

## November Report

Name: Brittany Bickford

Sponsor club: West Pennant Hills/Cherrybrook

Host club: Hellerup, Denmark

Current Host Family: The Nedahl's

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Host Club Counsellor's name: Christen Rindorf

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### Activities:

14<sup>th</sup> October: Had school during the day, as usual. When I came home, I packed my bag ready for Austria. At around 9pm, when the car was packed, we headed off to Austria. We took the ferry over to Germany from Zealand as it is faster than driving through all of Denmark to get to Germany. We then continued driving and we all slept in the car.

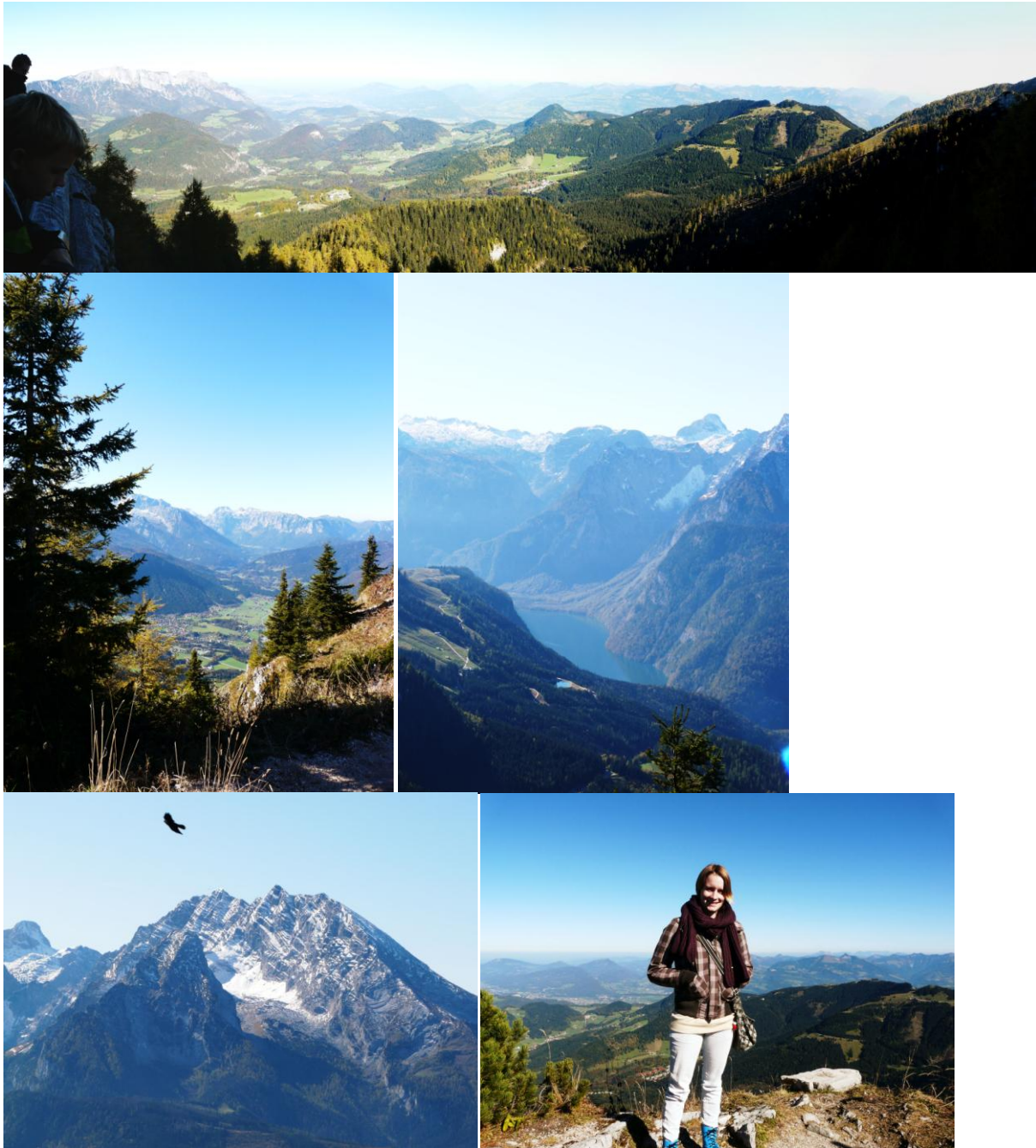
15<sup>th</sup> October: At 8am we stopped for breakfast and then continued on to the hotel. We arrived at 12pm where we then checked in and freshened up. We were in the Alps in Austria in Bad Gastein. The area was really beautiful with the mountains surrounding us. The hotel had an indoor pool, with an outdoor section as well, trampolines, tennis courts both inside and outside, gym room and play room. After spending the day relaxing in the hotel, we had dinner and then sat in front of the fireplace. It was a very good first day.

