



Final evaluation form

Hello,

Please take a few minutes of your time to fill in the following survey.

***Required**

Email address *

Your email address _____

1. When you first heard about the Erasmus Project did this make you feel: *

- Excited
- Apprehensive
- Uninterested

Elaborate on question no. 1..... *

Your answer _____

2. Via which social media did you first contact your host? *

- Facebook
- Twin space (eTwinning)
- Other: _____

Elaborate on question no. 2 *



Elaborate on question no. 2.....

Your answer

3.What were your expectations about visiting your host family ?

*

- Enthusiastic
- Nervous
- Curious

Elaborate on question no. 3..... *

Your answer

4. With hindsight, how did you experience your stay at your host family? *

- At ease
- Disappointed
- Great

Elaborate on question no. 4..... *

Your answer

5. What is your opinion on the theme of the project "Keep Fit and be Healthy"? *

- Interesting
- Challenging
- Not really gripping

Elaborate on question no. 5..... *



Elaborate on question no. 5.....

Your answer

6. Did the project change your attitude towards healthy eating ? *

- A lot
- Not at all
- A little

Elaborate on question no. 6..... *

Your answer

7. Did the project change your attitude towards sports? *

- A lot
- Not at all
- A little

Elaborate on question no. 7..... *

Your answer

8. Has the project influenced your interest in other people's way of life? (The Czech Republic, Romania and The Netherlands? *

- Yes
- No
- A little

Elaborate on question no. 8 *



Elaborate on question no. 8.....

Your answer

9. Are you still in touch with your host? *

Yes

No

Elaborate on question no. 9..... *

Your answer

10. What was the most memorable experience for you during the project? *

Your answer

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Google Forms





QUESTIONS

RESPONSES

83

83 responses



SUMMARY

INDIVIDUAL

Accepting responses



Who has responded?

Email

matous743@seznam.cz

rozkovecvaclav@gmail.com

anna.zizienova@seznam.cz

katerina.dohova@seznam.cz

svobodyst@seznam.cz

rejsin2005@gmail.com

astylgirl@seznam.cz

vinklarkova.mnca@seznam.cz

jara.kaspar10@seznam.cz

mira.gamer1@seznam.cz

dejv.pinkas@seznam.cz

katerina.blazkova@seznam.cz

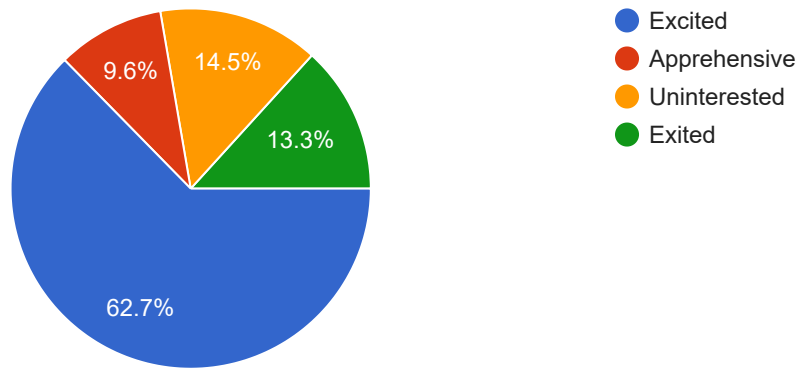
Waiting for 1 response

SEND EMAIL REMINDER

catadela8@yahoo.com

1. When you first heard about the Erasmus Project did this make you feel:

83 responses



Elaborate on question no. 1.....

83 responses

- I dont no
- c
- to meet new people
- because i like English
- And happy to visit some differend country
- I was worried of the planing.
- I was so happy....
- Becose I want to try it
- I was wondering how it looks
- because I wanted go to Romania and Netherlands.
- Because I wanted to know a foreign country.
- i think only whattt is it
- because i like traveling
- Because i like to travel.
- I like travelling
- I was Apprehensive, because this was my first time, when I was in the foreign country without the my parents.
- because i like it
- I was happy to hear that I can participate in a project like this

I was excited because it was my first project that was about keeping fit

I was never involved in anything like this before so i thought that i should at least try it.

I felt really happy that I was going to meet new people and make new friends

I thought it was a great opportunity for me to make new friends and to get a new and healthier life stile.

I was a little bit afraid because I had never made part in a project like this before.

It thought it was a cool project

I love travelling and learning about New cultures. This was a great oppurtunite to do this.

I really wanted to become friends from a different social media.

Because i got the change to go to Romania or Czech republic

I've always loved traveling and then there came this opportunity where I could go to countries where I probably wouldn't go by myself, this made me very exited.

I was happy to know that I had the ability to go to either Romania or the Czech republic

I was very exited

I wasn't very excited to leave my mom.

I was excited for an exchange opportunity.

I was very excited, because it was my fitst trip alone and first time I went to England.

I felt like going on an adventure, starting new things en meeting new people. (which I am not good at.)

well the entire idea behind the project sounded really cool

I liked the idea of meeting new people and the culture.

I was super excited because i met new people and I made new friends.

I was excited because it was a new experience and I was leaving the country with my friends

I wanted to know more about the other countries.

I like this things and I enjoyed a lot.

Because i wanted to meet new people

I did not want to go

Don't like such projects

travel is fun

because i was going to another county and make new friends

I did not really participate with it but, the little projects here and there weren't all that fun. But i can imagine for the people participating it was fun

did seem fun, but wasn't that interested at the time

Because it was impossible for U.S. to have a kid in our house because we were moving house

I thought it was something new

Because I am not that interested in the topic

Because I didn't want to go

Well i wasn't really excited but i also wasn't uninterested

Well I was at first point interested in the exchange and I really liked the idea of doing sport activities there.

I didn't want to put effort in traveling, so I didn't sign up for traveling. I also would've missed a lot of subjects and possibly some tests.

I was excited because I wanted to learn about and explore a new country.

In the Mavo we had the same kind of project. There it was really fun so when I heard that in the Havo they do the same thing I got excited.

