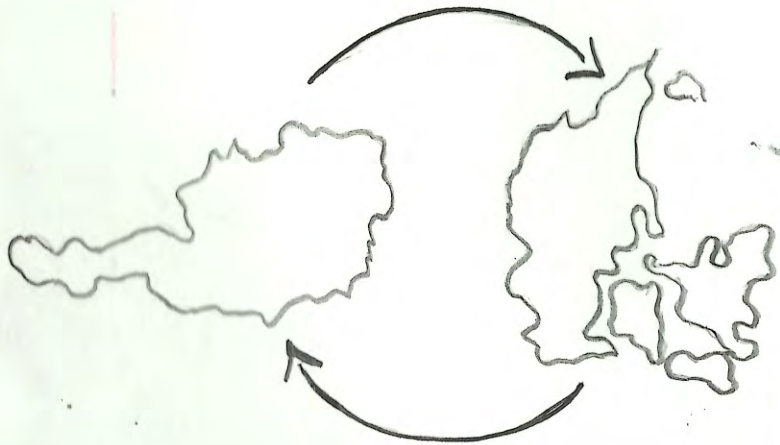




Erasmus+

## Some facts:

- My Name: Theresa Micheli
- My Birthday: 19.05.1999
- My Homecountry: Austria
- My Organisation: Hertha Levefællesskab
- My sending Organisation: Logo Jugendmanagement
- My coordinating Organisation: Dansk ICYE
- Date of arrival: 06. August 2017
- Date of departure: 06. Juli 2018

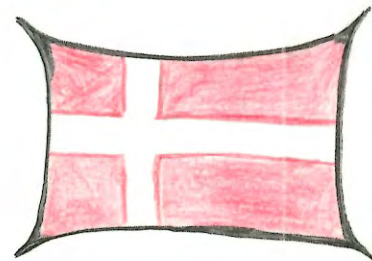


6.08.2017

✧ 6.07.2018



My EYS

in



DENMARK

# August 2017

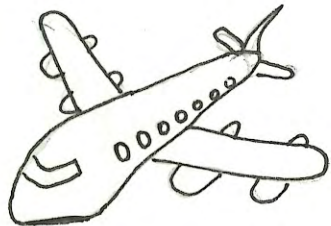
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1.	2.	3.	4.	5. Goodbye & arrival 
	7.	8. On-arrival Training	9.	10.	11.	12. Visit Aarhus for the first time
	14. first day of work	15.	16.	17. The first time I got wet in Denmark 	18. Olivers 30 birthday party	19.
	21. Yoga for the first time	22. first time in the danish sea ↳	23.	24.	25. Aarhus street-art festival & first time in Sikeberg	26.
	28. Aarhus street-music concert	29. long walk to explore the surrounding	30.	31.		



Even a journey of thousands of miles begins with the first step!

