

17 Students  
02 Staff  
14 Days  
01 Destination



Indo - German Student  
Exchange Programme 2023

# DANUBE

*Everlasting memories on the banks of a flowing river...*



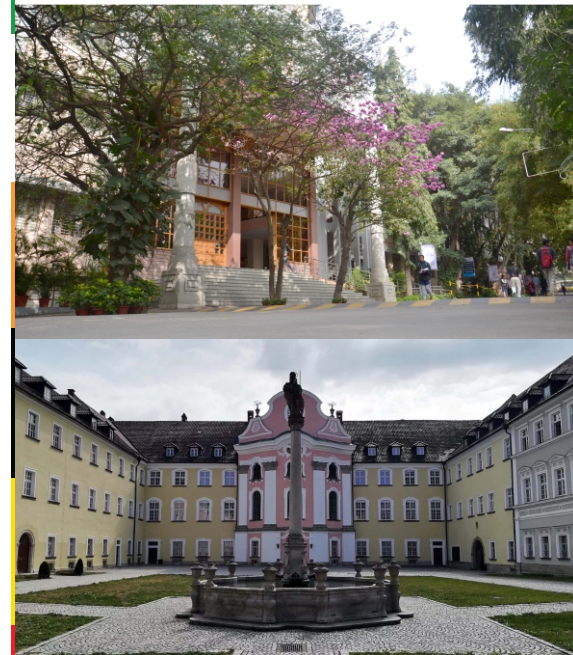


## ACKNOWLEDGEMENT

We, members of the Indo German Exchange Programme express our gratitude to everyone who has made this magical experience possible. This experience has been nothing short of life-changing, and we are immensely grateful for your support and guidance throughout the journey. First and foremost, we want to extend our heartfelt thanks to the entire organizing team for your hard work and dedication in arranging such a remarkable programme. From the moment we were selected, your commitment to ensuring a smooth and enriching experience was evident. We are truly grateful for the meticulous planning, support, and resources provided to make this exchange a resounding success. We would especially like to thank our Principal Fr. Sebastian Mathai, Ms. Philu Rose Jose - Coordinator Student Development Office, Fr. Pater Erhard Hinrainer - Principal, Mr. Sebastian Liebl - Vice Principal and Mr. Martin Wimber, faculty of St. Michaels Gymnasium, Metten.

We are indebted to our host families in Germany, who welcomed us with open arms and made us feel like a part of their own families. Their warm hospitality, patience, and willingness to share their culture and traditions have left an indelible mark on our hearts. Living with them and experiencing their daily routines, celebrations, and even the challenges of their everyday lives have broadened our perspectives and deepened our understanding of German culture. Our heartfelt appreciation also goes out to the teachers and staff at St. Michaels Gymnasium in Germany. They created nurturing and inclusive learning environments where we felt valued, supported, and encouraged to explore new horizons. Exploring Germany allowed us to live some of the most valuable moments of our lives. Once again, thank you all from the bottom of our hearts for making this student exchange programme possible. It has been an honour and privilege to represent Bangalore in Germany and to be a part of this transformative experience. We are deeply appreciative of the investment you have made in our personal and academic growth.

**With sincere gratitude,**  
Mr. Anu V Zachariah  
Mrs. Glory Deepa





## ABOUT

Indo - German Student exchange programme was introduced by Christ Junior College in the year 2013 partnered up with St. Michaels Gymnasium which is open to 1st PUC students every year. This programme has always proved to be a success and a wonderful exposure to the students at CJC.

## METTEN

Metten is a small village located one and a half hours away from Munich, the school is run by the church and supported by the municipality. Students from neighbouring places such as Deggendorf and Plattling travel to the school.

## STUDENTS

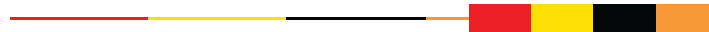
The students there know English quite well as it is their second most important language to be learnt at school. They are allowed to wear clothing of their choice and student vehicles are allowed at the age of 16. The partners at this exchange ranged from the age group of 15-17.

## PROJECT PREP

Working on a project is a part of the international exchange programmes. After long hours of discussion with the student exchange group with the guidance of Ms. Glory and Mr. Zach, the topic approved was The Education System. Since it was a broad topic we narrowed it down to sections of the past, the present and the different changes it went through during revolutionary times. Rishi and Pranav were in charge of the project formatting and submission; the rest of the group wrote down the topics they were assigned to and submitted them accordingly. The team effort surely made a speedy and successful submission.

## CULTURAL PREP

The dance performance was rocky at the start but went on to follow the project guidelines by choosing on past, present and future model for the showcase. Meeth, Rian, Laya and Nirav were mainly in charge of the steps. Each student had taken on their own song groups of the past and practised a skit prepared by Soubiya, Shrishti and Rishi. The music was carefully and patiently Compiled by Nirav and the entire show was executed perfectly by every student.



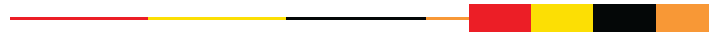


## ABOUT SCHOOL

St. Michaels Gymnasium in Metten is an esteemed educational institution known for its strong academic curriculum and rich historical legacy currently headed by Father Erhard Hinrainer. Located in the town of Metten in Bavaria, Germany: the gymnasium has been a symbol of educational excellence for several centuries. The history of St. Michael's Gymnasium dates back to its foundation in 1628. The gymnasium was established by the Benedictine monks of Metten Abbey, who recognized the importance of education and the need for an institution that could provide quality education to the local community. The Benedictine monks played a crucial role in shaping the gymnasium's educational philosophy and instilling a sense of discipline, moral values, and spiritual growth among its students.