First I thought it will be a nice experience for me! I am glad that my first impression was right!

I was very interested when I first heard about it.

It was a new experience for me and I was really excited about that.

When I first heard about the project, I was very excited because I love travelling and meeting new people, and this project was the best opportunity to do this. I also loved the idea of doing activities about sports and healthy food.

I couldn't wait for it to begin

I felt excited because I believed that is the best project for me, place where I could practise sports and speak english.

I have always been interested in this kind of projects. Meeting new kids or adults and learning about their culture will forever be a pleasure.

I was curious about the activities.

I felt so grateful for the opportunity to be a part of this project

I was really excited about this project, because I wanted to get in touch with new people and cultures.

I was excited when I heard about the Erasmus Project because I wanted to speak with other children from the Czech Republic and the Netherlands.

I heard about the Erasmus Project from my English teacher and I was sure that It will be great!

I didn't wanted to go there.

I like traveling.

i met new friends

i felt nervous

I visited new cantrey.

Because I like travel.

I wanted to visit new countries and meet new people

super excited

I have always wanted to participate in this kind of project and this was my chance.

I like to meet new people

When I first heard about the Erasmus Project I was excited because I've seen that like a challenge.

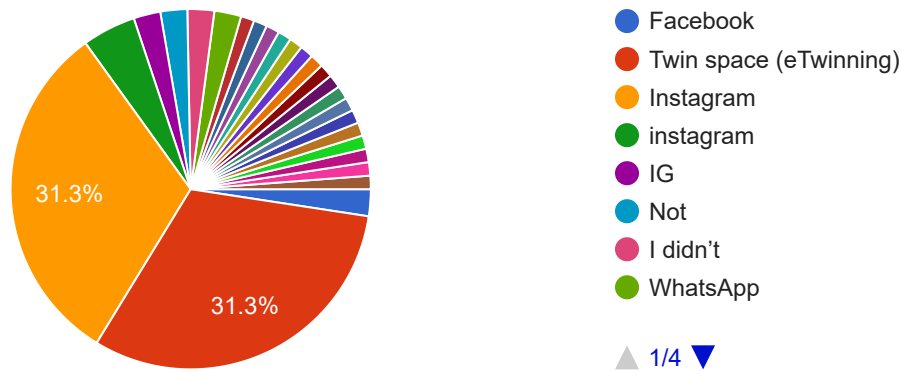
I thought it was a big opportunity .

I was so curious about this project.

Because I was afraid I wouldn't understand them.

2. Via which social media did you first contact your host?

83 responses



Elaborate on question no. 2.....

83 responses

.

I dont no

c

its easier

because i like IG

She contacted me.

Because he did not respond on eTwinning.

after on instagram

On twinspace but after on instagram

I don't have a facebook

I contact them on Twin space.

First I introduced myself.

on instagram i first meet with my couple

know who is it

Then on instagram.

I don't know

I use to contact the host's family WhatsApp.

eTwinning and WhatsApp

We talked on eTwinning

My host wasn't really sociable. He was not communicating on eTwinning at all and i could hardly find him on Instagram.

I searched through eTwinning a host and found mine, then I talked to him through instagram

I started talking with my host via eTwinning because I didn't know if she had other social media. But later i found out and that she had and we talked on instagram or whatsapp.

My host doesn't have social media .

It was easier

Well i asked someone from the Czech republic who went to romania and she gave me the Instagram of the girl.

I had no account so I had to ask someone else to contact him for me but he didn't respond.

Because the teacher told us to

I wanted to know how she looked, so I thought, well let's use Instagram, and it worked.

I used instagram to find my host

I didn't had any contact with my host before I went to the Czech republic

I didn't have a e-twinning account

Afterwards Instagram

I have their Numbers

I met him because one of my friends had contact with one of his friends or classmates. He told my friend he was a good guy. So he contacted me and that was via Instagram.

yeah, i think i was the first to really contact someone. i met petra via etwinning. we added one another on instagram and then everybody started adding one another.

A friend had her number because her host and my host are friends

At the first time we talked on Instagram because it's a super popular app.

I searched her on eTwinning because I wanted to be friends

On eTwinning.

I spoke with her on Instagram with her friend's help.

she contacted me

I had no host

I didn't connect them

er is nooit wat aan gedaan dus we konden niemand leren kennen

eTwinning didnt work, so we had contact on other social media

I don't have a host

I didn't

I did not participate in this project

I didn't have a host family

I didn't go

I did not go on exchange

I did not have a host because i did not participate in the Exchange

I saw him for the first time at the airport

I didn't travel

I asked Nanne if she could ask her host if there was still a girl left to host me and there was so we started talking on instagram

I don't have a host

I saw that my host had in his description the Instagram account and I contacted him!

I texted my host on Instagram and we talked a lot about our meeting.

She gave me a message saying that she would like to be my guest and I agreed.

It was easier to contact my host on Instagram, because she was online almost daily and it was easier for us to talk about the project.

WhatsApp and instagram

I texted him, we talked about different things and then he asked me if I want to stay at him.

I first tried the eTwinning app, but not a lot of kids were active, so I started looking their names on Instagram and also started presentic myself.

I first talked to the person that I hosted and my host on instagram and then we met in real life in Romania.

We talked and we got to know each other better.

We met thru a friend that was also in the project.

I contacted my host, Noa Landman, via Instagram.

I found Nadia(my host) on Twin space and then I texted her on Instagram

I didn't

It was easier.

we wrote about project

Facebook

in school

At school

I wanted to contact my host

well, I forgot to contact her, but nevermind

I first used the eTwinning app to find out the names of the other children , but it was easier to contact them by using Instagram.

