

## The city of Amsterdam

9<sup>th</sup> February:

10h35 : we arrived in Amsterdam. In the beautiful station, we tried to find the exit



We started discovering the city with KIPBURGUR



After leaving the station, we were lost; we didn't know where our hostel-boat was...  
In the street, we were surprised by the beauty of Amsterdam's buildings!



And Sophie met a new friend: a water hen



The first aspects of Amsterdam appear. Bicycles, boats ...  
We continued to search for our boat...

Finally we found it !!

We were very happy when we arrived on the boat and discovered the cute place.

Then, we walked to Micropia, the microbes' museum.

In the street, we saw a little free library.



## 12h00 : Micropia museum



## 15h00 Anne Frank Huis : an emotional visit of Anne Frank's secret annex





When we left the **House of Anne Frank**, it was very very cold... so we decided to take a little break in a pub, where some took hot chocolate, waffles and coffee, and some beer ! In Holland, beer is very good, and it's a microbiology fermentation !



16h30 : little break in Amsterdam

After we went shopping, and continued to discover Amsterdam ! It was a good moment. We were expected at the Restaurant at 8 pm. The restaurant, Skek, was in the red light district. So we did a little visit of these streets.

We saw prostitutes in shop windows and many coffee shops. There was a calm and tranquil mood.

20h00 : Skek : veryyyy good restaurant run by Dutch students with local food. Some took burgers, raviolis or risoto. It was a pleasure to eat very well and to have a calm moment with

everybody. Between joke, laughing and happiness, everyone knew that we had a Big luck to be there, together. Everyone ordered in English and practiced a little.



Then, teachers were tired... so they went to bed. And we students went out to discover Amsterdam by night ! We could not go to Amsterdam without seeing the nightlife ! We returned to the red light district, we saw a lot of prostitutes. It was very strange, a little stuffy with many people in the street... I felt weird in front of prostitutes. Sometimes, they were young... old... skinny... fatty... for all tastes... and I imagine how it can be possible to accept to do this... fortunately, they have certain benefits as prostitution is legal in The Netherlands, with healthcare etc...

We saw many coffee shops too, where anyone can smoke marijuana legally. It's a calm place where people can't buy alcohol, only drugs, food and water. I think that it's a better thing to control and prevent drug.

After having a beer (yes beer again hahaha) we returned to the boat to sleep.

10<sup>th</sup> of February :



We woke up at 8h00 on the boat.

09h45 : We walked for 30 minutes to the Heineken Experience.

We had a very good visit. It was interesting, interactive, and a beautiful moment. After leaving the museum, we went to the impressive flower market.



Finally, we finished our trip with a little free moment and... we took the Thalys train to go home....

The city



Amsterdam Central train station



## Our visit of the Anne Frank house

During our trip to Amsterdam, we went to a museum dedicated to the life of Anne Frank and her diary. The building of the museum is Anne's father's former company which was used as a hiding place of the Frank family and other Jews during World War II.

Our visit begins at the ground floor with pictures and biographies of the Frank family and those who helped them. As we progress through rooms, we learn about their daily life in the secret annex during the Nazi occupation. Our visit continues in this secret annex where pages of the Anne Frank's diary relate anecdotes about their relations in the annex. We also saw Anne's former bedroom which still has her favourite bedroom pictures on the wall.

To our mind, this museum was very interesting and emotional because it pictures faithfully the terrible conditions and the persecution of Jews during World War II through Anne Frank's diary.



Otto Frank after the war in the annex

# Amsterdam

## Micropia Museum

12h30-14h, Friday 9<sup>th</sup> of February

On arrival at the museum, we were welcomed by a technician of the museum. We were then asked to take a huge lift which brought us to the beginning of the visit. There was on the ceiling of this big elevator a screen where we appeared. The doors opened, and the visit could begin. It started with the phylogenetic tree with microorganisms and viruses. The visit was very interactive. We could investigate a whole pile of microscopes to see kinds of microorganisms (fungi, algae, bacteria). There was also the microbe scanner that shows how many microbes our body has. We have more than one hundred sixty million germs. It was possible to zoom in on a part of the body, for example, the nose, the intestines or the eyes. We could try also the kiss-o-meter which allows people to discover just how many and what type of microbes they exchange during an intimate kiss. We were also fascinated by the installation of a giant anthill. Ants carried their food in the nests. Also, it was forbidden to touch them because they were able to sting us. It was very interesting because ants are very organized and strong despite their small sizes. Before returning to the ground floor, we were able to observe a huge collection of stumps. They were displayed in petri dishes all along a wall, it was impressive. On the ground floor, we discovered some viruses, like Ebola, and the damage they cause around the world. We then felt the smell of foods altered by microorganisms. They were under bells and when we pressed a button we could feel through a small hole. We did not know what we smelled felt, we had to guess. It was a very playful moment which in my opinion perfectly closes the visit.