16<sup>th</sup> October: Today, after breakfast, we all got in the cars, all 15 of us, and headed over to another valley in the area. There we did some bow and arrow shooting and shot some big, rubber animals. It was a lot of fun and I came about 3<sup>rd</sup> out of everyone. We then had lunch at the place we were at and then headed back to the hotel where we relaxed and did some exercise.



17<sup>th</sup> October: Today we headed back to Germany in the cars and went to see Kehlsteinhaus, which in English is 'The Eagle's Nest'. It was a 50<sup>th</sup> birthday present for Adolf Hitler from the NSDAP. We took the bus up to the bottom of the area and then a lift went all the way up to the top. From up the top we had a nice view of the Alps and surrounding valleys and we even had a view of Salzburg. The view

was amazing with the snow capped mountains all around us. We stayed up there for a while and then headed back down. We then went to Salzburg for a while and did a little shopping and looking around. We then came back to the hotel in the evening for dinner and then relaxed around the hotel.



18<sup>th</sup> October: Today we had a relaxing morning, swimming in the pool and then, in the afternoon, we went rock climbing on the natural rocks in the valley we were in. Although I love rock climbing, I'm also scared of heights so I didn't climb but I watched everyone and took many photos. It was a fun afternoon.





19<sup>th</sup> October: Today we went for a hike up one of the mountains. It was a really beautiful area with lots of moss covered trees and a river flowing along the path. It was an 8km walk to where we were stopping for lunch, a little cottage in the middle of a clearing. It was rather cold but, with all the walking, I warmed up quickly. After lunch, we then headed back down and I walked with my host brother and one of the guys from the other family we were with. They had both gone on exchange to Brazil and Mexico, although the family friend, Mads, went with another program not Rotary. We talked a lot about our exchanges and what we found worked and didn't work. It was good to get to know them better and where they stayed. Like every evening, when we got back to the hotel, we had dinner and relaxed in the chimney area.





20<sup>th</sup> October: This morning when I woke up, I threw the curtains open to find everything covered in snow with the snow still falling. I stayed at the hotel today and just relaxed, swimming in the pool outside while the snow fell on and around me. I caught snowflakes on my tongue and had a good, relaxing day.



21<sup>st</sup> October: Today we all got rugged up in layers of clothes and then headed off to Bad Hofgastein to the top of the mountain. We took two cable cars up to the top and then went for a walk once we

got there. When I came off the cable car, my host family told me to jump in the snow, so I did, but as I'm not use to snow, I slipped and fell on my butt and got absolutely covered in snow. They then brushed my off and we went for a walked around the lake that was at the top of the mountain. I learnt how to make snow balls too and we threw some around at each other. When we got back to the building where the cable car was, we went and had drinks in the restaurant up top and then took the first one back down to the middle stop. From there we then walked the whole was down to the bottom, although we got lost a few times along the way. It was a nice, long walk and all of us were very tired by the end. We then headed back to the hotel and relaxed for the rest of the afternoon until dinner. As it was our last night, there was a big dinner with 7 courses, all small courses, but very filling none the less. We then hung around and relaxed in the evening like every other night.



