



Welcome to Bergen, Norway



Erasmus – Green Steps – May 2025



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Welcome to Bergen



Welcome to Bergen. We hope you enjoy your stay and experience in our wonderful city! Bergen has a population of approximately 270 000. Bergen is the second largest city in Norway (and the most beautiful) and we are often referred to as “The City Between the Seven Mountains”.

Bergen is known for its UNESCO World Heritage Site Bryggen, its mountains and its rainy days. We currently hold the record for the most rain in one month, with 634,7 millimeters of rainfall during October 2021. That means that when the sun actually shines, the city centre is vibrant and crowded with people. Everyone usually puts everything else on hold and goes out to enjoy the sunny weather.



The Fløybanen funicular to mount Fløyen.

Things to see/do while in Bergen in your time off:

- 1. Bryggen** (its location is in the city centre).
- 2. Go for a mountain hike** (We are going together to mount Fløyen on Thursday).
- 3. Visiting one or more of Bergen’s many great museums.**



- For example: **The Hansetic Museum** to learn more about the Hansetic period in Bergen. Address: Øvregaten 50. They have guided English tours.
 - **KODE art museums** which displays art and design from artists such as, Nikolai Astrup, Pablo Picasso, Paul Klee, J.C. Dahl and “the Silver Treasure”. It also has the third largest art display and masterpieces of the famous Norwegian painter Edvard Munch.
 - Another museum worth a visit is the **The University Museum of Bergen - wonder and science**. Collections ranging from the Age of antiquity and the Middle Ages right up to the present day.
- 4. Visit the Maria Church** which is the oldest intact building in Bergen. It was built in 1181. There are also a lot of other old churches in Bergen.
- 5. Visit Bergenhus Fortress** (a few minutes walk from Bryggen). Free entry.

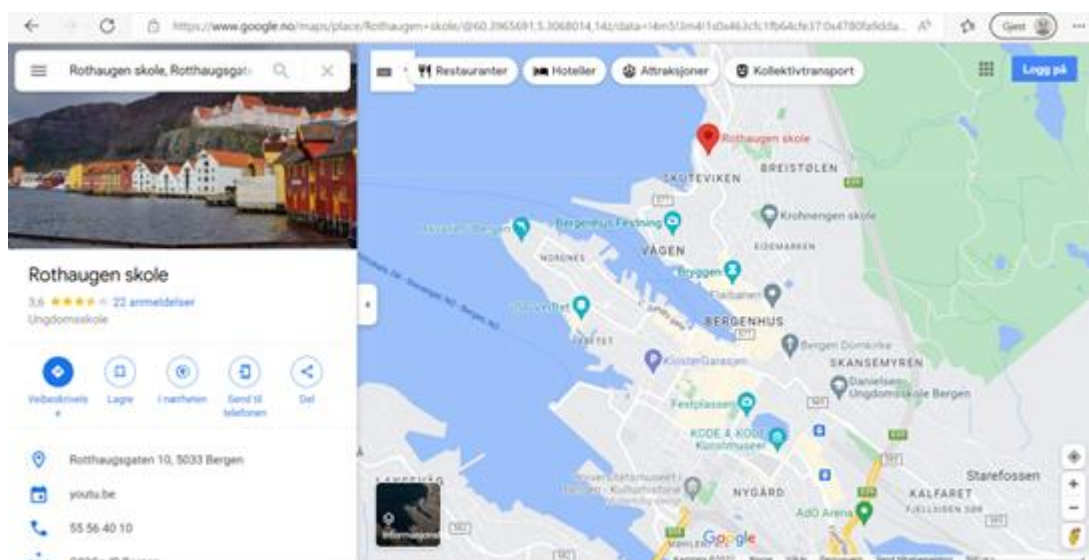
Travel information



The name of the transportation company for bus, light rail, train etc. is called Skyss. You can download the app Skyss ticket on your phone and buy a 7-day ticket. It is also possible to buy these tickets by cash or card on one of the machines at the airport stop and in the city centre.

There is also a Skyss Travel app that you can download, or you can go to the online site. Search for Skyss Travel Planner in your browser or use this site: <https://www.skyss.no/en/> Both the app and the online site have real time updates on when the bus leaves or if there are accidents that affect your travel.

Map over the city centre, with a mark on Rothaugen school.



Participant Itinerary - C3 Bergen 04.05.25-09.05.25



Sunday, May 4th

Arrival of the participants.

