

## **Preliminary program**

08.00 – 09.30 Buss from SLU to “Wilderness Adventure” in Ekorrsele, Vindeln, see more on <http://www.forsranning.se/camp-vikheden/>

09.30 – 10.45 Lectures and workshops (in English), more information will come later

10.45 – 11.00 Coffee break

11.00 – 12.30 Lectures and workshops will continue until lunch

12.30 – 13.30 Lunch

13.30 – 15.30 **Alternative 1:** White water rafting “Trollforsenturen”, 2-2.5 h including time for change of clothes and transport

**Alternativ 2:** Teambuilding activities on land

15.30 – 16.00 Coffee break

16.00 – 17.30 Outdoor bathtub and sauna to warm up after the activities

17.30 – 19.30 Dinner

19.30 – 21.00 Buss back to Umeå