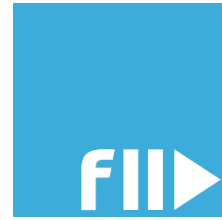




Erasmus+



6 European schools working together on European values



ERASMUS +

Social Inclusion

*Through Physical Health and Cultural Heritage*

## STUDENT MEETING 6 (SM6)

**"Social inclusion to combat social exclusion,  
political extremism and radicalism".**

Fredrikstad, Norway, October 16.-21.th 2022



## Packing list:

We recommend everyone to bring these items:

- Warm boots.
- Warm gloves, hat, and warm jacket (Anorak).
- Sportshoes, sportswear for the day 1: sportsday.
- Some pocketmoney

# Student Meeting 6 (SM6) in Fredrikstad, Norway

## 16.th - 21.th October 2022


### Program

Day and time	Arrival day
Arrival Day, Sunday 16 th October	<p>Arriving Oslo AirPort Gardermoen.</p> <p>The easiest and cheapest way to travel is by bus from Oslo AirPort to Fredrikstad. The Flybussen departs outside of the main entrance to the Oslo AirPort Gardermoen. Ask at the information desk for guidance to the right bus.</p> <p>The bus stop closest to the hotel is called Nygata (just ask the driver)</p> <p>Tickets: it is possible (and cheapest) to buy online in advance.</p> <p><a href="#">Vy Buss   Find your next bus journey here</a></p> <p>There is an English option. It is easy to select the numbers of tickets and you choose 2 adults, 7 ungdom (6-17 year or 18-25 year old). You pay by card online.</p> <p>It is also possible and convenient to buy the Flybuss tickets onboard by VISA/MasterCard. That will cost 2 or 3 euros more pr ticket. Check-in at Hotel Scandic City Fredrikstad hotel.</p> <p><a href="#">Scandic City   Hotel in Fredrikstad   Scandic Hotels</a></p> <p>Money: Local currency is Norwegian kroner. 100 Nkr is 3pprox.. 10 euros.</p> <p>You don't need to buy the local currency (Norwegian kroner, Nkr), you can use a VISA/MasterCard everywhere in Norway. Food and all you need can be bought with a VISA/MasterCard.</p>
	<p>Dinner on your own when you want.</p>

When your group arrive in Fredrikstad	<p>Pick-up at Scandic City Hotel, Fredrikstad.</p> <p><u>Arrival time:</u> (Estimated)</p> <p>France: 20:10</p> <p>Germany: 14:10 or 15:10</p> <p>Austria: 20:10 or 21:10</p> <p>Spain: 18:00 Saturday</p> <p>Greece: 14:10</p>
20:30	Social drink and/or dinner for teachers.

Day and time	Day 1: Sports day
Day 1 – Monday 17 th October	Breakfast in hostfamilies
08:30 Opening  At Frederik II vgs  Room: Auditorium at Christianslund	Welcome to Frederik II vgs, by Principal Leif Rune Østlie.  Presentation of all participants and school partners.
09:15	Walk to the sport area at Frydenberg.
09.30	<b>Sports day.</b> Various activities.  Main coordinators: Kjetil and Glenn.
11.00	Lunch and mingling. Dividing into two groups.
12:00	Minibus from school (Christianslund) to Stjernenhallen.
12:15- 12:50	Group 1, 2, 3 and 4:  Ice-skating in Stjernenhallen
12:50- 13:30	Group 5,6,7:  Ice-skating in Stjernenhallen
13:30 – 13:45	Walk to Bjørneløypa
13.45 – 15:00	We will do a typical Norwegian outdoor activity: a small BBQ grilling sausages around a fire in the forest.
15:00	Walk back to school. End of day.
	Dinner in host families. Social activities for the students.

Day and time	Day 2: Fredrikstad Day
Day 2 Tuesday 18 <sup>th</sup> October	Breakfast in host families
	Guided tour through “The little world city” Fredrikstad. European values and influences in a historic perspective.
08:00	Meet at school. Walk to sentrum ferrystop.  (Students that can meet directly at Isegran, can do so.)
08:40	Boat from Sentrum to Isegran.
09:00	Enter Isegran and “Hope Cathedral”.  Inclusion, environmental and multi-religious cooperation. How to include people in “The Little world city” Fredrikstad.  YouTube film: <a href="#">HOPE CATHEDRAL</a>  Main coordinator: Arvid + Kristine B.
11:30	Lunch.  Bring a lunch pack from your hostfamilies, or you can buy food in the city.
12:00	Guided tour and Scavenger hunt through “The little world city” Fredrikstad. European values and influences in a historic perspective.  Main coordinator: Arvid + Kristine B.
12:00	For teachers: Guided tour through Fredrikstad with Elin K. Olsen.
13:30	Walk back to school.
14:00	End of schoolday

