

A letter home to NZ

Hey its me Teresa, thought I would send a little life update from this side of the globe .

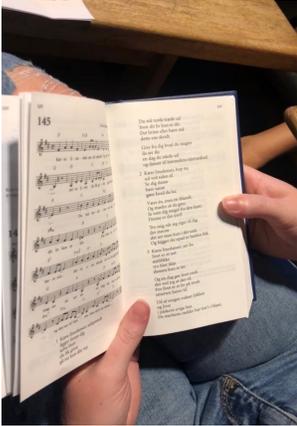


The last three months here at Ollerup have by far exceeded my expectations, in my short time here this place has taught me a wide range of things, from living with a roommate, being surrounded by new cultures and languages, how to make new friends and facing and overcoming challenges. I am extremely excited to see what the future has to hold. Each day is a new challenge and I am constantly being pushed out of my comfort zone which at times be uncomfortable but has helped me grow as a person and taught me so many important things about myself.

I've just returned from a study trip in Budapest where I volunteered at an international conference called the MOVE congress where people from all over the world gathered to make a change in grass root sports and physical activity around the globe. We were lucky enough that some on the Hungarians from the local university (who were also volunteering) show us around Budapest so we could see the beautiful city. This week was so eye opening and has given me so much inspiration for things that could take place back home. Here are some photos from the week

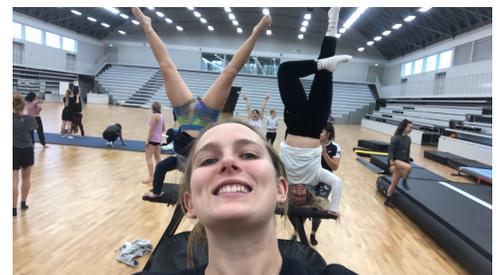


The days are starting to get shorter and it's getting much darker, at the start of the semester we were laying in the sun all weekend playing beach volleyball and diving in the pool, these days I would never even dream of it but instead we are playing board games, sewing new clothes, watching movies and LOTS of gymnastics.



I have been introduced to so many new things in Ollerup culture, such as singing, we sing everyday at morning assembly this has really surprised me how much I enjoy this and it has also helped me with learning danish. Another thing that I have grown to love is the living room, this is a place that everyone hangs out to literally do anything, it's common to play board games are but we also have a piano and lots of crafts, here is where the magic happens we are together and just enjoying the experience. OHH and my favorite tea and cake!! Every Thursday and Sunday we have cake and tea and have a really hygger time its so special and I have created so many memories here.

This place is so much more than gymnastics I just can't even describe it in words so pictures will have to do here is a few different fun things i've been up to !!



Now i'm back to ollerup but each day is never the same and there is always something new around the corner, last weekend I went to my roomies house where I experienced more of denmark outside of this small town that we live in. So many new things to explore and stories to hear. Roles will be reversed soon though we are doing our international day where all the international students get to share their way of life, culture and food with the danish students, an exciting time ahead.

So all in all I'm having the time of my life and enjoying every second here. So grateful for this opportunity. Enjoy the sun shine for me

Teresa xox

