure training success and to avoid overstress, misload and injuries.

Mr. Heimo Braun

- Focus: service
- Places: 20
- Costs: none

INTERACT-CLUB

9th - 12th grade

„Service above self“ describes the main attitude of the Interact-Club Louisenlund. It supports regional and international service projects (e.g. in Russia and Rwanda). Members get engaged in the Christmas market, the 24-hours-run and organise fundraising. Club meetings are every second week. The club is represented by the presidential board consisting of students of Louisenlund. The sponsoring club is the Rotary-Club Schleswig.

Dr. Peter Rösner

- Focus: service
- Places: 10
- Costs: none

KONFI-ASSISTANT

9th - 12th grade

You accompany the confirmees group during the activities such as confirmation class, confirmation weekends and confirmation and are a role model and contact person for the “Konfis”. You will develop pedagogical and didactic skills, develop your leadership qualities and sharpen your own (religious) points of view.

Mr. Heiko van der Lip

- Focus: service
- Places: 2
- Costs: none

LUNDBUS DRIVER

11th - 12th grade

The members offer transport services for necessary tours by vehicles of Stiftung Louisenlund. Absolute precondition is of course a valid driving license class B. The members participate in a safety training and other regular trainings. Cleaning and maintenance of the buses is also part of this. Note: Suitable students can join the guild with the permission of the school senior management only.

Mr. Wolfgang Tirs and Mr. Andreas Mohr

- Focus: service
- Places: 15
- Costs: none

ROUND SQUARE COMMITTEE

9th - 12th grade

It's the members' responsibility to make students and staff of Louisenlund aware of the RS IDEALS. They intensively take care of the well-being of international students and exchange students. In addition, they organize fundraising activities. They discuss decisions regarding the attendance of RS events.

Mrs. Catherine Donovan

- Focus: service
- Places: 10
- Costs: none

„SCHÜLERHAUS” TEAM

11th grade

You are responsible for ordering drinks and organizing the “Schülerhaus”. You will also be responsible for planning the work schedule, preparing “Schülerhaus”, working as barkeepers and cleaning up after the party. You can demonstrate your creativity by hosting theme parties.

Mr. Gernot Geest and Mr. Nicolas Baron

- Focus: service
- Places: 3
- Costs: none

STUDENT COUNCIL

9th - 12th grade

The student council is the executive authority of the student body and represents it on official occasions. The members are jointly responsible for the development of “living, learning and achieving” in close cooperation with the school senior management. They organise activities e.g. sporting events independently and they are involved in all disciplinary measures. In addition, they represent the voting rights of the student body within the Louisenlunder conference. The members are elected as a team by the student body.

Dr. Peter Rösner

- Focus: service
- Costs: none

STUDENT PARLIAMENT

9th - 12th grade

The student parliament is the legislative authority of the student body. The members are jointly responsible for the development of “living, learning and achieving” in close cooperation with the school senior management. They monitor the student council and articulate the interests of the student body. In addition, they represent the voting rights of the student body within the Louisenlunder conference. The members are elected by the student body.

Dr. Peter Rösner

- Focus: service
- Costs: none

TEAROOM HOF

8th grade

The members of the Tearoom organise dance evenings and parties at the Hof, including the Niko Ball and the summer party. The team promotes the events with self-designed posters, decorates the venue nicely, and designs, produces and sells the tickets for these parties.

Mrs. Charlotte Fuse

- Focus: service
- Places: 6
- Costs: none

WELCOMING GUILD HOF

7th - 9th grade

The members present the junior school „Hof“ and its history and facilities to visitors. They meet for research workshops, undertake rhetorical and methodical training, visit the historical sites in the surroundings and prepare presentations on historical and regional topics, in order to carry out high quality guided tours. Since the students will be excused from classes during the duration of the guided tour, this guild is only suitable for students who always complete school work independently.

Mrs. Anna Pollex

- Focus: service
- Places: 10
- Costs: none

WELCOMING GUILD SCHLOSS

10th - 12th grade

The members guide visitors and other guests around the school campus, to show them Louisenlund and its peculiarities.

