

1 Month Stay at Bosei – Winter 2022

Day 1 (February 8th)	Pick up at Copenhagen Airport. Drive to Bosei (about 1 hour) Dinner and room keys
Day 2 (February 9th)	07.30 Breakfast 08.30 Tour of Bosei School 11.00 Review of weekly schedule. Choose your subjects. 12.30 Lunch 13.20 Assembly 14.00 Tour of Præstø (local town about 3 km from the school)
Day 3 and forwards	Weekly schedule (See the separate schedule example) Day trips three Wednesdays: Two times to Copenhagen and one time to a local place
Next to last day	Farewell program in the evening
Last day in Denmark (March 8th)	Drive to the airport Goodbye, and see you in Japan
March 9th	Arrival in Japan

Bring: Clothes, sportswear, towels, toilet bag, swimwear, warm clothes (Denmark is cold in the winter), credit card or cash for various souvenirs, snacks and so on, hair dryer if needed, indoor shoes, outdoor shoes, pen and paper.

These facilities are always available: Washing machines (detergent included) and tumblers, fitness room, sports hall, tea and coffee

There are three meals during weekdays at our buffet. Meal times Saturday are breakfast at 09.00, Lunch at 13.00 and Dinner at 18.00. Meal times Sunday are Brunch at 10.00 and Dinner at 18.00.

Let us know if you have any food allergies or restrictions.

Weekly Schedule Example	Your Name:				
	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:
7.30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
08.30-10.00	Fitness Karate Korean Knife Workshop Canoe Polo	Football Taekwondo Japanese Fitness Korean Massage	Fitness Karate Korean Knife Workshop Canoe Polo	Green Cooking Badminton Esports Embroidery Swimming	Language Exchange
10.15-11.45	Fitness Instructor Archery Creative Class Winter bathing	Esports Theory Dance Fitness Pilates Calligraphy	Day trip until dinner	Stretching Archery Winter Bathing Foamsmith Volleyball	Football Taekwondo Japanese Fitness Korean Massage
12.30-13.15	Lunch	Lunch		Lunch	Lunch
13.15-13.45	Assembly	Song and Culture		Bosei Group Meeting	Friday Meeting and café with board games
14.00-15.30	Yoga Movie Maker K-pop dance Japanese Cooking Dungeons and Dragons	Language Exchange		Cultural Exchange	
		(Bosei clubs)	(Bosei clubs)	(Bosei clubs)	
18.00-18.45	Dinner	Dinner	Dinner	Dinner	Dinner
19.30-21.00	<i>Folk high school evening</i>				

Swimming pool: Sunday: 8-13.