

## Reflection on my stay at Senja videregående skole



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**Period of stay:** 15<sup>th</sup> of October to 26<sup>th</sup> of October 2023

### **This is my overall experience from my stay?**

I was very excited to discover Norway as it is part of my traveling bucket list and I am very happy of this stay in the Arctic circle as I was able to discover a new culture in a Norwegian family. I think we

were lucky to have experienced the Northern lights, snow, reindeer but also the unique landscape of Senja with its fjords.

### **Norwegian schools**

In Norway school is a safe place as students are close to their teachers, they aim to create a pleasant environment to study in. In my opinion this is what lacks in the French system it is quite strict, and our teachers are only teachers. Therefore, there is a certain distance between us which can sometime be quite stressful as they are not as comprehensive as Norwegian teachers. They expect us to be devoted to our studies as our days are much more longer and we have a lot of homework during the vacations and the week-ends. Rest time is quite rare in

France and we are not able to do a lot of physical

activities. Nevertheless, the French systems offers a rigorous frame which prepares us for the future.

However, I find the Norwegian system a little relaxed because we are able to eat in the classes, talk and to take it slow but I think it is just a cultural difference.

### **Norway**

For France, all the Northern countries are role models because they have a better school and political system. I enjoyed the safety of this region it is very pleasant to not worry of being robbed or harassed in the streets. The landscapes are insane, and I really enjoyed living this experience in the arctic circle.

### **The Norwegian culture and way of life**

Norwegian people are very welcoming and open minded. They put a lot of importance to recreational activities and health. They also eat earlier than in

France and they balance work and rest which is less stressful. They are also very close to their families whereas in France we talk less to our families which can be quite sad. Norway is a rich country and there are not a lot of disparities between the rich and the poor. On the other hand, France has a lot of historical monuments which can lack in Norway.





### **New friendships**

I have stayed a lot with Lotte, my host family and Theia a girl in my class. Overall, I talked to people around me they translated the lesson and we talked together about our respective cultures. It was very enriching. We also communicated in French with some IB student that was great!

### **I really did not expect this!**

In France we have a very idealized perspective of Norway as a sustainable area. Therefore, what surprised me the most is the waste of energy in lightning

as all the lights of the house are constantly switched on even during the day.

### **This really made an impression on me, and I will remember in ten years' time:**

Of course, I will always remember my host family as they were extremely welcoming and we spent a lot of great time together but obviously I will never forget the Northern lights as it is the dream of a lot of people in France and I got to see them twice so this memory will forever be engraved.

### **When I am back at my school, these episodes will make me laugh together with my class mates:**

- The moment when Antoine lost his passport in the plane was quite stressful at the moment but after I think we are going to laugh about it.
- The taste of Brown cheese is very different from French cheese
- I loved breaking the ice on the lakes - it was so fun

### **Recommendation of using the Erasmus+ programme:**

I would definitely recommend this individual mobility but be prepared to know that you are traveling alone. However, if you are used to traveling it is totally fine and people in the airports are here to help you and it is a secure place. In my opinion traveling by your own without adults also helps you to grow as you need to deal with some little issues and adapt yourself to every situation. It is an adventure that requires a little bit of courage but at the end of the day the experience bring so much to the person traveling and hosting. Erasmus offers you a direct immersion into a culture as you live with the inhabitants and really get to experience how it is to be a Norwegian teenager for example. You cannot have this experience when traveling in a country with your family and staying at a hotel. To conclude, if a student has the opportunity to travel they must absolutely take it. It can only be a positive outcome!

Thank you!