Mrs. Sigrid Redlefsen

- Focus: service
- Places: 15
- Costs: none

CARE OF THE ELDERLY

9th – 12th grade

The members visit a nursery home once a week and take care of the elderly. They talk with them, keep them company, play board games, take walks, read stories to them and help them to carry out everyday things like eating and drinking. Thus, they assume responsibility, demonstrate social commitment and develop a sense of community.

Mrs. Jule Braun

- Focus: service
- Places: 8
- Costs: none

SERVICES

BEE GUILD

9th - 12th grade

The members learn the principles of beekeeping: breeding of new bee colonies, protecting their health and processing of honey and wax. During winter time, they maintain the equipment and prepare it for the next season. In spring, they start working on the bee colonies. They also look at nectar, the feed of the bees. In addition, they study other pollinating insects and address human relevance.

Mrs. Arus Kirakosjan

- Focus: service and creativity
- Places: 10
- Costs: none

DRAMA SCHLOSS

9th – 12th grade

Being someone else, working on a role and telling a story with others - if you're interested, you should join the drama guild. We produce a play from the reading rehearsal to the performances and work on body awareness, breath, voice, stage presence, group interaction, improvisation, requisite management and making use of the space.

Mrs. Susanne Berg and Dr. Helmut Mauch

- Focus: service and creativity
- Places: 18 actors and 1 – 2 sound engineers
- Costs: approx. 200,- € for the rehearsal trip to Kollund and approx. 10€ for the script

FIRE BRIGADE

9th - 12th grade

The members gain basic knowledge on firefighting functions and on how to use the devices and equipment. It is very important, that the team achieves a joint result, avoids taking unnecessary risks and quickly recognizes hazards, provides assistance and applies its knowledge. The members have the option to acquire the fire worker fitness badge or to participate in the training "Truppmann Teil 1".

Mr. Stephan Koch

- Focus: service
- Places: 25
- Costs: none

FIREWORKS

5th - 8th grade

Fireworks is a combination of fire brigade and THW (Technical Emergency Service) for the junior school. This gives them the opportunity to get familiar with the tasks and to get prepared for these services. The members learn some basic technical skills and how to lead a team. They have the option to acquire the THW youth achievement badge and participate in a first aid training.

Mr. Wolfgang Tirs

- Focus: service
- Places: 20
- Costs: none

FIRST RESPONDER

9th - 12th grade

The members participate in a first aid training and emergency care. They learn rescue procedures and through exercises, they will be prepared for an emergency. After this initial training, they are present at events in Louisenlund to help in the case of an accident. Because of the collaboration with the German Red Cross Eckernförde, the members can carry out medical services outside Louisenlund as well.

Mrs. Jördis Tirs

- Focus: service
- Places: 20
- Costs: none

GERMAN LIFE GUARD ASSOCIATION

9th - 12th grade

The members learn the principles of beekeeping: breeding of new bee colonies, protecting their health and processing of honey and wax. During winter time, they maintain the equipment and prepare it for the next season. In spring, they start working on the bee colonies. They also look at nectar, the feed of the bees. In addition, they study other pollinating insects and address human relevance.

Mr. Wolfgang Tirs

- Focus: service
- Places: 20
- Costs: 35 € per academic year

HOMWORK TUTORING FLECKEBY

9th - 12th grade

The members help outside Louisenlund and tutor students of the primary school in Fleckeby. They need to be reliable and independent in fulfilling their weekly duties. They help the students to structure and organize their homework and motivate them.

Mrs. Melisa Kos

- Focus: service
- Places: 8
- Costs: none

LIBRARY

9th - 12th grade

You like books and are interested in organising, using and running a library? Then the library guild is the right place for you. Here you will acquire a basic knowledge of library work and skills that are extremely helpful for the Abitur and for every course of study: the handling of research literature, encyclopaedias, online catalogues, etc. Our „research objects“ are Louisenlunder topics from the past and present.

Dr. Eva Witzel

- Focus: service
- Places: 10
- Costs: none

LUND SINGERS

9th - 12th grade

It's a well-known scientific fact that singing in a choir promotes happiness and well-being. It is also fun! Come join the Lund Singers and explore the world of music through vocal harmonies. No experience necessary, just a willingness to learn.

