The entirety of June was overcast by one thing, the Norges Tur, our ten day trip around the south of Norway. Not only was I excited for the one in a life time opportunities I would be presented with over these ten days, but it was also time to speaks some quality time with our oldies before saying goodbye, for what was, for many, the last time.

The first day of the tour involved catching the one of the two flights from Røros to Oslo on a Friday afternoon. I met a few fellow exchange students at the airport and we bordered our bus together, making our way to our accommodation for that night. Putting our stuff in our rooms, we quickly jumped on a bus to the more central Oslo where we ate dinner on the roof top of a Rotarian who lives there, and being a professional player, he played us some lovely music. We went home again, and while some of the group choose to sleep outside, myself and a a few other girls struggled through the very warm night inside with no airconditioning.

On Saturday we drove to Nesbyen and ate lunch at the same place as we had our Winter camp in January; it was great to see the friendly faces of the Nesbyen Rotary club, before we continued onto the Bjorn Park (bear park). Here we saw some new and even some familiar animals; we had a close encounter with a bear, moose, deer and reindeer, as well as having the opportunity to hold a snake, which is not something i expected. After that we drove on to our accomodation for the evening, which were a few lovely cabins near a river, and we managed to take advantage of the arm day by going for a bit, very chilly!

Sunday saw the start of more the more physical activities, from the very popular Flåm, we caught a train to the top of a mountain there before cycling down, the easiest bicycle ride I have ever done! The ride was peppered with beautiful sites and lots of fun. Following the bike ride, we went to an adventure park in Voss, where we played team building games and completed a high ropes and zip lining course. overall it was a very active and very thrilling day.

On Monday we did something i have always wanted to do, white water rafting! on the world famous Voss water! I think I drank about \$200 worth of Voss water, and even got \$50 worth up my nose! it was a adrenaline pumping experience I will never forget, but the real highlight of the day was indoor skydiving. The feeling of floating in mid air is truely break taking and not one I will forget anytime soon, and i will defiantly doing it again sometime. We finished off in Bergen, one of Norways larger cities, with a beautiful sunset (at 11pm) to say goodnight to.

Tuesday was a restful day compared to those two before it, involving a simple tour of Bergan and some free time to shop and look around. A well needed break from advernturing and we stayed in Bergan again that night.

Wednesday was the day i felt the coldest i ever have in my life; swimming in a glacier lake. I will never forget the feeling of shock that came over my body the moment went under the water, after that shock to the system, we all slept well.

Thursday we mostly just travelled by bus, getting time for a quick look around Alesunde, before continuing our trip to the nicest camp ground have ever stayed at, with Trampolines, go carts and even Norwegian classic game, Kubb! (which I am so good at)

Friday we drove the world famous Atlantic road, which was truly breathtaking, and ended up on the very small Kristianstund for the night, where we had a peaceful evening and just enjoyed our time with the other exchange students.

Saturday was another day of mostly travelling, Driving all the way to Lillehammer. That night, being out last night together, we really just wanted to spend time together and listening to sad songs and cried about how much we were all going to miss each other. I really will miss our oldies, but I am excited to meet the newbies when they arrive and make them feel as welcome and safe as our oldies did for us.

Sunday we went to a children's theme park, which really wasn't to amazing sadly, it was meant for kids aged 5-12 at a max, but none the less we had a good time. The drive from Lillihamer to Oslo was solemn, because we all new that in a few short hours we were going to be saying goodbye. Getting of the bus at the airport was hard, many tears were shed and it wasn't easy to say goodby to a single person. However, my day only got worst, as my flight from Oslo to Roros was cancelled at the last minute, leaving my with no choice but to take the 7 hour long train. Getting home at 12 am rather then 6pm wasn't too great, to say the least.

The remainder of June was spent getting excited for the summer break, which has now started! Training and playing football for Brekken (we have actually stated wining!) and just trying not to gain all 10 of those 'exchange kilos'.

It's scary to think that the half way point is looming right over the horizon, but instead of thinking about that, I'm trying to live in the moment, and enjoy my time with may beautiful friends while I can.
and that's about it for June!
Many thanks,
Liza Kneebone