22<sup>nd</sup> October: Today we headed back to Denmark, and it also marked my 9 months in Denmark, where, once again, I wasn't really in the country. I realised that, with the 9 months of me being on exchange, not including Denmark and Australia, I had been to 9 other countries during that time, three of them more than once. Anyway, at 7:45 we got in the cars and started our long journey home, taking the ferry at 6, and then continuing on to arrive at home at 9pm. It was a long day spent sitting in the car but I was still very tired when it was time to go to bed.

23<sup>rd</sup> October: Today met one of my friends from the language course in the city as he was visiting from Odense. We had a quick lunch and then walked around the city and bought some souvenirs, as they were the only shops open on a Sunday. It was a nice day and was good to catch up again.

25<sup>th</sup> October: Today I had school during the day but in the evening, I joined two of my host sisters, Cecilie and Laura, and went with them to their work dinner. We then went bowling with them afterwards as well and it was a good evening and a lot of fun. I got a few strikes and some spares.

26<sup>th</sup> October: Today, when I got home from school, I did some Danish work while my host sisters were doing their homework. I then got picked up for Rotary where the meeting was with the Mayor of the commune that my club is in.



27<sup>th</sup> October: Today I didn't have school so I went into town and met with my friend Jon-Joe who was on the language course with me. We had lunch at an Italian restaurant and then walked around town for a bit. We then went to his place and I met the family he is staying with. We had tea and talked about all sorts of things. It was a good day.

28<sup>th</sup> October: Today I didn't have school again so I skyped with Mum for about an hour.

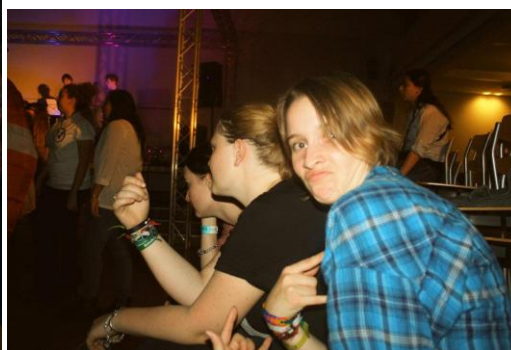
29<sup>th</sup> October: Today I had a relaxing day and then in the evening my host Dad's cousin and her family came over for dinner. After dinner I then got ready and went into town with my friend Nanna from school. I stayed out until 7am the next morning. It was a really good evening.

31<sup>st</sup> October: Had a talk with my host Dad about how I was settling in and things that were different.

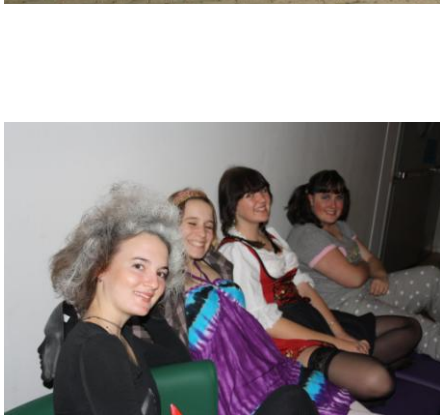
01<sup>st</sup> November: Posted my first box home. Was almost 10kg and cost about 670kr. I also skyped with Dad.

02<sup>nd</sup> November: Had Rotary. I don't know what the meeting was about though.

04<sup>th</sup> November: Today I didn't have school and I got ready for the get together weekend with all of the other exchange students in Holbæk. During the morning, I bought permanent markers and some snacks and I also packed my bag. At around 12:30, I headed off to Holbæk on the bus, and then the train. When I arrived in Holbæk, I met some of the other exchange students in McDonalds and then we went to the park to meet with the other exchange students as we were all early. At 4:30 we all headed back to the station and caught the bus to the school we were staying at for the weekend. When we arrived, we checked in and got a t-shirt that said 'Holbæk Get Together'. We had the evening to do as we wished and later in the evening, a DJ came as well as a live band and we had music until 4am. I danced with everyone for a while and sat and chatted with the others as well to catch up with everyone. At about 4am I headed off to bed, although I didn't sleep very well as the floor was rather uncomfortable.