Mrs. Karen Niedermeyer

- Focus: service and creativity
- Places: 50
- Costs: none

LUND AG – STUDENT ENTERPRISE

9th - 12th grade

Are you creative and do you enjoy designing products with the logo of Louisenlund? Are you a hidden marketing talent? Do you like to calculate the cash flow or other ratios? Do you have leadership qualities and want to prepare yourself for a board position at LundAG? Then become an entrepreneur as a member of the successful student enterprise with its own online shop: www.lundshop.eu

Note: To join LundAG, you need to submit a motivation letter first.

Mrs. Petra Hau

- Focus: service and creativity
- Places: 20
- Costs: none

LUNDBAND

9th - 12th grade

The Lundband needs fresh blood! Do you already play guitar, bass, drums, piano? Or do you like singing? Then, the Lundband needs you for the ultimate restart! Breathe new life into it, have fun writing OWN SONGS and look forward to the deafening cheers from the audience at your gigs.

Mr. Christian Otte

- Focus: service and creativity
- Places: 7
- Costs: none

MEDIA GUILD

9th - 12th grade

Are you a passionate photographer or movie maker or do you want to become one? Then the media guild is the right place for you. You will learn the basics of photo and film technology as well as the common software and create videos and photos for our website, our yearbook or marketing activities.

Note: To join the Media Guild, you need to submit a motivation letter first and to bring your own camera.

Mr. Sven Meier and Mr. Daniel Hoth

- Focus: service and creativity
- Places: 10
- Costs: course fee and material approx. 200 €

NURSING HOME „KLAPPSCHAU“

9th - 12th grade

You build a personal relationship with the residents of the residential and nursing home „Levslund“ for physically and mentally disabled people. You take walks, play board games, do handicrafts and read the newspaper or other stories. You will also get familiar with basic nursing activities such as support in standing up and sitting down and the use of walking aids, rollators and wheelchairs.

Herr Gernot Geest

- Focus: service
- Places: 8
- Costs: none

ORCHESTRA

7th - 12th grade

Join the orchestra! If you enjoy making music together and would like to meet new friends, then come and join the orchestra. We play exciting pieces from classical and romantic music, but also modern film music such as Star Wars or Harry Potter. Next year there will also be two orchestra excursions. No matter if you are a beginner or a Mini-Mozart - we are looking forward to you!

Mr. Jan-Patrick Faatz

- Focus: service and creativity
- Places: 50
- Costs: none; only costs of excursions

RABBIT AND CO

5th - 12th grade

There is a little farm with sheep, rabbits, guinea pigs, chickens and alpacas at the junior school of Louisenlund. The members take care of the animals in an appropriate manner. They have direct animal contact with all their senses and learn the proper care of animals, behaviour and use. This fosters the empathetic capacity and the visual perception.

Equipment: please bring your own work clothes and gloves.

Mrs. Stefanie Busch

- Focus: service
- Places: 35
- Costs: none

RWANDA GUILD

10th - 12th grade (no newcomers from 12th grade)

It's all about coffee - and development aid: We import coffee from Rwanda, roast and sell it for a good cause. The Rwanda Guild is a real small start-up: You experience coffee roasting in practice, but also fund raising, bookkeeping, press talks, project lectures - and make the world a little better: With the profit we support a village school for Rwanda's poorest children: www.louisenlunder.de

Mr. Hauke Nagel

- Focus: service
- Places: 12
- Costs: none

STUDENT CAFÉ OSCAR'S

10th – 12th grade

You organize the student café „Oscar's“ independently and take responsibility for the premises and equipment. The tasks vary from planning the food and beverages selection, organising the shifts, serving customers properly to the interior design of the café. Of course, customer-friendly service is of top priority.

Mr. Nicolas Baron and Mr. Gernot Geest

- Focus: service
- Places: 20
- Costs: none

SUMMERCAMP GUILD

10th – 12th grade

Apply as a teamer for the summer camp and create for approx. 60 children a great time in Louisenlund! You will supervise the participants in the houses, offer courses like drama, model building, sailing or tennis together with the other supervisors and bring your own strengths and interests. We are also looking for camp supervisors on other occasions, such as the research camp for primary school children.

