

Bootcamp

On Thursday 3rd December 2019, the LDM have organised along with its SE's and SI's classes **an exceptional one in a lifetime outing**. We went to "Le Palmiste" hotel at Trou-aux-Biches.

As soon as we reached there our rooms were given to us, we checked in our rooms and we had lunch, we had a briefing before the workshops and finally we started them.

Workshops:

Firstly, we started with a "[Stress Management](#)" workshop with M. Atchia and M.Chummun. then we proceeded with the second workshop, the communication skills where we studied "[The Elevator Pitch](#)" with M.Vencatapillay and Mrs. Gungadeen. Then we did a "[Discourse Analysis](#)" where we analysed Obama's and Trump's speeches, with Mrs. Coulon and Mrs. Akieda and finally we studied "[The Importance of Body Language](#)" with Mrs.Pere-Zengler and Mrs. Turenne.

Activities:

The next day **Friday the 4th**, we did **Team Building activities**. They were organised by a professional team. We had to find five tokens on the beach, use them to win brain teasers to get in return materials to build a kite. Later after lunch, we flew our kites and we did other fun activities until we finished them all. Then we returned to the Hotel to enjoy our free time with our friends. We learned the values of **Team Spirit** that day.



Hotel facilities:

They have provided us **very good quality service**, a lot **good accommodations**, they have given us an **overall good quality food** and **an excellent recreational service**.



To conclude, thanks to the **Bootcamp** we had great **fun** at this hotel, we **enjoyed our stay** among all our friends. We got the chance to **learn new things** about life and the interactions with other people, that aren't usually taught at school. We also got the chance **to know our friends and teachers better**, as well as our **CPE**. This get away was exceptional and will be graved in our memories forever.

