

Erasmus+



Funded by the
European Union

HLW Rankweil goes Europe with Erasmus+

4C in Denmark: 18.3-24.3.2023

Cooperation with Nørresundby Gymnasium & HF



Nørresundby
Gymnasium & HF



H
L
W

Rankweil

H
L
W
Rankweil

Höhere Lehranstalt
für wirtschaftliche Berufe
Negrellistraße 50a
6830 Rankweil, Österreich

TEL *43 5522 42358
FAX *43 5522 42358 10
hlw.rankweil@cnv.at
www.hlwrnkweil.at



Europaschule



Co-funded by the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Erasmus+



Höhere Lehranstalt
für wirtschaftliche Berufe
Negrellistraße 50 a
6830 Rankweil, Österreich

TEL +43 5522 42358
FAX +43 5522 42358 10
hlw.rankweil@cnv.at
www.hlwrnkweil.at



Table of contents

1. Programme	3
2. Summary of our journey	4
3. Cooperation and project work with Nørresundby Gymnasium.....	13
3.1. Preparation for journey.....	13
3.2. Project groups and project work insights	14
3.2.1. Denmark in a nutshell: Kristin, Laura, Franziska, Emilia B.	15
3.2.2. Highlights in Danish school life: Sophia, Emilia A. Leonie G. Marie	15
3.2.3. Traditions, customs, language: Leonie, Kiara, Viola, Laura, Teresa, Lena	17
3.2.4. Austrian and Danish cuisine: Julia, Vanessa, Sinem, Bianca, Janina, Sarah	19
3.2.5. Sustainability and sustainable lifestyle: Annika H., Cheyenne, Leonarda, Philippa ..	20
3.3. Impressions of life in a host family	21
4. Student feedback	22
5. Summary student feedback.....	33



1. Programme

Program departure and Copenhagen 17th- 20th of March 2023

- Friday: Departure at 19:00 from Rankweil
- Saturday: Arrival Copenhagen at around 14:00
- Sunday: City walking tour, sightseeing by boat

Program for visit from HLW in Rankweil 20th- 24th of March 2023

Monday

- Arrival at 4pm.
- Austrian guests will be picked up by Danish hosts at the school/installed at Cabinn Aalborg.
- Dinner in private homes/Aalborg and the rest of the night at free disposal.

Tuesday

- 8:15: Welcome ceremony in the 'Festsal' for all of our guests and hosts.
- Project work. Preparing or finding students at school.
- 9.40-10.50: Danish lesson (basic Danish language and singing) with Suzanne Weng and Anders Hovgesen in the 'Festsal'.
- 10.55-12.05: Project work (interviewing, filming...).
- Lunch in the canteen at Nørresundby Gymnasium (bring your own or buy in the canteen).
- German lessons 12.35-13.45 (teaching 2. year students: presenting HLW, Vorarlberg, doing Kahoots, talks, interview..)
- 14:00 Visiting Aalborg. Starting at 'Kunsten' 14:30-15:20, Kong Christians Allé 50, 9000 Aalborg and after that free time in Aalborg City. Guided tour in two groups.
- Night at free disposal.

Wednesday

- 8:30 departure for Skagen - an all day trip. 'Sandormen' at 10:00-10.45. Directions: Fyrvej 38, 9990 Skagen.
- Lunch + free time in Skagen.
- 13:30-14:30: Skagen Museum.
- 14:30: Old Skagen and thereafter the lighthouse: Rubjerg Knude Fyr, Fyrvejen 110, 9480 Løkken.
- Returning to Nørresundby/Aalborg at app. 17:30.
- Night at free disposal.

Thursday

- 8:15: time for project work.
- 9:30: Lindholm Høje (Viking Museum). Guided tour in two groups.
- 11.30-12.00 Lunch at Food College (vocational school in Aalborg), Rørdalsvej 10, 9000 Aalborg.
- 12.00-14.00: Guided tour at Food College.
- More time in Aalborg City.
- 17:30: Farewell dinner at Nørresundby Gymnasium (including traditional Austrian dances)

Friday

- Departure 9 am to Hamburg.
- Joint dinner and afterwards musical "The Lion King" at 8 pm. Departure back home at around 11 pm. Arrival approximately at 10 am.

Erasmus+

2. Summary of our journey

We, 29 students of 4C class, accompanied by two of our teachers, had the amazing opportunity to do our Erasmus+ group mobility together with the Nørresundby Gymnasium, which meant we travelled to beautiful Denmark! Since we wanted to be as flexible as possible and travel as environmentally friendly as possible, we took the bus to reach all of our destinations. Although the 17-18 hour bus trip was long, time passed quickly and we entertained ourselves well during the trip.

Before we continued our journey up further north, to reach our partner school, we spent the remaining weekend in Copenhagen, because we absolutely wanted to get an impression of Denmark's capital city. We enjoyed sightseeing, the delicious food, the friendliness of the Danish people and time together as a class. In general, we can say that this whole journey was valuable for our class atmosphere because we could bond even more with each other.



After some fantastic time in Copenhagen, our journey continued to Nørresundby Gymnasium, where we were picked up and welcomed by our host families. The majority of us could stay in host families, which we appreciated a lot, only for some students there was, unfortunately, no host family available – this small group stayed in a nearby hotel in Aalborg city. The first night in the host families was exciting and particular and quickly did we get to know our host family better and soon we fell welcome and as a part of the family.



Every next day started together in school. On Tuesday we had a welcome meeting and afterwards engaged in our project work. We divided ourselves into five different groups and wanted to find out more about our topics of interest. For this purpose, we interviewed students at school, our host families and one class about various topics, such as their school system, their local traditions, their private life and routines, their national cuisine, their eating habits, their personal sustainability and so on. It was first challenging to approach students, but it quickly turned into great fun and we easily connected with the Danish students and could gain lots of valuable insights into similarities and differences between Denmark and Austria.



Erasmus+



Next, we had a Danish lesson where class 2a taught us some basic Danish, we sang Danish songs together and taught the Danish students and teachers two traditional Austrian folk dances, which was great fun. So quickly did we get to know each other, appreciate each culture individually and had lots of fun together.



After this funny lesson, we continued our project work and after having tried traditional Danish lunch at the school canteen, we joined three German classes, presented our school, Austria, Vorarlberg and our particular dialect and interviewed the Danish students to practice some German with them and to get to know them better.



Later in the afternoon, we went to Aalborg's art museum "Kunsten", where we had an informative guided tour and got to know some famous Danish art and artists. Afterwards, we enjoyed some free time and time together with our host families.



Wednesday led us up into the very north of Denmark. Thanks to being flexible with our private coach, we drove to Skagen and thereby reached the most northern point of Denmark, where also the Baltic Sea and the North Sea meet. Unfortunately, we did not see any seals, but it was still impressive. Also Skagen city was a nice, traditional city where our Danish hosts, who joined us for this trip, showed us their favorite places and dishes to eat. Another art museum was then on the programme, the Skagen museum, which is particularly famous for the painters in Skagen and because of the special light in Skagen. Another highlight was the continued journey to the lighthouse Rudjerg Knude Fyr, which was impressive because you could climb to the top and enjoy the sand dunes and the special atmosphere. Also, the ride home was great fun because we showed the Danish students German music and they showed us Danish music in return. In this way, we could learn a lot about each other's cultures. After a long, but beautiful and impressive day trip, we enjoyed the evening on our own or together with our host families.