I used instagram to talk with my host

First,I talked with my host on Instagram

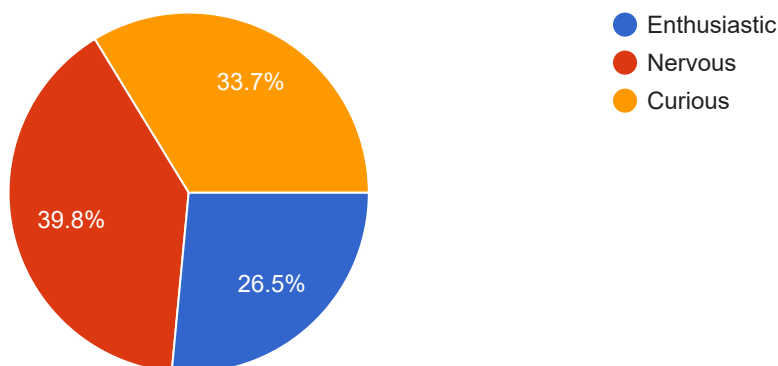
A classmate gave me my host phone number and I texted her.

I send her a message on instagram and we started to talk and to know each other.

Because I knew he had an instagram

3.What were your expectations about visiting your host family ?

83 responses



Elaborate on question no. 3.....

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I dont no

c

because i was never in the netherlands

because there were new people

But happy to see them.

I was nervous about their reaction.

She dont text me back so i dont know nothing of her and her family

I didn't know what to expect

I like to meet new people

because I musted talk english.

I found it interesting to get involved.

i was nervous because i scared the lot of think but after the metting with my family i was know it will be ok

they were looking forward

Mainly I wanted them to love us.

It is an unknown enviroment

I was nervous only short time, because the host's family was entertaining.

I was a bit nervous and curious

I was nervous because I knew just Adela, but her parents were amazing

I didn't quite know what to expect. I didn't talk with him to much about this because honestly i wanted it to be a surprise. And luckily it was a good one.

I was very curious about my host family and about their house =))

I was nervous at first because i didn't know them but while we were getting closer from the airport i was getting enthusiastic.

They asked me a lot of qestions about me and I asked a lot a qestions about them .They answered me .They asked me what is my favourite food and what kind of places I want to visit.

Wanted to see what that was like

I was nervous about how the week Will go, if their english is good and if the girl was more free than in the netherlands

I never me them.

Because i wanted to know where/who i staid at

I was curious how things worked in their families so I was curious, but also very excited.

Sometimes a bit scared, but it was very nice at the end.

I was very nervous about of they would be nice

I only knew my host.

I didnt know what to expect.

I wantend to know what kind of people they were.

I was curious to find out how they lived in Romania, and I got a great idea how they lived. I of course was a little nervous. But they were very nice to me. On the first day we even celebrated the birthday of his grandma

yeah, every first meeting is akward. but we clicked very quick.

We talked a lot and were very nice.

I was very happy when i talked with Tereza because she is very friendly and Funny.

I was enthusiastic because I was staying at a new house, I was trying new food and new activities

I didn't know what to expect at.

At the first time, I was very enthusiastic, but when I arrived at my host family, in the first day, I felt nervous.

i wanted to meed my host

I had no host

No

they were young and I wasn't happy about that

well my host didnt speak english that well and her faily only talk rominian. so i was scared that i couldnt communicate with them.

I was not participating

I wasn't true

I did not participate in the project

I didn't had a host family

I didn't go

I did not go

I did not go to my host family because i did not go to czech republic

I was curious about how he lived and where he lived

I didn't travel

I'm always nervous when it comes to meeting new people.

Even though I didn't go on exchange, I am really curious about other people's culture.

I was ready to see how other people from other countries live!

I couldn't wait to spend the week with my host family.

It is a different country from us, so different families and I wanted to see how they actually are. They were nice people.

I was really enthusiastic because she told me about her house, family, hobbies, school and life style and I really wanted a lot to meet her and to see all of these in real life and also to spend a week in another country, with new students.

I was sure it was going to be fine

Well, I was enthusiastic, nervous and curious to meet them because my host was a boy and I didn't know how it feels to stay at a boy for a week.

I also was excited, but I also was pretty curious, because my host didn't tell me a lot about her parents and sister.

I was really curious in finding out what the people were like there. I wanted to learn new things about their culture and way of living.

I was excited to meet them all, but of course I was nervous, it's normal to feel like this when you are about to meet new people.

I was extremely excited to see her again and to meet her family.

I was curious to discover their way of living a healthy life.

I was a little bit nervous and tired (because of the flight) but I was looking forward to meeting Nadia again and her family.

I was very nervous

the family was nice

learn to little english

Because i cant good speak english.

Because I'm not very good in speak English

i thought that they will be unfriendly

yes, I was nervous a lot

I wanted to see how people from another country live.

I wasn't sure if I would like it but I loved it

My expectations about visiting my host family were curious and enthusiastic.

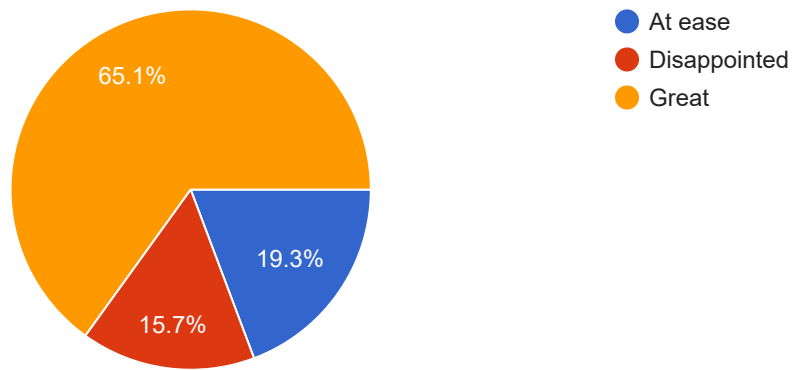
I didn't know much about my host .

The family was great

that he would be a little nervous

4. With hindsight, how did you experience your stay at your host family?

83 responses



Elaborate on question no. 4.....

83 responses

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great
I dont nol dont no
c
theyre nice
because i like
They even got me a birthday cake for my birthday.
I really enjoyed it.
she left me with her friend alone in the park. I didn't even know it there. I think it was bad from her
Becose they are friendly. It's my second family
they spoke good English
It was great.
I can not complain. They were nice to me.
i was so happy about my second family because they was so nice
clutter but otherwise good
Great.
I don't know

My experiences about the host family is great, because the family's programme was fanny, food was good and the home of family is nice.