05<sup>th</sup> November: At 8:30 we were woken up and at 9 we had breakfast. We then had the morning to go into town and walk around but we had to be back at 1pm as that was when lunch was. I went with some of the Australians into town and we got food from the shops. When we got back we had lunch and then sat around with the Aussies and we all talked and ate and started signing flags. We then had a big group photo of everyone although it was rather hard to get a photo. We also took an Australia/New Zealand photo as well. We then got to choose between soccer and zumba as an activity for the afternoon, so I went and watched the soccer. At about 5pm everyone started getting ready for the evenings party as it was Halloween themed. I went as a hippy and I could just use my own clothes and I didn't have to buy any new ones. At 7pm we had dinner and then had a talent show. In the talent show, the Australians did the Nutbush and the Brazilians did some of their dances and the Mexicans did the Macarena. At the end we had a video that was made by some of the Australians for all of us oldies, which had videos and photos from the year. We then cleared away the area and, while the band set up (a different band from the night before), the DJ played some music. We then had the music from the live band and then more from the DJ at around 1am. Once again the music went until late in the night and I danced for a very long time, and eventually at around 4:30am I went to bed, falling asleep a lot quicker than the night before as I was so tired.



06<sup>th</sup> November: We woke up at 8:45 and packed and tidied the room and then we went for breakfast. After breakfast they played some music for us oldies while they had us up on stage so we could say goodbye to one another. We then all got our things and got on the bus and went back to the station. After waiting an hour, because it was late, I caught my train home and then my bus. I then took a nap for a few hours as I was very exhausted after the weekend but it was a lot of fun.

09<sup>th</sup> November: Today I didn't have school again so I went to a friend's place and watched a few movies. In the evening I came home, had dinner and then got ready to go to a handball as I had been invited by one of the Rotarians from the local club, which is the club one of my host sisters, Laura, will be going out with on exchange. There was also one of the other exchange students there from Canada. When we arrived we got free shirts from the home team and then went into the stadium to watch the game. It was the male teams playing and the game was very quick and very good to watch. We were sitting behind one of the goals, which was good. The final score was 32-17 to the home team. Everyone was very happy at the end of the game and we then headed home.

12<sup>th</sup> November: Today I met with one of the exchange students in town and we had lunch and then wandered around a bit. As it is now going into winter, it gets dark rather early so by 4pm, it was getting dark, which meant cold. We then met with some of the other exchange students and continued to walk around town and eventually had coffee before I headed home. When I got home, the whole family was there and we watched Grease as it was on TV.

13<sup>th</sup> November: Today it was my host cousin's birthday so we went to a restaurant in town and had brunch there with her and her boyfriend. After that we then went to my host mum's sister's place for dinner. I helped my host sister, Cecilie, with her English homework while we were there. It was a nice day and was good to hang out with my whole host family again.

14<sup>th</sup> November: Today I had school and then, after school, I met with one of my friends from the language course, Jon-Joe, and we had dinner in the city at a Chinese restaurant. It was a very nice evening and, on our way back to the station, we ran into two others from the language course.

Rotary Meetings Attended:

26<sup>th</sup> October, 02<sup>nd</sup> November

Public speaking:

Didn't do any

Language Proficiency:

Still the same as before. I can understand a lot but I don't really speak it because it is a little hard, I am trying harder though. Did some work on it. Sending text messages home to host family in Danish

Social and Sporting activities:

Met with friends in the city a lot. Had Rotary Get together.

Relationships: Sections of this report may be withheld and not passed onto your club and will remain confidential

How is your relationship with:

Your Host family: very good

Club Counsellor: very good



Rotary Club: good

Fellow school students: very good

Fellow exchange students: very good

No Problems.