On Thursday we started our day again with some project work, to learn even more about Denmark. Then we went to the Viking museum, where we enjoyed an informative guided tour on the Viking period in Denmark. Already the graveyard outside with approximately 350 Viking Graves was impressive and seeing what has been found in the graves in the museum gave us an impression of the Viking period.



The day continued in a very informative way because we were invited to the food college of Aalborg, which was interesting for us because our school also has a strong focus on food, gastronomy and tourism. Thereby, we could even spend time at two different schools within just one trip. We enjoyed a delicious lunch and a guided tour around the food college and also met enthusiastic students who told us about their great experiences they have with this kind of education.



After some free time in Aalborg, unfortunately, our last evening together arrived. We spent this evening together at Nørresundby Gymnasium, where a traditional dinner was prepared for us by the canteen and we simply enjoyed the time together with the Danish students. We watched a slideshow of images taken during our journey together (you can access our slideshow through the QR code to the right) to reminisce about the great time we had. Shortly afterwards, singing and dancing together started, accompanied by lots of good humor and good mood. It was an excellent evening spending time together in such a funny way and through incorporating both of our cultures through Austrian and Danish music and dances. We also really felt comfortable with each other and could spend a lovely evening together with our new friends. This fantastic evening continued in Aalborg city, where we went to a café for a drink altogether.



Photo slideshow



On Friday, it was time to say goodbye. We all met back at school and had a hard time saying goodbye to each other. So quickly did we feel comfortable around each other and found new friends, created even friendships that might last for a lifetime. Seeing our Danish hosts wink us from the outside was a sad and emotional moment.



Luckily, there was another highlight waiting for us, namely a short stopover in Hamburg, to divide our long journey home. We enjoyed a Brazilian dinner together and afterwards watched the musical the Lion King, which was simply amazing. Having come back to our bus, the last part of our journey continued. Our two bus drivers drove us carefully throughout the night and everyone got home safely in the morning on Saturday.



In the end we can only say that we are grateful for having had the opportunity to take part in such a diverse, informative, funny and enjoyable trip to Denmark. Without the support of Erasmus+, this journey would not have been possible. We also want to express our thanks to our partner school Nørresundby Gymnasium and to our Danish hosts, who made us feel so welcome in Denmark. We are very much looking forward to welcoming you in Austria! Thank you for such a fantastic trip, which we will always cherish and remember.

3. Cooperation and project work with Nørresundby Gymnasium

A huge part of our journey was spent together with students and teachers from Nørresundby Gymnasium & HF. Without this cooperation, it would not have been possible to travel to Denmark and to gain all of these valuable insights. We are lucky to call Nørresundby Gymnasium our partner school and that we have already done the second exchange together with this fantastic school. Also in the future our partnership will undoubtedly continue, so that we can guarantee such fantastic experiences also to future students.

Special thanks are hereby expressed particularly to Anders Hovgesen and the headmaster of Nørresundby Gymnasium Søren Hindsholm, who welcomed us again with open arms and who supported us throughout this journey and already in advance with the development of our varied program.

Further information about our partner school can be found by scanning the QR code.



Another extensive part of our journey was the project work we dealt with already at home through preparing for our journey, but also on site at Nørresundby Gymnasium. In the following, our preparation of our journey, the results and findings of our project work and impressions about the life in a Danish host family will be presented in more detail.

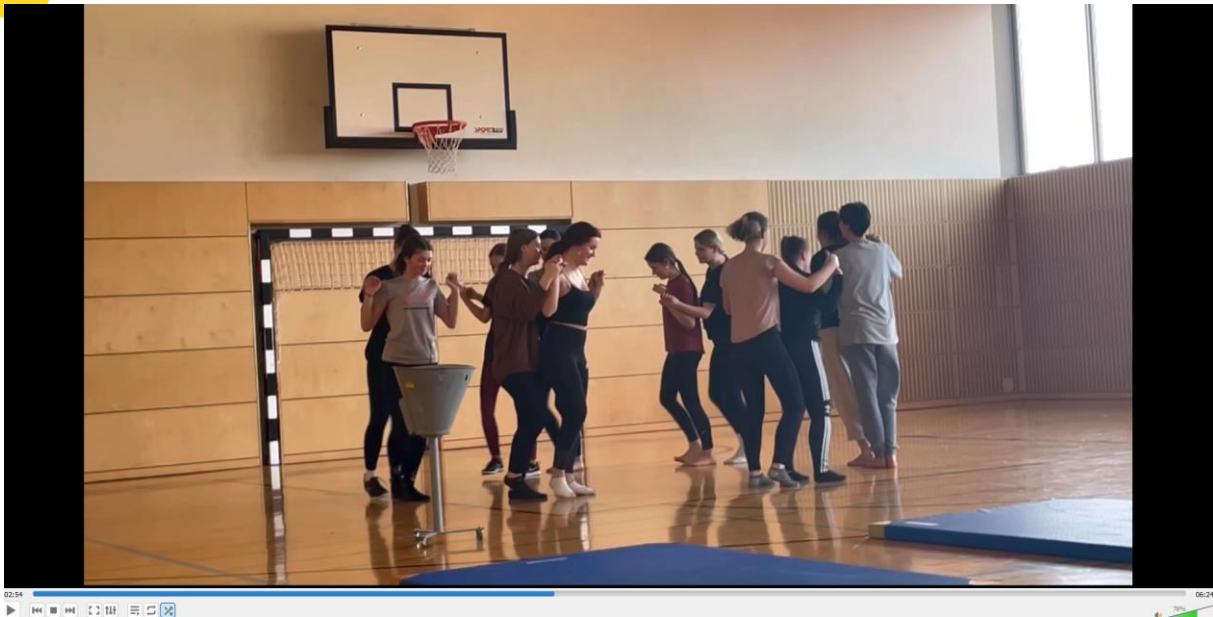
3.1. Preparation for journey

Every journey is only possible with through preparation, not only regarding the journey and the program itself, but also regarding private preparation. By private preparation we mean that Denmark was already in our everyday school life a huge topic. We spent at least one whole lesson as a class together to prepare for our journey and for our project work. We designed presentations about our school, Austria and Vorarlberg in class, prepared quizzes about our special dialect for the Danish students learning German, informed ourselves about Denmark, its culture, traditions and food, prepared interview questions and questionnaires for our project work to be conducted in Denmark and day by day got more enthusiastic about our journey.