It was good! Didn't have any problems!

They acted very nice with me

I actually was not expecting it to be this good. My conditions were awesome and my host family was great. They were kind and helpful. I guess i just got lucky.

I felt very safe and well treated, they gave me good food, etc.

It was interesting and fun and overall amazing. I loved my host family and i think we got along very well with eachother. I want to see them again.

They were good people and made me feel like in my country.

Didn't feel comfortable there

I loved their family, they were very nice and caring. When we left the whole family had to cry, except the dad. I hope that meant that they had a great week as well.

Again, I did not GO to the other country.

They were very nice and did cool stuff

Well, maybe it was different than how I live here, but when I look back, they have tried their best and they made me have fun! So I think it was a great experience:)

It was great

She was very nice

Her parents were very nice and funny

They cared for me, and made my stay very pleasant

They were very nice people

I got a good sweep of Romainian culturture and cuisine because of the traditional dishes that were cooked for me.

it was amazing, i stayed in a very small house and had to share a bed with my host. but that didn't really matter. i had an amazing week with amazing people.

They were very kind.

I really enjoy to stay At her house beacause her family is wonderful and she is very friendly .

I was very happy when I meet my host family because they were kind and cute

They were very friendly.

The host family was very nice, so the time with them was great.

the were a nice family

I had no host

No

I hated her. I wasnt able to get to know her because we never had the oppertunity to go on a site that would help us get i contact. many more people had this.

the host family was ok, but the tripss were more fun.

I was not participating

I wasn't there

I did not participate in the project

I didn't have a host family

I didn't go

I did not go

I did not have a host family

It wasn't great but it was ok

I didn't travel

It was very nice. I slept really nice. I met A LOT of new people.

I never went exchange

I am thankful to my host family for the best conditions!! love them!

We had a lot of fun the whole week!

They were very friendly with me and I enjoyed the time I spent with them. However, I didn't really enjoyed the food because they don't cook so much and I had to eat fast food usually.

She was very kind and friendly, she shared everything with me and she showed me most of the interesting parts of the city. She made me feel lucky to be in the project.

Great

It was a beautiful experience especially for me, because I stayed at a boy, but he was very polite and friendly and his family as well.

It was OK. I didn't satisfy my expectations: My host was not highly interested in spending a lot of time with us. I would have wanted to talk more, not just sit on a couch and watch TV.

They were really friendly, spoke English very well and they cooked a lot food, so I was never hungry.

Maybe of the cultural differences or maybe the family was much different than mine, but in each case, I haven't felt wanted there and they acted like I wasn't around them, they ignored me most of the time.

The stay at my host family was perfect. I couldn't dream of anything else.

I was disappointed because I slept on a mattress on the floor and I didn't get breakfast and sometimes dinner...

It was the most beautiful and friendly family I've ever met!

I was great

Because I stay in pink hause.

Because house is very old.

The family was very great and friendly

I really liked it there

The family members were super nice.I really enjoyed the time I spent with them.

Very good food

My host family was nice.

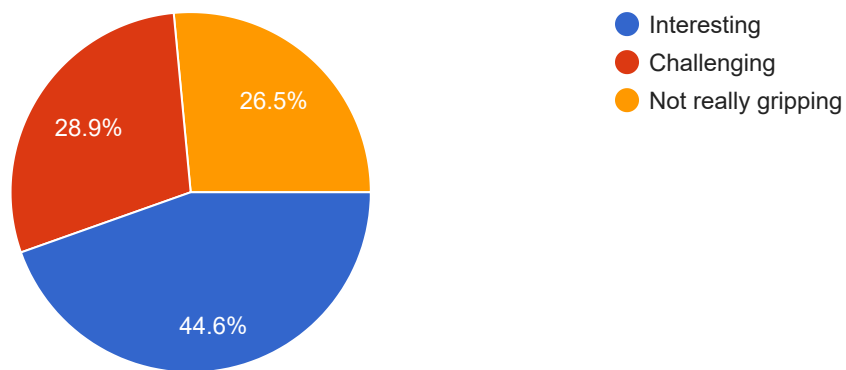
It was ok.

The host family was very friendly.

Because his family was very worthy

5. What is your opinion on the theme of the project "Keep Fit and be Healthy"?

83 responses



Elaborate on question no. 5.....

83 responses

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I like it

I dont no

c

idc

i dont know

Well i love MCDONALD so.

Used a lot, but certainly important to our generation.

i like every program or workshops.

it's very good project

because I eat healthy

because there was a lot of sports.

I wanted to learn something about healthy eating.

i think it's so interesting for everyone because every people need healthy life

good but i was scared

Because more people started eating better.

It's as interesting food

I learnt lots of things.

Not everyone has a great way of eating or living and so this project and the theme could change something

It was a different and an amazing project

It suits the purpose of the project. All the activities that we have done during this project are highly based on this theme. The people choosing it could have been more inspired but it is good anyway.

It's a very interesting theme, because it faces lots of everyday problems about obesity and not practicing sports.

The theme of the project is because it can improve your life. To be honest, I think it is challenging at the same time because not all people can eat healthy all the time. But overall it was interesting and fun.

I learnt the most important thing-to work in teams.

Nobody really did anything with it

I liked the activities that came with the theme

It was a bit boring.

Well it's a good theme, but i think it was not really done in sporting ways.

I found the theme at the start of the project really fun sounding, but when I look back, the things we've done for the theme I personally didn't really like so much... It was in small groups and so you couldn't talk with a lot of people...

You can't do a lot of exercises about this

It is interesting

It was an okay theme

It is a modern day "problem", which has to be dealt with.

I think I had a great grip on the Keep Fit and Healthy. I ate at home every single day in Romania, and we ate home cooked and home grown products. While others were having dinner at a fast food chain.

yeah, the whole theme didn't really add up to me. and i didn't really get the feeling it played such a big role in the project

You want children to keep healthy and you introduced a lot of fun and challenging things to do.