Note: You must be available in the first two weeks of the summer holiday 2020 (28.06.-11.07.2020).

Mrs. Rosemarie Tyllack

- Focus: service
- Places: 10
- Costs: none

TECHNICAL EMERGENCY SERVICE

9th – 12th grade

The Technical Emergency Service Louisenlund helps in case of a regional and national emergency. The members obtain a sound technical training and enhance their social skills. They learn to assume responsibility for others in case of an emergency. Thus, they get introduced to voluntary commitment.

Mr. Wolfgang Tirs

- Focus: service
- Places: 30
- Costs: none

WOODS AND GARDEN GUILD

5th – 8th grade

We will create and cultivate a small garden at the Hof. The products will then be used in the kitchen at the Hof and in our own forest kitchen. We also do classic forestry work, learn how to behave in the forest and make a hut or fire. An overnight stay in the forest is planned!

Mr. Marvin Hofbauer and Mr. Leif to Baben

- Focus: service
- Places: 20
- Costs: none

GUILDS

TRACKER

9th – 12th grade

Are you are interested in history? Do you suspect that Louisenlund is a very special place? Why is there an obelisk above the running track? What happened in Louisenlund before the boarding school was founded? With the “trackers” you will explore Louisenlund’s history, learn historiographical working methods - and preserve important places on the campus. The goal: to make our Louisenlund an exclusive experience for interested cultural tourists.

Dr. Eva Witzel

- Focus: service
- Places: 15
- Costs: none

ART

5th - 12th grade

The members can discover their individual artistic language and express relevant topics and questions non-verbally. This way they learn how to implement an abstract idea with the help of an adequate artistic format. The members choose their topics independently and will be advised on the choices of techniques and options of implementation.

Mr. Franck Blady

- Focus: creativity
- Places: 30
- Costs: none

BASEBALL

10th - 12th grade

You have arms like Tim Wiese, eyes like an eagle, you are fast like Usain Bolt and throw like Robert Harting?! With us you will learn the basics of baseball in theory and practice. Baseball is a game that appeals to all your abilities and skills. Hit the ball downtown, make a grand slam and move your team forward during the 9 innings.

Mr. Tim Lankau

- Focus: activity
- Places: 20
- Costs: none

BASKETBALL

10th - 12th grade

You are familiar with the terms „assist“, „rebound“, „knock out“ and „buzzer beater“?! Then join the basketball team. We are students of all levels and enjoy playing with the red balls. After a short warm-up, the main part of the training consists of the game. In February, we participate in an international tournament in Herlufsholm (DK).

Mr. Manfred Weißer

- Focus: activity
- Places: 15
- Costs: none

BIOTECHNOLOGY

9th - 12th grade

You can initiate and work on biotechnological projects – some in collaboration with universities and research institutes. Your projects are at the interface between technology and life sciences and can be important for medicine, renewable energies, agricultural and food-technological processes, such as antibodies from plant cell cultures for immunotherapies of tumors.

Dr. Uwe Bertsch

- Focus: creativity and service (under certain conditions)
- Places: 10
- Costs: none

CHESS CLUB

5th - 12th grade

Do you want to learn how to play chess? Or do you already play chess and want to improve your tactics by good opening moves and endgame techniques? Chess is the best brain jogging ever: it helps you to develop your ability to concentrate, to make clever decisions and to think strategically - and of course it is a lot of fun!

Mr. Mike Bunke

- Focus: creativity
- Places: 20
- Costs: none

DEBATING SOCIETY

9th - 12th grade

By debating current events and timeless topics in a classical Anglo-Saxon format, alternating between the German and English languages, you will experience a fusion of things modern and traditional. You will learn classical, rhetorical techniques and the basics of parliamentary debating procedure. Additionally, you will work to improve your presentation skills, thereby gaining confidence in public speaking.

Mr. Damien Vassallo

- Focus: creativity
- Places: 30
- Costs: none

DRAMA HOF

5th - 8th grade

Whether vivacious or calm, playful or serious - drama Hof is looking for YOU! With full physical effort, improvisations, exercises for voice training and dance elements we discover YOUR special talent. We develop a play and perform it. Bye, boredom! Welcome, creativity!