To also transmit knowledge about Austria, our culture and our everyday life and school life to Denmark, one group of students designed a cook book with traditional Austrian recipes which was presented at school in Denmark. Another group of students filmed themselves over a period of time to give a detailed impression of a typical day in the life of an Austrian teenager. In addition, a school tour, both in English and German, of our school was prepared to show the Danish students on site how our school building looks like. The filming themselves about their daily routine and them designing a school tour video was already part of the project work for our Erasmus+ projects. The five students Lenja, Emma, Annika G., Valentina, Stefanie were responsible for this part. To check out their video of their daily routine, scan the QR code below.



Video about the daily routine of a HLW student



To also be able to teach Danish students some traditional folk dances, we practiced the “Annemariepolka” and “Zillertaler Hochzeitstanz” in our PE lessons. Lots of teachers were also included in our preparation processes, who were an essential part for the success of our journey.

3.2. Project groups and project work insights

As already illustrated above, including project work into our program was an essential part of our Denmark journey. Most parts of our project work included interviewing Danish students at Nørresundby Gymnasium while also filming them or recording their answers. However, every group of students focused on an individual topic and found a different way to keep track of the project results. In this way, we could gain broad insights into various topics of interest.

Altogether, we divided ourselves into five individual groups. One group, for instance, recorded a vlog summarizing our whole Erasmus+ experience in Denmark. Another group was concentrating themselves on highlights of a school year in Austria and Denmark. The third group focused on traditions, culture and language. The fourth group dealt with Austrian and Danish cuisine, designing two cook books and interviewing students about food in general. The fifth group chose the topic of sustainability and recorded Danish students and their attitude towards this topic. All the insights the students gained and summaries of the individual project work results which were obtained are presented below.

In addition to our project work, spending time in general with Danish students and our Danish hosts was an extremely valuable and worthwhile experience for us. In this way, we got to know the Danes on a more private basis and appreciated spending time together. For all the excursions and field trips in Nørresundby and Aalborg area, we were also always accompanied by some or all of our Danish hosts, which maximized the time we could spend together and engage in interesting conversations together.

Now let’s focus in more detail on the five groups of project work.

3.2.1. Denmark in a nutshell: Kristin, Laura, Franziska, Emilia B.

Our part of the project work was to create a Vlog of our whole journey. We recorded impressions of our whole journey, starting with our weekend in Copenhagen, then continuing with our time spent at Nørresundby together with our partner school the Nørresundby Gymnasium until the end in Hamburg, where we made a short stop before continuing our bus ride home. All the valuable highlights we gained could in this way be perfectly summarized. In addition, we interviewed our fellow classmates and also our Danish partner students about different topics (e.g. to explain the Danish school system in a nutshell, to guess some Austrian traditions, to record impressions of life in a host family...). Of course, also impressions of how we spent our free time belonged into the Vlog as well. Thanks to our Vlog, we found a medium to keep track of our whole amazing Erasmus+ trip to Denmark. We not only improved our media skills through recording and cutting the blog, we also learned to address people openly and in this way got more self-confident. Moreover, we recorded all sequences in English to improve our English language skills and to gain more confidence in speaking English. This vlog is also intended to be shown on public events such as on the Erasmus days at our school or on Open House or events where parents or future students are visiting our school, the HLW Rankweil.



The end result of our vlog is almost 10 minutes long. It was great fun creating it and expressing our opinions through this kind of media. We also appreciate that we have found a fantastic way to keep track of our fantastic Erasmus+ trip to Denmark.

Scan the QR-Code to indulge in our memories and to get access to our vlog:



A vlog summarizing our whole Erasmus+ journey

3.2.2. Highlights in Danish school life: Sophia, Emilia A. Leonie G. Marie

To find out more about the Danish school life, we did interviews with Danish students in the hallway of Nørresundby Gymnasium. In Austria we have hiking days, Christmas parties, a half time party, sports week, an internship, language journeys and other small trips and excursions. To also provide the Danish students with an insight into our school highlights, we designed a presentation. During the interviews, we showed the Danish students this presentation, so that also they learn more about our school and our highlights. You can also access our presentation as a PDF file through scanning this QR code:



Our school highlights summarized

Thanks to our interviews, we found some similarities and also differences regarding activities Danish students engage in during the school year. Already in advance we can say that the interviews were great fun and incredibly informative.

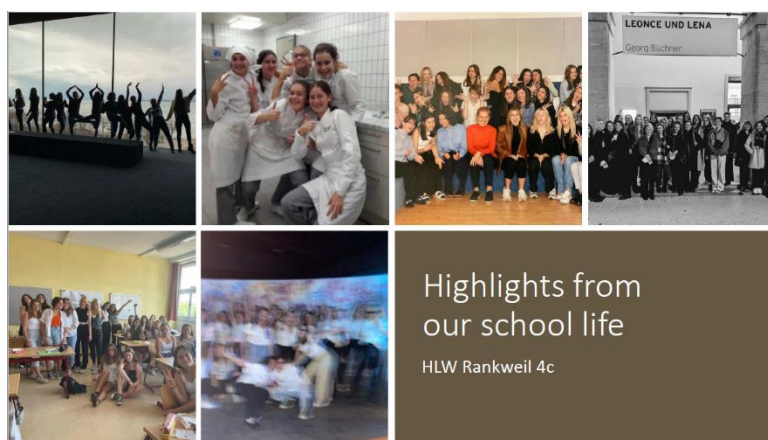
Let's look at some findings in more detail: for example, Danish students don't have something like hiking and skiing days, as they don't have any mountains. We have sports week in Austria, they don't have that. As the school isn't as praxis-oriented as ours, they also don't have an internship as we do. One similarity is the language week which we have in 5th grade. The destination depends on the language you learn. They also participate in exchange programs and do little trips to Amsterdam and Copenhagen, for example.

One big theme in both countries is about the parties. We have a party with the whole class on the last school day before Christmas, and after 2,5 years in school we have the halftime party with our class. The Danish students told us that partying is also for them important and that there are 4 big parties with the whole school per year.

In our final year, we have what we call "Käpplefest". It is comparable to what Danish students do after writing their final exam. They go on a wagon with their cap and visit all the families of their classmates to eat and drink there.

In Austria, as well as in Denmark, there is a prom. It is nearly the same and is about spending one lovely evening together with classmates, friends and family including lots of dancing and celebrating the near end of the last year of school.

Generally speaking, doing the interviews with Danish students was incredibly interesting. We could not only learn more about their cultural particularities, but we could also notice many similarities which we would not have expected. In this regard, we noticed that although being a different country, some countries still have similar traditions and we have more in common than one person might initially think. We also feel like it is important that there are highlights imbedded within "normal" school years because, as also the Danish students told us, such events are important for finding friends and for getting to know each other better, for creating a bond within the class, for relaxing, and for learning how to be more self-independent.



3.2.3. Traditions, customs, language: Leonie, Kiara, Viola, Laura, Teresa, Lena

Our project focused on the Danish traditions, customs and language and the differences to our own culture. We started interviewing students of Nørresundby Gymnasium and talked about this topic. Overall, it was interesting, and we were able to learn a lot about the Danish culture and their traditions. Following, we are going to present our results.

Do you have any Dialects? If yes, what are special words in your dialect?

