

Sweden day 1 - Arrival



The TOS team travelled to Sweden for an educational visit to Westerlundska at Enköping. They landed at Arlanda airport at 3:30pm after a long travel. There were 5 girls accompanied by Sangeeta di and 2 Board members Vilas Patil and Ankush Chavan of the Orchid school. We were received by 3 teachers from the Westerlundska Gymnasiet, namely Lotta, Malin and Kerstin. Then they drove us to the cottage. The temperature in Sweden was 1 degree and was very very cold. We reached our cottage at 5:00pm. It was a tiny, cozy, wooden cottage which was warm and cute surrounded by lush green trees and facing a huge lake. The teachers of the school had stocked up our cottage with basic supplies and also provided us with some extra blankets and jackets because they thought that we'd feel cold and weren't accustomed to the Swedish weather. It was a very sweet gesture of theirs.

Being super tired we went to sleep after eating our dinner.

Sweden day 2 - Enköping Tour



Day 2 was planned for the city tour. We started the day at 12 o' clock on foot in Enköping. Our first stop was the church there. It was beautiful with engraved walls.

We had a Swedish fika which is a coffee / tea with a few snacks. All of us fell in love with the strawberry cupcake and princess cake. Then we learnt a few things about the various stones that were placed at various places by the vikings. After that we also learnt about Westerlund - the man after which the school we had come to visit was named. After that we headed to the big square and saw the beautiful cherry blossoms and had ice cream. After that we saw a few parks where students would play a common game called bränsball. We also had a look at a few clothing and jewellery shops with some friends we made there.

What was interesting was that at every 200m there was a round-about in the town. It was amazing to see how clean everything was in the town and how disciplined the people were.



7th May, 2023

After a hectic travel followed by a relaxing day at Enköping, on the 7th of May we got up early, got ready and had breakfast at the cottage. Malin and Kristen came to pick us up to take us to the Enköping Train/Bus Station. From there we took a bus to Uppsala, a city in Sweden which is an hour away from where we were. We were joined by Malin, Kristen and Ida an exchange student at Westerlundska Gymnasiet from Finland. After the hour long bus ride, we reached Uppsala where we met Laxmi Di, her husband, Lotta and another teacher from the Gymnasiet.

From there we started our tour of the city. On the way to the first stop of the tour we saw a girl of age 11 playing a Saxophone, which she did beautifully, and she played us something too.

Our First stop was Uppsala Cathedral. It was built around 1270. It has a Gothic Architectural style and was shifted from Old Uppsala to its current location because of the frequent fires there at that time. We took an hour-long guided tour throughout the Cathedral and also heard the Choir of the church.

After the Cathedral we went to a little cafe, Café Carl von Linné and had some Lasagna, Pasta accompanied by coffee. After having a hearty meal, we started walking again towards the Uppsala University. Where Kristen explained the college life of the students and the different building that were a part of the University.

After a brief talk about the university, we went to see the famous Library in Uppsala which is one of the biggest libraries there, holding on of Uppsala's oldest and most important book. From there we took a walk to the Uppsala Castle which is the residing place of the Mayor of Uppsala, we walked a little higher to see the Gunilla Bell (Gunillaklockan) which till date chimes at 6 AM and 9 PM. We could see the entire city clearly from the evaluated point we were at. We took a few pictures made a few reels and then started our walk back to the bus stop to take a bus to Lotta's place.

Once we reached Lotta's place, we were welcomed with a Swedish Fika with Homemade - Brownies, Ice Cream and Bread with Tea and coffee. We sat and spoke for a while and then made our way back to the cottage where we had dinner and slept.



On the 4th day (8th May) of our visit it was the first day of school. We were all very nervous but excited to meet the students from Westerlundiska gymnasiet. We started class with a Swedish fika, where we had an apple crumble pie made by Malin which was truly one of the most delicious dishes I've ever had. After the fika we sat in our respectable project groups. We were welcomed by Shane and Aida and then shown a short film about the new school building which is under construction and will be in use mostly by fall. We were then shown slides about the sustainable goals of UN. After that we had 2 team activities. For the first activity we given 5 pieces of paper and 5 pieces of tape and were told to make the tallest tower possible, the team with the tallest tower would be the winner. For the second game we were told to pick 2 chits from a lot, each chit had a number written on it and each number was associated with an object from which we had think of a business idea which included both objects. After that we were given a everyday item for us to investigate and find a way to make it better and more sustainable followed by a short discussion we had inter-group about our respective business ideas. We then took a break for lunch, which we had in school itself. There were both vegetarian and non-vegetarian (vegan) options available there along with salads, bread, crackers, extra sauces and milk. After lunch we were given a school tour and shown and briefed all the various programmes the high school provides. We then met a few economics students who presented us with their businesses and how they would work if they were to expand their business to India and if it was really possible to do so. After a very productive first day of school, we were invited to Kerstian's house for a small but cosy barbeque after which we retired to our cottage and cooked homemade pasta for dinner.