## Tips & Tricks

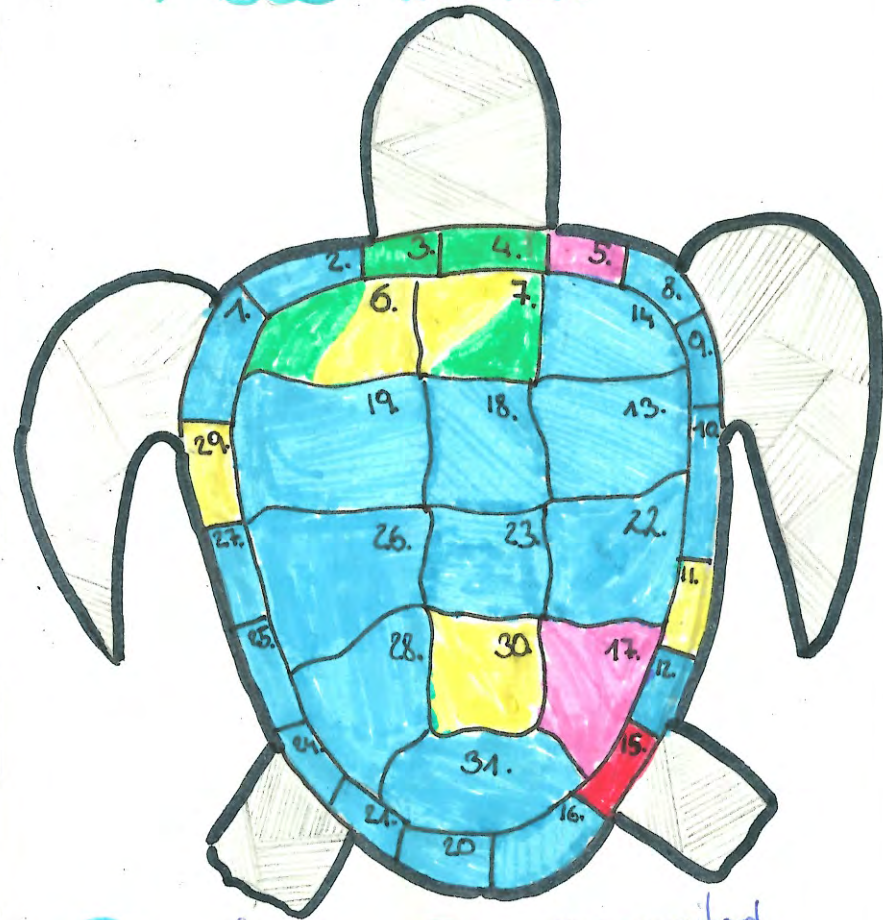
- be prepared that saying goodbye is hard
- ↳ make sure you take enough time for it
- plan your trip early
- check out wich things are provided there (hotel)
- make packlists
- pack twice so you unnecessary are not taking things



## Recipe for the month

- tissues
- motivation
- excitement
- anticipation
- be open minded for new things

## Mood Tracker



- ... happy
- ... nervous
- ... overexcited
- ... sad
- ... angry / moody

# SEPTEMBER

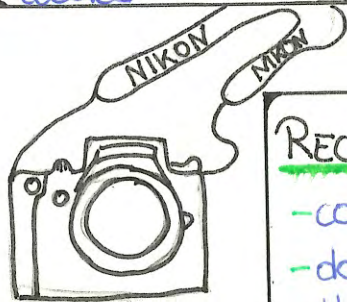
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1. Høst market in Hertha	2. 3.
	4. finally received my CPR-Member	5.	6.	7.	8. visiting Oolder & blackberry harvest	9. Moesgaard Museum
	11. Århus → sailing rooftop	12. trip to Bilka with Morten T. & Cora's Birthday	13. Århus	14. Den gamle By workshop with parents	15. Deer Park & Infinity Bridge visit of Hum & alpfather Hejberg	16. Hejberg
	18. Goodbye again	19.	20.	21.	22. 2000 Party with On-arrival friends in Århus	23. 24.
	25.	26.	27. The Drama Groups Play	28. Wanna Dance festival in Århus with Davide' & Elisabeth	29.	30.



There is no BAD WEATHER ONLY BAD CLOTHES !

## Tips & Tricks

- get hobbies
- make friends
  - ↳ meet up with them
- take opportunities
- do sightseeing to get an idea of your new country
- get in touch with locals

