

## Monday

On Monday we started from Frankfurt to Poland with a tiny airplane of the Polish airline LOT and the flight took about two hours. When we landed we went to some kind of hotel, in which the teachers were housed as well and ate a traditional Polish lunch, also we noticed that there is Kompott (a sweet fruity drink) everywhere and we learned it is normal in Poland, because it is known as very healthy. After we had our lunch we went to the school and talked with some people we already knew from the exchanges before, by the time the first people were gone we were introduced to our exchange students and went home with them. I was introduced to the family at home and was shown what was where in the house, so just the usual things. For dinner I had similar food as for lunch, but it was very tasty, so I did not mind. In the evening some students (me as well) went to "Ebro" a bowling and snooker bar and we stayed there some hours until we went home again and played some games before I went to try to sleep.