## OLD LIBRARY

The history of the ancient library dates back to the early days of St. Michaels Gymnasium. As an educational institution closely associated with Metten Abbey and its Benedictine monks, the library was an integral part of the gymnasium's foundation. The original library was established in the 1260s and was expanded over the years. The present library was constructed between 1722 and 1726 in the Baroque style by Abbot Roman II Märkl. The Bavarian Baroque is a variation of the Baroque style that emerged in Italy (from Italian "barocco = oblique, strange") that is widespread in Bavaria, Germany. The library is open for tours, which is how we were able to visit and see over 100,000 volumes on theology, philosophy and history, including a 1434 illuminated volume of Gregorian chant hand-written on sheepskin parchment.







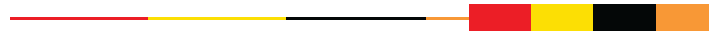
## MUNICH CITY TOUR

Started the day off by taking a bus from the school to Munich after a two hour journey, we reached the Stadtrundfahrt city by bus point and boarded our bus. The first stop was a building that resembled a temple and had statues on it. This is a place where music is often performed. We then came across a series of architecture which was built during Hitler's era, and then came the building where Mussolini signed the Munich agreement; it is now home to a music centre and holds a good amount of history to it. We then took a turn to the building named after the French Brien Chateau. Adjacent to this, was a stone with fire that depicted the victims of Nazi terror and was a form of respect. The sacred statue is a mark of the struggles faced by the Jews and is a memory to be remembered.

About 20mins into the tour we reached the Maximilian statue. Maximilian was a Bavarian ruler, Maximilianstraße is one of the four royal avenues in Germany followed by the Brienner Straße, the Ludwigstraße and the Prinzregentenstraße. It starts at Max-Joseph-Platz, where the Residenz and the National Theatre are situated, and runs east-west. After this was the English garden which depicted heaven and tranquility. With an abundant amount of architectural staples we now came across the Bavarian ministry and we also saw the building where the Bavarian Prime Minister holds his seat.

Almost towards the end we travelled to the ISA GATE. It's a very populated place and leads to the old Munich town hall built in the 15th century. It is the heart of the Munich Marien Platz. This street lead to the German museum which is one of the largest technology museums in the world and has half a million sq dedicated to science. Coming to the end, we encountered the city gate which quite frankly reminded us of India Gate followed by the palace of justice.

One thing about this entire tour was their architecture and the history of it all. Munich is one of the most populated cities in Germany and yet it's culture and architecture is preserved to this very day and is evolving as we speak.





## BIOLOGICAL FARM VISIT

On the second day we went to a biological farm without our partners, it was an hour-and-a-half drive from Metten. The farm was huge and very well maintained. We were guided by one of the main workers there accompanied by 2 teachers who translated what was being explained. The farm had many sectors: the plantation sector, where they grew various trees like apple trees. We found out that these trees are owned by the Bavarian government and that excess apples grown by individuals are brought to the farm which are made into apple juice. They keep the farm eco-friendly and have state-of-the-art equipment to back up their work. They even have a bee farm with over a hundred hives.

We then saw the different cows that were bred, they all had tags and were quite friendly. They had pigs and piglets whose stations too were well maintained. The cows that give milk had a pink mark on the top of their head. We were shown how they milk the cows on a test dummy. We too tried to do it but failed miserably. We got to roam around freely around the farm for a bit and we found a huge field of yellow daisies.







## NEUSCHWANSTEIN CASTLE VISIT

Waking up early in the morning, we rushed to the pick-up point with our partners and boarded the bus. It was a long journey to our first destination, the Neuschwanstein castle, which was a historic monument built by King Ludwig II on the foothills of the Alps. Surrounded by lakes and a gorge, we reached the castle after a long hike up the hill. We were overwhelmed by the sight we got to behold from the top as we waited outside in the extremely windy weather to get into the castle. We were then taken on an audio-guided tour inside the castle. The Bavarian architecture was indeed a treat to the eyes.

Our next destination was the Zugspitze Mountain, the tallest peak in Germany. The Zugspitze boasts majestic viewpoints coupled with freezing winds that would make even a viking shiver. After being perplexed by the beauty the mountain had to offer, we then traveled to an Olympic ski-jump stadium which was located nearby. We were lucky to get the opportunity to have a look at the stadium that day, and what's more, we even found two small snow caps on a small hill beside the stadium, where we were able to play in the snow, ponder around and take a lot of pictures. The teachers then guided us to another location which was a walkable distance away from the ski-jump stadium. A river and waterfall between two mountains! It was a heavenly sight. We walked along a narrow path along the river until we finally reached the waterfall, a view which was jaw-dropping. After a very long day, packed with many surprises, we headed home, with satisfied hearts and bright smiles.





## PARTNACHKLAMM VISIT

The entire team having reached the destination was holding on to their coats and trying to find warmth as this was on the coldest places the team had been to. After a long drive it started drizzling which made it a sight to see and experience. The teachers had planned to take us to a cave called Partnachklamm which had a pathway and a river alongside but we couldn't see it that day due to the snow storm, when we started our journey we walked for quite a long time and reached the spot. The entrance had a smaller stream running on the left hand side and on the right hand side was the main river that flowed. Once we started we walked into the cave in a straight line due to the narrow pathway and it was extremely loud but soothing at the same time. I felt calm walking down the cave alongside the soothing rain and the hollow sounds of the river in the cave.