Denmark is divided into five regions. Every region has a slightly different dialect. For example, Copenhagen people talk slower than people from Aalborg. In every dialect, there are completely different words that have the same meaning: In Aalborg they say “kaw” or “træl” for awkward. Whereas in Copenhagen they use the word “sjov”. Additionally, in regions near Germany, people greet each other by saying “moin” instead of “hej” like the rest of Denmark.

What are common Danish traditions?

Christmas in Denmark

- They bake Christmas cookies.
- Santa Claus brings the presents and puts them under the Christmas tree.
- They open their presents in the evening on the 24th of December.
- It’s a tradition to decorate the Christmas tree as a family.
- Some people have stockings for the presents.
- Danish people go to church on Christmas Day

Easter in Denmark

- Easter bunny brings Easter eggs, sweets, and candies
- The children are looking for hidden Easter eggs
- Danish families don’t go to church on Easter

Sankthans in Denmark

- It’s the same as the “Funken” in Austria.
- It’s on the 24th of July – We know this day in Austria as “Sommersonnenwende”

Other traditions in Denmark

- Carnival: There are small parades going on, but they don’t throw around sweets. They don’t wear costumes; they just get dressed up
- Fastelavn: It is similar to Halloween, but they can dress up as anything. It doesn’t have to be scary. There are piñatas for the kids
- In Denmark there is no traditional garment like the “Dirndl” and “Lederhosen” in Austria

Are there any public days (Nationalfeiertage) in Denmark?

They don’t really have any public days, where the whole population doesn’t have to go to work or school. They used to have a day such as this, but it will be cancelled next year.

But on special occasions like Easter, Skætersday (is the same as “Gründonnerstag”) and Christmas, most people are able to stay home and enjoy the day with the family.

Are there any festivals in Denmark?

Denmark has loads of Music and Food festivals, for example:

The “Nibe Festival”

- It is a music festival that happens every year in Denmark.
- This year it is from the 28th of June until the 1st of July.

The “Roskilde Festival”

- It is also a music festival.
- In 2023 it happens from the 24th of June till the 1st of July

The “Grøn Concert”

- It is also a music festival.
- The singers and groups travel from town to town.

Traditional foods and drinks in Denmark?

Food

- Mashed strawberries with cream
- Smørrebrød
- Pork with potatoes and sauce
- Tartelettes piquant
- Rice pudding
- On Christmas they eat lots of “Julemad” (can be pork or duck)
They also eat a lot of sweets and biscuits all over the evening.
- They really enjoy eating chocolate.

Drinks

- Tuborg (special sort of beer)
- Akvavit (a distilled spirit)
- Mjød (is an alcoholic beverage made by fermenting honey mixed with water)
- Gløgg (normally consumed during the Christmas time)

Are there any sport clubs in Denmark?

A really common sport in Denmark is handball. But loads of people also play soccer or go swimming. There is a variety of different sports, especially kids and teenagers can participate in.

School in Denmark vs. School in Austria

	Denmark	Austria <small>Erasmus+</small>
Lessons:	70 minutes	50 minutes
Subjects:	They can choose	We have to take every subject
Number of Subjects:	9	21 (but we are a vocational school, so we might have more subjects than a general “gymnasium”)
Exams:	Barely have exams; all in one week	Spread over the year; exams in all 7 main subjects and tests
Leaving Exam:	Leaving exam spread all over the years	Everything at the end of our last year

Diploma thesis:	In Denmark they write something like the “VWA”; they only have 2 weeks to write it, but they don’t have any lessons during this time	We have to write a diploma thesis; we almost have 1 year to write it; it is more work
Relationship:	They call their teachers by their first name	We call them by their last name

In conclusion, thanks to our interviews with Danish students, we could learn much more about Denmark itself. It was incredibly interesting to learn more about Danish traditions, its culture and language. Regarding traditions, we were quite surprised that our “Funken” is known in Denmark, although not even some parts of Austria are familiar with our Western tradition. Focusing on the language, it was also an interesting insight to learn that Denmark has a variety of dialects as well. Thanks to a dialect Kahoot we designed already prior to our departure, we could also give the Danish students some insights into the particularities of our special “Vorarlberg dialect”. We were also lucky to really get to know Danish food culture through living in a host family. In this way, we could try some authentic delicious food and specialties the host families cooked for us. Lastly, thanks for spending time at our partner school, we learned a lot about the Danish school system and liked many parts of it, particularly addressing the teachers with their first name. We also liked that Danish students have fewer exams and do much more individual and project work, which we think is incredibly valuable for one’s future. Always supported and advised by their teachers, Danish students really learn what it means to work independently and being responsible for one’s own work. We would definitely appreciate more such problem-based and individual work as a preparation for our future work lives. Thanks to this Erasmus+ project, we could broaden our knowledge immensely and we are grateful for everything we learned and experienced in Denmark.

3.2.4. Austrian and Danish cuisine: Julia, Vanessa, Sinem, Bianca, Janina, Sarah

We decided to make a cookbook. At school we looked for traditional Austrian dishes and then googled the recipes for them. After we had all the recipes in one document, it was formatted and printed. When we arrived in Denmark, we asked some Danish students a few questions about food. They have a different kitchen than we have and they don’t eat traditional food that often. We learned a lot from the interviews and can now add the Danish dishes to our cookbook. The interviews were also filmed by us and now we have a nice video with much information about Danish specialties. We gained experience through this project and had fun interviewing the students. Now we look back on an unforgettable week in the north and hopefully we will see all of them again.

So that also you can profit from our work, scan the QR codes below to get access to both, the Austrian cookbook with Austrian recipes and the Danish cookbook with delicious Danish specialties.



Austrian cookbook



Danish cookbook



In addition to designing two cookbooks, and as briefly mentioned above, we also interviewed Danish students and recorded a video. We first asked them whether they know any typical Austrian dishes and many of them actually knew “Schnitzel”, probably because of Germany being close to Austria. Vice-versa, we asked the Danish students of Nørresundby Gymnasium what kind of typical food they eat for special events such as Christmas. Duck or turkey or a special Danish dish called Flæskesteg (Danish roast pork) was often mentioned as a Christmas dinner. Through the interviews we also learned more about traditional eating habits, for example what Danish students eat for breakfast (which is most often oatmeal, yoghurt, skyr with fresh fruits or bread). The question about the favorite Danish dish was for many Danish students often answered with potatoes, duck and rye bread or special fish dishes such as fiskefrikadeller (Danish pan-fried fish patties). Thanks to this interview, we learned a lot about Danish food culture and got many valuable insights. We are now much more aware of the variety of Danish cuisine and we were lucky to try lots on our own. For sure, thanks to the cookbook, we also brought Austrian cuisine closer to Denmark and in return brought Danish traditional dishes closer to Austria. In this way, we can now include another nationality in our everyday cooking practice.

If you are interested in our video in which we interviewed some Danish people of Nørresundby Gymnasium, please scan the QR code and enjoy!



