



LOUISENLUND

LERNEN LEISTEN LEBEN



HONORARY POSTS

SERVICES

GUILDS

TRAINING

OPEN OFFERS

Außerunterrichtliches Programm
2020/2021

Dear students of Louisenlund,

this brochure will introduce you to the wide variety of extra-curricular experiences that will be available this academic year 2020/2021.

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

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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.

Corona measures

We have developed a concept for the coming school year to be able to run a boarding school and school for you continuously and reliably. The guild program must therefore be organized according to cohorts and inter-year guilds must be avoided. Therefore, the guilds will only be available for certain cohorts.

For the guild program we distinguish between different cohorts:

- Years 5 – 8
- Years 9 und E
- Years Q1 und Q2
- Years PreIB, IBY1, IBY2

Years Q1 and Q2 will have their guild afternoons on Mondays and Wednesdays, all other classes will have their guild afternoons on Tuesdays and Thursdays. In addition, Orchestra, Debating Society, and LundAG will be held in the evenings as inter-year guilds. Sailing, Rabbit and Co, Pottery, Tennis and Yoga will be offered on different dates for several age groups.

The school year is divided into 4 phases, and the guild program starts in the 3rd school week:

- 1st phase: 24.08. – 02.10.2020
- 2nd phase: 19.10. – 18.12.2020
- 3rd phase: 18.01. – 31.03.2021
- 4th phase: 19.04. – 18.06.2021

In order to allow for a greater variety, you will therefore only select services and guilds for one phase at a time in the coming school year. In this booklet you will find an overview of the honorary posts, services, guilds and individual activities. Changes may occur during the current school year.

Selection of experiences

Every student selects a service. The attendance of additional guilds depends on your grade level:

grade	selection
5 th - 8 th grade:	<ul style="list-style-type: none">• 1 service on Thursday• 1 guild on Tuesday optional: <ul style="list-style-type: none">• 1 guild on Thursday: Tennis, Sailing, Drama, Hockey Hof, Upcycling Handicrafts
9 th - 12 th grade:	<ul style="list-style-type: none">• 1 service• 1-2 guilds
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.

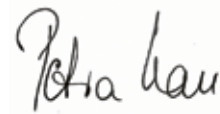
Election procedure

During the first two weeks of school you will be informed about the services and guilds and their content that are offered for your cohort. As a student of grades 5 - 8 you will receive the link for the online guild selection on 17.08.2020, as a student of grades 9 - 12 you will receive the link on 19.08.2020.

Please ask your mentor for advice in case you are not sure. Please note that a letter of motivation must be submitted for some guilds. 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 as soon as possible. Then I’m going to inform you about our extra-curricular programme and the CAS programme (if you’re an IB student) so that you can 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

GYM SUPERVISOR

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

KONFI-ASSISTANT

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

INTERACT-CLUB

„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.

Mr. Klaus Sälzer

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

LUNDBUS DRIVER

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

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

MEDIA GUILD

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. Daniel Hoth

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

„SCHÜLERHAUS” TEAM

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

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

STUDENT COUNCIL

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

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

WELCOMING GUILD SCHLOSS

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

Mrs. Kirsten Conradi

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

BEE GUILD

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. Raya Scholz

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

SERVICES

ACTION FOR FUTURE

Get involved with sustainability in a creative way, question your habits and learn about alternatives to thoughtless, waste-inducing consumption. For example, you can make your own natural cosmetics, collect wild herbs, cook sustainably, pour candles and try out simple but effective recycling ideas.

Mrs. Maike Waitschat

- Focus: service and creativity
- Places: 12
- Costs: depending on material used

CARE OF THE ELDERLY

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

CURATORS' GUILD

As a curator you are responsible for the selection of artworks in an exhibition, for the organisation, but also for exhibition catalogues and other publications. We want to look at, document and write about the artworks of all Louisenlund students. Together we want to create an art catalogue about the art works that are created in Louisenlund. In addition, the Curators' Guild manages Louisenlund's exhibition spaces, develops exhibition concepts and assists with exhibition set-ups.

Ms. Lena Kaapke

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

EVENT GUILD

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

Mrs. Bettina von Bargaen

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

FIRE BRIGADE

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

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 AID HOF

Here you learn basic knowledge and skills in first aid.

