Summary of Partyproof day at the Emelwerda College in Emmeloord, november 2016

During the Partyproof day we had collaboration with several regional organizations who organized workshops and presentations about subjects regarding to food and health.

The Partyproof day was ment for all students aged 13,14 and 15 years old.

There were 4 different subjects the small groups were visiting.

First of all there was a man who teached (in a nutshell) the students how to defend yourself. How to shake hands, how you can loosen yourself in a few different ways when somebody grabs you and how to defend yourself when somebody pulls a knife for example. Nice to see how all the students practice and learn.

The second class was held by a local organisation who works with addictions; alcohol, drugs, but also games, smoking, etc. There was a short part theory, but after that the groups were split in two. One group gets deeper theory about the addictions. The other group walked a parcours with pawns. First normal, but then with special glasses on. Glasses where you see what your sight is when you have drunk too much or when you have taken different kind of drugs. When they walk the parcours now, most of them had trouble not to walk against the pawns. The kids where surprised to see how drugs and alcohol is influencing your sight, very informative.

The third class was a conversation with local youth agents. Some of the students has been in contact with them before, the most of them not. The agents told what they are doing, what they are seeing on a normal day and what is wright and wrong.

The last class was a non-alcoholic cocktail workshop. First they get some explanation about what kind of non-alcoholic cocktails there are and after that two of the students could make the non-alcoholic cocktails and the rest of them could taste them.

Overall; a nice and informative day for all students.