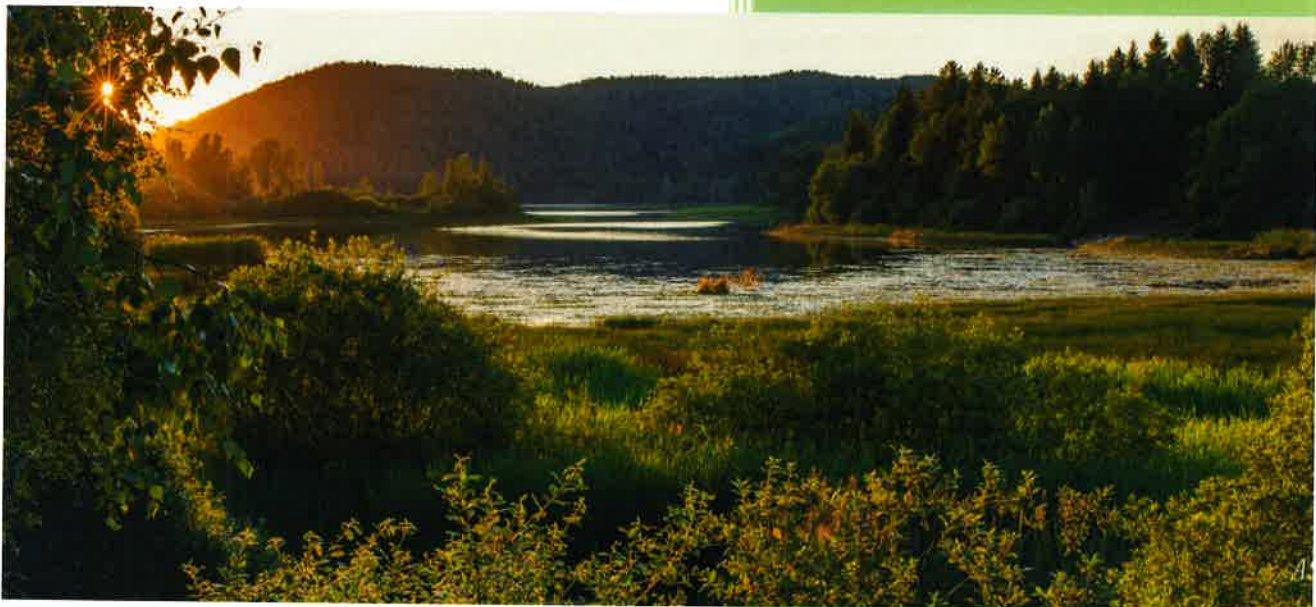


2017

ERASMUS+ TRIP TO HOF, NORWAY



Erasmus+



HOF FEBRUARY 12-18, 2017

SUNDAY 12.02.07

The different countries arrived at different times during Sunday. The visitors were met at the train station and taken to Holmestrand hotel where the teachers stayed for the week.

The host families came and picked up their student. Many exited students and teachers met each other for the first time!

In the evening, the teachers went to a local restaurant for dinner. The students spent the remaining of the day with their host families.



Holmestrand Fjordhotell



MONDAY 13.02.07

The teachers were picked up from the hotel in the morning and the students came to school together with their host student.

First, they all met in the teachers' lounge to get a welcoming gift from the principal. After that, we went to the assembly hall. Hof's mayor held a welcoming speech, as did the principal. to have presentations. The rest of the school were there as well and we had a nice time watching all the different presentations.

The teachers had lunch together at school and the students had lunch in the canteen.

When we were all filled up after lunch, we went to get skis for everyone. While the students got their equipment, the teachers had a guided tour around the school.

The students followed PE lessons together with grade 9. The teachers had a project meeting.

In the afternoon, the teachers went to Eidsfoss, a small community in Hof. Hege, a teacher at Hof skole, was the guide. She told us a lot about the history and the story of different houses.



Eidsfoss in the summertime.



Norway's oldest grocery store is in Eidsfoss.

After the tour, we went to Eva, a colleague, for a wonderful dinner. She served a three-course meal with salmon, moose and two different cakes for dessert.



The students spent the rest of the day with their host families. We got pictures and messages from them telling us how much they enjoyed themselves. That was a relief for the Norwegian organizers who could then relax and enjoy the rest of the evening!

It had been a very long day, so everyone was happy to get back to bed.



Tuesday/Wednesday

Time for skiing!

Everyone went by bus to Lifjell in Telemark where the school had rented a place to spend the night.



The goal was that everyone should try cross-country skiing. Some of the teacher gave instructions and had a “crash course” in skiing. Many happy students and teachers really got the hang of it, and enjoyed the experience.

The weather was wonderful, so we were able to spend the day outdoors doing different winter activities.

During the evening, everyone enjoyed different games and competitions.

The food we ate on this trip was nutritious and healthy. The students made smoothies of strawberries and apple juice. They also figured out the nutritional value of the food they ate.

Wednesday at 14 o'clock, the bus returned to school. The students were picked up by their families and spent the rest of the day with them.

The teachers met at a local restaurant in Holmestrand and had a vegetarian meal. Everyone was very satisfied with the trip and had had a wonderful time.





Thursday

The students followed the first two lessons. One of these lessons was a dance rehearsal before the school dance later this evening. All the students participated and that was very impressive. The host students were good sports and danced like they had done nothing else!

Today it was very cold and icy. We had to be very careful walking outside! The visiting students and teachers went to Kari Akerholt's farm. We made bread and flatbread in her wood-burning oven. For lunch we ate what we had made, and it tasted really delicious!



Once a year we have a school dance including dinner, for all the students in grade 8,9 and 10. We were very happy to have our guests attending this together with us.



Friday

This day started a bit later than the other days because of the big school dance the night before.

All the students came to school at 11.00 and the bus took us to Holmestrand to pick up the teachers. We then went to Midgard historic museum and had a guided tour by Astrid. She works at Hof skole, but has also a special interest for the viking age, and for viking clothing in particular.



After the visit to the museum, we went to Tønsberg for some shopping.

Friday night was the last night of this stay. That is why we had organized a farewell buffet at school. The host families and the school provided the food and the drinks. It was very nice to talk to the host families about how the week had been. They all agreed that it had been a wonderful experience!

The principal held a speech and handed out diplomas to everyone who had participated in the project.

Estonia had to leave on Friday evening unfortunately, so they were not able to join us.



Saturday – departure!

Have a safe trip home!

Thank you to all our new friends for making this week such a wonderful experience!



Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born.

Anais Nin