Day 4 - 9th May- Visit to KTH University at Stockholm

Our journey to Stockholm started around 8:30am, when our teachers from Westerlundiska Gymnasiet picked us up from our cottage and drove us to the train station. we took an hour-long train to Stockholm and the stop landed us right in front of the KTH Institute of Technology, where we met Mr. Bjon one of the professors from KTH who took us inside to explore the AI department of the university. The room that we stepped into had many screens but the one that was the most peculiar was the gigantic screen that was of 4k resolution, the screen was actually only a double-sided layered glass that projected the rays shined towards it outwards. the screen had a secret room behind it where all the magic happened. The room housed 2 projectors that were pointed towards a mirror through which the rays were then projected onto the screen. The logic behind having two projectors was very interesting for us all to get to know! one of the projectors was the right eye and the other was for the left one with different alignments to make the image appear 3D. We then watched a simulation about the universe that depicted everything! including the different orbits of all planets, to our galaxy (milky way galaxy), even to the big bang that was approximately 13 billion years ago! We also learned about the goldilocks effect, that talked about a state in the universe where it's just right... not too hot nor too cold like the earth, Venus being close to the sun is too hot for habitation and mars is found to be too cold but the atmosphere around earth is just right for habitation. We then continued by playing some games that the students there designed themselves where we had to guess how the game actually worked. We then met Camilla who organised the tour to KTH. Before we proceed for the tour we went to a cafe also run by students of KTH where we had lunch. Later, after lunch we walked back to the campus to find two student representatives Amna and Parisa who showed us around the campus a little more. With them we went to their entrepreneurship program where we saw their workspaces where they generate wonderful ideas that are then converted into successful businesses.

we then saw their library, and then had fika with the students that showed us around while they told us more about the institute and the courses that they offer! After saying our goodbyes, we took a train back home to Enköping where we called it a night!



10th May

On 10th May, we left early for school. It was the day when we had to move to the host families after the school to explore Swedish culture and the lifestyle more closely.

In the morning in school, we had the rest of the 8 business presentations by the Economics and Business students. We were very intrigued and impressed by their innovative ideas and thoughts. Then we dispersed for lunch and we had stuffed spinach ravioli with red sauce. After lunch we went back to our groups for the project to prepare our presentations and prototype for the discussion we had on Monday. Each group worked on their power point presentations in which we had to note our business idea, target group, resources, logotype, name and so on. Then it was time for our favourite part of the day, the Swedish fika. It was Kerstins birthday, so we had a classic Swedish layered cake with strawberry and banana. We continued working on our prototypes. After school, we parted ways to go to our respective host families. We got the chance to see their beautiful homes and meet their families. Ishani, Tanisha and Nivyal were hosted by Malin got to walk around the town, Strängnäs. The town had beautiful blooming flowers and bright green trees. We went to their local supermarket and got some Swedish snacks. For dinner, we had Swedish tacos, which were made by Malin's spouse, Björn. It was arguably the best meal we had. After which, we played Xbox games with her daughter and bonded over our love for Formula1. On the other hand, Bhoomi and Ananya who were hosted by Shane explored Enköping. We ordered pizza and went out for ice cream. Then we head back home and played Uno along with a nice bowl of snacks. We talked for a while about our interests and hobbies, after which we slept.



11th May

After having a great time with our respective host families, we head back to school in the morning. We started the day with making a commercial for our products and working on our marketing strategies. Each group had to come up with their budgets and the story behind their ideas. For lunch, we had pancakes with strawberry jam and Indian lentil soup which was made specially for us as a reminder of home. We learned that in all schools and colleges in Sweden, it is a tradition to have pancakes and soup for lunch on Thursdays. After lunch, we were given a group activity in which we were to venture out to the Big Square and look at 3 different storefronts and answer the required questions. This activity turned out to be a great bonding exercise for the groups. After returning to class, we had to write about these stores on the charts provided and those were put up in class. Around 4pm, we head to Shane's house for grilled burgers. We all sat out in her backyard and enjoyed some really good burgers. After which, we played a game of Coop. Then, at 7 pm we head back to our cottage and met Sangeeta Di. We ended the day with a nice discussion about her trip and our day with the host families.



12th May, 2023

The most awaited day had come, the presentation day. All the hard work and the time we had spent together with the Swedish Students was now going to be tested.