Even though it was quite a bit to walk the cave felt enchanting and magical. I had never seen anything like this in my entire life and I was taken aback. I stopped every 5 minutes to take a glimpse of the view and the structure of the cave, the little gaps it had on the top where water seeped through, the mother Mary statue with a small lamp on the cave and indeed the river. The cave was very slippery and we had to hold on to each other to walk and make sure we had flashlights on as it did not have electricity. It was one of the most amazing visits and can never get tired of this place or this trip. It was surely a blessing to have had this opportunity to come here with my friends.



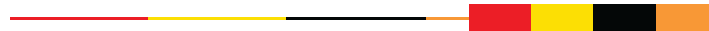




## MAYOR'S OFFICE

During our visit, we had the opportunity to go to the mayor's office in Plattling, where we were even featured in the local newspaper. Upon entering, we were escorted to the conference room and were warmly welcomed by the mayor and his assistant. In his presentation, he provided us with an insightful overview of the town's planning and the functioning of the Municipality. We noticed that, in comparison to India, their political system appeared to be less aggressive and competitive. The mayor shared several ongoing projects for the town, including the construction of a kindergarten and the establishment of a water reservoir to mitigate flooding risks. To express our gratitude, our teachers presented the Mayor with a small token of appreciation.

The current mayor of Plattling is Mr. Hans Schmalhofer, who assumed office in 2020. Born and raised in Plattling, he attended the local elementary school and later enrolled in the Conrad-Graf-Preysing-Realschule Plattling. After completing his training as a technical draftsman, he worked his way up from a project and sales manager to a division manager. In 2002, he ventured into entrepreneurship and became an independent business owner. Alongside his mayoral duties, Schmalhofer actively participates in various Plattling associations, including serving on the board of directors for the St. Johann Nepomuk Association, which oversees the Nepomuk Museum in Plattling.





## ALLIANZ ARENA AND DACHAU CONCENTRATION CAMP

The visit to Allianz Arena was highly anticipated by all of us football fans, and stepping foot inside the stadium was truly surreal. Upon arrival, we immediately sensed the vibrant energy of a real football ground and were awestruck by its sheer size. Prior to entering the stadium itself, we were guided to a museum showcasing the trophies won by the Bayern Munich football team and their jerseys from various seasons. The museum's exhibits were impeccably displayed, and the trophies shimmered beautifully in the light. Additionally, there was a shop where we could purchase jerseys and other memorabilia related to the football team.

After concluding our visit to the museum, we were guided towards the ground of Allianz Arena. The sight left us all speechless, overwhelmed by its grandeur. Taking our seats, we received information about the seating prices, the stadium's origin, the passionate fans, the team's rivals, and other interesting trivia. We were even given the opportunity to explore the press conference room. As an added thrill, we sat on the very seats where the players sit during matches, an exhilarating experience that left us in awe.

Visiting Dachau Concentration Camp was a profoundly solemn experience. It opened our eyes to the harsh living conditions endured by Jews during the Second World War. Witnessing it in person was starkly different from what we had seen in movies about the war. The atmosphere was quiet and somber, and we paid our respects while exploring the camp. Flowers were left as a gesture of reverence. Within the camp, there stood a memorial and a church, evoking a haunting sense of history. Eerie signs on the gates bore the chilling words, "work will set you free." We also had the opportunity to visit the gas chambers and the actual bunkers, further deepening our understanding of the tragic events. It was an eye-opening and educational experience for all of us.

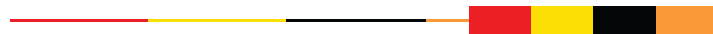






## REGENSBURG CITY TOUR

Our second major city tour was in Regensburg, known for its unique and visually stunning architecture. The buildings, reminiscent of scenes from movies, emanated a sense of charm. The towering churches added to the picturesque beauty, making us feel as though we had stepped into a film set. Embarking on a walking tour, we encountered a beautiful university, a magnificent cathedral, and numerous other captivating locations. Serendipitously, we were even able to witness a wedding, adding to the city's enchantment. Regensburg showcased some of the most distinctive structures we had ever seen. Exploring the city, we found a plethora of modern shops and restaurants that perfectly catered to our teenage interests. With some free time to spare, we enjoyed shopping and indulged in a leisurely lunch. After a delightful time in Regensburg, we continued our journey to Walhalla. It is an important historic site for the Germans. The building had many beautiful statues. The outside had a splendid view of the river Danube, the structure was a pleasure to our eyes and we even got to sit out in the sun for a while as we played Indian music.





## WALHALLA

Walhalla, situated in the picturesque town of Donaustauf near Regensburg, Germany, is a remarkable architectural masterpiece that embodies the country's rich cultural heritage. The grand temple stands proudly on a hilltop, overlooking the serene Danube River, its neoclassical design evoking a sense of classical grandeur. Built between 1830 and 1842, Walhalla was commissioned by King Ludwig I of Bavaria to honour great figures in German history.

The exterior of Walhalla is nothing short of awe-inspiring. Its majestic white facade, adorned with intricate sculptures and elaborate friezes, commands attention from afar. The imposing Corinthian columns supporting the triangular pediment further accentuate its grandiosity. As we stepped inside, the sheer magnitude of the temple overwhelmed us. The vast hall, with its high ceilings and meticulously crafted marble statues, transported me to a bygone era. The walls, adorned with plaques bearing the names of eminent German personalities, served as a poignant reminder of the countless contributions made by these individuals to the nation's development. Exploring the interior of Walhalla was like delving into the annals of German history. Each statue, meticulously crafted to resemble the honoured figure, seemed to come to life. From great poets and composers to influential statesmen and military leaders, the pantheon of personalities showcased here was diverse and it was impressive. As we walked through the hall, we couldn't help but feel a profound sense of reverence for these individuals who had shaped the destiny of Germany. The atmosphere was one of solemnity and respect, a place where their legacies were preserved for generations to come.

