

CULTURAL EXCHANGE PROGRAMME



INDIA AND SWEDEN



ST. MARK'S SCHOOL



The students of SMS are trained to handle curricular and co-curricular activities simultaneously. Care is taken to instill self discipline in their receptive minds. They are schooled to become responsible leaders with a commitment to society. Under the canopy of the school motto “Loyalty, Truth and Honor”, the students, the staff and the management of St. Mark’s endeavor not only to enable students to compete with others for a place in the professional outlets, but also imbue them with social awareness, pride in their rich cultural heritage and a sense of responsibility towards the nation.

SMS GLOBAL PROGRAMME

The SMS Global program is an initiative by the school to equip the students with a global perspective .The educational experiences offered in this program in the context of real world issues will widen their horizons and enrich their lives which will stand them in good stead .SMS believes in giving learning opportunities beyond geographical boundaries which allow the students to network with their peers overseas and make connections with what they have learnt in the real world.



The façade of St. Marks School

CULTURAL EXCHANGE PROGRAM

Student exchange programs are educational and cultural opportunities for the students of SMS. During such exchange programs, students live with host families where they are exposed to the host country's culture and language. Not only the academic and social development of the individual student



Cultural Exchange between India and Sweden

plays a significant role in exchange programs, but also the foreign policy interest of each country that sends or receives exchange students. Exchange programs present a golden opportunity for students to visit and live in different countries and gain crucial experiences and skills for their later careers. Such programs help in building relationships and strong bonds with student's abroad .Cultural Exchange Programs bring schools and classrooms together and bring in united strength into the students that benefits humanity.

As part of one such cultural exchange program between Sweden and India, the students of **ST. MARK'S SCHOOL, MEERA BAGH** visited two schools in Sweden namely **EBBA PETERSSONS PRIVATSKOLA, GOTHENBORG** and **JOHN BAUER GYMNASIET, YSTAD**.



Face-to-face Exchange Program

EBBA PETERSSONS PRIVATSKOLA

EbbaPettersson's Private School started in 1914 and is since 1992 a private school funded by public school fees. For almost 100 years they have engaged in school activities, something they are extremely



proud of. Over the years they have found the roads and approach. It school has approximately 500 students in pre-school up to year 9. Their core values are:-**Commitment, Joy, Development, Pride and Security.**

RELATIONS-Since 2005, St.Mark'sSr.Sec.Public School, MeeraBagh and EbbaPetterssonsPrivatskola have been working together for the WEBBA webzine. This resulted in a teacher exchange programme in 2007(visit by teachers from Ebba) followed by a teacher exchange programme in 2008(visit by teachers from SMS). Last year the cooperation was renewed with students from the two schools becoming mail friends working together on a project.

JB GYMNASIET, YSTAD

RELATIONS-St.Mark's School started collaborating with John Bauer Upper Secondary School in Ystad since 2008.Under the aegis of the Asia Europe Classroom Network, St.Mark's School has



been doing several online projects with John Bauer.SMS was part of the winning projects by John Bauer-Five Times Five and R.E.D while John Bauer is part of the winning project-Windows to the Past-A Glimpse into Our Heritage.

REACHING SWEDEN

We, a group of ten students, started our journey to Sweden on the 22nd of September 2012. We boarded the Finnair flight to Gothenburg via Helsinki. We arrived on the same day and were greeted by the members of our host families in Sweden, who were quite friendly. The weather wasn't on our side. It was quite cold and windy. We split up at the airport and went with our host families.



Our team at IGI AIRPORT, New Delhi

DAY 1 at Gothenburg
23rd September, 2012



We with our hosts at Liseberg!

The very first day, we visited the Liseberg Amusement Park.