We reached Westerlundiska Gymnasiet at 9 am where we reconnected with our groups and started prep for the Presentation for the Jury. After a while prep lunch and the time for the presentation had come. Our four groups were individually judged by the judges which were a teacher from the Gymnasiet and a student. All the presentations went quiet well. After a day of hard work, we went back to the cottage to get some rest.



On 13th May we went to the beautiful capital of the country, Stockholm for the second time.

Our day started early, we travelled to the train station by bus and then rested at the station for a while before catching our train.

Our train this time wasn't a new bullet train by a relatively older train with a beautiful black exterior, the interior of the train made me feel like i was in a old English drama.

Finally, we reached Stockholm after a hour long ride. Once we stepped out we started our walk towards the castle where we saw the architecture of the parliament on our way and learned that it was first castle where the royal family resided and that the flag on the castle changes from time to time for when the king is in the country it is three tailed and when he's out of the country it's the regular rectangular one. After seeing the castle, we explored and observed the Nobel prize museum. One of the most fascinating things about the museum was how interactive it was. Everything from the exhibits having actually drawers which contain either information or small tablets with short clips of the respective visionary to a separate "playroom" for kids where they can have puppet shows, a Nobel prize winning "ceremony" and watch a cute animated short film about Alfred Nobel.

After we finished at the museum we had the opportunity to watch the shift changing ceremony which was one of the most breath-taking performances we witnessed.

We then moved on to lunch. For lunch we sat at this delightful cafe called "Cafe Cronen" and the most amazing pasta and hot chocolate with whipped cream.

It was finally time for the one thing we all were waiting for, SHOPPING!

We all went to adorable souvenir shops and got a ton of gifts for all our loved ones.

While shopping we were a little shocked by how many shop owners were infant Indian!

We talked to them in Hindi (and little Punjabi) and had a laugh.

After the exhausting shopping spree we grabbed a couple bites, the churros and waffles brought a smile to our faces as soon as we tried them.

It was a very eventful and tiring day; we went to our cottage had dinner and rested.

Enköping farmhouse visit 14th May - visit to old school and farmhouse at countryside.

On the 14th we were to visit the oldest school in all of Enköping that was established in the 1840's and was working till the 1950's. It had 2 main rooms, a small dining hall and the main classroom where all the lectures took place. The classroom was filled with old artifacts such as hand painted globes, working models of how the rotation of earth causes day and night, and also many posters depicting different fishes and birds, and how they are useful to us humans. We could see the how the tables changed through the years. The oldest table had a small slate with chalk on it, add the years went by the slate got replaced but a small groove in the table for ink bottles, even further down the years the tables had a modified top that could open for the students to store their books there itself. There were well preserved projects too that depicted the process of cloth making from different regions and showed different forms of grains that we use on a daily basis. Outside, in the supposed dining hall, were more stored posters that informed us more about the human body and other animals like birds. The hall also had bronze water pitchers that were at that time used to store hot water in the winters.

We then visited an old farmhouse that was divided into different parts. The first part was the main house itself. It had three rooms, a common room attached to the kitchen, another bedroom and a parlour that was only used when special guests came home or on Christmas or other big festivals. The other parts of the house were assigned for storage for grains, tools fodder and as stables for horses and cows. One of the pigs owned by the house was kept in a small area where it was only fed and not allowed to move, so that the family could obtain the most amount of pork on Christmas day.

The house structure was very similar to that of an Indian rural house.

We then went on to have fika at a Swedish café nearby. The café only used produce grown locally and everything available there was homemade. We sat there with all our teachers and pondered upon our journey so far, sharing a beautiful moment. We then proceeded back home to call it a day.

Sweden last day

Our entire trip ended on 15th may. Who knew time would run out so fast. None the less, our last day in Sweden was the best. It started out just like a normal weekday in the school but what came to us next was a surprise.

In the beginning we got to see the projects and store fronts designed by a group of students for their business ideas. Then we had a long discussion about the entire trip which consisted of feedback, reflections, learnings etc. After that we ate lunch and then we had a few free hours.

Around 2 o'clock we went to a nearby amphitheatre where there was a little ceremony. A few awards were given and the school band performed.

After that we headed to our teacher, Kerstin's house. The students that we had been working with had planned us a super lavish farewell ceremony. We danced, sang along to songs, played games and ate a traditional Swedish meal.

Then came a surprise - Kerstin's father was a florist and taught us how to make flower wreaths. All of us made our own with different colourful flowers.

After that we clicked pictures said our goodbyes and came back to our cottage.

All in all it was an excellent trip in which we learnt a lot of things, made a lot of friends, and had a great experience overall!


