# **Program February 2022**

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| Sunday 13th | 18:00 – 23:00 | Arrival | |
| Monday 14th | 09:05 | Bus to Skiptvet | |
| 10:00 – 10:30 | Welcome meeting | |
| 10:30 – 12:30 | Warmup/Basic rules handball | |
| 12:30 | Lunch | |
| 13:00 – 13:30 | Sports hall of Fame (teachers and students) | |
| 14:00 | Visit school | |
| 16:20 | Bus to Sarpsborg | |
| 17:00 – 20:00 | **Superland** <https://www.superland.no/> | |
| Tuesday 15th | 09:05 | Bus to Skiptvet | |
| 09:45 – 11:45 | Handball technic / outdoor activities | Teachers meeting |
| 12:00-12:30 | Lunch |
| 12:30 – 14:30 | Outdoor activities / Handball technic |
| 15:00 | **Dinner** at school | |
| 16:00 | Presentation of your school/city/region | |
| 18:00 – 21:00 | The “Gjøkeredet” youthclub welcomes students.  Teachers meets in my house for dinner. 😊 | |
| 21:00 | Bus to Stenbekk | |
| Wednesday 16th | 09:05 | Bus to Vamma | |
| 10:15 – 11:45 | Excursion to Vamma waterpowerplant | |
| 12.37 | Bus to Skiptvet | |
| 12:45 | Lunch | |
| 13:15 – 14:30 | Handball technic / tactical | Teachers meeting |
| 16:00 | **Dinner** at school | |
| 17:00 | Meeting with **Ingveig Haakonsen**, a world class trial-athlete form Skiptvet. | |
| 18:30 | Watch handball match in Skiptvet | |
| 21:00 | Bus to Stenbekk | |
| Thursday 17th | 08:00 – 20:00 | Visit to Oslo – Holmenkollen/Vigelandsparken/22.july-center  Lunch/dinner in Oslo | |
| 20:00 | Closing ceremony at Stenbekk | |
| Friday 18th | 05:00 | Departure Croatia / Spain | |
| 08:00 | Departure Turkey – Bulgaria – Slovakia | |

Monday-Wednesday: **lunch at school/sportshall**