After a brief set of instructions by the teachers, we set off for the rides. We sat on almost all the rides. Around 2pm everyone felt hungry and our next stop was 'Burger King'...After lunch we sat in the Giant Wheel, looked down at the city of Gothenburg, and explored the backside of Liseberg, where we saw an old ship called 'Lisen' owned by a restaurant. Then, we spent the rest of the day by going in the same attractions again and again. Liseberg was a very fun place and we all would want to visit it again.



This roller-coaster is made out of wood!

DAY 2 at Gothenburg 24th September, 2012

Today was the big day. We wore our school uniforms for a formal greeting at the EbbaPetterssons School. We were amazed when we saw our Indian flag hoisted along with the Swedish flag on the school grounds. The day started with an introduction to the school's history and a tour around the school. The students of the 5th standard sang a song for us, which we all enjoyed.



Later around 11.30am, we had our lunch. Then we were taken to downtown Gothenburg for a guided tour prepared by our host friends which was a very

good effort from their side. We saw the statue of the maker of Sweden 'GustafAdolphus', who is seen pointing his fingers downwards; the statue of Charles XI, who was the king of Sweden.



We were privileged to meet Ms. Helena Gibson, who specializes in handicrafts using glass. Later in the evening there was a formal exchange of mementos by Ms. GeetaRajan and Ms. Eva Bjelkén-Daveus.

Exchange of mementoes

We performed a dance number which everybody loved. A dinner was organized by the host parents. It was a beautiful evening with everyone enjoying the food, music and the togetherness.

The enthralling Indian Dance



DAY 3 at Gothenburg 25th September, 2012

On 25 September that is Tuesday, we visited the school and had our morning lessons from 8:20 am to 11:00 am with our Swedish friends. It was fun and we learned a lot of things.



Handicrafts Classroom

Then we left the school for a ferry ride to Styrösö. Styrösö is a small island, it lies in the Southern Göteborg Archipelago of Sweden, but due to inclement weather conditions we decided to take a round trip on the ferry instead of visiting the Island. It was a windy day. We had loads of fun on ferry.

Then, we decided to play soccer with our international friends..It was really fun! And then, ended the day which was full of excitement.



Playing football in the fields of Gothenburg.

DAY 4 at Gothenburg 26th September, 2012

Day 4 started with breakfast in the morning. Later we went to school where we attended English lessons during which Veronica presented power-point presentation on Eco-club of S.M.S. Afterwards we visited one of the most interesting landmarks of Gothenburg which is the Universeum.

Universeum: Universeum is a public science centre in Gothenburg, Sweden; that opened in 2001. The Universeum is divided into six sections, each containing experiment workshops and a collection of reptiles, fish and insects. The Universeum occasionally gives Swedish secondary school students a chance to debate with Nobel prize-winners and professors. In the evening, we were taken for a city tour in one of the oldest trams of Sweden. Late in the evening we went for bowling with our buddies...!!



The Universeum



Enjoying in one of the oldest trams of Gothenburg.

Day 5 at Gothenburg
27th September, 2012



On day 5 at Gothenburg, we went to school for our morning lessons from 8:20 a.m. to 11:00 a.m. with our Swedish pen friends. It was to take Swedish lessons. We had awesome time in

school. After we finished with our lessons, we went for lunch. When we got over from lunch, we went for shopping in the afternoon with our Swedish friends. At the shopping malls, we saw the world brands like NIKE and United Colors of Benetton but we also saw some local Swedish brands like ICA, H&M and Ikea. Most of us bought many souvenirs, chocolates and candies. After spending a lot of time on shopping, we went to play football with our pen friends. We had a lovely time.