Day and time	Day 3: Oslo day – bring warm clothes!	
Wednesday 19 <sup>th</sup> October	Breakfast in host families	
08:00	Meet up at Christianslund at 08:00!	
08.10	Bus to Oslo leaves from the school at Christianslund (Merkurveien 2).	
08:20	Teachers staying at Scandic City Hotel Fredrikstad will be picked-up by the bus to Oslo. Pick-up place: The Scandic City Hotel.	
10:30	<p>Meeting with Ms Elise Bjørnebekk-Waagen from The Norwegian Labour Party. She is a survivor from Utøya 22 July 2011. Location: The Norwegian Parliament.</p> <p>Everyone must bring their passport/ID-Card to identify themselves to enter the Norwegian Parliament.</p>	
11:30	Lunch. Students bring a packed lunch from hostfamilies. Lunch in Oslo City senter. Guided walk in the city senter.	
14:00  Meet up at 13:45.	Group 1:	 <a href="#">Munchmuseet</a>
14.15  Meet up at 14:00.	Group 2:	Nobel Peace Price Museum: <a href="#">Frontpage   Nobel Peace Center</a>
15:00	Break and freetime	
18.00	<p>Dinner at Peppes Pizza, Stortingsgaten 4, 0158 Oslo. Each group pay their dinner. (Special offer: pizza and a soft drink).</p> <p><a href="#">Peppes Pizza: Pizzarestauranter, Take-Away og Hjemlevering</a></p>	
20.00	Return to Fredrikstad. Bus leaves from Track 19 Oslo sentralstation.	
21.30	Pick up by host families at Scandic City Hotel	

Day and time	Day 4: Workshop day
Thursday 20 <sup>th</sup> October	Inclusion, values and social arenas.
08:00	Meet up at «Storklasserommet» at Frydenberg.
	Work-shop organized by a group of Norwegian students.
11:30	Lunch at Christianslund canteen.
12:30	Work-shop continues.
14:00	End of schoolday
18.00 – 20:00	Farewell dinner party in school cafeteria. Pot-luck dinner (each Norwegian student brings a dish to share).  Disco – Music – Dans.  All visiting students, host students and Norwegian students attend.
20:00	End of programme

Day and time	Departure day
Friday 21 <sup>th</sup> October	Each student meets with their teachers according to arrangements made.  Pick up place could be at the Hotel Scandic City lobby.



## Preparations








1. Have You seen the Netflix-film: **22 July** ? (If not, please watch it together with some of the other students travelling to SM1 Norway).
2. What do You know about extremism and local terror in Your country?
3. Find out where the Vikings sailed and left traces of their culture? Did the Vikings visit any region around your hometown?
4. See the YouTube film: [HOPE CATHEDRAL](#)
5. What do you know about Norwegian politics and government?

If you want to learn more about Edvard Munchs famous art work: See the YouTube film: [The Scream: Great Art Explained - YouTube](#)

### Special social program for teachers:

Sunday 16 <sup>th</sup> 20:00	Social Drink and Dinner at “Havnelageret”. (Hanne Viken)
Monday 17 <sup>th</sup>	Pick-up at the Hotel Lobby at 18:00  Dinner at Lise Ringstads home: A taste of Norwegian Specialities. Departure back to Scandic hotel 21:00 / 21:30. (Driver: Øystein R.Kristiansen)
Tuesday 18 <sup>th</sup>  17:15 – 22:00	Pick-up at the Hotel Scandic City Lobby at 17:15.  Dinner-Party and Historical Night at Fredriksten Castle in Halden. Dinner is payed for by Frederik II. (Drivers: Pål-Espen + Helen W.)
Wednesday 19 <sup>th</sup>	Oslo day. Dinner with our students in Oslo. (Hanne, Lise & John)
Thursday 20 <sup>th</sup> 18:00 – 20:00	Farewell Dinner Party at school. (Hanne, Lise & John)

**Staff Training Event nr 2 (STE2):**  
**Special program for teachers coordinating this Erasmus+ project:**

Monday 17 <sup>th</sup>	Erasmus coordinators meeting
09:30 – 15:00	One person from each partnerschool to work on the report in Mobility Tool.
Tuesday 18 <sup>th</sup>	Erasmus coordinators meeting
09:00 – 14:00	One person from each partnerschool to work on the report in Mobility Tool.
Participants for the Staff Training Event 2:	
	Tom Baumann
	Christine Genuist
	Birgit Kahlig
	Andreas Vamvakos
	?
	John-Inge Skaardal
	Hanne Viken