



COLOGNE INTERNATIONAL SCHOOL
Internationale Friedensschule Köln

EXTRA-CURRICULAR ACTIVITIES

International Secondary School & Gymnasium bilingual +



Photo: Stefania Tassone

CLUBS 2021/22 Semester 1

Dear Parents,

Please find attached background information regarding our club program for the school year 2021/22 semester 1. Our club structure will facilitate student development in the following areas:

Body

Experience how physical activity influences well-being in a positive way. Clubs currently offered in this area:

- Volleyball beginners (Monday 15:30 - 17:00) - max. 20*
- Volleyball advanced (Monday 15:30 - 17:00) - max. 20*
- Golf (Tuesday 14:45 - 16:15) - max. 15*
- Football (Wednesday 15:30- 17:00) - max. 20*
- Basketball (Thursday 15:30 - 17:00) - max. 20*
- Yoga (Thursday 15:30 - 17:00) - max. 15*

Mind

Expand your brain capacity, imagination and concentration. Clubs currently offered in this area:

- Speed-Reading (Friday 14:45-16:15) - max. 15* - *free*

Soul

Understand emotions and learn how to handle stress and anxiety. Improve self-confidence and self-esteem. Clubs currently offered in this area:

- Be Happy (Tuesday 14:45 - 16:15) - max. 10* - *free*

Relationship

Improve your public speaking, communication and collaboration skills. Clubs currently offered in this area:

- Spanish (Tuesday 14:45 - 16:15) - *free*
- DELE Exam Preparation A2/B1 & B2 (Friday 14:45 -16:15) - *free*
- Italian Mother Tongue (Friday 14:45 - 16:15) - max. 15*

Performance

Increase creativity and improve your skills. Clubs currently offered in this area:

- Big Band (Monday 15:30 - 17:00) - *free*
- Brass Band (Monday 15:30 - 17:00) - *free*
- Jazz Band (Monday 15:30 - 17:00) - *free*
- Arts & Crafts (Tuesday 14:45 - 16:15) - max. 20*
- Photography (Tuesday 14:45 - 16:15) - max. 15*
- Social Media Hub (Wednesday 15:30-17:00) - max. 15*
- String ensemble (Wednesday 15:30-17:00) - *free*
- Student Choir (Wednesday 15:30-17:00) - *free*
- Drama (Thursday 15:30-17:00) - max. 15*
- Poetry Slam (Thursday 15:30 - 17:00) - max. 15*
- STEM (Thursday 15:30-17:00) - max. 15*
- Media Club (Friday 14:45 - 16:15) - max. 15*
- Lernzeit / ILT / Clinics (Monday, Wednesday, Thursday 15:30 - 17:00, Tuesday & Friday 14:45 - 16:15) - *free*

Please note that appropriate sports clothing and clean sports shoes are mandatory for all sports courses. It is not allowed to enter the sports hall without clean sports shoes!

For more detailed information regarding clubs please see the next pages.

We wish our students a lot of fun!

Best regards,

Tatjana Zarić
Extra-Curricular Activities & Marketing

Detailed club descriptions in alphabetical order

Arts & Crafts

Pratibha Mantri

All grades, English - B 0.28 - 120€/semester

Painting, drawing and sculpting... Come and use a variety of paints, pencils and materials to create beautiful works of art!

Basketball RheinStars

Franz Bernhardt (RheinStars)

All grades, bilingual - Sports Hall 2 - 120€/semester

Train with RheinStars! Take part in a range of drills and team games, and learn basketball from professional athletes. Sports clothes and clean sports shoes are mandatory!

Be Happy

Dr. Petra Stratmann & Magdalena Menrad

All grades, bilingual - A 2.06 - free

How to increase your happiness and energy level? Enrol in this new club and learn to think positive, be thankful, handle stress and negative emotions, create your great day and love yourself.

Big Band

Robert Keane

All grades - via audition, bilingual - A 0.04 - free

Big Band musicians study and perform a variety of repertoire from various periods of Jazz, ranging from Dixieland to Swing, Funk to Fusion. Aside from improving instrumental expertise and ensemble awareness, band members will develop their improvisational skills, study the form of jazz and learn about the great jazz performers of the past and present. The Big Band performs regularly at school functions and tours once a year. Previously the group has had much success at international competition.

Brass Band

Jan Gerwing

All grades, bilingual - B 0.28 - free

The Brass Band consists of brass and woodwind instruments. Learn a wide range of different styles and have fun making music together!

DELE Exam Preparation A2/B1 & B2

Susana Martinez

Grades 7-12 - B 0.28 - free

The Diplomas DELE are official qualifications certifying the degree of competence and mastery of Spanish, granted by Instituto Cervantes. This course will prepare each pupil for his/her appropriate level of the DELE examination: A2-B1 or B2.