Food interviews



3.2.5. Sustainability and sustainable lifestyle: Annika H., Cheyenne, Leonarda, Philippa

Erasmus+

Denmark is very well known for how green it is and for generally living a sustainable lifestyle. Danish people, for example, try to protect our environment by using their bikes a lot. Moreover, Denmark makes use of many renewable energy sources – impressive wind turbines are part of Denmark’s landscape and create tons of renewable energy.

Since we found the topic of sustainability to be an incredibly interesting and important one, we wanted to interview some Danish students concerning different topics that have to do with the environment. It was incredibly interesting to meet new people and hear about their personal perspectives. It turned out that most of the students come to school by bus or by car, even though we thought that most would walk or ride their bike to school. There weren’t many pupils who said that they try to buy regional and seasonal food. Most of them said that they

don't really care about that. All in all, it can be said that it was an interesting experience to get some insights in Danish student lives and into their attitudes regarding a sustainable lifestyle.



The recording of our interview can be accessed through this QR code:

Interviews on sustainability

Thanks to interviewing Danish students, we also noticed that we already live quite sustainably: also we use public transportation for reaching most of our destinations in our everyday life (we even rode a bus to Denmark, so we are a prime example of how a country can be reached without an airplane), our families buy lots of regional food because we also have markets where regional products are sold. We also recycle a lot and avoid plastic as much as possible through re-using glass bottles, using re-usable bags instead of plastic bags and through avoiding buying products wrapped in too much plastic. Also, animal welfare is important to us: we avoid eating meat too regularly and often appreciate a vegetarian or even vegan diet and should we or our families consume meat, we take care of buying regional and well-treated meat. Most of our homes in Vorarlberg are also contributing to reducing global warming through gaining energy through solar panels or through renewable ways of heating. In general, we think that there can never enough be done to support the protection of our environment. Every single person can make a contribution and also many small steps can help to achieve a change and to guarantee that our planet is still available for future generations to come.

3.3. Impressions of life in a host family

Living in a host family was an essential part of this Erasmus+ project to gain the most possible authentic insights into "life in Denmark". Luckily, all of our students (after one change of a host family) were incredibly happy about their families and enjoyed their stay to its fullest. The host families were very well chosen and made sure that our students felt welcome and familiar. They also put a lot of effort into giving our students the best insights into Danish cuisine and spoiled our students with delicious Danish specialties. Thanks to the survey we administered at the end of our Erasmus+ trip, we could also see that living in a host family was one of the most valuable experiences of the whole journey. A special bond could be created between the host students, their families and our students and friendships could undoubtedly be honed. To give some insights into student feedback, some reported the following on the experience of living with a host family:

"I loved it. It felt like a second home and I got along with all the family members. In the end we were very close."

"It couldn't have been better, I felt very comfortable and welcome, they put so much effort into everything, they made me feel like it's also my home and I would always visit them again, they were the sweetest people ever."

"I felt so welcome and they gave me the feeling as if I am a part of the family. We exchanged so much about our culture."

“It was great given the family I stayed with was very welcoming and took time to show me their country, favorite activities and how their daily life looks like. I was able to get a good impression of life in Denmark and had the chance to exchange a lot with my hosts during long talks.”

“My host family was very kind. I liked them a lot. I had the opportunity getting to know Denmark’s culture or food.”

Of course, it was a new experience for most students living with “strangers”, but quickly the “strangers” turned into a new family. Thanks to this experience, our students learned to be open-minded, communicative, got more grateful and improved their intercultural understanding to a great extent.

Further feedback about life in a host family can be found in chapter 4 below, where the feedback is analyzed in more detail and more student voices are present.

4. Student feedback

To receive feedback about our Erasmus+ journey, right after the journey a survey was conducted through the application Microsoft Forms. 28 out of 29 students participated anonymously in this English survey and answered 17 questions. For some questions a number (0 equaling the lowest degree; 10 referring to the highest degree) had to be chosen. First the questions, then the findings are presented and interpreted below. The answers were copied as written by the students in the questionnaire. Only grammatical or spelling mistakes were corrected.

Questions included in the survey:

1. What is your overall feedback regarding your Erasmus+ journey to Denmark? Please summarize your personal opinion in whole sentences.
2. To what degree did you have high expectations to this exchange when you heard of it for the first time?
3. To what degree has the overall experience from the project been positive?
4. To what degree did you learn something new through your project work?
5. Give some examples what you found particularly interesting with regard to your project work (e.g. particularities about the school system, interesting facts about Denmark..)
6. To what degree did you learn something about cooperating with others in connection to the cross-national project?
7. To what degree have you learnt something about the other culture?
8. Can you give examples of cultural differences between Austria and Denmark?
9. To what degree have you evolved as a person (e.g. being more outgoing)?
10. To what degree has this experience improved your English proficiency?
11. To what degree do you think the program has included enough experiences (e.g. excursions, trips)?
12. What would you consider the best experience/one of the best experiences you had within this exchange? (Please write whole sentences).
13. If applicable to you: to what degree do you think it is has been a good experience living with another family?

14. If applicable to you: How has your experience been living with another family? Please specify in at least two sentences.
15. Please specify whether you would generally recommend such an exchange to others or not in your own words.
16. Do you have any ideas for us with regard to making an exchange like this better? What could be improved?
17. If you have any other comments that you haven't had the chance to deliver earlier, please write them here.



To access a summary of our obtained feedback, scan the QR code. Further, more detailed interpretations of the student feedback follow on the next pages.

Summary on student feedback

Regarding question 1, the overall feedback, great enthusiasm about the journey is obvious when reading the general impressions. Denmark, the host families, the experiences made, the partner school and the excursions have left an overall positive impression on our students, as the following statements show, such as:

“It was one of the best trips in my life, we met so many nice people and we got along so well. We did many nice things and saw beautiful places. I would always go back and I’m already missing the people I met there.”

“The journey was pretty cool. We visited some interesting places and I really liked the work with our partner-school.”

“It was really interesting to learn about the differences regarding the school system and also getting to know the culture.”

“I loved to learn more about their school system and what the Danish students life is like. We were able to visit a lot of amazing places and especially the Vikings Museum was very informative. I also liked the landscape a lot.”

“I really liked the whole experience and journey. I would have loved to stay even longer and it was hard to say goodbye. I really liked that we saw Copenhagen as well as our partner school.”

“The experience was great. It was my first time seeing a northern country, so everything was new to me. We visited cities and also watched the landscapes that we don't have. With Erasmus the journey got more fun, because we had to do some little projects. In that way, it kept being interesting.”

“It was a great experience and we had a lot of fun. I really liked the program and the Danish students were really nice.”

“It was really interesting seeing another foreign country. Although we had much program the journey was unforgettable.”

“I really enjoyed staying in Denmark because of the nice trips we have made but also because of the nice people I’ve met.”

“It was a wonderful experience and I am very happy that our class got the chance to go on this journey. I learned a lot about the Danish culture, the Danish school system and got to know Danish students. I also got to know my Austrian classmates better and I think this journey did really strengthen our bond as a class.”

“It was a great journey because of the projects, connecting with Danish students, learning so much about their culture, strengthening the class bond, beautiful landscapes, trying their food.”