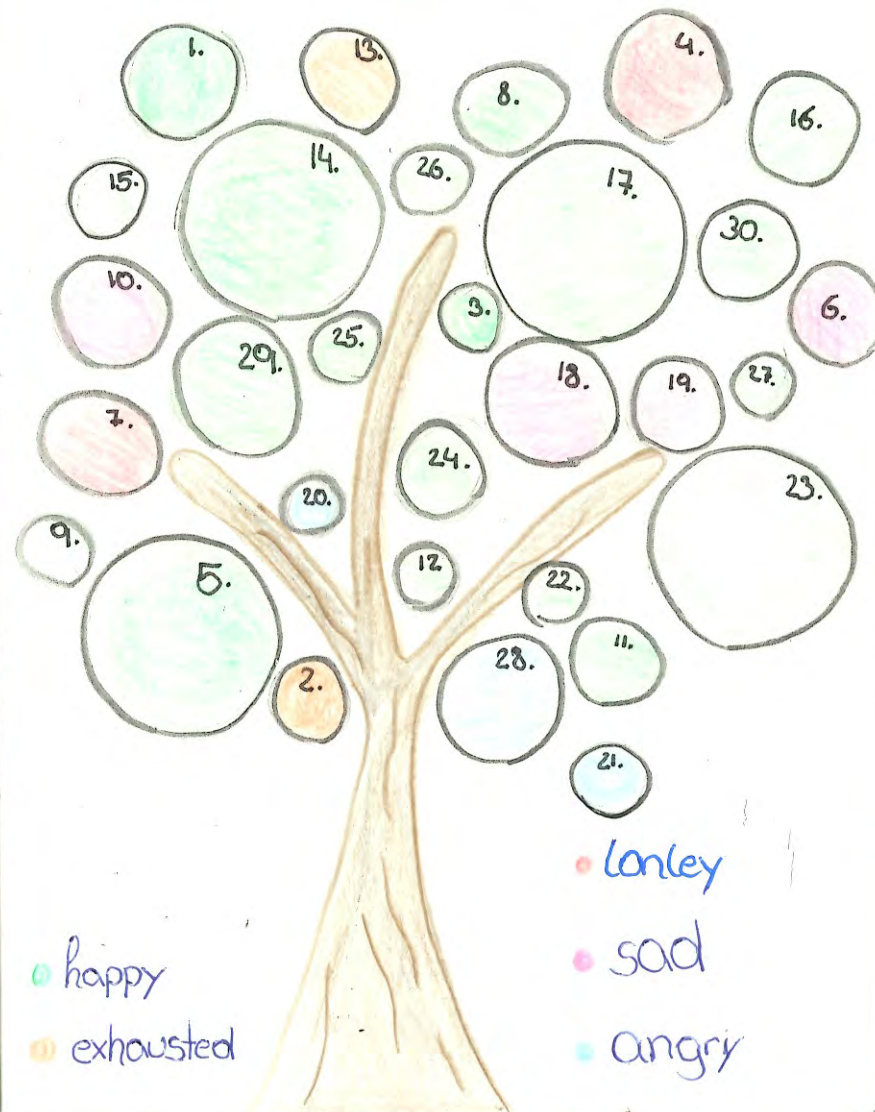


## RECIPE FOR THE MONTH

- camera
- document everything  
it's fun to look back
- take chances
- friendliness
- be adventurous



# Mood Tracker



# October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						People's kitchen (1) Aarhus
2.	3.	4.	5.	6.	7.	Folk music concert & South beach Aarhus (8)
9.	Talk about Rudolf Steiner (10)	11.	12.	13.	Classic Music concert Musikhuset (14)	15.
16.	17.	Giggle me This - Improv Show (18)	19.	Rumors set fire concert (20)	21.	22.
23.	24.	Felllesspising Community Dinner (25)	Fare well Party a Volun (26)	27.	28.	29.
					Meet up with the On-arrival group	

Talk	30	Halloween	31
------	----	-----------	----

<u>RECIPE FOR THE MONTH</u>	<u>Tips &amp; Tricks</u>
<ul style="list-style-type: none"> <li>• endurance</li> <li>• enthusiasm</li> <li>• happiness</li> <li>• braveness</li> </ul>	<ul style="list-style-type: none"> <li>• keep a positiv mind - always!</li> <li>• do things outside your comfort zone and try new things</li> </ul>
<ul style="list-style-type: none"> <li>• stay in touch with your family</li> </ul>	





# NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1.		2.	3.	4. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">4</span> Autumn Camp Fyn <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">5</span>
	6. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">6</span> Big Cleaning Day	7. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">7</span> Dinner at Lisa's Place <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">8</span>		9. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">9</span> Fællesspisning	10. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">10</span> First time I micked a cow ↳ working in the farm <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">11</span>	12. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">12</span>
	13. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">13</span> First time Language School	14. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">14</span>	15. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">15</span> Wool	16. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">16</span> Work - shop	17. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">17</span> 30 <sup>th</sup> Birthday of Annenuagak <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">18</span>	19. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">19</span>
	20. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">20</span>	21. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">21</span>	22. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">22</span>	23. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">23</span> Working on a Party for Ole	24. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">24</span> Wanna Dance <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">25</span>	26. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">26</span>
	27. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">27</span>	28. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">28</span>	29. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">29</span>	30. <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">30</span>		