This project it's super creative and it make Me to feel very good because i met a lot of new people and i visited a new County .

The theme is challenging because we have to meet new people,to try new food,and we have to socialise with the others

I think it's interesting because I hadn't experienced stuff like that before.

I enjoyed a lot the participation in this project and I would participate again.

it was a little bit hard

I dont know

About food and being healthy is not too interesting

it was just plain I guess

we were eating mc donalds all week long

I don't think the project was really about being fit.

Doesn't seem that interesting of a theme

It is difficult to keep the students interested in the subject

Health I a choice

I'm not attracted to the subject

Because I didn't really care

It is was a Nice idea but i would have chosen something else

I like doing sports

Most people don't even listen to the message of this, and it's one of the most basic themes in my opinion.

I think it's nice because you get taught about how to be healthy

Health is a very important issue, and I think it's good to have this as a theme

Is a challenge with a lot of curiosity where you can learn a lot of useful stuff!

I discovered new things, new places and I was overwhelmed about it!

At first, I thought it will be hard to speak only English, but I turned out to be so easy and interesting and I made new friends from different countries.

I find this theme extremely challenging, and also interesting, because sports and healty food help us live a healthy and happy life, and this is why I was interested in taking part in this wonderful project.

Cool

I think it's a challenging experience because you try a different lifestyle for a week which include your morning routine, the food you eat and the activities you do during a normal week at home in Romania.

I would have wanted to select CHALLENGING also, because this project was a great combination of creativity, sports, excellent food advice and fun.

It's hard to change your lifestyle, especially when it comes to eating habits and everyday sports activities.

I really enjoyed this theme. I am not too active, so this experience showed me this different kind of a lifestyle.

I think the theme is really challenging, because every person has a different perspective of being fit and healthy.

Because I thought that we'll make lots of new activities and games related to the theme of the project.

It was a helpful experience for me and my future!

very interesting

healthy lifestyle

i like sports.

Because project is the big challenge and i like new things.

It was really to gain new experience about our body

yeah

This theme is a really important one because I should respect it in my life. It is challenging because sometimes it is a little difficult to respect.

I think that the theme of the project is interesting.

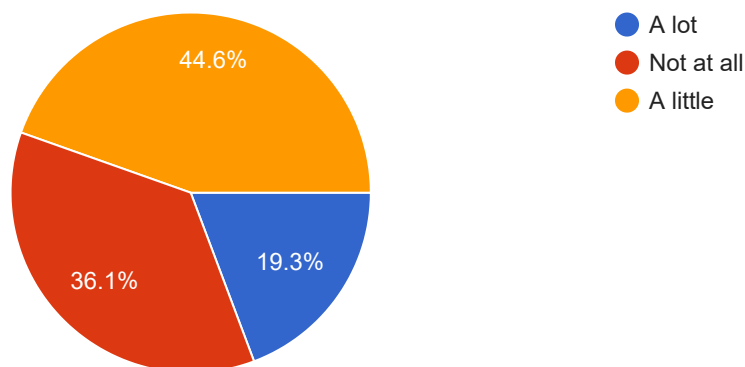
It is in consonance with the purpose of the project.

It s interesting to try to be more healthy

I've never seen anything like Erasmus

6. Did the project change your attitude towards healthy eating ?

83 responses



Elaborate on question no. 6.....

83 responses

I was already eating healthy.

I dont no

c

i dont really care about a healthy lifestyle

because i dont like healthy eating

i dont really know

Kinda, I eat a lot of salads now because I know how to make them.

now i eat more fruit and vegetable than before..

A little but no very

it convinced me

I started eat more fruit

I think I ate healthily before.

no because i am still eating healthy food mabey sometimes i had so biscuits

no a little bit

I started drinking more water.

I try eating healthier than before the project

I thing, that I eat healthy before the project and after the project I thing, that I eat healthy more.

Yes! Made me realize a bit more some things!

Yes,it helped me to understand that healthy eating is very important to our life

Just a little because i already knew how important healthy eating was.

It did, in deed change my attitude towards healthy eating but I still sometimes eat fast food

Yes,now i eat a lot healthier.

I change KFC with salat.Now,I find salat more delicious .

Thegroup workshops worked

I normally already eat healthy so i didn't really change my eating.

I think I'm healthy enough.

I just eat what i ate before

I have changed the way I look at my normal every day life, because I know now that I am blessed that I can live like this, and that I can live healthy... So now I am more happy I guess with how I am able to live my life.

I am not gonna spend 30m making a salad if i can spend 2m making a sandwich

It didn't

I still eat normal

It didn't change that much. Only the amounts of food.

idk, mabey a little. i mean i did kinda get into fitness after the project. not really sure if it was because of the project tho...

I look at how much I eat and sport.

The project change My attitude about Healthy Eating because we cooked a lot with fruits and vegetables.

I understood that we have to eat a lot of fruits and vegetables and to stop eating fast food

I stopped eating junk food because I realised how bad this is for my health.

I eat a little bit healthier now.

i started to don t eat that much fast food

I still eat fast food

We didn't talk about food

nope

i was not eating bad or anything

I did very little to nothing to my life style

It just didn't

I already had kind of a healthy life style

My mom cooks what she wants and eat that. I don't think it changed at all

It wasn't very interesting

I kept eating how i ate

I want to eat healthier but the project was a little influence

Maybe eating less sweets, less meat (bad for environment) and more vegetables and fruit

I don't care about projects like these, and the people here at school don't do anything else but explaining he project to help our attitude towards healthy eating.

I mean I like knowing about healthy eating but we ate McDonalds all week.

It made me think me more about my health and diet

I definitely eat healthier now.

After the experiences from the Netherlands, I realised that my mom cooks very good meals and i should eat more healthier food and rarely fast-food.

Yes, it really did, because we took part in activities where we cooked different types of healthy food.

