

**MY TRIP**  
**ON THE**  
**SPRING SEMINAR**  
**IN STRASBOURG,**  
**FRANCE**  
**2011.**

By Kate Lyons

England/ Somerset.

- The Beginning of the adventure for me started on Sunday 27th March.
- 8.45am on the Train leaving Bristol Temple Meads to London Paddington Station.
- Arrived at London Paddington got a taxi to London St Pancras to get on the Eurostar.
- Took the Eurostar to Paris and then took my 3rd and final train of the day from Paris to Strasbourg.
- Then got a taxi from the Strasbourg Station to the European Youth Centre.
- Finally arrived at the European Youth Centre at 7pm.

# **SETTLING IN!**

- Once everyone had arrived, signed/booked in and had something to eat it was time to start the ice breaker games, everyone all seemed to enjoy the games and had a lot of fun getting to know everyones names and the counties others were from. Some of the Counties that were respresented on the trip were: Denmark, Norway, England, Austria, Wales, Northern Ireland, Finland, Slovenia, Spain and Romania.

## **MORNINGS!**

Each morning would start with Breakfast from 8am followed by Rise and Shine, Energizes to prepare you for the full day ahead of you.

- We had a tour around of the European Youth Centre (the place where we were staying for the next 7 days).
- We had great fun working in groups running around in the big garden playing a team building game.
- The big group of members was split in to 5 smaller groups Janja, Ragnar, Baslian, Lasma and Jari were the group leaders, these were the reflection groups.

# EVENINGS!

- The evenings activities arranged from International Buffet, film night to Karoake and Final Party. Everyone mixed in well with all the members on the trip.



# Strand Groups

- Strand Groups participants had to select one of three strands to explore in more detail:
- Coaching Basics,
- Coaching in Leadership Skills,
- Coaching in Job Skills,
- I selected coaching in leadership skills which I feel that I learnt quite a lot in and about this. We also had to work in pairs or 3's and small groups and make presentations in front of the rest of the strand group.



- During the week each county which were represented on the trip had to do a presentation on their own organisation, me and Russ worked together and shared our National Federation Young Farmers Club Presentation.



- On the Thursday afternoon we had a tour of the Council of Europe building and then headed in to the centre of Strasbourg to do some sight seeing, a few of us went on the boat trip, others went shopping and the others visited the cathedral.



- One part of the trip that stands out for me is from the Thursday in Strasbourg late afternoon everyone meets in front of the cathedral, stands in a circle and sings the Shaky, Shaky song in front of the passing general public.
- How does it go again guys?
- Up Shaky Shaky,
- Down Shaky, Shaky,
- Left Shaky, Shaky,
- Right Shaky, Shaky.



The final few days of the trip was mostly spent coached follow up planning, self assessments our strengths and weakness, personal & organisation development plans. Reflection groups would meet for an hour before dinner time each evening to discuss the members thoughts and feelings about the days activities that their have been doing.

# 2011.

- Friends- Friends for the rest of the life.
- The members and the team leaders that I have meet on this trip have/are a seriously a great bunch of people, couldn't ask for a nicer lot of people to be with for my week





# **Summary Of The Week!**

- I had a great week on the Spring Seminar at the European Youth Centre in Strasbourg in France.
- I have meet people that I will hopefully stay in contact with for the rest of my life.
- Great memories from a great week that I will never forget for sure.
- If anyone wants or is keen to go on a YFC Discovery trip, I say 100% go for it you will never regret it! The memories will stay with you for the rest of your life.