

Erasmus+ mobility in Rotterdam, February 10th to 14th for 8 Students and 2 Teachers from Palma de Mallorca

Tuesday, February 10th, vhs Rotterdam

- 19:15 PM: Arrival of participants in Amsterdam
- Train transfer to Rotterdam
- Hotel check-in
- Short practical briefing (depending on arrival time)

Wednesday, 11 February – Welcome Presentation and Cultural & Historical Context

- 09:00 AM: Welcome presentation of Smart Body & Mind
- 10:30 AM: Train transfer to Dordrecht
- 11:00 AM: Historical walking tour in Dordrecht
- 14:00 PM: Train transfer to Rotterdam
- 14:30 PM: Historical and urban tour in Rotterdam
- 18:00 PM: Reflection session focusing on social history, diversity and urban development

Thursday, 12 February – Democratic Institutions

- 08:30 AM: Train transfer to The Hage
- 10:00 AM: Visit to the Tweede Kamer (Dutch House of Representatives)
- Introduction to the Dutch political system and democratic participation
- Reflection and discussion session

Friday, 13 February – European Dimension

- 08:30 AM: Train transfer to Brussels
- 10:00 AM: European institutions / Parliamentarium
- Full-day visit to Brussels
- Focus on EU citizenship, participation and European values
- Group reflection and learning outcomes

Saturday, 14 February – Evaluation & Closure

- 10:00 AM: Evaluation session and feedback round
- Presentation of certificates
- Closing and departure

Identification requirement for institutional visits

For security reasons, **all participants must carry a valid original passport or national ID card** (no copies or digital versions) during visits to:

- the **Tweede Kamer (Dutch House of Representatives)**
- the **European Parliament buildings in Brussels**

Access may be denied without a valid original identification document.

Emergency information – The Netherlands

- **European emergency number: 112**
For police, fire brigade and ambulance services.
- **Non-emergency police: 0900 8844**
- **Medical care:**

Participants are advised to carry their European Health Insurance Card (EHIC) for access to necessary medical care during their stay.