Drama

Lea Lehmann & Shaun Roberts

All grades, English - E 0.02 - 120€/semester

Drama Club is designed for students interested in learning more about the aspects of theatre. Students will have a chance to experience the excitement and rewards of theatre arts while developing acting and social skills, confidence and the ability to work in a team. The group will work towards production at the end of the school year.

Football

Cedric Marshall

All grades, bilingual - Sports Hall 3 - 120€/semester

Practise your ball skills with drills and team games, run by a qualified football trainer. Sports clothes and clean sports shoes are mandatory!

Golf

Jörg Fronczak (Kölner Golf Club)

All grades, bilingual - Kölner Golf Club - 120€/semester

The students will be picked up at the school main entrance at 14:45. The lesson takes place in the Kölner Golf Club, Freimersdorfer Weg 43. In addition, each participant will have to pay 2€ for the golf tokens every lesson in order to play.

Italian Mother Tongue

Stefania Tassone

All grades - 120€/semester

Italian native speakers will be able to improve their grammar as well as reading and conversational skills in their mother tongue.

Jazz Band

Sebastian Oetker

All, bilingual - A 0.16 - free

Students will learn how to improvise with their instrument and voice respectively through jazz, blues and pop songs.

Lernzeit / ILT / Clinics

Various teachers for different subjects

All grades E 0.01 (Monday, Wednesday, Thursday, Friday), Library A 0.01 (Tuesday)– free

Use time in the afternoon to complete tasks, deepen or catch up with topics accompanied by teachers who support you in your learning strategies.

Media

Dr. Shipra Saksena

All grades, English - B 0.29 - 120€/semester

Students will learn how to prepare posters, banners and slogans for advertising, script writing for audio visual ads, interviews and documentaries. They will learn how to film and how to create a video using different editing softwares. Participating students will target to produce visual documentaries about the school life and happenings. The best students' works will be posted on school's Youtube, Facebook and Instagram account.

Poetry Slam

Dennis Askari

All grades, German - 120€/semester

Students will learn to write their own texts and to give a ready-stage performance. The focus is on poetry, prosody and body language.

Photography

Stefania Tassone

All grades, English - 120€/semester

Students learn about lighting, composition, aperture and how to take pictures with DSLR camera. They will also take photos of school events, that will be published in the weekend notes and on school's, Facebook and Instagram account.

Social Media Hub

Dr. Shipra Saksena

All grades, English - 120€/semester

In this club, we will create memes, GIFs, reels, motivation photos and short interview videos on various school topics . The best students' works will be posted on our official Social Media accounts (Youtube, Facebook and Instagram).

Spanish

Antonia Manceras

Grades 5-8 - B 0.29 - free

Introductory course in the Spanish language, conversation, grammar and culture.

Speed-Reading

Dr. Petra Stratmann & Michaela Kienle

All grades, bilingual - Library A 0.01 - free

In this club you will learn to improve your reading speed and concentration with different techniques. The target is to increase the number of words read per minute by 30-50%.

STEM

Eva Roses

All grades, bilingual - E 1.03 - 120€/semester

STEM (Science, Technology, Engineering & Maths) is a project-based, interdisciplinary approach to developing students' skills and interests in these areas. The course will begin with creating games, animations and presentations using MIT Scratch, and will develop to include programming skills with Arduino. There will also be practical stem projects based on the interests of those who join the club.

String Ensemble

Julie Maas & Nure Dlovani

All grades, bilingual - A 0.16.1 & 2 - free

This club is open to all string players who want to play exciting repertoire in many styles: classical, folk, jazz and film music.

Student Choir

Jan Gerwing

All grades, bilingual - A 0.04 - free

Keep on singing! The expressive abilities of one's own voice has fascinated people for centuries - and it's the only instrument you always carry with you without further thought. Singing with others connects, brings recreation, joy, grounds - and is therefore the best opportunity for a short time off in the middle of the week. The choir is an offer for everyone interested and motivated to train their voice in an atmosphere of community and to express themselves musically.

Volleyball advanced

Nico Wessely

All grades, bilingual - Sports Hall 2 - 120€/semester

The advanced volleyball club is addressed to all students who have at least one to two years of experience. Besides improving typical Volleyball techniques and tactics, students will play in teams of four or six with and against each other. The goal of this club is to form boys and girls teams that will participate in tournaments against other schools. Sports clothes and clean sports shoes are mandatory!

Volleyball beginners

Nico Wessely & N.N.

All grades, bilingual - Sports Hall 3 - 120€/semester

The beginners volleyball club is addressed to all students who would like to learn a new team sport that is unlike any other. Besides learning typical volleyball techniques such as the set, the bump set and different attacks, students will play in small teams with and against each other. The goal of this club is to form boys and girls teams that will participate in tournaments against other schools. Sports clothes and clean sports shoes are mandatory!

Yoga

Sue Kaptein

All grades, bilingual - 120€/semester

Enrol in this power-yoga class. You will strengthen your core, tone muscles, increase flexibility and raise your spirits. Sports clothes and a clean towel are mandatory!