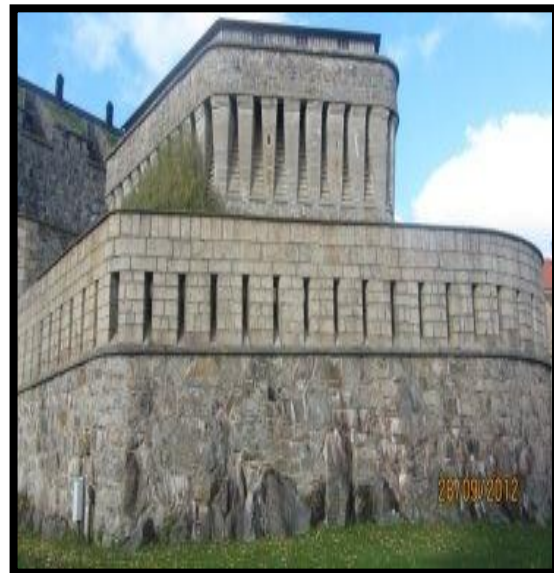
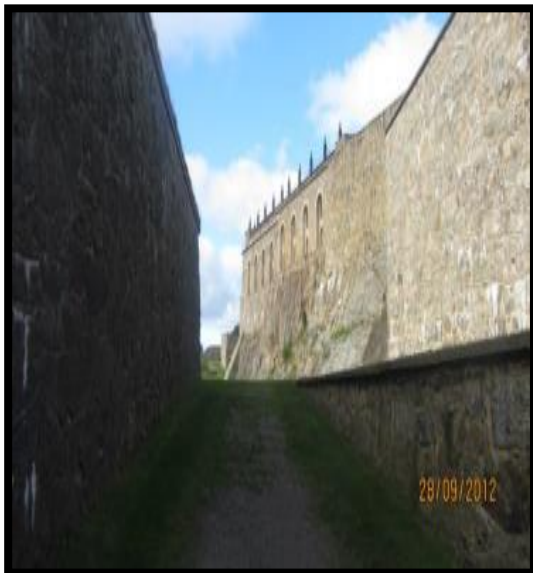


Ikea- one of the local brands of Sweden

DAY 6

28th September, 2012

Day 6 at Gothenburg was astounding. We visited Marstrand, an island. Marstrand is a seaside locality situated in Kungälv Municipality, VästraGötaland County, Sweden. The most amazing feature about it is the 17th century fortress Carlsten, named after King Carl X Gustav of Sweden. We saw beautiful scenery while going there. Then we took a ferry to cross over to the island. When we reached the island, we went straight towards the Bohus Fortress also known as the Carlsten Fortress. We got to know about the history of that castle.



Carlsten Fortress

After visiting the castle, we visited some local shops. We left the island at around 2:30 p.m. Later, in the evening, we went to one of our Swedish friend, Angus's house where we played and had fun. After having some good time, we went back to our homes and spent a wonderful evening with our host families.

DAY 7
29th September, 2012

It was time to say goodbye as we were leaving Gothenburg to visit the next school JOHN BAUER GYMNASIET in YSTAD. We were experiencing mixed emotions as we were sad to leave our friends in Gothenburg but we were also very excited to travel to the south of Sweden ,meet our new host families and discover more of Sweden.



We all reached the central station exact at 9:00 am to board the train to Ystad. The train departed from the central station at 9:42 am and reached Malmo station at 12:55 pm. We had our lunch during the journey and enjoyed the journey a lot.

Our team at Malmo

At Malmo station we had to change the train to Ystad. The journey was very short .As we were approaching Ystad, we were very excited to meet our new hosts. At the Ystad railway station Mr.NiclasTornbladh, along with our host families, gave us a hearty welcome .Mr.Niclas, even, gave us the bus cards which would help us travel easily.



The School

DAY 8 at Ystad
30th September, 2012

It was Sunday, 30th of September. We were scheduled to visit some Scandinavian animals. We went to a zoo called Skånesdjurpark with our host families. SkånesDjurpark (zoo of scandia) is a Swedish zoological park located in Hör Municipality, Skåne County. It specializes in animals of the Nordic fauna and has about 900 animals. We were guided around the zoo with Niclas sir and our Swedish friends. All the host families and students had lunch together. Visiting the zoo wasn't only fun but also a tremendous learning experience as we learnt a lot about the typical Scandinavian animals.