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

KUTTERSCHUPPEN GUILD

You will be responsible for the Kutterschuppen, the main learning space for IB students at Louisenlund. You check that everything is in order and coordinate with the caretaker. You will be responsible for the lounge area and supervise others who want to study in the Kutterschuppen outside studio time.

Mrs. Petra Hau

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

FIRST RESPONDER

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

LIBRARY

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

LIFEGUARD

The members improve their swimming style and technique and gain knowledge of lifesaving and rescue procedures in the swimming pool as well as in the open waters of the Schlei. The members supervise swimming during the summer season and other events. During the winter months, the members take the exam for the German lifesaving certificate (bronze, silver or gold).

Mr. Saimen Knuth

- Focus: service
- Places: 10
- Costs: 35€ per academic year

LUND AG • STUDENT ENTERPRISE

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

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

ORCHESTRA

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

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

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

ROUND SQUARE COMMITTEE

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: 12
- Costs: none

STUDENT CAFÉ OSCAR'S

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.

Mrs. Stefanie Busch

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

TEAROOM HOF

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. Gundi Lebendig

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

TRACKER

Are you 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

TECHNICAL EMERGENCY SERVICE

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

WELCOMING GUILD HOF

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.

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

ART AND PAINTING STUDIO

You like to draw or paint or would like to try out new things? Then come to the art and painting studio. We experiment with paint and pencil. You will get to know many different methods and techniques and you will be able to express yourself artistically in a very individual way. You will be supported in choosing and carrying out projects and themes you have chosen yourself.

Mrs. Zuzana Hlinakova

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

BASKETBALL

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).

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

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

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

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

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!

Ms. Dorothee Englert

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

DRAMA SCHLOSS

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.

Dr. Irina Merten and Mr. Matthias Jaschik (9/E) and Mr. Jan Patrick Faatz (Q1/Q2)

- Focus: creativity
- Places: 18 actors and 1 – 2 sound engineers
- Costs: none

FLAG FOOTBALL

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

GARDENING

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.

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

GOLF

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: 20
- Costs: 150€ training fee plus shuttle costs appr. 15€ per term.

In addition, students who obtain a license to play golf courses must become members of the golf club (annual membership fees 65€ up to 12 years, 175€ from 13 years). For students who only play on the driving range, no membership in the golf club is required.

HIP HOP

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

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

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

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

MODEL MAKING

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

MOTOR VEHICLE GUILD

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

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

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 (5-Q2) and Ms. Lena Kaapke (IB)

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

ROBOTICS

What are the most important components and how do robots work? How intelligent are robots really? Find out and design, construct and use robots!

Mr. Sven Dobbrunz

- Focus: creativity
- Places: 8
- Costs: TBA

RUNNING TRAINING

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

You can choose from different boat classes for dinghy sailing. You will improve your skills and practice courses and manoeuvres in any wind condition. Besides that, you will learn regatta skills, boat care and technical safety. The sports sailing licence (SPOSS) can be obtained. For cutter sailing, nine of you will be responsible for a cutter. Training is not only on the Schlei, but also on tours in the Danish islands and during the Kieler Woche Regatta. Equipment: Please bring a neoprene suit and neoprene shoes, possibly dry suit for dinghy sailing and rain pants, raincoat, rubber boots for cutter sailing.

Mrs. Anna Schweizer and Mrs. Andreas Schweizer

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

SOCCER

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 (Q1/Q2) and Mr. Fabian Müller (9/E/IB)

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

SWIMMING

Do you want to improve your swimming style and technique in the four disciplines used in competition: freestyle, back, chest and butterfly with the aim of becoming faster and stronger? Are you an early riser and like to swim early in the morning before school starts? Then join the swimming guild!

Mr. Tim Lankau

- Focus: activity
- Places: 8
- Costs: possible entrance fee for the swimming pool 3 - 4€ per visit

TENNIS

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

TEXTILE UPCYCLING

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

UPCYCLING HANDICRAFTS

From old to new! Instead of simply throwing old things away, give them a second life as your favourite. Let yourself be inspired by the many upcycling ideas!

Mrs. Maike Waitschat

- Focus: creativity
- Places: 12
- Costs: none

THAIBOXING

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

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

CUSTOMIZED TRAINING

INSTRUMENTAL LESSONS

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

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

LEARNING – AND TALENT CENTRE

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

GYM

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

Mr. Heimo Braun

- Focus: activity
- Costs: none