“It was a great experience to live in a host family and see how life in Denmark is.”

“It was such a unique experience getting to know a different culture in that way.”

“It was a great experience!”

“It was wonderful!”

“It was a great and enriching experience.”

“I enjoyed the journey with my classmates. We were able to get to know each other more closely. Also, we could learn a lot about Danish culture. It was a great experience living with a host family.”

“It was an amazing experience. I fell in love with the country and also with the people. Everyone is so friendly and my host family was very nice to me. I am thankful that we had this opportunity. Without Erasmus + we wouldn't have been able to go to Denmark.”

“It was great but I would have preferred if we stayed in Copenhagen longer.”

“Although the weather wasn't the best, the trip was truly unforgettable and I will forever cherish the memories we made in Denmark.”

“It was a pleasure to take part in this project. We had a lot of fun and met a lot of new friends. We visited the school/gymnasium in Denmark and got some explanations about the Danish school system.”

“It was a great overall experience and especially nice to be able to discover a new country both from a tourists and also from a natives view.”

“I liked our journey very much. It was interesting getting to know Denmark's culture and the people there. I had a lot of fun during that week.”

Erasmus+

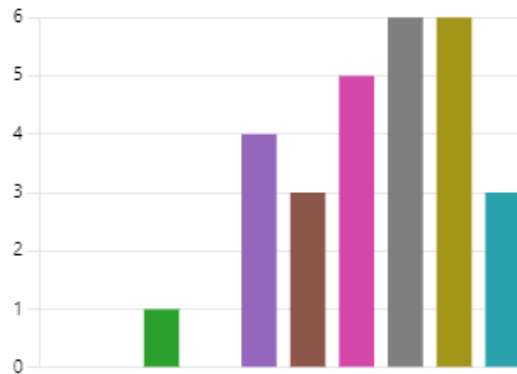
“For me in what an awesome and new experience which I won't forget that quickly.”

With regard to question 2 and the expectations, the bar chart below symbolizes that generally the expectations prior to the journey were already quite high for the majority of students. Luckily,

these expectations seem to have been fulfilled since for question 3 most students felt that the overall experience has definitely been a positive one.

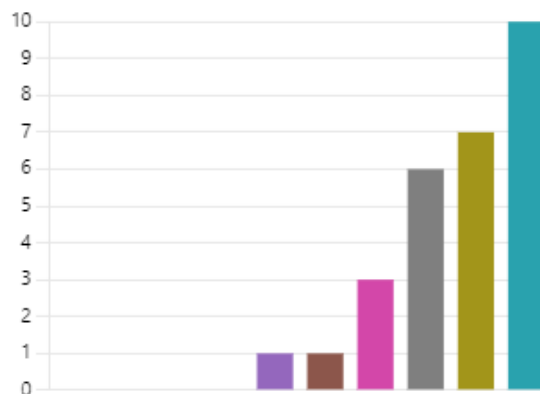
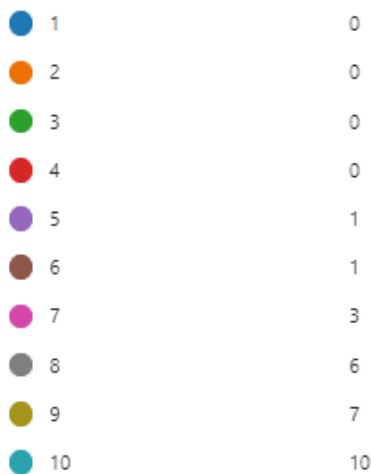
2. To what degree did you have high expectations to this exchange when you heard of it for the first time?

[Weitere Details](#)



3. To what degree has the overall experience from the project been positive? (0 Punkt)

[Weitere Details](#)



Project work has also been an important part of our Erasmus+ journey and knowledge about the other culture has definitely improved through the conducted project work. In question 5 it was asked what students found particularly interesting regarding findings they received in terms of their project work. Especially the differences, but also some similarities regarding the Danish and Austrian school systems must have left a clear impression, as some of these exemplary answers of the students show:

“It was very interesting to hear how the school system in Denmark works, because there are many differences to ours.”

“That the lessons last 70 minutes and not 50 like in our school. That the Vikings lived there. Shops in Copenhagen are also open on Sundays. Everything costs more.”

“In general it was about the people and how they live. their habits and their culture. Also their public transportation was special and I learned how thankful we need to be to have such good connections. The school system is also interesting but until this day I don't really get it.”

“That the school system is completely different that they don't have tests during the year that they have the same festival as the „Funken“ in Vorarlberg”.

“I found interesting, that their school system reminded me a lot of the American School System. I also think it's funny that they also have "Maturakäpple.””

“What I found particularly interesting is that Danish students address teachers by their first name instead of their last name, how we do it in Austria. I am also quite amazed by the fact that they get to spend a lot of time in school working by themselves and being outside of class.”

“The school system is super different than ours. They also have traditional food I have never heard of. What I think is really rare in the whole world is that nobody uses WhatsApp. They all have it on their phone, but they only use SMS or Signal.”

“I thought it was so interesting how the school does not have a classroom just for one class. Instead they have classrooms for the subjects. I also found it cool how the students can pick which subjects they want to learn.”

“Pupils in Denmark work more on their own, have shorter school days, less exams and the exams are distributed better across school years. They also get paid for their education from the age of 18 and have a closer relationship to their teachers as they are not required to talk in formal language.”

Another impressive result of our Erasmus+ journey is that students seem to have definitely improved in terms of cooperating with others. Cooperation was an essential part of this experience, not only in terms of cooperating as a class, but also regarding cooperation in the team of the project group, cooperating in living with a completely strange and new family and cooperating in a new, foreign country. Being able to cooperate and collaborate are essential life skills and it is a pleasure to see, as illustrated below, how the cooperation skills seem to have improved.

Every student could also improve her knowledge about the other culture. Not only knowledge about a foreign school system could be gained, but also about a foreign culture as well, thereby the multicultural knowledge and skills of our students could be increased and appreciated. Every culture is different and especially in today's heterogenous and diverse world, appreciating other cultures, lifestyles, traditions, rituals, food and languages contributes to turning our students into reflective, open-minded and unbiased European citizens. However, also some similarities could be noted, which showed our students that cultures do not necessarily always have to differ. The following statements summarize some impressions our students got of the Danish culture:

“The people we met in Denmark were much more open-minded than in Austria.”

“Austria and Denmark are more similar than I thought. For example, Christmas and carnival are quite the same in these countries.”

“The Danish have school system, snoozing instead of drinking, a lot of people have dogs, can drink at the age of 14.”

“They call their teachers by their first name They are not really going to church. They also have some different dialects. They used to have a day where the whole country didn't have to go to work but this day will be cancelled this year. They have a different currency.”

“I had the impression, that most of the people were pretty chill, like their saying HYGGE. They seemed to just enjoy the moment and don't stress about it. I also think that they get up earlier just to have a slow morning whereas in Austria most of the people get up last minute.”