In conclusion, Walhalla stands as a testament to the rich tapestry of German history and culture. Its awe-inspiring architecture and meticulously crafted statues offer a glimpse into the nation's past, reminding visitors of the remarkable individuals who have played a pivotal role in shaping Germany's identity. A visit to Walhalla is not just a sightseeing experience; it is a journey through time, an opportunity to pay homage to the remarkable figures who have left an indelible mark on the country's history.

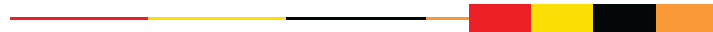






## STUDENT EXPERIENCES

On arrival at the Munich airport, we were received by the teachers waiting for us at the airport. It was a one-hour ride from the airport to the school. On reaching St. Michael's Gymnasium, I was greeted with a warm hug by my host partner Antonia who was accompanied by her mother Kerstin and younger sister Vroni. After which we made our way inside where we were welcomed by the school's Brass Band, a beautiful melody to start this trip with! We reached their house where I got to meet Mr. Oliver, my host partner's father. A very kind and loving man who had the best sense of humor. Antonia's older sister Leni had just got back home in time for dinner. She was like the sister I never had. Kerstin was like my second mother who took care of all my needs, made me feel really comfortable and never backed out in providing the best for me at any given time. Antonia is a very calm and collected person. She is really funny once you get to know her. We bonded over fictional books like Harry Potter and blasted songs in her room at night because we could not sleep! The entire family sits together for all their meals. They also grew their own vegetables in their backyard and used it while cooking. Communication was not at all a problem as everyone in their family knew English pretty well. However, we did have to rely on google for some words, mostly to translate a few vegetable names. Every day after dinner, we played UNO and they also taught me how to play rummy cup and exploding kittens, two of the most played board games in their house. It was fun to play with the entire family and spending quality time with each other.

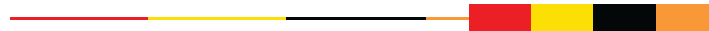




Kerstin is a nurse and Oliver owns a huge granite mine where he would spend most of his day helping customers. Leni, the older sibling, was studying and working at a primary school, and Vroni is still in 6th grade. They have a ginger cat, Tina, who would come to you for a maximum of 5 minutes when you give her treats and then disappear. They have 5 chickens and a dog, Roxy, who was very calm but energetic despite her age. She is 8 years old. After every meal, Roxy would come under the dining table and search for any bits of food that would have accidentally made its way to the floor. Everyday Kerstin got me many different types of sweets and chocolates that I would not find here in India, to try and take them home with me. What can I say? I had the best time during my stay in Germany and would 100% do it again if I were given the opportunity to. The Exchange Programme gave me a second home 7000 kilometers away, a family I would never forget, ever. On the last day, the day we all despised with our whole heart, bid goodbye to our family. Most of them cried, some of us tried not to cry and hugged each other one last time. I look forward to meeting them again in the near future, until then, Tschüss meine familie!

**Priyanka Byndur**

II PPES - O







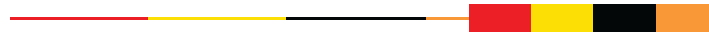
## STUDENT EXPERIENCES

Attempting to capture the profound experience of this student exchange programme in words feels futile, but I will make an effort to do so. Firstly, it was my inaugural plane journey, and I was fortunate to embark on it with my friends, venturing to a foreign country. The Germans welcomed us warmly, sharing in the mix of anticipation and excitement that comes with meeting new people. They were outgoing, making it easy for us to establish a seamless connection. I must mention that my partner and his family were particularly remarkable. They engaged in conversations with ease, regardless of the topic at hand. I was among the few who never grew tired of the cold weather, as I found fascination in anything out of the ordinary or distinctly different. Each day was a joyful exploration, with the town of Deggendorf and Metten, along with its surroundings, offering incomparable beauty. It felt like being embraced by nature itself. The proximity of rivers, ponds, streams, hills, and mountains felt surreal.

We visited places I never imagined existed and engaged in activities that would normally be deemed impossible. The German students stood out for their unique qualities and a certain nonchalance. Above all, we shared a common desire for fun and adventure. My partner's father personified the life I aspired to have - a simple existence in a small town, with a loving family, pursuing a career in geology, traveling for work, and returning home to a small garden where he would cook for his loved ones. Meeting him was like encountering the epitome of the ideal life I had envisioned for myself. The town festival resembled a movie-like adventure, with seventeen-year-olds gleefully enjoying amusement rides. This trip, as a whole, offered an innately beautiful experience that will leave an everlasting impact on me. The friendships forged during this journey are undoubtedly lifelong. It struck the perfect balance between being educational and thought-provoking, encouraging introspection and contemplation. I believe the entire country embodies a remarkable level of discipline, which I aim to incorporate into my own lifestyle, alongside their easygoing attitude and contented outlook on life. I also discovered a delightful little sister in my partner's sister. Finding meaningful relationships with people is something I cherish deeply. Until next time, Tschüss.