Yes of coarse

A little, because I usually eat fruit and vegetables, but I eat sweets too so I think this project helped me with this part.

I was interested in healthy eating before, but I learned new things also.

I try to eat healthy food, less chocolate and bread.

I eat very healthy, because my mom taught me this thing. She spends a lot of time cooking healthy homemade food, so I can eat healthy. This project just proved and showed me again that healthy food is the choice for a healthy life.

The project made me realise that what we do is really important and if we don't try to change our style of eating we will be affected.

Even before this project, I have often eaten healthy food, because my mom is keen on eating properly and healthily, so, the project made me understand that this is the right way of living.

Just a little because I was always into the healthy food like fruits and fresh vegetables!

No

a lot

yes

I m eat new food.

Some food is not good (for me)

I started to eat fruit and vegetable a little

just a little, but I've always been eating healthy

I have already known that is important to eat healthy. This project proved me that healthy food can be tasty.

I still eat the same as before

The project had a big impact on me and my habits

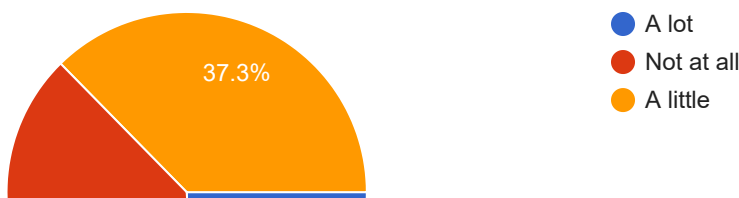
It had a little impact in my daily meals. I eat more vegetables and fruit in a week.

I am eating a little healthy than before

i eat fruit and vege

7. Did the project change your attitude towards sports?

83 responses





Elaborate on question no. 7.....

83 responses

.
No
I dont no
c
i already did sports
because i like sports
Not really I did a lot of sports before Erasmus.
Yes, now I try to keep my body strong and fit.
i do sports every day
i love sport so i don't change attitude
I do sports since I was a kid
Because I do a lot of sports.
I've been doing sports before.
no nothing
at all
Just a little because I've been doing a lot of sports.
Thanks to the program I know that sport is important to your body
My attitude about sports stay same, because I really love sports.
Made me see that sports are more important!
A little, because I was already playing tennis, but the project helped me to be even more determined about keeping fit
Because I already had a very good attitude towards sports.
Yes, a lot. It made me love sports and see their true importance.
Yes, now I am more interested about sports and I started practicing more sports.

After this project,I started to practice tennis once a week.

The zumba lesson and all werenfun!

I already love to play sport.

I think I'm healthy enough.

No.6

I did sports 5x a week when I started this, but I think when I would not have done sports, my attitude would have changed in the better way.

More movement

I still have the same attitude towards sports

I, want to try swimming

I was already very active

I am already sporting 6 times a week, so there wasn't much to improve. Only the experience with other sports. That not only your own sport is the most fun

yeah, it got me really exited on flag rugby.

I liked different kind of games.

Not very much because i know how important it's the sport for our healthy life.

I love sport and this project helped me to understand that sport is the most important thing in my life.

I was already interested in sports.

I have tried to do more sports since this projects.

i learned something about sports

I want to sport a little

nope

i love sports now

I already have a sport

It did not

I was already doing sports before the project

I want to sport, if I got time for it. School is giving me not enough time.

Same as number 6

I didn't really sport

I did go on a sport but the project was a little influence

I already liked sports

I still think the same of some sports

I mean I already liked sports.

I already supported sport and this just supported my opinion

I am a sportiv boy!

I really enjoy sports now than before and I am happy about it.

I really have to start practicing any sport because I realised that it is very important in my life.

This project changed my attitude towards sports, because I had the chance to play new sports, that were very challenging and I also went to the gym and practised. The idea of having fun while practising sports is one of the most interesting parts of this project to me.

Yes, every morning I go running

Not at all because my attitude towards sports was a good one. I've been practising sports since I was very little so I can say that I love sports.

I was practicing a lot of sports before.

I do my best in walking on foot more.

As I said before, I am not an active person. I enjoy taking long walks, but the sports aren't, still, activities that I enjoy.

This project had me think of the ways to improve my lifestyle by practicing more sports and finding new hobbies.

I am a sporty girl and I have three favorite sports: Zumba, skiing and tennis. During the project, I discovered I also like ice-skating and team games in the gym in the Netherlands. They were great!

Yessss, a lot. I do more sport now than ever.

very sports

yes

i like football rugby zumba.

Because i like dance .

I didn't do any sport, but i started exercise

I started to like climbing

I have always loved sports.

I always liked sports

The project change my attitude towards sports a little.

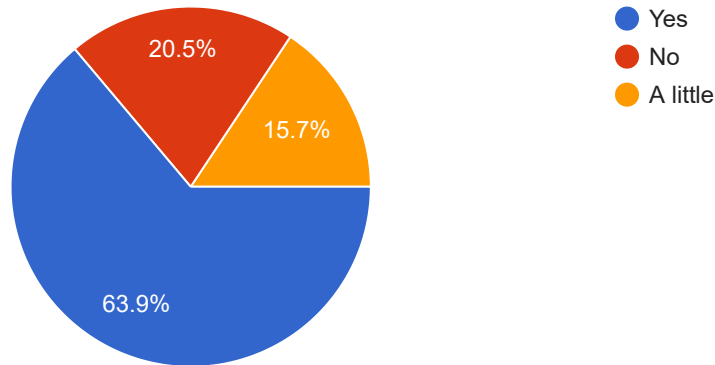
I already loved sports so it didn't have much to change.

I'm doing much sport now

I do sports the same way

8. Has the project influenced your interest in other people's way of life? (The Czech Republic, Romania and The Netherlands?)

83 responses



Elaborate on question no. 8.....

83 responses

.
I dont no
c
i like trying and learning about new countries
i dont know
absolutely
Yes, I love traveling so naturally YEAH!!
yesssss
yes becose thy have very dificult traditionals and anithing else
I don't care how they live elsewhere
Yes, a lot.
Not really. But they have a beautiful landscape there, I would like to see myself there sometimes.
no, because alreedy before this projek i am do lot of sports.
little yeah but not much
Yes because it was very interesting.

