



LOUISENLUND

LERNEN LEISTEN LEBEN

HONORARY POSTS  
SERVICES  
GUILDS  
TRAINING  
OPEN OFFERS



Extra-curricular Experiences  
2021/2022

## **Contact**

Jule Braun

IBDP CAS Coordinator

Extra-curricular Programme Coordinator

[jule.braun@louisenlund.de](mailto:jule.braun@louisenlund.de)

Phone: 04354 999-581

## Dear students of Louisenlund,

this brochure will introduce you to the wide variety of extra-curricular experiences that will be available this academic year 2021/2022.

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. Braun, 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.

## Selection of experiences

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

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

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.

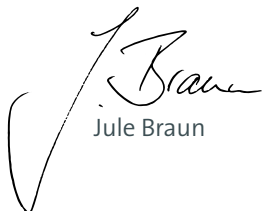
## Election procedure

During the first two weeks of school you will be informed about the services and guilds and their content which are offered for your cohort. As a student of grades 5 - 8 you will receive the link for the online guild selection in the first week of school 2021/2022, as a student of grades 9 - 12 you will receive the link in the second week of school.

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 guilds!



Jule Braun





# 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:**

<b>C Creativity</b>	exploring and extending ideas leading to an original or interpretive product of performance
<b>A Activity</b>	physical exertion contributing to a healthy lifestyle
<b>S Service</b>	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)

# IB Middle Years Programme: SA in Louisenlund

## Why Service as Action (SA)?

As an IB learner, you strive to be a caring member of the community who demonstrates a personal commitment to service, and acts to make a positive difference to the lives of others and to the environment.

IB World Schools value service with others as an important way to engage in principled action across a range of overlapping local and global communities. Through responsible action, tightly connected with sustained inquiry and critical reflection, young people and adults can develop the kinds of attributes described by the learner profile that are essential for success in future academic pursuits and for adult life.

## SA Learning Outcomes

### Through our engagement with service as action, you should:

- become more aware of your own strengths and areas for growth
- undertake challenges that develop new skills
- discuss, evaluate and plan student-initiated activities
- persevere in action
- work collaboratively with others
- develop international-mindedness through global engagement, multilingualism and intercultural understanding
- consider the ethical implications of your actions

## **Sports and Creativity**

As an IB Middle Years Programme student at Louisenlund, the most important part of your extra-curricular activities is service. However, since we at Louisenlund consider it very important to have a balance in addition to the everyday academic life, you also attend a sport and an experience focusing on creativity.

## **SA Portfolio**

You document your experiences, noting in particular your reflections, on Managebac. Its extent should match the significance and depth of your involvement in the particular activity. 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, 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.

## **SA Handbook**

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

# 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

## 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.

Dr. Peter Rösner

- Focus: service
- Places: 10
- 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

## 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 and creativity
- 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 / Year 11 only!
- 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 of the welcoming guild show potential new students around the Louisenlund campus together with their parents, thus giving them an insight into the daily routine and life in the Louisenlund community. Through their positive appearance and competent, friendly behaviour, they represent Louisenlund in an exemplary manner. At the beginning of the year, the guild meets to prepare the schedule of tours. The tours are distributed throughout the year in individual consultation with the members of the guild. **Note:** To join the welcoming guild, you need to submit a motivation letter first.

Mrs. Kirsten Conradi and Mrs. Rosemarie Tyllack

- Focus: service
- Places: 10 per cohort
- 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

## 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

## 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

## 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 RESPONDER

Members complete an extended first aid course and are trained and educated like paramedics. They learn rescue procedures and are prepared for emergencies with practical exercises. Trained first responders accompany school events in Louisenlund and take over the school first aid service and the take care of the emergency telephone. Members who have attended the guild consistently for one school year receive the first aid certificate.

Mrs. Jördis Tirs

- Focus: service
- Places: 30, divided into 2 groups
- Costs: none

## FOREST GUILD

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. Gernot Geest

- Focus: service, creativity or activity
- Places: 6
- Costs: 80€ for work clothes

## HOMEWORK TUTORING

For the mini-lunders from primary school, it is always nice when they can spend time with the older students. They always look forward to learning together, and if there is still time left, they are thrilled when they can still play with the older ones. Learning together can create friendships, which is also a goal of the guild. Through the guilds, the older students are a role model and contact person for the younger ones.

Mrs. Melisa Kos

- Focus: service
- Places: 6
- 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, clean up and coordinate with the caretaker. You also look after the lounge area, decorate the Kutterschuppen and help to constantly expand the range of offers in the Kutterschuppen.

Mrs. Petra Hau

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

## LIFEGUARD

The members improve their swimming style, technique, distance diving 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. The members complete a first aid course and can take the exam for the German lifesaving certificate (silver).

Mr. Saimen Knuth

- Focus: service
- Places: 16 (2 groups with 8 students) +15 years
- Costs: 18€ plus cost for first aid course

## LUND SINGERS

After a long dry stretch of singing, we will finally be able to dust off our vocal chords and sing together again. No previous musical knowledge is necessary for participation, just a willingness to learn and fun with singing!

Mr. Marvin Harms

- Focus: creativity
- Places: 50
- 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

## NURSING HOME „KLAPPSCHAU“

The members build personal relationships with residents of the nursing home “Levslund” for physically and mentally disabled people. They take them for a walk, play board games or table tennis and read the newspaper or stories to them. In addition, they get familiar with basic nursing activities such as support in standing up, sitting and putting into a wheelchair, use of walking aids, rollators and wheelchairs.