The Lynx



Moose at the zoo



Feeding the animals

DAY 9 at Ystad
1st October, 2012



The florist class in JB Gymnasiet

On Monday, we visited the school John Bauer Gymnasiet. We saw the classes and even met some of the students. We attended a few classes which gave us an insight into the difference between the education systems of India and Sweden.

We were later, taken to downtown Ystad. First, we went to the beach...

Then we went to a very famous restaurant of Ystad and had some food there. We then, walked on the streets and saw some magnificent buildings, halls and churches of Ystad. We had a break and went to a pastry shop and ate some yummy pastries. Our Swedish friends told us that a very famous movie was shot near this shop. The name of the movie is Kurt Wallander. He is the protagonist of the several mystery novels set in downtown Ystad. Then we continued our walk and saw a church and apple garden for which the city is famous for. We all really had fun in seeing the city and the people around. All of us fell in love with the city..!!



Indian students with Geeta Ma'am

DAY 10 at Ystad
2nd October, 2012

On this day we have to give our presentations in the English class of JOHN BAUER upper secondary school, Ystad. So we all were at the school sharp at 8:15 am, wearing our school uniforms. 3 students - SanjanaChaudhary, VaibhavBaweja and PalakArora gave their presentations explaining about our school, culture and festivities of India. Later on, after a small break quiz on India was conducted by DevSoni.



PalakArora giving a presentation on festivals.

After the quiz we had our lunch and then we went to the photo studio of the school. There we photographed with our host buddies in various themes. After the photo studio we went to a mall in Malmo and enjoyed a lot while bowling. We spent the evening with our host families.



AagoshSaluja with Johan

DAY 11 at Ystad 3rd October, 2012

On the 11th day of our trip, we went to the Ale's stones at Kaseberga which is a megalithic monument in Scandia in southern Sweden. It consists of a stone ship 67 meters long formed by 59 large boulders of sandstone, weighing up to 1.8 tons each. According to Scanianfolkfore, a legendary king called King Ale lies buried there and these stones are named after him. After many researches, the Swedish National Heritage Board has set a suggested date of creation for Ales Stenar to 1400 BP which is the year 600CE.



After that, we went to the famous lighthouse of that place.

Foreningen Sandhammarens Fyrplats is

a nonprofit organization with the aim to re-create ALE'S STONES and preserve the light-house station in as original shape as possible. This light house station has been known as one of the largest ships' graveyards in northern Europe. Now-a-days, there is no use of the light house but still, this organization takes care of it.

After visiting the feat lighthouse station, we went to Glimmingehus which is located in Simrishamn Municipality, Scania. It is the best preserved medieval stronghold in Scandinavia. It was built in 1499-1506, during an era when Scania formed a vital part of Denmark. Its construction was started in 1499 by the Danish knight Jens Holgersen Ulf stand and stone-cutter-mason and architect Adam van Duren, a north German master. Glimmingehus is thought to have served as a residential castle for only a few generations before being transformed into a storage facility for grain. Today, it is administered by the Swedish National Heritage Board.

DAY 12 AT YSTAD, 4TH OCTOBER 2012

The next day, we went for the bakery class in the school. We all were divided into a group of two or three and we all made different Swedish dishes. After our bakery class, we got a break. After the break, we performed the dance which was appreciated by everyone. Then, we all had the dishes prepared by us and we all enjoyed a lot!



Making Cinnamon Buns in Bakery Room



Geeta Ma'am making Indian tea for our Swedish friends

DAY 13 AT YSTAD, 5TH OCTOBER 2012

The last day of the trip. This was our last day in Sweden. We were all set to travel to Denmark. We all met at John Bauer Gymnasiet sharp at 8:15 a.m and boarded the bus at about 8:20 a.m .The final checks were completed and we left Ystad for Copenhagen, Denmark. The first thing I noticed was that my phone network changed from S. Telia to TeliaD.K.,then, we noticed the architecture.It was a bit different.