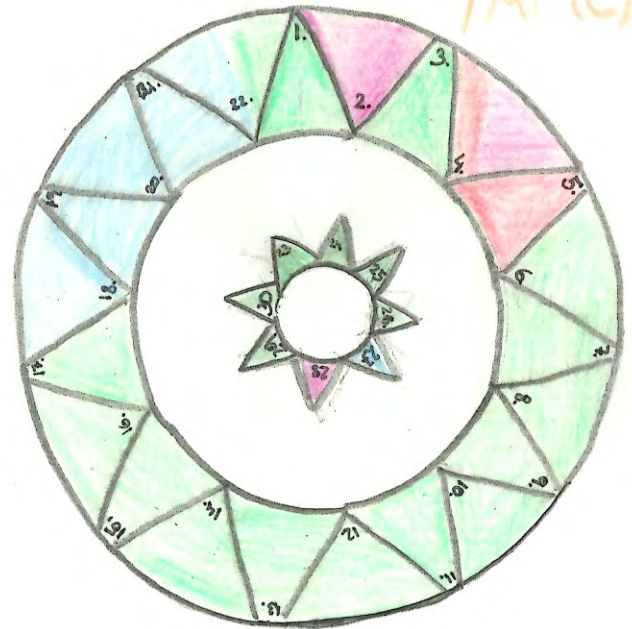
## Tips & Tricks

- even if the weather is bad go outside and move
- don't grow roots in your room
- keep your enthusiasm!
- plan your holiday

## Recipe of the Month

- a strong mind
- happiness
- stay active
- be always interested

# Mood Tracker



● happy

● sad

● angry

● lonely

# December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1.	2. Advent Labyrinth 3.
4.	5.	6. Cora's	7. Choir	8. Den game by with one of the residents	9. Music festival in Aarhus → first snow	10.
11.	12. Midterm Training in Copenhagen	13.	14.	15.	16. Christmas Play from our residents	17.
18.	19. Little Christmas Party	20.	21. big Christmas Party	22. Travel home ♥	23. Christmas ♥	24.
25. TIME	26. AT	27.	28. HOME	29. ♥	30.	31.

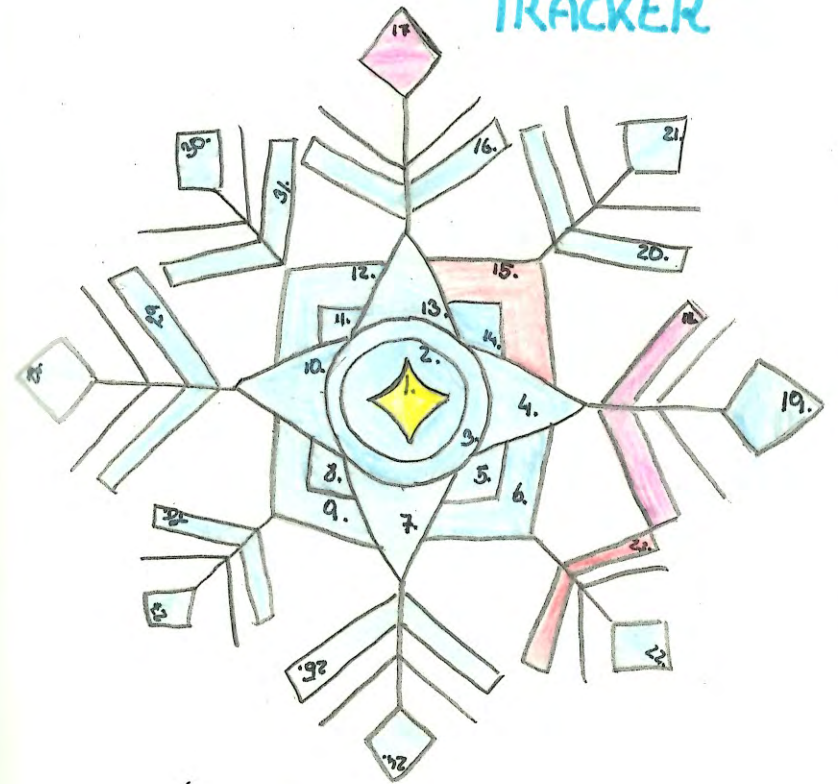
## Tips AND TRICKS

- den game by during christmas is amazing
- buy christmas presents early enough
- visit advent markets

## Recipe of THE Month






- coziness
- christmas mood
- being social
- calmness
- spent time with the people you love

