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

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