

TWO MAGNIFICENT DAYS IN TROU AUX BICHES

3-5 DECEMBER 2020



SECTION INTERNATIONALE AND SECTION EUROPÉENNE
LE PALMISTE RESORT AND SPA
PAREESH / DAVID / RONAN / JUDITH 2H

ENRICHING WORKSHOPS



AN EARLY DEPARTURE

On Thursday the 3rd of December, we arrived at the lycée as usual with everything we needed for the following days, packed in bags and suitcases. At nine o'clock, we were gathered in the multipurpose room. We were briefed by teachers on our stay and then placed into small groups that would fit into the vans. We finally left school at about 10h30. After nearly an hour trip, we reached the hotel. There, we were welcomed by the hotel staff with a welcome drink and received our room keys shortly after. We had a few minutes to settle down before we had lunch in the main restaurant. The buffet was mainly made up of Mauritian dishes, it was quite delicious and tasty.

A VARIETY OF WORKSHOPS ON COMMUNICATION SKILLS

After lunch, we were asked to form a few groups of ten people. These groups would move around the different workshops organised by teachers. The first workshop was conducted by Mrs. Manrakhan and Mrs. Waheeda, it was focused on writing skills, especially on report writing. Then, Mr. Vencatapillay's and Mrs. Gungadeen's aim was to help us convey our thoughts and ideas orally. Mr. Chummun's thought us how to relax using Tai Chi techniques. While, Mr. Atchia showed us how to destress through a variety of breathing and mental exercises. Then, Mrs. Akieda and Mrs. Coulon held a workshop where we were able to analyse multiple politicians speeches in order to learn how to use our body language to give a more effective speech. Lastly, French teachers, Mrs. Péré-Zengler and Mrs. Turenne conducted a workshop on face expression and on body language as well through games and activities. All round it was a very useful and interesting day. At about five o'clock, we were given some free time to enjoy the hotel facilities. We could relax in the swimming pool or in the jacuzzi as well as playing table tennis and water polo. Then, at about seven o'clock, we went to the restaurant to have dinner, there was some music as well. After having a bit of fun, we went back to our rooms at ten o'clock to sleep.

A GREAT DAY ON THE BEACH

LEARNING HOW TO BUILD A KITE

On Friday, we woke up at six o'clock for a sports session with Mr. Atchia. We had to wear our sports clothes for that activity. His set of exercises was called the "Wake Up Warrior". It helped us waking up properly to be ready for the day. Then, at seven thirty, we had breakfast in the main restaurant, We were offered a variety of food choices as well as tea or coffee for breakfast which was delicious. Shortly later, the coaches responsible for the team building placed us in small groups of ten students. Later on, we walked towards the Trou aux Biches' public beach to start off the activities scheduled for the day. During the first activity, we had to gather multiple materials to build a kite. Firstly, we had to look for five tokens that were placed a bit everywhere on the sand. Once, we gathered them, we visited multiple stands where they were games. For each game, we had to give a token and if we won the game we would acquire a material such as scissors, paper, wooden sticks, flour and water, which we will have to make glue out of them. Some groups had more materials than other ones but hopefully at midday, each group had managed to build a kite. We were then asked to make them fly the higher we could. Sadly, none of the kites was able to fly properly. Actually some kites could not even takeoff. At about twelve thirty, we came back to the hotel to have lunch. We could not really enjoy the lunch because we had to go back on the beach at one o'clock.

A CLOSE CONTEST

Shortly after one in the afternoon, we started off with activities. We were organised in lines by groups. We then had to compete against other groups. We could notice great team spirit during the competitions. There was a lot of encouragement even if we lost against our opponent. In our team, we always helped each one of us in order to win the most games we could. Even if we could not win all the games, we all agreed that these activities helped us to work with others and even to become like a family. At the end of the day, the coaches announced the winner of the day and offered our teachers a small trophy before going back to the hotel.



On behalf of the SI and SE students, we wanted to thank all the teachers and staff for this wonderful weekend we spent together :)