The Little Mermaid

The first place that we visited was THE LITTLE MERMAID .It is a statue of a bronze lady in the middle of the water. The statue was magnificent.

All these years,we had just read about it and had heard about it being performed in our school,but,here we werevisiting it.It was an incredible feeling!!!!

When we got down, there was a severe chill in the air .We clicked some pictures and went to the souvenir shop to purchase little mementos for our remembrance. Then, we went to Amalienborg to see the magnificent Opera house. We saw the Opera House from a distance but got to know much about it because Mr.Lars-Olov, Principal of J.B. Gymnasiet explained it so well to all of us. We went inside the area enclosed by Danish Queen’s guards. The guards were dutiful, stern, strict and expressionless. They had such fancy hats.We saw their movements at every ring of the big clock.

The castle was beautiful and magnificent as big & magnificent it was, it had a similar long history which was explained to us in brief by Mr.Lars-Olov.



The Pedestrian Street

We clicked a few pictures at the Amalienborg fountain. We even saw a structure that resembled the Golden Temple. Then, we went out to the Pedestrian Street which is a huge shopping street with a long history. The area soon boasts of shoppers, cafes, and a buzzing street life. At the

street, we went roaming all around from shops to shops, places to places and ate a lot of food, even Chinese.

The pedestrian street marked the end of our Sweden trip. We, then proceeded to the Kastrup Airport, Copenhagen. It was time for us to say our final good byes to our host buddies and other friends in Sweden. Mr. Lars-Olov warmly addressed all of us



Kastrup Airport

and wished us a pleasant and safe journey. Ms. GeetaRajan invited them to

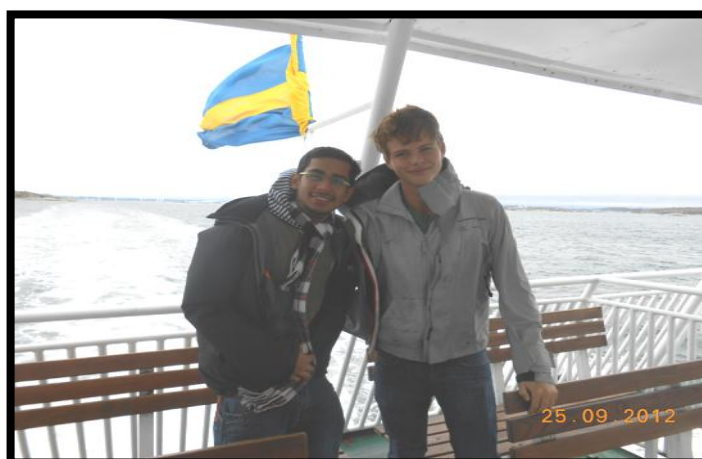
India. We all promised to be in touch and remain buddies forever. Thus, ended an enjoyable, once in a lifetime and the most remarkable experience for all of us...

Reviews from hosts

As our respected Principal ma'am said that we go as students and become learners. Following her words we tried to learn as much as possible. Here are a few reviews from our host families:-

1. Aagosh Saluja with Rasmus Hultén at Goteborg:-

I thought it was really nice having Aagosh here. It was really interesting and I learned a lot of new stuff. Stuff about India, like their different festivals, monuments, etc. I learned new things about Gothenburg as well. I had a lot of fun and got to know many new people. Aagosh was really nice and friendly. He gave us gifts which made us all very surprised. We did not have any problem at all having him.



RASMUS ENJOYING WITH AAGOSH

2. DevSoni with Frida Johander at Goteborg:-

We like to thank you for your stay this weekend in our family.

We are very pleased to have the opportunity to get to know you. You like to talk. You made us learn much about India. We discussed the differences but also the similarities between your homecountry and our country. It was not difficult for us to get to know you as you are always eager to learn new things. We also want to send a greeting to your family and tell them how much we enjoyed your attendant in our family. They should be very proud of you..