“They eat warm meals for dinner and cold meals for lunch, overall more meat than we do. skiing is not as important (they don't have mountains), they don't lock their entrance door at home...”

“The landscape is different in Denmark because they don't have mountains and some meals are different.”

“e.g. primary school is 9 years in Denmark and many go to boarding school at some point.”

“In Denmark they might care more about the environment.”

“Everybody can speak English, also the older generation. They are also more relaxed than we are. The houses are also super flat and most of them just have one floor.”

“A lot of people use the bike to get around. Trains are not the main public transport like in Austria. The food was also a big shocker. A lot of Danish people drink milk as if its water.”

“Danes are less formal in almost every context, almost everyone speaks English to some degree and they learn it from young age, traditional dances are almost extinct in Denmark, traditional clothing is very different from Austria's Dirndl, the TV is almost always turned on in Danish households and serves as a background noise.”

Erasmus+

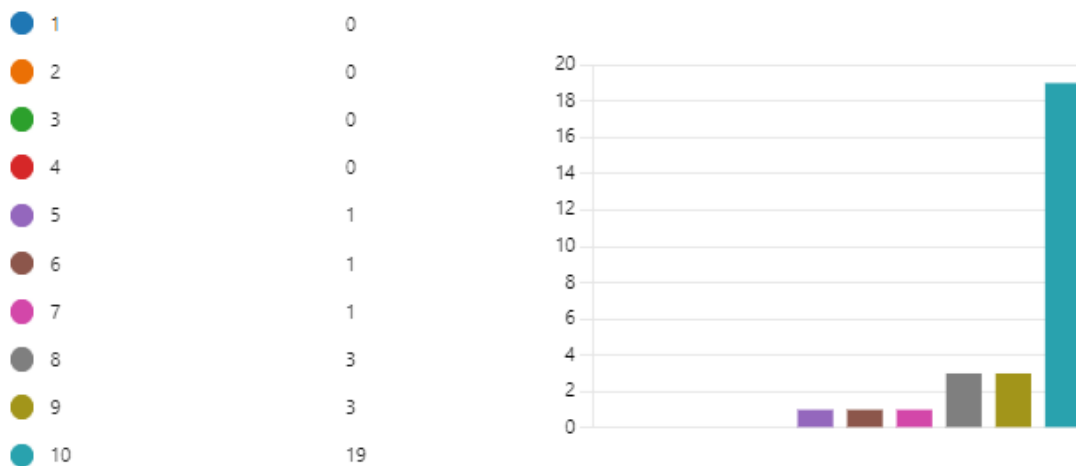
Regarding questions 9 and 10, the project has also benefited the students in terms of being more outgoing and in terms of their language proficiency. Interviewing unfamiliar students, living in a host family, interacting with different students and talking, dancing with them and presenting them presentations must have contributed to increased self-esteem and also to improved English proficiency. For sure, our students also feel more at ease with speaking English freely and communicating about everyday life topics.

One main goal of the developed program was also to include excursions, field trips and visits to museums to broaden our students' knowledge of the Danish art, landscape, food culture, culture in general and historical backgrounds, particularly regarding the Viking period. As question 11 has shown, our students were satisfied with the program and the experiences

they made. The program included also many individual highlights. For most students, already the experience of living in a Danish host family and of being in contact with Danish students and Danish citizens in general was very much appreciated. Many great connections could be made and for sure also many friendships could be created.

11. To what degree do you think the programme has included enough experiences (e.g. excursions, trips)?

[Weitere Details](#)



The following were considered as one of the best experiences of our students:

“I loved my host family and it was very interesting to live in another house and I went to a beautiful beach with the girl (that was the highlight).”

“Finding new friends and meeting so many new people within a few days.”

“The projects with the other school.”

“The best experience was getting to know more people and visiting museums. I also really enjoyed the musical we watched in Hamburg.”

“One night we went out with some other Danish students we just met the day before and had an amazing time.”

“I was really lucky with my host and we had a special connection that I can’t describe. Spending time together, going out and just talk were the highlight of my week. Copenhagen was also nice.”

“Seeing Copenhagen, going to Skagen and visit the point where the North and Baltic Sea meet.”

“I loved our stop in Hamburg the most with the musical and the restaurant.”

“The trip to the north of Denmark, to the sea.”

“We went to Skagen where we saw the ocean and in the afternoon we went to a light tower. Those experiences were the best for me.”

“I think I liked the trips we did as a class the most. I really enjoyed staying in Copenhagen but i also liked the daytrip to Skagen a lot.”

“I really enjoyed the trip to Skagen, as well as seeing the lighthouse. I also very much enjoyed the last evening, where we danced and had lots of fun together with the Danish students.”

“Staying with host families, Skagen, dancing traditional folk dances and partying together, the farewell dinner was the saddest but also most fantastic event to cooperate with the host students and learn about their songs.”

“The best experience for was to live in a host family and to see different parts of Denmark.”

“We had a great connection with some Danish girls right in the beginning, so we often went out together and they showed us some really cool hidden spots.”

“We have made many great trips with the Danish students.”

“The best experience I had made with my host family. They were so nice! They made a lot of Danish meals so that I was able to get to know them. I liked joining their family as they took me in as I was a real member.”

“The best experience was living in a host family. It was something new and I am glad that I decided to go to a family and not to stay in a hotel.”

“Spending time with our host families was truly the best experience. I really enjoyed getting to know our host family better. Other than that I also really enjoyed our trip to Skagen and the Viking museum. It was awesome.”

“Going to the Modern Museum of Art and the Viking Museum.”

“It was great staying with the host family and be able to exchange information and talking a lot.”

“The best experience was, living in a host family for a couple of days.”

“Difficult to pick one thing. However, maybe the trip to Skagen or going out with some Danish girls from school.”

As already seen in these previous statements, the life in a host family has been a highlight for our students. They seem to have appreciated this type of accommodation a lot and have quickly adapted to life in a new family. Through living in a host family, the students could gain the most authentic impression of Denmark, Danish family life, Danish cuisine and traditions within the family. Also, some Danish skills could be gained, recipes learned and friends and a new family found. Living in a host family has undoubtedly been advantageous to our students and the experience of living in a host family has been more than positive, as the following student voices summarize:

“I loved it. It felt like a second home and I got along with all the family members. In the end we were very close.”

“It couldn't have been better, I felt very comfortable and welcome, they put so much effort into everything, they made me feel like it's also my home and I would always visit them again, they were the sweetest people ever.”

“It was unusual and at first, I felt a bit weird in the situation. But you get used to it and just in a second you feel like you are a part of the family. Or at least for me it was like that. Yes you are guest, but one that is kind of a part of all.”

“Of course the first day was kind of strange because you know you're gonna live there for a few days but from time to time you get more comfortable in an almost strangers house. I would recommend living a host family because it's a really new experience where you sometimes have to cross your one lines. But in a good way. You learn how to become more open and confident.”

“I thought it was really nice staying with a family. It gave you more opportunities to interact with the students and we even got food from the families so I didn't need to buy anything to eat.”

“It was interesting. Sometimes it was a bit too much, but I learned a lot from it.”

