NORWAY

October 19, 2011 to December 13, 2011
Alyssa Stoulil
INGREDIENTS

• 1 New and exciting country (Norway)
• 5 Roommates
• 1 Amazing school staff
• 1 bunch of 9th grade students
• 1 FCS classroom
• Dash eager attitude, flexibility, and adventure

Directions:
• Blend all ingredients together.
• Enjoy!
Ingredient 1: Norway

Population: 4,920,305
Official Language: Norwegian
Currency: Norwegian Kroner
Government: Constitutional Monarchy Parliamentary Democracy

Norwegian Symbols:
Trolls
Rosemaling
ROSENDAL, NORWAY

- Community: Kvinnherad Municipality
- Population: 945
- Sight seeing:
  - Hardangerfjord
  - Baroneit
  - Malmangernuten Mountain
  - Melderskin Mountain
Melderskin can be seen from the bedroom windows of the cabin.

Baroniet Palace in Kvinneherad.

Malmangernutn is one of the steepest mountains in the area.

Hardangerfjord is the third largest fjord in the world.
Ingredient 2: Roommates
Whitney Johns

Hometown: Dallas, Texas

Major: Elementary Education, Art Endorsement

Why did you choose to study abroad?
I wanted to have a better understanding of what it is like to live in a culture that is not native to me.

What grade did you teach?
I taught English to 2nd through 5th grade students.

Favorite Norwegian experience:
Climbing Skålafjell, a mountain near our cabin.
Katie Barwacz

Hometown: Schaumburg, Illinois
Major: Elementary Education, ESL Endorsement

Why did you choose to study abroad?
To experience a different educational system.

What grade did you teach?
I taught English to 5th through 8th grade students.

Favorite Norwegian experience:
I went sailing with the principal of one of the schools on the third largest fjord in the world.
Kaylee Vanness

Hometown: Latimer, Iowa
Major: Elementary Education, Science Endorsement

Why did you choose to study abroad?
I wanted to learn about another culture and have the experience of teaching in another culture.

What grade did you teach?
I taught English and Science to 6th and 7th grade students.

Favorite Norwegian experience:
Getting to know the people and going on adventures with the locals. I also enjoyed being invited to their homes and learning more about their culture.
Lauren Egli

Hometown: Fort Dodge, Iowa
Major: Elementary Education, Social Studies and English Language Arts
Endorsements

Why did you choose to study abroad?
I chose to study abroad to gain a more worldly understanding of education.

What grade did you teach?
I taught English to 5th through 7th grade students.

Favorite Norwegian experience:
The people I worked with and came to know did all they could to ensure I had a wonderful time in Norway. Hiking, shopping, sailing, and making dinners were some experiences that made this a perfect stay.
Joelle Sampson

Hometown: Radcliffe, Iowa
Major: Early Childhood Education, Special Education Endorsement

Why did you choose to study abroad?
I chose to come to Norway to study abroad because I wanted to learn about my ancestors. I also wanted to experience the Norwegian schools system.

What grade did you teach?
I taught English and Music to 1st through 4th grade students.

Favorite Norwegian experience:
I was able to visit my ancestors family farm.
Alyssa Stoulil

Hometown: Havelock, IA
Major: Family and Consumer Sciences

Why did you choose to study abroad?
To have an experience of a lifetime. I wanted to see what it would be like to submerge myself into another culture.

What grade did you teach?
I taught 8th and 9th grade students. I was primarily in the 9th grade kitchen classes.

Favorite Norwegian experience:
One experience I will always remember is on our first hike and we ran into a cow on the path! Also trying all of the new foods was amazing!
Ingredient 3: School Staff
The school staff was so willing to welcome me to their school. These are some of the best people I have ever met!
Ingredient 4: 9th grade students
I was placed in the 9th grade Food and Health courses. I spent a lot of time in the kitchens and learned how to create many Norwegian dishes. I also taught them how to make some American dishes. I brought samples of some American snacks as well!
RECIPE – FISKEBIFFAR (FISH CAKES)

- 1 dl oatmeal
- ½ dl milk
- ¾ dl cream
- 1 small onion
- 400 to 500 grams fish
- 1 ts potato flour
- ½ egg
- ½ ts salt
- ¼ ts pepper

Directions:
- Put oatmeal, ¼ dl cream, all the milk in a bowl to moisten the oatmeal.
- Dice the onion.
- Put fish, onion, salt, pepper, and egg into a food processor until all is blended.
- Add oatmeal and the rest of the ingredients. Mix until well blended in food processor.
- Shape into flat cakes and fry in butter in frying pan.
RECIPE – PANNEKAKER (PANCAKES)

• 5 dl white flour
• 1 ts salt
• 3 ms sugar
• 1 ts vanilla
• 6 dl milk
• 3 eggs
• 1 ½ ms melted margarine

Directions:
• Blend white flour, salt, sugar, and vanilla in a bowl.
• Add milk and stir well.
• Add egg and melted margarine, stir well.
• Melt a small amount of margarine in frying pan and pour in small amount of batter. Roll pan around to cover the bottom. (To make a Norwegian Pancake they have to be thin).
RECIPE – IOWA MAID RITES

• 1 pound hamburger
• ¼ medium onion
• 1 cup ketchup
• 2 tablespoons yellow mustard
• ¼ cup brown sugar
• ½ teaspoon salt
• 1 teaspoon pepper

Directions:
• Brown hamburger in frying pan with salt, pepper, and onion.
• Mix ketchup, mustard, and brown sugar in a bowl.
• When hamburger is browned pour sauce over meat and heat through.
• Serve with pickles and hamburger buns.
• **Ingredient 5: Family and Consumer Sciences Classroom**
• The classroom is set up with 4 full kitchens and all the necessities to create a great meal.
Ingredients 6, 7, and 8: Attitude, flexibility, and adventure are all crucial ingredients to a fun stay abroad. Hiking, sailing, and running through the mountains made this a wonderful experience.