



**Buskerud  
Fylkeskommune**



**Arbeidsinstituttet  
avd.  
Midfylket**



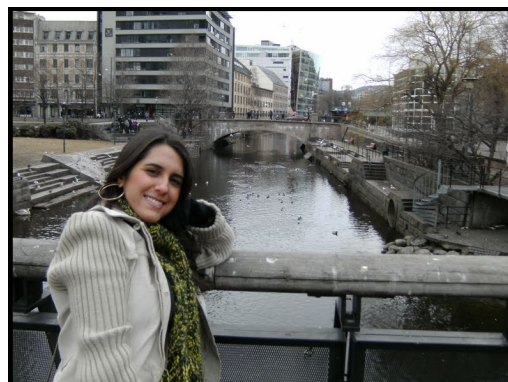
## **NEWSLETTER N° 1 - APRIL 2010** **EUROPEAN VOLUNTARY SERVICE**

### **From Brazil to Norway**

My name is Ellen, I am 24 years old and I´m from Lavras, a city in the state of Minas Gerais, southeast of Brazil.

I arrived to Norway on March 17, and I am living in a small city "Geithus" and working as a volunteer in a school AIM (Arbeidsinstituttet avd. Midfylket) in a nearer city, "Åmot".

I am learning lot of things about life. How to live with differences: different people, cold weather, food and more.



Norway is a wonderful country, with nice people, always giving us help. People in the world say that people from European countries are cold hearted but that is not true.

I´m learning Norwegian at school. I started my classes this week. And I am learning Spanish too, because I speak with Constanza, my counterpart, and she speaks in Portuguese to me. This is funny, because we are learning other language each other. Constanza is a volunteer from Uruguay, that lives and works with me.

AIM is a school for adolescents of 16 to 19 years old and where they have courses of mechanic, cook, computer and wood. There are other activities like workshops, trips, language classes and sports. Everyone in AIM is very sympathetic. I´m helping in Cooking classes and next week I will teach different meals form Brazil. I will include coffee and cheese information that I learned in my country while working and studying at the university.

Everything here is knowledge for me, and I want to take advantage of everything around me.

I think that it is a short time since we are here to make any conclusions about this new experience, but I can say that this experience is wonderful.

Regards,

Ellen Moraes Carvalho.



## From Uruguay to Norway

I am Constanza Pessio Vignolo. I'm from a small town San Pedro, that is located in a city called Colonia del Sacramento, in Uruguay. I am 20 years old, and now I am doing a volunteer service in Norway which started exactly 21 days ago.



Some general information. This country has 19 municipalities, and the one my Brazilian counterpart and I are living in, is called Buskerud in the East of Norway. The name of our city is Geithus, a very small town, ten minutes away from the school where we work in.

AIM (Arbeidsinstituttet avd. Mildtfylket), is the name of the institute where we are having part of our volunteering service. This is a school that works with the youth that are not motivated to keep on studying and have some problems of learning and behavior.

Here they can have five kind of workshops; cooking, computer, wood, mechanics, and pedagogical area. Each of them has a maximum numbers of students that is approximately 6 per class, and there are 8 instructors running everything out.

We are still fixing my weekly timetable, but there are some things that I can tell you about this project. It is a must for volunteers that they learn the language of the country they are living in. Also we have to teach our native language, so we will find some institutes that have Spanish lessons to go there and help.

As I am interested in cooking, I am taking part of the cooking course, which makes lunch for everyone at school. I will also spend some time at the computer course, where you can learn lot of things as different editing programs, photography, video-recording, and others.



Here you have the possibility to take part in hundreds of things. You just have to take advantage of the time and open yourself to new things. Something that I really appreciate is that if you want to do something that you think it is good and profitable for the school, they will undoubtedly accept it.

Every month we will send this newsletter as a report about our process and activities we carry out in this volunteering project so we hope you enjoy it.

Klemmer Constanza.

## Let's cook!

As we explained before, one of the activities that we are taking part of is on the canteen course of AIM. Everyday students and teachers have breakfast and lunch prepared by the school.

There is always an instructor that teaches the students to make different, hot and cold meals. After breakfast, all the cooking students sit down all together to choose the food of the day, then go shopping and come back to prepare everything.



Since we arrived we are helping them and also we have cooked typical meals from Brazil and Uruguay like "Pão de queijo" (Cheese bread), Ñoquis (kind of pasta eaten on the 29th of every month in Uruguay), Empanadas, "Salchichón de chocolate" and others.

Despite of the work that it takes to cook for so many people, we always have fun with the other students and we learn a lot about Norwegian food what introduces us a little bit more to all the traditions in this country the same as to the language.



**Ellen Moraes Carvalho**  
**BRAZIL**



[ellencarvalho@gmail.com](mailto:ellencarvalho@gmail.com)

**Constanza Pessio Vignolo**  
**URUGUAY**



[cotypessio@hotmail.com](mailto:cotypessio@hotmail.com)