“At first it was a bit weird to be in another family and another home. At the beginning sometimes we didn't know what to speak about but as we got to know each other a bit more, that really wasn't a problem at all. They were really engaged and tried to make the most out of my stay. I also think that experience affected myself a bit. I never had to be that outgoing before but it was worth it.”

“I liked getting to know the daily life of a family in Denmark. Unfortunately, their English skills weren't quite as good as I expected so communicating was hard sometimes. Apart from that, there's nothing to complain about: they provided me my own room, delicious Danish food and cake and I got driven to school by my host sister almost every day.”

“I felt so welcome and they gave me the feeling as if I am a part of the family. We exchanged so much about our culture.”

“It was a great experience to be part of the life of a Danish family. I really enjoyed staying there.”

“It was amazing. I learnt many new things.”

“At first I was frightened to live with another family, but as they were so kind I felt comfortable. I joined them when having dinner and they treated me as I were a real family member.”

“At first, it was really strange living in another house with people I don't know. After a few hours it was totally okay and I also felt comfortable at their house. My family was nice to me and they showed interest and in my opinion, this is important.”

“At first I has to kind of get used to the situation since I've never been in a situation like this. But that did not last long. My family was very welcoming and it really didn't take long until I felt like home. Even though the thought of spending some days at total strangers houses can be scary, I 100 percent recommend it and the memories you make with your host family are one of a kind.”

“It was great given the family I stayed with was very welcoming and took time to show me their country, favorite activities and how their daily life looks like. I was able to get a good impression of life in Denmark and had the chance to exchange a lot with my hosts during long talks.”

“My host family was very kind. I liked them a lot. I had the opportunity getting to know Denmark’s culture or food.”

Question 15 focused on the general recommendation of whether or not such an intense program and journey is worth it. All of our students expressed their thoughts that they would absolutely recommend such a journey and that they appreciated the time they had and the support they received from Erasmus+ a lot. For some students, it was one of the best experiences of their life and they are incredibly thankful for having had the chance to participate in this group mobility. Many different advantages of such an exchange were mentioned here, such as getting to know a new culture in an authentic way, improving the foreign language skills, getting to know more people, strengthening the bond with the class, being more open-minded, self-conscious and outgoing and gaining lots of valuable new impressions, as is illustrated below:

“I would recommend it because it is a good experience.”

“Definitely, it was one of the best experiences in my whole life and I would always do it again.”

“I would definitely recommend it because it’s such a great experience.”

“I would recommend an exchange to everyone, because it is an easy way to improve your language skills, get to know new people and get to see a lot of the countries you are visiting.”

“I would definitely recommend going abroad for an exchange. It is nice to get to know new people and their culture and you’ll most likely have amazing experiences.”

“Yes I would recommend it to anyone. It was such a unique experience.”

“Yes I would definitely recommend it. How I already wrote above.”

“I would recommend it because you can learn something from a country not just as a tourist but also from the point of view of a local person.”

“I would definitely recommend it because you’ll get to know a different country better. Also, if you are staying with a host family you have to be more outgoing and you have to talk to them so you can also improve your English skills. It’s such a great experience and if you have the opportunity just plunge into that new adventure!”

Erasmus+

“I really recommend everyone to take part in an exchange program just like ours. It was a really cool experience which not only improved our English talking skills. We also got to know a different way of living as well as cultural differences. It also impacted ourselves (if you have stayed in a host family) to really put yourself out there.

“I would definitely recommend it to others. Getting to know so many people and another culture with such minimal costs is amazing. Even if you don't love your host family, it is still an experience that can be very helpful to you and you don't need to spend all the time with your host.”

“It was worth driving 18 hours one way by bus.”

“I would recommend it to anyone who is interested to learn something about another Culture, so the 17 hours drive is definitely worth it.”

“It is definitely an experience that everyone should do when given the chance because you learn so much about others and also yourself.”

“It is an interesting experience and you can learn a lot of new things.”

“Yes, I would definitely recommend it.”

“I definitely would recommend such an exchange because it is a great experience to travel and get to know other people.”

“I really recommend such an exchange to everybody, as you learn a lot more about other cultures than when living in a hotel. Also, you might make friends for a lifetime.”

“I would recommend it. Also going to a host family is a great experience. Of course, you are a bit nervous at the beginning but after a few hours, it's totally okay.”

“I would recommend it because it is awesome getting to know someone this way.”

“Yes, I would. It's such a nice experience meeting new people, making friends, getting to know the difference between their culture and ours etc....”

“Yes I would but never to a person not at least a little curious as the experience might be awkward or boring if the student going away does not want to open to the host family.”

“I would for sure recommend an exchange to another country. It was full of interesting things.”

“Yeah, I definitely would recommend such an exchange - fantastic experience and beautiful to see a new landscapes.”

Question 16, focusing on tips for possible improvement, showed that the majority of students were content with their journey. For some of them, the time we spent in Denmark was too short since they would have liked to spend more time in Copenhagen itself or in Denmark in general. Due to a stressful school year, however, a longer journey would have been hard to administer. Another point of criticism was the fact that not everyone was able to stay in a host family. Unfortunately, not for everyone of our 29 students a place in a host family could have been organized. The majority (18) profited immensely from the host family experience, 11, however, stayed in a local hotel. Almost everyone of them would have appreciated staying in a host family as well, but because of limited host families available and exam period of the 3rd grade students in Denmark, not more host families were available. Other than the wish after more free time, the students were very satisfied with their time in Denmark. Surprisingly, also the long bus journey was well accepted because our students might have appreciated a lot travelling in a green and environmentally friendly way. Without the availability of our bus, we would also not have been able to provide such a varied program including the weekend in Denmark, the trip to Skagen and the stop-over in Hamburg on the way back home. Hopefully, the bus journey also showed our students that it is not always necessary to fly to a destination, but that beautiful places within Europe can also be reached without an airplane and with contributing to protecting our environment more.

For the last question, there were lots of thanks included for the organization of the journey and program and that the students enjoyed the trip a lot.

5. Summary student feedback

As the student voices that were made visible show, it can undoubtedly be said that this Erasmus+ group mobility was a complete success and that this journey to Denmark and to Nørresundby Gymnasium were beneficial to our students in multiple ways.

Summarizing, and just to mention some of multiple advantages of this journey, it can be said that our students got to know a new northern European country, they met amazing local people who might have turned into their friends and family, they improved their knowledge on a new school system and a different culture, learned to appreciate the various differences and similarities between Denmark and Austria, improved their English skills and learned for sure also some basic Danish skills, which contributes to their multilingualism, got authentic insights into Denmark, Danish culture, history, Danish cuisine and traditions, improved their intercultural skills, got more self-conscious, independent and open-minded, gained more knowledge on how to include media and technological skills in the everyday school life, discovered the advantages of an environmentally friendly method of travelling, increased their knowledge on Denmark's way of living sustainably, got to see lots of beautiful and impressive places in Denmark and learned to appreciate the variety Europe has to offer to its citizens.

Erasmus+