**Prasidh Jagan**

II PCMC - I





## STUDENT EXPERIENCES

As soon as I stepped into Metten, as I was swept away by the cool winds, I met a tall German boy with clear skin and golden brown hair. Ben introduced me to his handsome Polish friend Kacper and his beautiful mother. They drove me to their home, not ten minutes away from St. Michael's gymnasium. As soon as I stepped in, I felt right at home and was introduced to the family cat, Mickey. I was given my own room, which had a majestic view. I also met his muscular father, who worked from home on some days. Every so often, his grandparents would come over for a meal and treat us with some traditional German meals. As the days passed, I soon learned that Ben's house was a center for his friend group to meet up and spend time. The highlights of those days were spending time with everyone on Ben's bed. On one occasion, we connected Ben's gaming system to a huge projector and played Mario Kart at night. I also visited the home of some family friends for a barbeque.

The most fun times were going to random streets in the nearby town of Deggendorf and finding unique souvenirs. On one occasion my host family and I visited an Indian restaurant where I introduced them to Indian cuisine. My family was blown away by the high amount of spices in the dishes. Perhaps my most nostalgic memory was spending all the time with my partner, Ben, on his bed playing games on his TV and talking about our lives in India and Germany. It was intriguing to discover how different life could be in different parts of the world and yet how easy it was to connect with these people. I was able to adjust to the differences because of the warm attitude and open-mindedness of Ben's parents and extended family. Every day in Germany felt right at home as though I had always lived there. It was like we had our own friend group in Germany, and we spent time in the frühlingsfest and all the areas we toured around like we had been friends for years. The farewell was sorrowful as we had reached peak happiness living in Germany. As we parted ways, the excitement for the second part of the exchange was what kept us afloat.

**Pranav Bhat**  
II CAME - L







## STUDENT EXPERIENCES

When we landed in Munich International airport, I didn't know what to expect for the next two weeks, little did I know how much fun we would have. When my partner Carl and his parents picked me up at the school, I realized 174cm is not a lot. Unfortunately, my partner had fallen sick right before we landed so he could not be with us for the first two days. On the first day I roamed the town of Deggendorf with Carl's father Robert, his mother Annette and his younger brother Fred. It was a good bonding session. The second day the school took us to Munich with our partners but Carl couldn't make it because he was still sick so I went alone. I met my friends' partners and they were all very welcoming and they took me into their group. We went back to Metten at around 6pm and they invited me to Ben's house which was their go to meeting point. I asked Carl's dad to drop me there and he gladly agreed. They introduced me to their Polish friend who wasn't in the exchange programme, Kacper was a comedic genius. Ben had a projector which we connected to his switch and played 4 player Mario Kart. So that's the story of how I made my very first German friends.

My partner Carl had a huge house. I got a huge room all for myself which I definitely kept very neat. My partner's mother made really good food which I could not resist for the two weeks I was in Germany. I ate so many kinds of meat, cheese and bread that my stomach was always happy. While having dinner, we all talked about politics, economics, relations and what not. They treated me like I was their own son. They gave me so much more than I needed. When I found out Carl's younger brother plays Minecraft is when a very deep discussion about video games began. Carl's father and I sat down for 3 hours and discussed potential German Universities I could apply to after 12th grade which really opened up my mind to studying in Germany after 12th. At the end of the trip, I gave them traditional Indian clothes which they loved. The farewell on 8th was sorrowful as we had reached peak happiness living in Germany. My trip to Bavaria has been entertaining, enjoyable and slightly painful: because of waking up early in the morning in the cold. I had lots of fun. As we parted ways, the excitement for the second part of the exchange was what kept us afloat.



**Rishi Kolisetty**

II PCMC -I





## STUDENT EXPERIENCES

Getting to be a part of the German student exchange programme has got to be one of the greatest experiences in my life. Going to a new country and not just meeting but living with people you've never met before can feel a bit daunting and I will agree I was a little nervous but as soon as we reached the airport, we were greeted by a teacher from St. Michael's Gymnasium. He was very welcoming and immediately helped us with our suitcases and guided us on where to go. He told us that first we would be going to the school where we will meet our host families. I think my experience was a little different from the other Indians on the exchange because I had not 1 but 2 partners - Charlotte and Eva.

I wasn't sure about which family I would be staying with first, so I was extra nervous but it turned out that all that nervousness was totally unnecessary. As soon as we reached the school both my partners immediately recognized me from some pictures I had sent of myself and they hugged me. It didn't feel like we had just met because of how welcoming they were. They helped me with my suitcases and the school choir played a short song for us. It was beautiful. Then Charlotte told me I would be living with her family first so I said bye to Eva and we were off to her house. Her house was extremely beautiful and her family was even better. They were all so kind and so hospitable and I'll never forget them. Charlotte's mom and dad are both doctors but they always made time to talk to me. She also had a little brother who couldn't speak a lot of English but we still managed to share a few jokes. My favorite part about staying with them was the long talks that we had at dinner. We talked about culture, especially India's and Germany's, we talked about movies, food, politics, wars, society and also made lots and lots of jokes. I really never stopped laughing and smiling and I learnt a lot about them and Germany. Charlotte was really one of the sweetest girls I've ever met. Her family and she really did make me feel at home for which I am so grateful.

After a week, I shifted to Eva's house. Eva's house was just magnificent. It had acres of land filled with green grass, a lake and even a forest! And sometimes when I woke up in







the morning, I would see deer, right outside my window! Eva, her mom and her dad were also very hospitable and they made sure I had everything I needed. Her dad helped me with every little problem I had, like for example once when I dropped a box of mine on the ground it broke. He immediately picked it up and said no problem, we can fix this and he fixed it for me. I never expected my host family to be this helpful and it really touched my heart.

