**EVALUATION HOF, NORWAY 13.-17.02.2017.**

On Monday we started with a welcoming by the school staff and the major of Hof.  
We proceeded with presentations by students from all five countries.  
The presentations were about local schools and communities, the survey results and national dishes.Teachers and students were shown around the school by students and after that the guest students went to PE lessons. At the same time the teachers had a meeting.  
After the lessons the students went home with their host students and the teachers were having a guided tour in Eidsfoss. In the evening, the teachers had dinner made by a local teacher at her home. She prepared a traditional Norwegian dish (salmon and elk).

On Tuesday and Wednesday the teachers organized a very exciting cross-country skiing trip to the picturesque mountains. In the morning the students came to school with their hosts and we all were picked up by a bus, which took us to Jønnbu, Lifjell.  
There we had outdoor and indoor activities: skiing lessons, sledging, ski jumping, walking, team games, board games, table tennis and air hockey.  
During these days the students were divided into teams with whom they had to prepare healthy meals. They prepared and served tomato soup, flat bread, chicken with rice and salad, healthy snacks, smoothie and sandwiches. At the end of these activities one of the Norwegian teachers told us about the nutritional value of the food we had.After returning the students were picked up by their host families. The teachers had a vegetarian meal at a local restaurant.  
  
On Thursday, students came to school with their hosts and followed the two first lessons.  
The first lesson was a regular lesson and during the second lesson, they were practicing ballroom dancing for the evening ball.  
The teachers were having a meeting at the same time.  
Then the students and teachers went to Kari Akerholt`s farm where we made healthy bread and flat bread without preservatives in an old wood burning oven, which we ate there.  
After lunch we had a nice walk in the area. Then we went back to the school where the students went home with their hosts to prepare for the dance. In the evening, we had a dance and dinner, organized and made by the students and teachers from the Norwegian school.

On Friday, we went sightseeing in Tønsberg where we also had some free time.  
We had a guided tour at Midgard, which is a Viking museum. After the trip, we had a farewell buffet at the school with all the host families and teachers.  
Hof school and the host families provided the healthy food.