Dr. Irina Merten

- Focus: creativity
- Places: 18
- Costs: possibly 50 - 80 € for costumes in your size

DUKE OF EDINBURGH AWARD

9th - 12th grade

Are you adventurous, would you like to find yourself and develop your personal interests? Then this is the right place for you, because „you can do more than you believe!“ You will learn how to plan expeditions, discover your talents and do something meaningful for the community. At the end of a successful year, you complete the program with an internationally recognized award.

Mrs. Vanessa Heise

- Focus: activity
- Places: 15
- Costs: none; only costs of excursion

FLAG FOOTBALL

10th - 12th grade

Are you up for flag football? The sport originated in American football has the special feature that the defense player stops the offense player in possession of the ball by pulling a flag out of his belt instead of bringing him to the ground with body contact through a tackle. Mixed teams are allowed.

Mr. Stephan Reinhold

- Focus: activity
- Places: 20
- Costs: none

GOLF HOF AND SCHLOSS

5th - 12th grade

The golf guild is not only for active golfers, but also for all those who are interested in golf and want to try it out. The aim is to improve your general sporting and coordination skills and to take your game to a new level. Bring your complete golf equipment, if available, but you can also borrow high quality equipment.

Mr. Asmus Lembke

- Focus: activity
- Places: 30
- Costs: 250 € course fee per semester; discounted green fee for students or club membership

HIP HOP

9th - 12th grade

After warming- up, the members learn and practice different hip-hop moves and styles and interpret music through motion. In addition, they dance joint choreographies. Important skills are strength, stamina, coordination and perfect body control.

Ms. Natalie Jarzombek

- Focus: activity
- Places: 20
- Costs: none

HOCKEY HOF

5th - 8th grade

The members start with preparatory training for players of all levels covering technique, tactics and physical fitness, necessary for competitions and friendly matches. In addition, they have position-specific training to learn the rules of the game.

Note: In the beginning, equipment can be provided; afterwards, it should be purchased.

Mr. Darko Kos

- Focus: activity
- Places: 20
- Costs: none

HOCKEY SCHLOSS BOYS

9th - 12th grade

The members start with preparatory training for players of all levels covering technique, tactics and physical fitness, necessary for competitions and friendly matches. In addition, they have position-specific training to learn the rules of the game. The focus is always on the team spirit.

Note: Please bring your own equipment (indoor and outdoor hockey sticks, shin guard, indoor gloves, mouthguard).

Mr. Heimo Braun

- Focus: activity
- Places: 40
- Costs: none

HOCKEY SCHLOSS GIRLS

9th - 12th grade

The members play on the sports field during summer time and in the sports hall of tournament size during winter time. Hockey is a team sport and thus, it connects people and gives the members the opportunity to compete with others and strengthen skills. In addition, it is technically and tactically demanding. The members play against other local teams and participate in tournaments.

Note: In the beginning, equipment can be provided; afterwards, it should be purchased.

Mrs. Jule Braun

- Focus: activity
- Places: 45
- Costs: none

HORSE RIDING

5th - 8th grade

Do you love horses and horse riding more than anything? Riding is something very special! Learn how to ride and how to handle horses. We drive together to the riding lesson at the Kastanienhof in Steinfeld.

Mrs. Marieke Junge

- Focus: activity
- Places: 8
- Costs: TBA

MATH CIRCLE

9th - 12th grade

The math circle brings together students and teachers in an informal setting to explore interesting problems and topics in mathematics and related fields. These topics occur adjacent to normal mathematics curriculum and usually assume almost no background. Our main goal is to create a sense of excitement and wonder through problem-solving and interactive exploration.

Mr. Pat Jennings

- Focus: creativity
- Places: 10
- Costs: none

MODEL MAKING

5th - 9th grade

The members are interested in technical model making, have patience and a sense of precision and attention to details. They make remote controlled cars and planes with the help of assembly kits or plans. They learn how to handle different materials and adhesives, to paint and of course how to fly and drive the models. During winter time, the members can fly and drive their models in the sports hall every 2 – 3 weeks.