When I reached Germany, I gave both Charlotte and Eva and their family some traditional Indian gifts but I never expected a gift from them after all they had done for me but both Charlotte and Eva showered me with so many little gifts. They even bought me a traditional German dress called a 'Dirndl' which was so pretty! Both Eva and Charlotte's family took me around to so many places around their state, Bavaria and they were all breathtaking and fun to visit. I was a vegetarian and thought I would find it very hard to manage in Germany but both my host families made such tasty and delicious vegetarian food and I was always left with a very full and content stomach. Communication was not really a problem with Charlotte's family because her mom and dad knew pretty good English, but with Eva's family it was a little hard because her mom didn't know a lot of English but we still managed to communicate with my broken German and her broken English, and this also gave me a chance to learn so many new German words. My favorite word is 'Schmetterling' which means butterfly. The trips we took with the entire student exchange were also an amazing experience. I learned a lot, gained some useful knowledge and more than anything I bonded with not just my partners and their family's but some of their friends too.

The people I met here in Germany, especially my partners and their family will always have a very special place in my heart and the memories I made here will be cherished for a lifetime to come. I will never forget this amazing trip to Germany and I really hope to visit again but till then, Tschüss.

**Laya Charan**  
II PPES - O





## STUDENT EXPERIENCES

After a long flight, we finally landed at the Munich International Airport in Deutschland. Welcomed by the teachers from St. Michael's Gymnasium we happily boarded the bus and headed towards school. Upon arrival, we were greeted by the earnestly excited families. This was the start of one of the best trips of my life. I was hosted by Samuel Stoberl who lived with his parents, Micheal and Silke Stoberl, in a small village called Niederwinkling which was a few kilometers away from Metten. After I met the family, I immediately felt at home because of their loving hospitality. Silke, my partner's mother, packed me lunch every morning and cooked delicious vegetarian food for me. During my stay, we visited a lot of places and had loads of fun. Apart from all the places the school took us to, my family had lots of adventures planned for me. Going for a daily walk around the village, cycling around, playing tennis at the local court, and going to church.

The best things of the lot were going to watch a football match live at the Allianz Arena, and celebrating my partner's father, Micheal's birthday with friends and family. I met a lot of people and experienced the best German hospitality from my partner and his family. We also played football, badminton and table tennis in their backyard. They took me to nearby towns for shopping and even bought me so many presents. We also went for a trek on a nearby mountain. Overall, my experience was so good that I cannot put it in words. They took such great care of me and they fulfilled all my needs. Thanks to them and their love, leaving Germany was harder than ever. I will never forget these 15 days

To this day I smile when I think of my family across the world. It was sad that we had to part ways but we made a promise of reuniting and I will surely fulfill it. Thank you to the Stoberls for everything and my amazing and lovely Bavarian family.

**Nirav Jain**  
II CAMS-K







## STUDENT EXPERIENCES

On arriving at Munich airport, we were picked up by the teachers of St. Michael's Gymnasium, it took us about an hour to reach the school. At the school we were welcomed by our partners with a warm hug and they took us inside the school where we were greeted by the brass band. My partner, Clara, came along with her father, Sebastian, to pick me up from the school and we drove to their house in a region called Wolfstein where I was received by her mother, Cristina who looked after all my needs and made sure I felt like I was at home. Her younger sister, Marlene was like a little sister that I never had and her grandparents were lovely. What can I say about Clara? I have never met such a creative person like her before. She crochets, she makes jewellery and she draws.

Communication was not that tough since they knew English except Marlene, but it wasn't a problem as she used to explain with her hands and facial expressions about what she was saying. They also had a cat, Emil, who was super cute as he would sleep all day and go out at night to play in the fields. They gave me an amazing room, which overlooked the hills and waking up to that view was surreal. And the day we dreaded had finally come, it was time to bid goodbye to my second family. Everyone was in tears saying goodbye to their partners and Germany. Until next time, Sear Wus.

**Mridula H.M**  
II CAMS-J





## STUDENT EXPERIENCES

On reaching St. Michael's Gymnasium, we were greeted by our parnters with a warm hug. My partner Alram was accompanied by his brother Zacharias who is also part of this student exchange and his mother Sabeena who took care of all my needs and made sure that I had pure vegetarian food. We then made our way inside the school where we were welcomed by the brass band. We went to Deggendorf where they lived and I was greeted by their two dogs, Poldi and Flo who were very friendly. And we met their dad, Alex, who loved cooking and we had fun conversations. He had an older brother Laurin, who was kind, drove us around and he was very fun. They had a big gorgeous house with a swimming pool, gym, play arena and an amazing view. The best part was that I got to stay with my best friend, Meeth, who was Zacharias' partner. Zacharias was a very shy yet a fun person whereas Alram was more outgoing and he introduced me to German music. They made communication very easy since they were good at English.

We played dart, snooker, basketball and we played football with their dogs. They had a good collection of alcohol. On the weekends we explored cities and it was very beautiful. It was the best trip of my life, I learnt a lot of things, I met new people and Alram's classmates were amazing and friendly. In the end I made a whole new set of friends and gained a new family. My trip ended on a good note. Tschüss!

**Rian Jain**  
II CAMS - K







## STUDENT EXPERIENCES

“One must travel to learn.” quoting Mark Twain, I arrived at Metten with fresh perspective to learn more. I was greeted by the teachers, partners and the brass band of St. Michael's Gymnasium, they played a beautiful array of instrumental music. Then we made our way to their house in Offenburg, as soon as I met Carolin, my partner and her parents Joseph and Sandra, I was engulfed with warmth and happiness. I was excited to meet Mira, their dog! Their house was very pretty with a vast view of the forest and hills. Joseph was a car enthusiast who had a variety of cars and Sandra made delicious food that reminded of home, Carolin was a sweetheart, she made me feel at home and we bonded over similar tastes. Out of all the fun filled days I had, my favourite day was when we went to Passau over the weekend, it was like walking through a dream, we went around the city exploring views, museums and churches it was truly an experience of a lifetime. Another such experience was when we visited Partnach Gorge a river flowing through a canyon, throughout the trip we got closer and became one big family. We not only forged friendships but also created cherished memories! On the last day, we showcased our culture through a performance for the partners and their families. As the time to depart came closer I was struck with a bittersweet feeling of leaving my second family behind, but I also created memories that will last a lifetime. Ciao for now!



