



Program Molde

15.-22. May 2017

Monday 15**Arrival**

Czech	1645
Italy	2040
Portugal	2040
Spain	1700

Tuesday 16**At school**

0830	At School – Icebreaker activities
1000	Visit to «Mat og helse» (make lunch)
1135	Work on presentation/debate
1220	Participate in «Fysisk aktivitet»
1400	Presentation of MFK and Stadium Presentation of 17th May
1600	Kent Rudning – teacher and trainer. Presentation of upper secondary school and the Aker Academy.
1800	Football Molde FK - Sogndal

Wednesday 17**17.mai – Family day**

1000	Parade – Bergmo ungdomsskole
1600	Parade - BETSV

Thursday 18 **At school**

08:30 Mock Presentation: Importance of sports and physical activity in young people lifestyle
Mock debate: Gender equality in sports
Presentation of "The Green Corridor" and "Varden"
13:00 Hiking Alexandra – Varden

Friday 19 **At school**

0830 Presentation: Importance of sports and physical activity in young people lifestyle
Debate: Gender equality in sports
Presentation of Åndalsnes
Presentation of The Atlantic Road

Saturday 20 **Bus trip**

0900 Bus trip to Åndalsnes
Hiking to Rampestreken and Nesaksla

Sunday 21 **Trip with families**

1000 Trip by car to The Atlantic Road, where we will try fishing.

Monday 22 **Departure**

Czech	0925
Italy	1710
Portugal	0925
Spain	0945

