

Dear Sigdalslag,

Thank you for the scholarship to use for Skogfjorden. This year I went for four weeks instead of two weeks doing the folk high school program. I had a great time and learned much. This year I did Kjempensorsk (super Norwegian), where you speak Norsk all day to get a bead, three times. At camp the schedule went breakfast, krets/folk high school, matpause, strenge gruppe, kosetime/folk high school, middag, middagslurr, kosetime 2, free-t, strenge gruppe2, kveldsmat, flag highseen, then kveldsprogram. During breakfast folk high school would sit together, and for the first week we had folk high school during krets where we did activities to do with music and friluftsliv which translates to free air living, but means a way of life where you're involved with nature. Then during strengruppe we are put into different groups for different levels the first two weeks we did quite a few different things, but the last two weeks we focused on fred (peace). During strengruppe we created a different culture, and half of the group went away, and had to come back to communicate that one group member was sick without words not knowing the others language. This activity was meant to portray how language creates the idea of the "other" or "outsider's" group and how each group thought the other group was the "other", after that was done we had fun with the language and continued to develop the language which was done with hands, and the body. The rest of those two weeks during strengruppe we mostly spent teaching the other groups about fred (peace). Another activity in the day's schedule was kosetime which would be a choice of activities where we'd get choices of activities then get to choose which one we did. The second week folk high school had folk high school during kosetime and had krets. During this time we created a children's book about friluftsliv (free air living) and we each wrote about a topic that incorporates friluftsliv into our lives I choose to write about the mountains about 15 minutes to an hour away from where I live. The book is going to be made into a book and sold in the Buttik. During krets in the mornings we would have interactive lessons about viking's, friluftsliv, Sami (the Sami were basically the native American's of Norway's culture), and environmental topics. We would then have dinner (kveldsmat) and the flag downing where we would sing a song as two people took down the flag. In the morning we would sing the national anthem as the flag was raised which I have memorized by now. The final activity of the day is the kveldsprogram which ranged from dances to troll invasions to learning about people who have impacted the world in some way. Point's left to mention are Wednesday's, international day, frihelg, weekends. On Wednesday's in the morning instead of krets we had a morning program. The first one we learned of things such as mythology, and Viking compass. The second Wednesday we were put in groups where we tried to get to the other side of the gym on cardboard, and then had to go do teamwork activities, like pyramid's, flipping over a rug while on it, a dragon head trying to catch the tail, and a chair formation where we all sat in a circle on chairs and slowly the chairs were taking away so we were holding each other up in this circle shape. We then gathered again to do the first activity once again. A huge event for Concordia would be international day where all of the camps come together and have a day of awesomeness. First we meet outside Utgaurd and then "march" down to a spot near our destination, and on the way we sing song parts, ; there we have a song swap where each camp sings a song the other camp sing's one and it goes back and forth until we get up and continue on our way. When we arrive there is an area that is circular, music is

playing, all the camps are there and we are rotating around the point; then there is the international day song; which has a dance we had all learned so we all do the dance, and then we are left with hours to use. We are given our money that we brought with us in American currency to use, and seven tickets for food that can only be used at certain places. There are some activities that can be done like football, and each village has different things. I did this thing where there was a roll attached to a string and you had to try to eat it without your hands. Later we'd gather up with our camps in a section and each camp would have a few people who did some type of performance of some kind. Then there was some dancing. Which would be the end and we would soon afterwards head back to camp. For four-weekers we would have frihelg which was the two day period between seasons. The first day when everyone from the first season was leaving the four-weekers got their electronics for this time and then went to town to wash laundry, go to Target, see a movie, and then watched fireworks from afar then coming back to camp late the folk high school combined into the viderganda's cabin's. That net day we could just hang out or there were some options of things we could do. On the weekend between each two week season we'd have Sunday's different were there was brunch (smoked salmon--yum) then we would start on our day program take a break have a snack and then continue. For the first one we played soccer and football. For the second Sunday we tried different sports like handball, and then created new games and presented them to everyone else. As the closing the friendships, experiences, and knowledge that Skogfjorden brings to life will be forever impactful; so thank you for helping me go for four weeks this year instead two adding a lot more to the experience.

Sincerely,

Vera Torkelson