Dev Soni with Johander Family

3. Sanjana with JosefineKorsberg:-

I just want to say that Sanjana is a very kind and positive girl; she is always happy and honest. I can see that Sanjana has many friends around her. This week has given me a great degree of relevant experience in life. I have learnt so many different things. My



English speaking has also been better. I am so happy to be a part of this project. I want to say thank you to the group from India and also to Geeta, because the week has been really good for all of us.

4. Sara with Veronica Kapoor at Goteborg:-

Veronica Kapoor was here during her visit to Gothenburg. It was nice to have her here. She spent most of the time with the students from the school. We felt that it was very nice to have her with us. But unfortunately time was not long enough. At the beginning she was a bit shy but gradually Veronica and our family began to know each other. She cooked dinner and also a typical Indian snack.

We saw her as a nice and good girl who was very prudent. We were surprised with the gifts that she brought to us.



We hope that she had nice time with us and we wish her well in both studies and family life. We hope to see her in the future if she chooses to study in Sweden.

Yours sincerely
MojganAhmadi

Parents' views

It's a matter of honor for a parent to see his/her ward go beyond the boundaries of nations and socialize with people beyond our nation .Here are a few reviews from parents of Indian students:

1. PalakArora's parents feel that:-



Palak with her hosts.

It was a matter of great honour that our daughter PALAK ARORA got the opportunity to go and visit the beautiful country Sweden for which we thank the student exchange collaboration programme. It was certainly an enriching experience for her .The trip has helped her

molding as a person and made her more confident, independent and accommodating .She is able to handle various situations on her own. It was a wonderful learning experience for her as it has helped widen her horizon of her knowledge and gave her lot of practical wisdom.

2. VaibhavBaweja's parents think that:-

When we got to know that our son has been selected to be a part of group of students going to Sweden for a cultural exchange program we were extremely happy.We happily made all the arrangements for the trip and went to see him off at IGI airport. It was great learning experience for him.



Vaibhav with his host

He learned to manage things efficiently and how to carry himself smartly. He stayed there for almost two weeks and learned to live independently and

manage things on his own. Also he has learned to interact with people of different cultures in a confident manner. We are very happy that our child had such an exposure in his student life which will be very instrumental in his future life.

We are extremely thankful to the School, Principal ma'am and Geeta ma'am who selected him for this program and trusted him. This has been a life-changing educational trip for our child.

3. Feelings expressed by Tejasva's parents:-

We are very thankful to his school to give him an opportunity to visit a foreign country by selecting him for the Cultural Exchange Program. He learnt many things about their culture, people and management. He learned to become punctual and independent as he lived there for almost two weeks

without us. We felt really proud that our son represented his nation and his school.

He had great fun in visiting Sweden. He had a very good experience there.



Tejasva with his host family in Ystad.

4. Warm expressions by Kartik's parents:-

We felt that it was a golden opportunity for our child to be selected for this cultural exchange program. It was a learning experience for him as he learnt to adjust in a completely different environment. This trip made him learn that how to manage himself and also live independently without our guidance. We felt really proud that our child would represent himself, his school, his culture and his country. He had great fun in visiting a foreign country. This was a memorable and a really good exposure.

Learning Upshots

It was a great experience for all of us being a part of this unforgettable event held in Sweden. During our visit, we learnt to manage things without our parent's help-that's a great achievement for teens like us!

During our stay, we got to learn about the rich and wonderful historic and architectural past of Sweden. We interacted with Swedish buddies and got to know how they solve their daily conflicts. Most of all, we learnt how to adjust ourselves in different environment. It improved our speaking and thinking skills and also boosted our confidence!

A very important lesson that we learnt was to be perfect ambassadors of our country, our school and, of course, our homes. We stepped into a new world of opportunities and we are very proud of it!