Mr. Matthias Bergmann

- Focus: activity
- Places: 20
- Costs: 200 – 400 €, depending on the model

MOTOR VEHICLE GUILD

10th - 12th grade

The members are generally interested in technology and fix cars and motor bikes. In addition, two karts are available for use by the members. The members can also bring own vehicles, if we can manage the project.

Mr. Matthias Bergmann

- Focus: creativity
- Places: 8
- Costs: none

POLITICS GUILD

10th - 12th grade

The members address political issues and increase awareness of political processes and decisions. They participate in events such as Model United Nations and other simulations – partly in English and partly in German. In addition, the members get the chance to talk with top politicians and other interesting personalities.

Dr. Alexander Lorch

- Focus: creativity
- Places: 30
- Costs: none

POTTERY

5th - 12th grade

The members learn how to build objects with clay and to work on the potter's wheel. Soon they start to realize their own ideas and designs and decorate with glazes. They create vessels, clay figures, reliefs and non-functional artworks. Kneading clay fosters sensitivity, improves patience, diligence and frustration tolerance by realizing and accepting the rules of earth and fire.

Mrs. Susanne Kallenbach

- Focus: creativity
- Places: 24
- Costs: none

RACE BETWEEN THE SEAS

9th - 12th grade

The members are preparing together for the “race between the seas 2020” to break the 8-hour bench mark. Contents of the guild are the strengthening of the basic endurance as well as speed and interval runs. Stabilizing and stretching exercises will also play a major role.

Mr. Tim Lankau

- Focus: activity
- Places: 15
- Costs: none

SAILING – FOCUS CUTTER

9th - 12th grade

The cutter crew consists of 9 people. Apart from the sailing capabilities, it fosters the social competence and the sense of responsibility. They sail on the Schlei, but also undertake sailing cruises around the Danish islands and participate in the “Kieler Woche” regatta.

Note: swimming badge is required.

Equipment: please bring rain pants, rain coat and rubber boots.

Mr. Claus-Matthias Clasen

- Focus: activity
- Places: 48
- Costs: none

SAILING – FOCUS DINGHY

5th - 12th grade

Various types of boats are available to the members. They enhance their skills and practice courses and manoeuvres in any wind condition. In addition, they look at racing rules, boat care, technical safety and shall receive an introduction to regatta sailing. The members have the option to acquire the sport sailing license (SPOSS).

Note: junior sailing license or proof of sailing experience required.

Equipment: please bring a neoprene suit and neoprene shoes, possibly dry suit.

Mr. Claus-Matthias Clasen

- Focus: activity
- Places: 24
- Costs: none

SELF-DEFENSE

5th - 8th grade

You want to do sports and learn how to defend yourself in emergencies? Then join this guild! First you will warm up intensively, because a fit body is essential for self-defense. Afterwards you will learn about pressure points on the body and simple techniques of self-defense, but also about the moral responsibility.

Dr. Steve Waitschat

- Focus: activity
- Places: 15
- Costs: none

SEWING AND FASHION DESIGN

9th - 12th grade

You will learn to make a finished garment from an idea. Starting from the basic idea as a drawing, you will learn measuring, basic knowledge of fabrics, pattern construction and cutting. With the help of tailor’s dummies, you will drape and pin fabrics, then you will sew the garment you have designed by hand and with sewing machine. You don’t need drawing talent!

Mrs. Maike Waitschat

- Focus: creativity
- Places: 8
- Costs: according to material used

SEWING AND TEXTILE UPCYCLING

5th - 12th grade

You have the opportunity to learn how to sew with a sewing machine and by hand. You repair, decorate or finish something new. Besides sewing, there is the possibility to embroider, print, paint or felt something. A special focus will be on upcycling so that you can creatively explore the value of resources.

Mrs. Maike Waitschat

- Focus: creativity
- Places: 8
- Costs: according to material used

SOCCER

9th - 12th grade

You want to play with other students from Louisenlund. No matter which level you are at, everyone who fancies kicking around is welcome. In the first part of the training we make smaller game forms and exercises in order to conclude in the second part the training with a match. Occasionally, we play test games against other teams from the neighbourhood.