# Mood Tracker



happy  
exhausted  
moody / angry  
sad  
sick

# January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1. 	2. 	3. TIME	4. AT	5. HOME	6. 	7. 
8.	9.	10.	11.	12. Bowling with my girls	13.	14.
15.	16.	17. fællesspisning	18.	19.	20. Mallorca	21.
22.	23.	24. Holiday with Hertha in	25. Mallorca 	26. 	27.	28.
29.	30.	31. * My bag got stolen ↓				

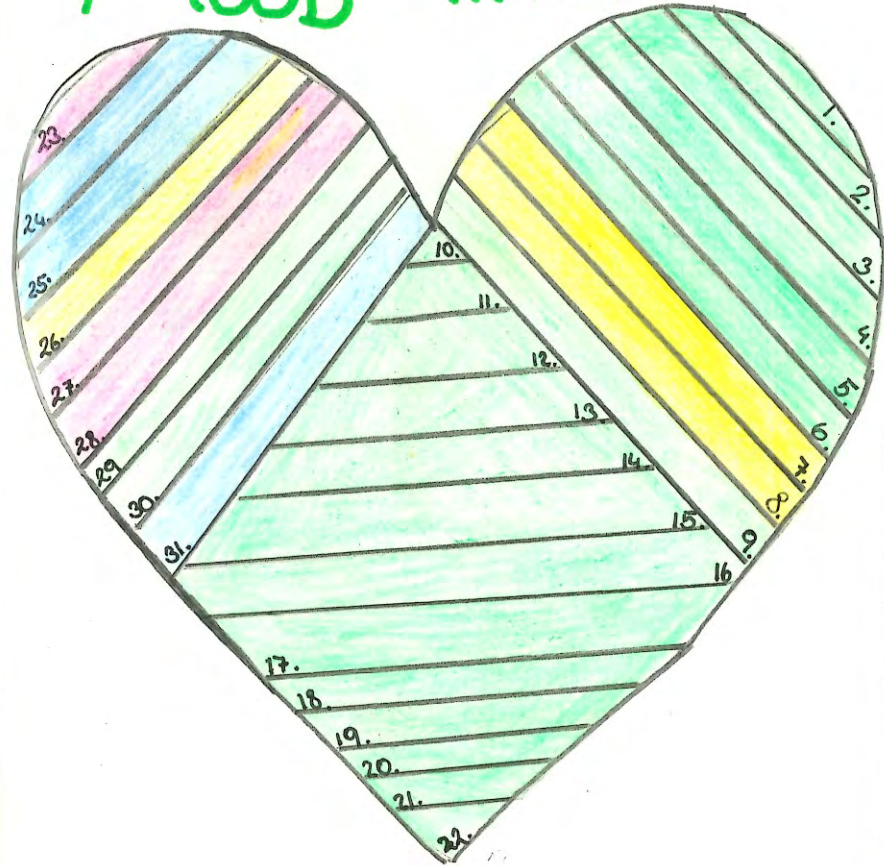
## TIPS AND TRICKS

- if something get stolen remember to make it useless straight away  
→ block all your cards
- try to keep calm
- get your cards <sup>possible</sup> back as soon as

## Recipe OF The Month

- when you travel keep an eye on your luggage → awareness
- calmness
- endurance
- coolness

# Mood Tracker



happy  
sad  
exhausted  
angry

# FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1.	2. Birthday Party (Marina)	3. 4.
5. Goodbye Party of Anna ⊕ Pizza	6.	7.		8. Time to say goodbye to Anna	9.	10. Festelavn
11. Sneadrenning Ice Skating Show	12.	13.	14. Visit for the	15. from volunteers	16.	17. Birthday Party (Higuel) in Aalborg
18.	19.	20. Giggle Me This - Improv Show	21.	22. Cooking for folks spising ~120 pancakes	23. Cykeltur with Morten	24. 25.
26.	27.	28.				