Acknowledgements

We pay our sincere gratitude to our Principal ma'am, Mrs. Anjali Aggarwal of ST. MARKS SR. SEC. PUBLIC SCHOOL, MEERA BAGH, NEW DELHI, and our teachers for their support and guidance, in making us what we are, today.

We wish to thank the faculty of EBBA PETTERSONS PRIVATSKOLA, GOTHENBURG and JB GYMNASIET, YSTAD for giving us this golden opportunity to be a part of this Face-to-Face Exchange Program.

We acknowledge the role of Asia Europe Classroom Network (AEC-NET) in bringing classrooms closer and teach students the real meaning of education.

PRESS RELEASES



St Mark's Sr Sec Public School

A ten-member student delegation from **St Mark's Sr Sec Public School, Meera Bagh** went to Sweden as part of a student exchange programme. They were escorted by Geeta Rajan, school's global co-ordinator. The delegation visited Ebba Petterssons Privateskolan, Gothenborg and John Bauer Gymnasiet, Ystad during their two-week stay. The students learnt about the Swedish life style, education system and cuisine. SMS students were applauded for their presentations on culture and traditions of India. They were also appreciated for the dance performance that mesmerised all in both Gothenborg and Ystad.

The Times of India

reached. Principal M Kushwaha and vice-principal D D'Monte urged all BVN students and staff members to learn to administer CPR.

St Mark's School students visit Sweden

A TEN-MEMBER student delegation from St Mark's Sr Sec Public School, Meera Bagh, comprising Aashima Chugh, Sanjana Choudhary, Kartik Arora, Dev Soni, Tejasva Kalra, G Vignesh, Vaibhav Baweja, Aagosh Saluja, Palak Arora and Veronica Kapoor, toured Sweden as part of a student exchange programme. They were escorted by Geeta Rajan, the school's global coordinator.

The delegation visited Ebba Petterssons Privateskolan, Gothenborg and John Bauer Gymnasiet, Ystad, during their two-week stay in Swe-

den. The exchange programme was a wonderful opportunity for the students to learn about the Swedish lifestyle, education system, cuisine and the country on the whole.

Not only did the students learn all about Sweden, they also taught the students of the host schools about the beauty of India. The students were applauded for the wonderful presentations on culture and traditions of India. They were also appreciated for a beautiful dance performance.

The highlights of the exchange programme were the visits to the island of Marstrand, Ale's Staner, the apple garden with the beautiful motif of Save Mother Earth, the trip on an antique tram, the visit to Malmo, a city known for its architectural development, and, last but not the least, the visit to Copenhagen to see the Little Mermaid.

The Indian Express

Annotations of Ms. Anjali
Aggarwal,
Principal, SMS, Meera Bagh



We, at St. Mark's School, always encourage students to develop into good human beings and wonderful citizens of our great nation. I am very happy to see my students participate in student exchange programmes and learn to be fabulous ambassadors of our country. I am also happy that our ties with the two schools, Ebba Petterssons and John Bauer Gymnasiet continue to blossom thus helping the ties of the two countries grow stronger. I am sure we all will work together to teach our students to learn collaboration, communication and cooperation and make the world a better place to live.

Ms. Anjali Aggarwal
Principal, St. Mark's School, Meera Bagh

GROUP PHOTOGRAPH 1



Our host buddies at Gothenburg!

GROUP PHOTOGRAPH 2



Our host buddies at Ystad!

Thank You!

Endeavors:

(a) **STUDENTS-** (in alphabetical order)

1. AagoshSaluja, X
2. AashimaChugh, IX
3. DevSoni, IX
4. G.Vignesh, X
5. KartikArora, IX
6. PalakArora, X
7. SanjanaChoudhary, IX
8. TejasvaKalra, IX
9. VaibhavBaweja, X
10. Veronica Kapoor, X

(b) **TEACHER-** Ms. GeetaRajan

(c) **FACULTY MEMBERS, PRINCIPAL MA'AM AND CHAIRMAN SIR.**