This whole exchange has been a wonderful experience. I had very little knowledge about The Czech rebublic before the start of this exchange. It is quite popular for Swedish people to go to Prague for an extended weekend, but few people explore the countryside outside of the capital. Prague proved to be just as impressing and beautiful as I had heard and I feel that I would like to return and explore more some day in the future.

Chotěboř is a beautiful little town and a perfect location for an exchange. It is close to wonderful nature with great hiking trails as well as historical sites of great interest. We have had the opportunity to see a lot and learn a great deal about the country, the history, the people and common traditions. The whole exchange has been very well organised and I feel we have been warmly welcomed everwhere.

We have appreciated the interaction between students and the fact that a group of Czech students have taken part in all of our excursions and also been responsible for part of the program, e.g. information about the school, Czech language lesson, guided tour in Chotěboř and the dance class. This is something I would like to include more of in our swedish part of the exchange.

It is always hard to fit everything in to the program and sometimes it is difficult to make choices. There is not a single experience I would like to be without but if it is possible to fit in to future exchanges I would be interested in adding visits to regular classes of my own two subjects PE and English. It would also have been interesting to meet a PE teacher to discuss and compare the curriculum of PE in our countries.

The whole week has been a learning experience and I will return to Sweden as a richer person with great memories and experiences stored in my mind.