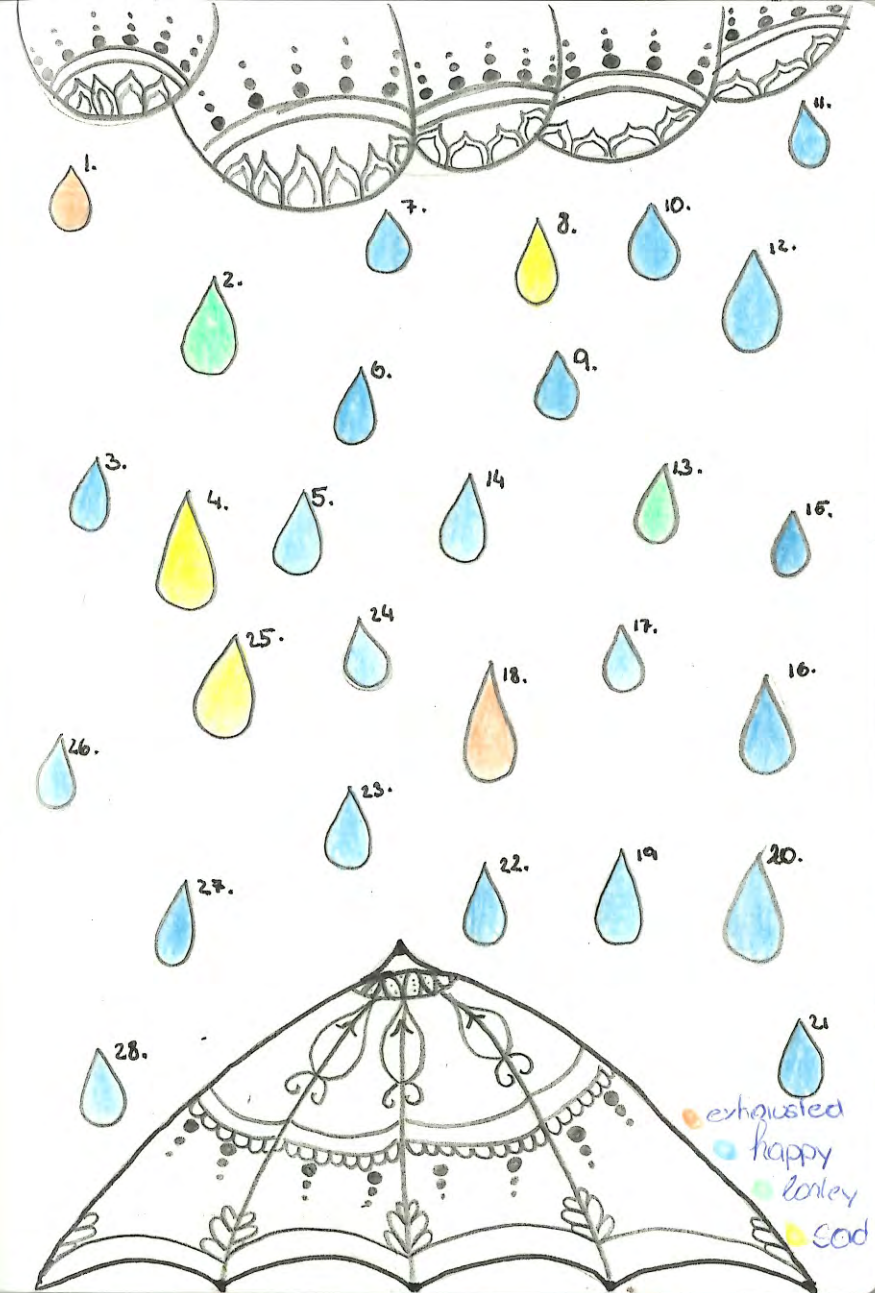


## Tips & Tricks

- don't be afraid about changes
- support each other when somebody leaves
- stay in contact with the friends you made

## RECIPE OF THE MONTH

- love
- strength
- long walks & talks
- crisis management





# March 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			arr vol of the new unteers	1.	2.	3.
5.	6.	7. visit Egmont Højskolen		8.	9. Mønstergård Museum	10. Sangaften
12.	13.	14.	15.	16.	17. Concert of my contact person	18.
19.	20.	21.	22.	23.	24. UNO evening with some residents	25.
26.	27.	28.	29.	30. Copenhagen with my brother and Viki	31.	

