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Erasmus+ Programme
of the European Union



GLEMMEN
VIDEREGÅENDE SKOLE

Our Future: Renewable Energy

Erasmus+ KA210-SCH- Small Scale Partnerships in school Education project

2023 - 2- IT02- KA210- SCH – 000182957

11.5.2025 – 17.05.2025

Project Energy is an international collaboration designed to strengthen students' understanding of renewable energy, sustainability, and cultural exchange. Throughout the week, participants engage in hands-on learning activities, guided technical visits, and cross-cultural experiences that highlight the connection between environmental responsibility and social development.

The program combines academic content with practical exploration of Norway's energy systems, including wind power, hydropower, recycling technologies, and marine conservation. At the same time, cultural visits and group-based tasks support dialogue, cooperation, and shared learning across nationalities.

The aim of the week is to provide students with both knowledge and experiences that foster awareness of sustainable solutions, deepen cultural understanding, and encourage long-term international collaboration.

Program Norwegian mobility.

Monday

09:00 Meet up at Glemmen Upper Secondary School and introductions

10:00 Get-to-know-each-other activities

10:30 Tour of the school

11:00 Lunch

11:45 Competition "Project Windmill" – Students build windmills in mixed groups

14:30 Testing of windmills and choosing a winner

15:00 End of day.

Goals for Monday

- Encourage cultural exchange and communication across countries.
 - Build teamwork skills through a practical engineering challenge.
 - Introduce fundamental concepts of wind power and renewable energy.
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Tuesday

07:45 Meet at school and bus to Oslo
09:30 Visit to Freia chocolate factory
11:30 Bus to Vigeland Park and lunch outdoors
13:00 Oslo city center tour
15:00 Bus back to Fredrikstad

Goals for Tuesday

- Understand how Norwegian industry integrates sustainability and environmental responsibility.
 - Strengthen cultural understanding through exposure to Norwegian art and urban history.
 - Reflect on how cultural identity influences environmental values and practices.
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Wednesday

09:00 Bus to Hafslund Hydropower Plant, Sarpsborg
10:00 Tour of the hydropower plant
11:30 Bus to Isegran, Fredrikstad
12:00 Lunch
12:30 Guided tour of Isegran
13:00 Games and social activities
15:00 End of day

Goals for Wednesday

- Learn how hydropower works and its major role in Norway's renewable energy production.
 - Understand the relationship between technology, nature, and sustainability.
 - Strengthen intercultural bonds through shared outdoor activities.
 - Explore local Norwegian maritime heritage.
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Thursday

09:30 Meet at Øra industrial park
10:00 Tour of Frevar Recycling Plant
12:00 Lunch in Gamlebyen
13:00 Tour of Gamlebyen (Old Town)
15:00 End of day

Goals for Thursday

- Learning how recycling and circular economy practices reduce environmental impact.
- Understand how waste management connects to wider sustainability strategies.
- Strengthen cultural knowledge by exploring Norway's oldest fortified town.

Friday

09:00 Bus from Fredrikstad Bus Terminal to Hvaler Islands (Skjærhalden)

10:00 Visit to Ytre Hvaler National Park

10:45 Trek from Skjærhalden to Storesand with guide Randy

13:00 Lunch at Storesand

15:00 Bus back to Fredrikstad

Goals for Friday

- Explore protected natural areas and understand their importance for biodiversity and sustainable tourism.
- Experience Norwegian coastal landscapes and learn about marine conservation.
- Strengthen teamwork and intercultural friendships through a shared hike in nature.

Saturday – 17th of May

National Holiday – No planned program

Goals for Saturday

- Experience a key part of Norwegian culture and national identity.
- Reflect on how traditions and societal values influence environmental awareness and sustainability.

Final Summary – Project Energy Week (11–17 June 2025)

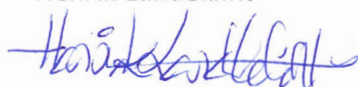
Project Energy week provided participants with a structured and coherent introduction to renewable energy, sustainability practices, and Norwegian culture. Through a combination of technical visits, cultural activities, and collaborative tasks, the program successfully supported its stated goals of promoting both environmental understanding and intercultural exchange.

The week's activities offered practical insight into key renewable energy systems, including wind power, hydropower, and recycling processes. Visits to Hafslund Hydropower Plant, Frevar Recycling Plant, and the coastal conservation areas at Ytre Hvaler National Park enabled students to observe how Norway manages natural resources and implements sustainable solutions.

Cultural objectives were met through guided tours of Oslo, Isegran, and Fredrikstad's Old Town, as well as through daily interactions in mixed international groups. These experiences facilitated meaningful cultural learning and strengthened cooperation across nationalities.

Overall, the program effectively combined environmental education with cultural engagement. Participants concluded the week with increased knowledge of renewable energy, a broader understanding of Norwegian cultural and historical contexts, and strengthened intercultural relation.

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