Because every country is interesting

I'm not interested.

Yeah! I was always curious how other people live!

Yes, it did

The people we met in this project are totally different from us. Their lifestyles are different and in some scenarios this surprised me. I didn't expect it that way. Some of the kids come from very wealthy families while some come from more poor families.

No, because I already was interested.

Yes, because I met a lot of new people in this project and that made me interested in other people's life.

I started to read books about other cultures. I hope to visit more countries and also to find new kinds of people.

It was so different that you had to be interested

I noticed it is different to life in another country, but I was very interested in their country and culture.

I did not exchange.

Because it is interesting to see, and now I am curious how it goes in other countries.

As I said before, it made me more grateful about how I live here in the Netherlands.

How early they have to get up wow

It didn't change it

Czech people like to walk a lot. Which I thought was interesting

The differences in eating habits and food, made me understand the stereotypical build of people's physique.

I am looking forward to meet more students from another country. I hope that I can learn more about cultures just by meeting others.

Yeah, seeing how much fun you can have without things like a computer, TV or well all electronics except your phone really opened my eyes.

I like different kinds of cultures I have tasted new food which I hadn't heard of.

It was super fun to meet the people from other cultures and to discover how they live.

I saw other cultures and I heard other languages and new words

I didn't know how beautiful these 2 countries are.

Because I met a lot of amazing people.

Because I saw that people are nice

I did not go

No

nope

because I have seen it, I'm more interested in the culture

I spoke to a few of the Romanian students and i also have social media of a few of them

No, I already was interested in that subject

I didn't participate in the project

I didn't go to another country

Same as previous question

I wasn't really interested

I already had interest but iT had a influence

They lived different and that was interesting

I've heard a lot of negative things about some of the children from Czech Republic people

Yeah I didn't want to leave, but I don't think that was because of the project but because of the many friends a made and all the nights I hung out at the park.

I knew that these countries existed but I didn't really put my interest in them. Now I know more about them.

Is nice to know other ways to live.

They really have a different lifestyle and I was amazed by it in a good way.

There are a lot of people with different personalities and traditions.

Yes, it did, because I had the chance to see how other children live and what hobbies they have. I am really thankful for everybody that made me feel amazing during the project.

Yes of course

Yes, because I started searching different things about these countries, their food and their sports. From this project I learnt some things about their lifestyle because I got to know the children from The Czech Republic and The Netherlands.

Of course! Who wouldn't be interested in learning about how others go to school, how they eat or how they get along?!

The Dutch always rode bikes to places.

From my experience, I didn't like their lifestyle and mentality. They are eating a lot of fast food and too small portions of homemade food, which is so healthy. And the people are so unkind and they don't know how to treat a guest.

After my visit to the Netherlands, I have started realising that I should eat healthier and since my returning to Romania I have started to ride my bike more often and avoid junk food.

Yes, I was interested in their way of life, of eating, of spending their free time.

Yes. I would live like the people from The Netherlands.

Yes

romania and netherlands

yes

every cantrey is beatiful.

Everithing state is good

Yes, it was really nice to see some traditions in another countries

a little bit

Well, after this project, I started learning dutch because I liked the way the children were educated , the history of the Netherlands and the sights of this country.I want to learn more about this country and about the Czech Republic too.

The dutch way of life is interesting

The project influenced a lot my interest in other people's way of life

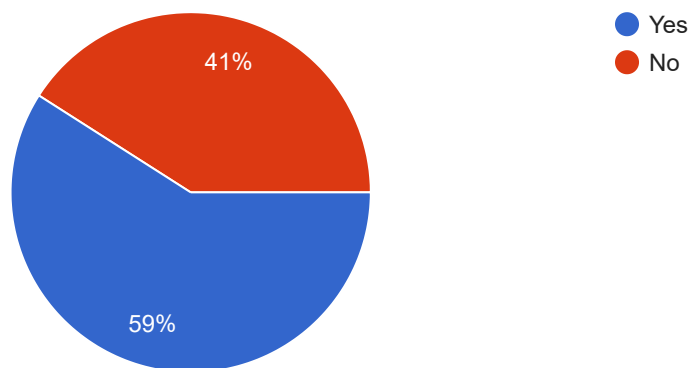
I wanted to see if their way of life was different or even better than ours.

The people's way of life is a little different than Roumania's people way of life

I found them as friendly as we are

9. Are you still in touch with your host?

83 responses



Elaborate on question no. 9.....

83 responses

No

because i like the host

I dont no

No, because he has different hobby than me

Yes we text sometimes.

Yes kinda.

on instagram... :-)

yes but not very much

doesn't answer my phone):

Yes, I am

After he left, he didn't even write me as he finished so I told myself I wouldn't write to him either.

sometimes i write some letter but not often because now i haven't got lot of time

yes, sometimes we write

Yes through social networks.

i don't know

I have host's phone number.

Not really...

We still talk, but not a lot. But I still talk with a lot of the Dutch students.

We talk pretty often.

Yes, we sometimes talk on instagram =))

Luckily I am. I talk with her quite often on whatsapp or instagram and we send each other pictures with us or with our families. Even our parents are in touch with each other and that makes me happy.

He doesn't have any social media and I don't have his phone number.

Not with my host but i do have contact with some other people who participated

We're still talking on Instagram, hope to meet again.

He was disgraceful and I never had contact with him until he came to my house.

Via whatsapp

I am staying in contact with others, but not with my host...

not specifically my host, but with some people from the project

I'm not

We made plans to meet again

Not much with my host, but with other people I met on the project.

No I have their number though

Only a little, after the exchange with the Czech Republic our contact stopped. I do not always have time for deep conversations with my host

yeah we talk from time to time. but i made some other friends with whom i have daly contact. and i am planning on going back to romania in 2020

We sometimes talk.