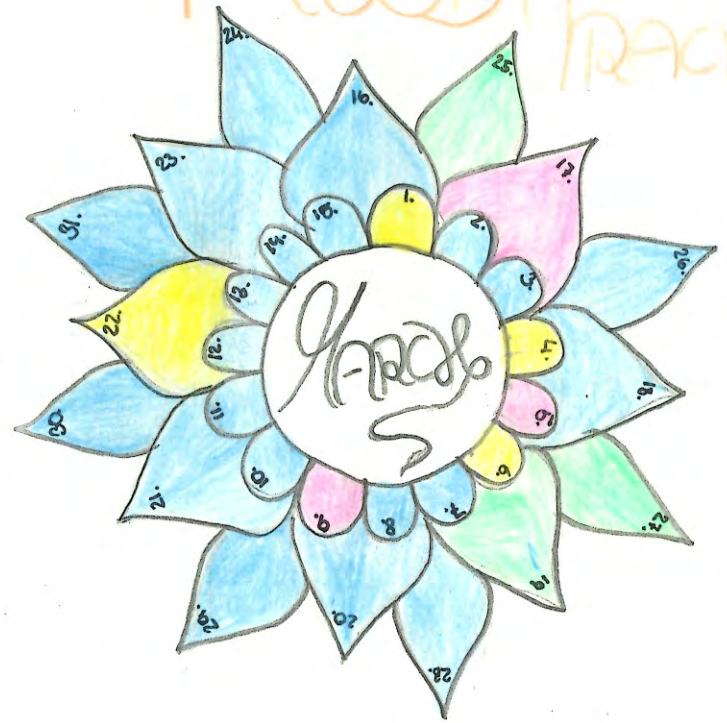
## TIPS & TRICKS

- not every month is as cool as the others -> March was hard for me
- take things as they are and try to <sup>of it</sup> make the best out

## RECIPE OF MARCH

- stay active
- positive attitude
- keep on doing what you love
- open hearted

# Mood TRACKER



moody/angry

lonely

sad

happy

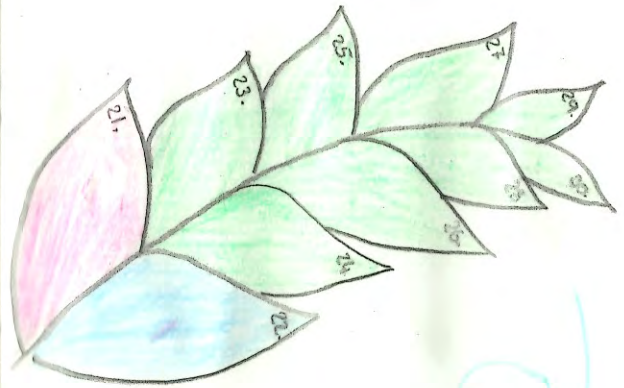
# April 2018

MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
						1.	
	2.	3. visit of my brother and viki	4.	5.	6. Cora's chair	7. AROS ↳ Art Museum	8. first BBA this year
	9.	10.	11. shopping Day	12. Kikoo chairs	13.	14. Visiting the asylum center	16.
16.	17. gigset me This - improv Show	18.	19.	20. visit of my Aunt and uncle	21. Randers & Grenå	22.	
23.	24.	25.	26. Skagen!	27. visit of my boyfriend	28.	29.	

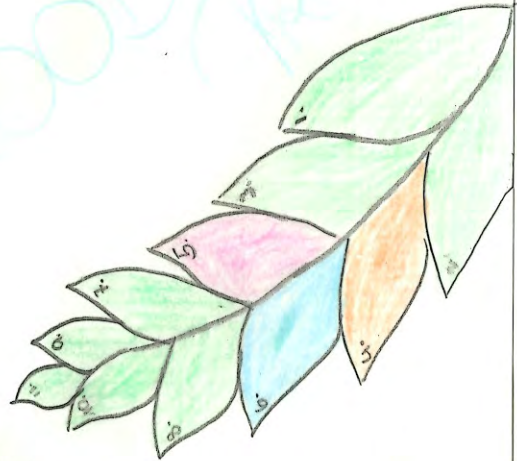
Monday 30.  
boyfriend

- REUSE 4/21/11
- social
  - motivation
  - creativity
  - endurance
  - camera

- TIPS & TRICKS
- make plans for your visitors  
→ interesting!
  - show them your life  
let them work with you (if possible)



Woods Parrot



confused  
angry  
happy  
sad

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