Mr. Gernot Geest

- Focus: service
- Places: 8
- 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

## 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

## 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 entrepreneurial practice, 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](http://www.louisenlunder.de) - and if Covid-19 lets us, we'll go there again in spring 2022.

Mr. Hauke Nagel

- Focus: service
- Places: 10
- 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

## 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](http://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

## 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. In addition, they sell candy and soft drinks.

Mrs. Charlotte Fuse

- Focus: service
- Places: 8
- 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

## 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).

Mr. Tim Lankau

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

## BIOTECHNOLOGY

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
- 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. Dan Möller

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

## CLUB OF CHEEKY, SMART STUDENTS

Funny or boring? Clever or foolish? This is the question. Together we prepare a funny, witty theatre competition during the school year, which we then perform in front of an audience. In the theatre competition, two different teams compete against each other with improvisations on given topics or on pre-prepared scenes with unusual answers to the questions posed. What to expect: A theatre competition with stories, singing and dancing funny questions and answers. Yes, the keyword for everything should be funny. But during the preparation time we will first find out together what is really funny for us!

Mrs. Liliya Gärtner

- Focus: creativity
- Places: 18
- Costs: none

## DANCE/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

## 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!

Dr. Irina Merten

- Focus: creativity
- Places: 12
- 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.

Mr. Jan Patrick Faatz and Mr. Matthias Jaschik

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

## ENTREPRENEURSHIP

Develop an entrepreneurial mindset to be able to identify or generate opportunities and innovate to realise them. The guild combines theory and practice: acquire the necessary basic business management knowledge, talk to experts and mentors with start-up experience and work on your own projects from brainstorming to prototyping to pitching - and convince potential investors of your idea!

Mrs. Petra Hau

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

## E-SPORTS GUILD

Through competitive competition in computer games, students have the opportunity to demonstrate their gaming and communication skills. In addition, the students deal with various strategies and tactics. In doing so, they analyse the games of professional gamers and reflect on their own development, but the focus is on having fun while playing.

Artem Udovenko and Dr. Christian Drews

- Focus: creativity
- Places: 20 (10-League of Legends, 10 - FIFA)
- Costs: none - for League of Legends, the players use their own laptops.

## GARDENING/AGROFORESTRY

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.

Mr. Filip Singendonk and Mr. Dan Möller

- 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.

## 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 their own motor bikes. Whether it is a moped or motor bike, the aim is to create a fit-to-ride vehicle.

Mr. Matthias Bergmann

- Focus: creativity
- Places: 5
- Costs: individual for spare parts

## PARK ARCHAEOLOGY

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.

N.N.

- Focus: creativity
- Places: 15
- Costs: none

## PEN & PAPER GUILD

Immerse yourself in the fantastic world of Aventuria, home to countless adventures of the fantasy role-playing game called DSA (“The Black Eye”). Slip into the role of a self-created character and experience exciting stories, make momentous decisions and master challenging battles together with your companions. The only prerequisite for participation is a vivid imagination (and the ability to roll a dice). Because the essence of pen & paper role-play is that the plot emerges through your creative interaction (in the role of your character) with the narrative of the game master.

Mr. Marvin Harms

- Focus: creativity
- Places: 5-7
- Costs: none

## POLITICS GUILD

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

Dr. Alexander Lorch

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

## POTTERY

Members are introduced to the techniques of free composition, modelling and working on the potter's wheel. Their own ideas can be realised and decorated, creating bowls, figures and reliefs, jewellery and fantasy objects. Working with clay trains precise vision and manual craftsmanship, stimulates creativity and is relaxing at the same time. The oven solidifies the objects, refines them with colour and glaze, and makes them permanently durable and usable. What to bring: Patience, ideas, insensitive clothing and short fingernails.

Mrs. Susanne Kallenbach (5-Q2) and Ms. Lena Kaapke (IB)

- Focus: creativity
- Places: 35
- 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



## SOCCKER HOF

If you feel like moving and kicking the ball, soccer is the right choice for you. You will have fun learning the most important techniques and rules of soccer. Of course, playing the game is not to be missed out on.

Anton von Hardenberg and Ms. Sarah Rawe

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

## STOP MOTION ANIMATION

Create your own animated films using the stop-motion technique. Breathe life into your drawings, silhouettes, Lego models or play dough figures and learn everything about the filmmaking process - from storyboard to post-production. The thematic introduction takes place via the flip book - later you photograph your individual scenes and digitally compile them into a small film narrative.

Dr. Eva Witzel

- Focus: creativity
- Places: 10
- Costs: according to material used

## 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

## 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

## YOGA-KIDS-CIRCUS

Clear the ring for skill and imagination. In your guild, you learn different circus arts and strengthen your body through yoga and acrobatics. Discover new talents and try yourself out. In yoga you can expand your mindfulness and come to peace. In juggling, on the balance board and in gymnastics and partner acrobatics, you can increase your coordination, concentration and strength. The Yoga-Kids-Circus guild is waiting for you with fun and games and lots of movement. On your marks, get set, go ....

Mrs. Jana-Marie Brandhorst

- Focus: activity
- Places: 10
- Costs: none

## 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 – 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).

Mrs. Stefanie Sommariva

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

## 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

### GYM

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

Mr. Heimo Braun

- Focus: activity
- Costs: none