Yes,because she is super friendly and i really like to talk with her .

We talk every week

We are still speaking on instagram.

But I want to.

we don t talk animore

I have no host

nope

sometimes on social media

I don't have a host but i do have some of their social media's

I did not participate in the project

I didn't have a host

I did not go

I did not have a host

Last time we spoke via WhatsApp was like 3 months ago

I didn't travel

She is coming over this summer vacation.

I didn't have a host

I like my host but he was a little bit shy.

We still text eachother almost every day!

We still talk and this summer she will come here, in Romania.

Yes, we are talking about our plans for the future and about how things changed untill now. We are also talking about how much we miss each other and about the smile that the project put on our face, because that week we spend together was one of the most amazing ones of our life.

Yes, this summer I am going to visit them

Yes, we texted each other before celebrations like Christmas, New Year or Easter and we also talked on Instagram when we had enough time.

I am not in touch with my host! I am in touch with other students I met.

We chat sometimes.

She didn't treat me so well. She barely talked to me when I was staying at her place, or when she was my guest, so I haven't expected her to talk to me after I left.

I am talking to my host as often as I can. This experience made me become more sociable, so every time I can, I text my host to see how she is doing.

Unfortunately, I am not in touch with my host because she didn't really make me feel good and happy when I was her guest.

Yes, we always chat on social media.

Sometimes

he was nice

yes

they are very friendly

They are very friendly.

We are still in contact

well, we are in contact on WhatsApp, but we don't chat

We talk sometimes and we can't wait to see each other again.

We talk occasionally

I'm still in touch with my host.

No, I am not.

We are still in touch, but we aren't

sometimes we write messages

10. What was the most memorable experience for you during the project?

83 responses

Nothing

Amsterdam

The party from Romania

climbing the mountains

Everything probably.

I think when I sat on beach and pupil from Romania sat there to and we somehow got to life value in our countrie and he talked about how it is in Romania and I felt kinda bad for him he said that he would like to move to another country.

party... it was so nice.. it was so emotional.. i miss you guys

I don't know. Every is memorable experience

party

All the parties.

In Romania, mountain trip.

maybe when the romanian and netherland peoples was in the crech republic i liked the end paRTY

I don't have the most memorable experience

Time spent in the park because there are no parks in Liberec.

English not about sitting in school but comunikation

My most memorable experience is the moment when I was on the airport and wait for the meeting whith my host.

free time with host

The end party's!

The trip to the Czech Paradise-Jested and the final party too.But the whole week was a memorable experience that I will never forget!

I really don't know a specific answer for this question. All of the moments spent with the other people were memorable together with all the activities we have done. But honestly,if i have to choose just one moment i think it would be the departure of the group from the Netherlands from our school. It was super touching.

Everything. Everything was great!

I loved the entire project, but meeting the other children in this project was my favourite experience. I was nervous and excited at the same time but it was something amazing.

The hokey match where I was just with my host,but I liked also activities organised at school .

Playing soccer. It felt like we were in Brazil due to al the high buildings

Last night hang outs with lots of people in the NI

The end, because it was very hard and i Will never forget the whole week so

That my Exchange student left his lunch in a plastic bag behind a drawer.

Everything

The hike in Romania that we did on Thursday!

First farewell party in romania for sure.

Just the visit to the Czech republic was already interesting.

Spending time with everyone in the project

-

Everything was memorable I can not choose

I guess that it brought people more together, that we were one group. And not a couple of teens. I really enjoyed the connections with everyone

ppfff, idk there where a lot. but playing sports in the saltcave was really cool

Too much to say

My favorite part was the party because we danced a lot and we had a lot of fun.

I loved the last day when we all realised that we liked all the activities and we hoped to be friends forever

Definetly the end party in Czech Republic.

It wasn't only one experience; the whole project was, for me, an amazing and unforgettable experience. I learnt a lot, I saw a lot, I discovered a lot and I met a lot of wonderful people.

Nothing

I don't really know but I think when we first got to hear about it

eline who slided up to me at the fun forest

sporting in salt mine

When the students came to our school

Not going

Designing the logo

Can't remember

I didn't go

I think the dat of al these different countries with different kinds of food

I really liked Praque

All the messing around in the park.

The English assignment

The most memorable experience was all of the project!A true challenge where I learned a lot.I hope that I will have the chance to experiment more challenges like this!

I got the chance to meet new people and the time we spent together was unforgettable .

Everything. Absolute everything. I enjoyed every moment and I liked a looot the Netherlands and the time I spent there with my friends.

The most memorable experience during the project was the day when we visited Amsterdam. I felt happy and lucky that I could enjoy visiting such wonderful places and cultures.

I enjoyed the time that we had at their school (in the Netherlands)

The most memorable experience for me during the project is happened in The Netherlands when we went to a beach somewhere in Almere with our hosts and we brought food and music, we stayed around a campfire and we had a great time together: we relaxed, we talked a lot and laughed.

The Farewell Party in the Netherlands, because it really showed the feelings we've all devoped for eachother.

Doing the fun activities in the sports halls.

I loved the trip in Romania, the time when we cooked in Netherlands and the visit to the traditional houses in Netherlands.

The most memorable experience was the last night in the Netherlands, because of the touching feelings and the ending of the wonderful project. In our last moments together, we have discussed about visiting each other again.

When my mom did Zumba on the stage. I liked the fact that both Czech and Dutch students and teachers joined and enjoyed the Zumba class.

The most memorable experience for me was riding the bike everyday with my friends from The Netherlands

Holland is flat.

Jumping Jack

trips

jump arena

People in Romania are very fine. Romania is very beautiful country.

Everything

I like meet new people so that was the most memorable experience

trips to Amsterdam and Prague, jumping jack arena, Šutr climbing, ice skating, Friday party and our emotional goodbyes

I visited a new country and I made some amazing new friends.

Visiting Czech Republic:))

The most memorable experience for me during the project was the farewell party.

The most memorable experience for me during the project was the trip on Jested mountain in The Czech Republic.

When we were in Amsterdam...