**Soubiya Emaan**  
II HEPP - N





## STUDENT EXPERIENCES

On our arrival, we were greeted with a warm hug by our partners and welcomed by the school brass band. My partner, Johanna came with her mother, Hiltrud, to pick me up. Later, I went to their house, in Deggendorf, I met her father, Michael, who was welcoming and pleasant and her elder brother, Yosef who was shy and kind - hearted. They are a family of seven, but unfortunately, I couldn't meet them all. Their house was a charming pinterest-y house. Hiltrud was genuinely one of the most generous and caring people. She took care of me as her own daughter and cooked the most delicious food. Johanna was the sweetest person ever. She plays multiple instruments and also a ballet dancer. We bonded over our similar taste in music and tv shows. She also introduced me to some fun German songs. She is very hardworking, she volunteers at the library and works as an altar girl in the church. She is also very creative, she made a collage of all our memories in Germany and made origami that looked like candy with notes inside, one for each day of the trip.

One of the memorable moments was the spring festival, Frühlingsfest where I got to wear the traditional Bavarian dress, the dirndl. We bid each other goodbye with a heavy heart and a tight hug. The Exchange Programme gave me an insight into a totally different culture from our own. It helped me create a bond with a complete stranger while giving me a home away from home.

**Kiarah Suvarna**  
II PPES-O







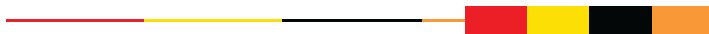
## SALZBURG

Nestled in the heart of Austria, Salzburg beckons with its timeless charm and captivating beauty. This enchanting city, birthplace of the legendary composer Wolfgang Amadeus Mozart, boasts a rich cultural heritage, a stunning architectural landscape, and breathtaking natural surroundings. Steeped in history, Salzburg's UNESCO-listed Old Town, with its narrow cobbled streets and elegant Baroque buildings, is like stepping into a fairy tale. From the imposing fortress perched on a hilltop to the melodious strains of classical music that echo through its streets, Salzburg captures the imagination and leaves a lasting impression. With its world-famous festivals, picturesque gardens, and a connection to "The Sound of Music," Salzburg invites visitors to immerse themselves in its cultural tapestry, explore its breathtaking alpine vistas, and experience the magic that has earned it the title of one of Europe's most captivating cities.



## MIRABELL PALACE

Mirabell Palace, a splendid masterpiece of Baroque architecture, stands as a testament to the grandeur and elegance of Salzburg. Located in the heart of the city, this enchanting palace and its immaculately landscaped gardens are a true feast for the senses. Built in the 17th century by Prince-Archbishop Wolf Dietrich for his beloved mistress, the palace exudes grace and opulence at every turn. Its grand exterior, adorned with ornate facades and statues, sets the stage for the breathtaking beauty that lies within. The highlight of the palace is undoubtedly the world-famous Mirabell Gardens, with their meticulously manicured flower beds, sculpted hedges, and magnificent fountains. The Pegasus Fountain, featured in the renowned movie "The Sound of Music," adds a touch of whimsy to the scene. Mirabell Palace and its gardens embody the very essence of Salzburg's architectural and natural splendor, offering visitors a glimpse into a bygone era and an oasis of tranquility in the heart of the city.





## SALZBURG CATHEDRAL

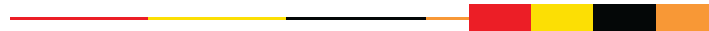
Salzburg Cathedral, also known as Salzburger Dom, is a majestic masterpiece that commands attention in the heart of Salzburg. Its striking Baroque architecture, including its iconic green dome, is a visual delight. Step inside, and you'll be captivated by the cathedral's awe-inspiring interior, with its ornate decorations, grand organ, and stunning artwork, making it a must-visit for history, architecture, and art enthusiasts alike.

## HELLBRUNN

Hellbrunn is a beautiful palace and park located in the outskirts of Salzburg, Austria. Built in the early 17th century, it is known for its exquisite Baroque architecture and picturesque gardens. The palace is famous for its unique trick fountains, which surprise and delight visitors with unexpected water features and playful pranks.

## LINZER GASSE

Linzer Gasse is a charming and historic street in the heart of Salzburg, Austria. Lined with colorful buildings, quaint shops, and inviting cafés, it offers a delightful atmosphere for strolling and exploring. The street is known for its unique architecture, with beautifully preserved medieval and Baroque facades that showcase the city's rich heritage. With its bustling energy and a mix of local shops and eateries, Linzer Gasse is a favorite destination for both locals and tourists alike.





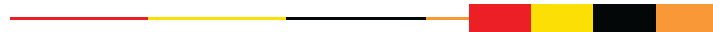


## GETREIDE GASSE

Getreidegasse is one of the most famous and vibrant streets in Salzburg, Austria. Known for its historic charm and picturesque architecture, it is a delight to wander through. The street is renowned for its ornate wrought-iron signs that hang above the shops, creating a whimsical and nostalgic atmosphere. It is also home to the birthplace of Wolfgang Amadeus Mozart, which is now a museum dedicated to the legendary composer's life and works.