When arriving at Flesland, students will be met by their host families. Students will be brought to their host families to get acquainted. Teachers/adults will travel to their accommodations independently after their students have been collected. We recommend using the city tram (Bybanen) to travel to the city center. Ticket machines can be found at Flesland.

If the team arrives early in the day, feel free to ask the team at Rothaugen for suggestions as to activities to do on this first day – some examples are listed previously in this pamphlet.

Monday, May 5th

First working day

Students will eat breakfast with their host families, while the adults will eat at their accommodation. You will be provided lunch on this day. Make sure to dress according to the weather.

08.00: Welcome to Rothaugen – Presentations by each school about their countries and activities, and some icebreaker games.

09.00: A day of caring for our environment – beach cleanup. We will be picked up by bus at the school and spend our day outside.

10.00-14.00 (ca.): Beach clean up and activities outside.

At around **15.00**, students will go to their host families and eat dinner there.

The rest of the evening, you are free to do what you wish in our beautiful city :)

Tuesday, May 6th



Second working day

Students will eat breakfast with their host families, while the adults will eat at their accommodation. You must remember to pack a lunch today before you leave your host family.

09.00: Welcome to another day. A tour of our school.

9.45: Discussions of the water diaries made by the students in advance. Workshop: Clean water and sanitation.

11.00: Workshop by the Spanish delegation: Climate change impacts.

12.00: Lunch at the school.

From **13.00**, we will have a city goose chase where the students and adults will work in groups to find different landmarks and examples of sustainable living in Bergen city centre.

Around **15.00**, students will go to their host families and eat dinner there.

After school, students will be with their host families. Teachers/adults will meet the Norwegian teachers at Dr. Wiesner, our teacher's favorite local hangout, to eat dinner together at 17.00.

Wednesday, May 7th

Third working day

Students will eat breakfast with their host families, while the adults will eat at their accommodation. You do not need to bring lunch today.

9.00: A visit to our school garden with our teacher Jan Tore Tellefsen. Planting of an Erasmus tree in the garden.

10.45: Sustainable food and nurture. A theoretical and practical session about sustainable food with teacher Frode Dingen.

At **11.30** we will eat the food we prepared in the previous session.

12.15-14.00: Student workshop – Travelling responsibly in an era of climate change. Teachers will meet to discuss the project's continuation and the climate education guide. The Spanish experts will lead the latter section.

14.00-14.30: Presentations by the students of their materials from the workshop.



Thursday, May 8th

Fourth and final working day

Students will eat breakfast with their host families, while the adults will eat at their accommodation. Lunch today will be a barbeque at Mount Fløyen.

9.00: Workshop: The consumption of energy in our homes and schools.

10.30: Reflections of our week together – Our similarities and differences – poster creation.

At **11.30** we will travel with the Fløybanen funiculars to Mount Fløyen, do a few minutes walk and then have a barbeque (if the weather allows it). We will also do some activities related to green steps we as individuals can take while there. Prior to departing the school, students will be given worksheets related to “Vulnerability of biodiversity to the impacts of climate change and ecosystem-based adaptation” which will be worked on while outside.

From **14.30** we will have some free time, before we meet up at Rothaugen (at **18.00**) to have a ceremony and party.

Friday, May 9th

Departure day

All groups will leave on this day. If your team leaves late, feel free to ask the team at Rothaugen for suggestions as to activities to do on this final day – some examples are listed previously in this pamphlet.

Rothaugen school



Rothaugen school is a secondary school with student ages ranging from 12-16. There are about 620 pupils at our school, which make up 25 classes in 8th, 9th and 10th grade. The staff is about 70 people. Rothaugen school is the main public secondary school in Bergen city centre.

The word “Roth” comes from German meaning “rocky mountain”. The school opened in 1912 and has been a secondary school since 1961. During WW2 the Germans stayed in the school, occupying almost every room. They stayed there throughout the war.



What you need to bring for Norway and prepare in advance



When you come to Bergen, you will need to bring;

- Clothes suitable for both rain and sun (it is Bergen after all), including clothes suitable for a clean-up day outside (clothes that you do not mind becoming dirty – it will probably be windy and wet on the ground).
- Toiletries
- ATM-cards (many stores in Norway have moved away from using cash after COVID)

- Suggestion: Students staying in host families could perhaps bring a small token from their homelands.

Before you come to Norway, you must all prepare;

- A presentation of your school and work related to sustainability and climate in your countries (to be presented on Monday)
- Completed water diaries (for one week) which will be used for our discussions on Tuesday