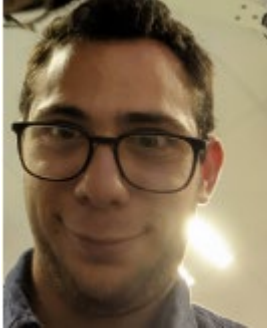


## Reflection on stay at Senja videregående skole



**Name:** Antoine VABOIS

**School exchange from** Lycée Mémona Hintermann Afféjee, Reunion Island to Senja videregående skole, Norway

**Period of stay:** 2 weeks (15<sup>th</sup> October 2023 - 27<sup>th</sup> October 2023)

### **My overall impression of my stay in Norway**

My Erasmus experience in Norway was truly amazing. It provided me a unique opportunity to immerse in a different culture, explore stunning landscapes, and gain valuable insights into the Norwegian way of life. The experience was marked by personal growth and the formation of lasting memories.

### **Norwegian schools**

Norwegian schools, in my experience, offered a different approach compared to my home school. There was much more interactions with professors, more closeness. The focus on learning instead of being test is (unfortunately) a huge difference, along with a very little stress.

### **Norway and its culture**

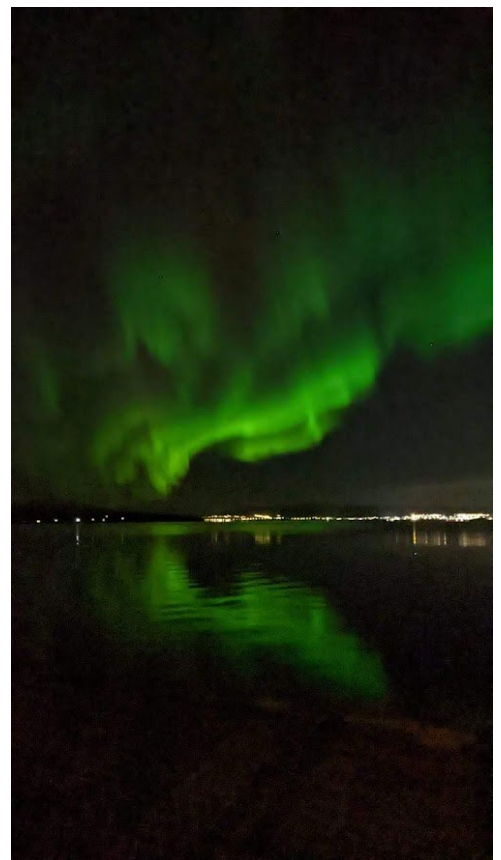
Norway has its own rich particular history, with either the Ice Age, the Samis or the Second World War, the Norwegian ideologies are much more calm and tolerante (from what I observed) than the French. The efficient public transport system and social welfare programs were aspects I found particularly impressive.

The Norwegians are much more pleasant than French people, more relax and enjoying life in general.

BROWN CHEESE, the dish with a goat head, the use of electricity, the shortening days

### **New friends**

Surprisingly, new friendships were formed!! Even if at first, getting closer is complicated, the awkwardness goes away very quickly.





### **These episodes I will remember with laughter**

BROWN CHEESE and the visit of the Norwegian university in Tromso (where, during the Kahoot, second question on 5, I was on the podium, not knowing what anything meant :)))

I will always remember the BROWN CHEESE and the Northern lights, it was genuinely gorgeous.

### **The Erasmus+ Programme**

This program is a unique experience to discover foreign cultures and to learn to adapt even in uncomfortable situations. While the stay was great, I would recommend the future travelling students to chose a date far away from tests...

Absolutely, I would completely recommend the Erasmus + Programme to other students. The opportunity to study abroad, event for a short time and discover a different culture. It opens horizons, tolerance and open-mindedness and personal growth. My Erasmus experience in Norway was life-changing, and I believe others can also benefit immensely from such an opportunity.