## SALZBURG MOUNTAIN

Salzburg Mountain refers to the scenic surrounding mountains that encircle the city of Salzburg in Austria. These mountains, part of the larger Eastern Alps range, provide a breathtaking backdrop and stunning views from various vantage points in the city. They offer outdoor enthusiasts and nature lovers a plethora of activities such as hiking, skiing, and mountain biking, allowing visitors to immerse themselves in the beauty of the Alpine landscape just a stone's throw away from the city center.





## PROJECT REPORT

This project focuses on conducting a comprehensive comparison between the approaches to holistic education in India and Germany. The evaluation of holistic educational quality encompasses an examination of both existing structures and planned changes within the educational systems of each nation. To achieve this objective, the project covers various aspects including history, infrastructure, timings, teaching strategy, extracurricular activities, academic pressure, system functionality, curriculum, and flexibility. By undertaking a comparative analysis spanning at least three significant periods of time within German and Indian histories, a deeper understanding of the similarities and differences in their approaches to holistic education can be gained. The historical context of both countries plays a crucial role in shaping their educational systems. By exploring the historical development of education in India and Germany, this project aims to uncover the societal and cultural influences that have shaped their respective approaches to holistic education. This analysis will shed light on the historical factors that have contributed to the similarities or disparities in the two nations' educational frameworks.

Infrastructure and timings are essential factors in providing a conducive learning environment. The project will examine the infrastructure of schools and colleges in India and Germany, considering aspects such as classroom facilities, libraries, laboratories, and technological resources. Additionally, a comparison will be made regarding the school timings and academic calendars, including the duration of the academic year, holidays, and breaks in each country. Teaching strategies employed in India and Germany will be explored to understand their impact on holistic education. This includes analyzing pedagogical approaches, teaching methodologies, classroom interaction, and student-teacher relationships. By examining the similarities and differences in teaching strategies, valuable insights can be gained regarding the effectiveness of different approaches to holistic education.



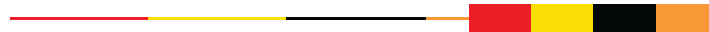




## PROJECT REPORT

Extracurricular activities are an integral part of a holistic educational experience. This project will investigate the types and availability of extracurricular activities in both India and Germany, such as sports, arts, music, and clubs. The analysis will focus on the role of extracurricular activities in promoting personal growth, social skills, and overall well-being. The project will also delve into the levels of academic pressure experienced by students in India and Germany. This includes exploring factors such as examination systems, grading scales, competition, and expectations placed on students. By examining the academic pressures in both countries, the project aims to understand the impact on student well-being, mental health, and the overall quality of holistic education.

Furthermore, the functionality and flexibility of the educational systems in India and Germany will be examined. This entails analyzing the organizational structures, administrative processes, and the extent of flexibility within the curriculum. The project will explore how the systems adapt to changes and incorporate new approaches to holistic education, such as interdisciplinary studies or vocational training. In conclusion, this project aims to provide a comprehensive comparative analysis of holistic education in India and Germany. By exploring historical backgrounds, infrastructure, timings, teaching strategies, extracurricular activities, academic pressures, system functionality, curriculum, and flexibility, a deeper understanding of the similarities and differences in their approaches to holistic education will be achieved. Through the examination of multiple significant periods within German and Indian histories, this research will contribute to the knowledge and understanding of holistic education in these two countries.

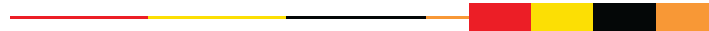




## THANK YOU NOTE TO THE TEACHERS

We would like to extend our deepest gratitude and heartfelt thanks to Ms. Philu Rose Jose - Coordinator Student Development Office, Zach Sir and Glory Ma'am for their unwavering commitment and dedication in accompanying our group of 17 students on the incredible journey to Metten, Germany, for the student exchange programme. Your efforts and support have made this experience truly unforgettable. Throughout the entire trip, you both demonstrated exceptional leadership and guidance, ensuring the smooth running of the exchange programme. Your meticulous planning and attention to detail allowed our students to immerse themselves in the German culture, language, and educational system, fostering a deeper understanding and appreciation for global perspectives. And not to forget we also appreciate the German teachers who accepted us and catered to our needs as we took time to adjust. Your constant presence and vigilance provided a sense of security and comfort to us, making us feel at ease in a foreign country. Coordinating educational and cultural activities, you went above and beyond to ensure that we had a meaningful and enriching experience during our time in Metten.

Moreover, your role as mentor and educator extended beyond the classroom walls. You encouraged our students to step out of their comfort zones, explore new horizons, and embrace diverse experiences. Your guidance has undoubtedly left a lasting impact on their personal growth and development.







## Days together





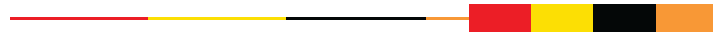
# Days together







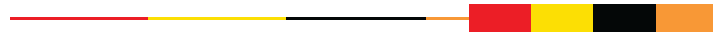
## Best days ever







## Best days ever





## Best days ever



Indo - German Student  
Exchange Programme 2023







**CHRIST**  
**JUNIOR COLLEGE**  
BENGALURU - 29

Phone: 080 - 4012 9292  
Fax: 080 - 4012 9222  
Web: [www.christjuniorcollege.in](http://www.christjuniorcollege.in)  
Mail: [office@cj.c.christcollege.edu](mailto:office@cj.c.christcollege.edu)



**St.-Michaels-Gymnasium**  
Abteistraße 3 - 94526 Metten  
Germany  
[www.kloster-metten.de](http://www.kloster-metten.de)