Mr. Tim Lankau

- Focus: activity
- Places: 25
- Costs: none

TENNIS

5th - 12th grade

You can play tennis with qualified coaches in groups of approx. 4 people, depending on your level and performance. In the summer on our 4 clay courts, in the winter in the hall in Fleckeby, as beginner or as advanced tennis player, you will quickly be able to play or you will improve your playing strength through various forms of play, applications of methodology balls and equipment. If you are a competitive player, you can work out several times a week and receive further support through participation in league games and tournaments.

Equipment: please bring sportswear with tennis rackets and tennis shoes (for summer and winter (indoor shoes without profile)).

Mr. Kai Deißner

- Focus: activity
- Places: 60
- Costs: 250 € annual fee

THAIBOXING

10th - 12th grade

The members learn the basic skills of thaiboxing. The full body is used during thaiboxing. Thus, thaiboxers become physically fit, have high-speed strength, and they are agile. Willpower, endurance and discipline are the key factors in a successful training.

Equipment: please bring your sportswear.

Mr. Stefan Osterheld

- Focus: activity
- Places: 30
- Costs: 5 € for punch pad

YOGA

9th - 12th grade

Do you want to move and gain new experiences with yourself and your body? Then Yoga is just the right activity for you. Yoga helps you to relax and clear your mind. It promotes your mobility, strengthens your muscles and brings you into balance. You will get to know different yoga styles, partner acrobatics, dynamic movement sequences as well as meditation and relaxation techniques. Find yourself on your yoga path. Hope to see you on the mat.

Mrs. Jana-Marie Brandhorst

- Focus: activity
- Places: 30
- Costs: none

LEARNING – AND TALENT CENTRE

9th - 12th grade

If there is a need for a tutor or additional learning support, the learning centre provides students with tutors (teachers or students), based on a clearly defined objective and time frame.

The talent centre is available for very gifted students, to promote them beyond the boundaries of the classroom, for example through participation in “Jugend forscht” (youth science competition), “Jugend musiziert” (youth music competition, competitions in foreign languages, “Mathe für Starke” (maths competition).

Mr. Dirk Koroschetz

- Focus: creativity
- Costs: 1 € per minute for tutoring

CUSTOMIZED TRAINING

INSTRUMENTAL LESSONS

9th - 12th grade

Students can learn to play an instrument or receive singing lessons. Currently, we offer one-to-one lessons for piano, trumpet, violin, guitar and drums. If required, we provide students with teachers for other instruments or for singing as well.

Mr. Jan-Patrick Faatz

- Focus: creativity
- Costs: subject to agreement

LEARNING STUDIO

5th - 12th grade

The learning studio allows students to practice spelling skills, punctuation, reading and linguistic expression. Concentration, perseverance, patience, self-confidence and self-responsibility will be strengthened. Much emphasis is placed on ensuring that learning takes place in a familiar environment and relationship.

Mrs. Barbara Illert

- Focus: creativity
- Costs: one-to-one session 1 € per minute, group session 0,60 € per minute

OPEN OFFERS

ART STUDIO

9th - 12th grade

The art studio is open for students who want to do something creative and artistic. For details, please see information on “Kunst – Art”.

Mr. Franck Blady

- Focus: creativity
- Costs: none

FASHION STUDIO

9th - 12th grade

Besides the students who have chosen sewing as their guild and therefore participate regularly, you are also welcome if you would like to sew something for a specific occasion, for example. For details, please see information on “Nähen and Textilupcycling – Sewing and Textile Upcycling”.

Mrs. Maike Waitschat

- Focus: creativity
- Costs: according to material used

GYM

9th - 12th grade

The gym is open for fitness training and muscle training, supervised by qualified students.

Mr. Heimo Braun

- Focus: activity
- Costs: none

OPEN LABORATORY

9th - 12th grade

The laboratory is also open to you by appointment and in consultation if you are interested in carrying out an experiment. You also have the possibility to work on your own biological or chemical laboratory projects (e.g. „individual investigations“ or papers) in the open laboratory during the guild time under supervision.

Dr. Uwe Bertsch

- Focus: creativity
- Costs: none