During the visit, we attended a lab talk. It consists in the intervention of biologists who work in the lab of Micropia, they work on stems. Each month, they choose a theme for the lab talk. This time it was about the colour. He explained us the role of microorganism in the colour of our environment, for example why a flamingo is pink. It was interactive. He asked us a lot of questions during his presentation and we could submit to him our questions. It was very interesting, and it was a good experience. It's a good idea because it was at the middle of our museum's visit, so it was a little break.

We had a great time in this museum. It was very interesting because of the variety of his information but also its activities. We were able to observe and learn more about some microorganisms than what we study at school and all of this in English. We obviously recommend this museum.



Date : 2018/02/10 at Heineken Experience, Amsterdam.



We walked from the Cabin hotel to the museum about thirty minutes. There we got our pass and a green bracelet for the visit. We started the visit where grain elevators used to be at the beginning of the chain production of Heineken.

Then, a woman explained how beer was made at first and how the brand began its industry.

Then, we climbed stairs to visit the museum by ourselves. We discovered the head chief of the brand, named Gerard Adriaan Heineken. How it started and now how Heineken is powerful by our time. Heineken was born in 1873, two

years later, it won a gold medal in Paris and after that, the Universal Grand Prix in 1889. After the Second World War II, the brand crossed the Atlantic and arrived in the USA which is a symbol of success. During the visit, we discovered different packagings of this mythic beer through the ages. Indeed, the third generation, Alfred Henry Heineken introduced the

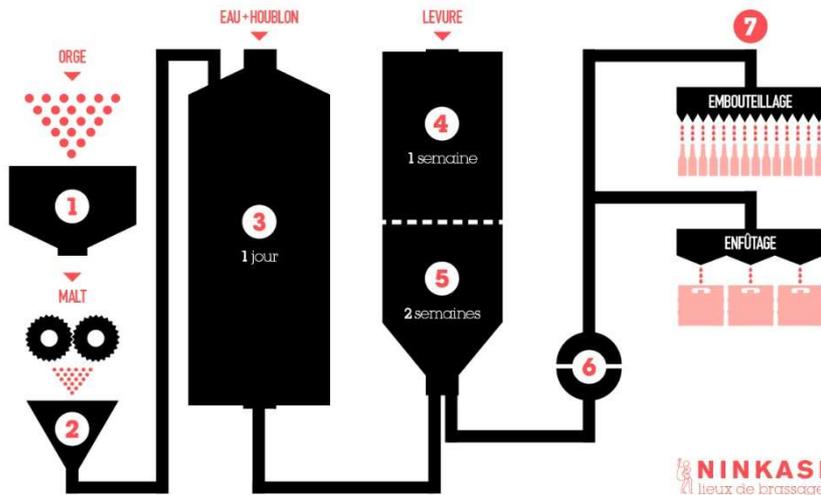


brand into the world of marketing and advertisement, that's what we saw at the end of our visit.

Then, we entered in a new room and a woman explained us how Heineken beer is made.

To make a beer we need 4 main ingredients:

- barley
- hop (houblon)
- water
- the "A" yeast (which is a secret micro organism used in Heineken's process)



The manufacturing of this beer requires 4 steps:

- 1<sup>st</sup> step: sprouting the barley with water
- 2<sup>nd</sup> step: roast the hop and add to the barley
- 3<sup>rd</sup> step: the previous ingredients have to be brewed for 28 days (which is longer than a normal beer)
- 4<sup>th</sup> step: the mix needs

to be filtered and then, put in the mythic green bottle

After these explanations we walked through the other places where these processes were made before, in giant copper tanks. We tasted a mix made during the 1<sup>st</sup> step (barley + water).

After this authentic part of this experience, we started a commercial visit with interactive games and advertisements. The brand has still grown and shows the power of marketing. It's also a sponsor for different sports like football. That's why this beer is famous in 146 countries.

The visit ended in a lounge bar on the 1<sup>st</sup> floor and everybody could taste 2 beers.



all

