

望星スポーツカレッジの冬短期留学2024

Short Term Exchange Program at Idrætshøjskolen Bosei Spring 2024

<p><u>February 17 (Saturday)</u> 16:30 Arrival in Copenhagen Airport (SK984) 18:00 Dinner 20:00 Lounge with activities in Bosei Groups</p>
<p><u>February 18 (Sunday)</u> 10:00 Brunch 11:00 Tour of the school 12:00 Explanation of the schedule and program 14:00 Optional activities in sports hall and in Garden Room 18:00 Dinner 20:00 Movie</p>
<p><u>February 19 (Monday)</u> 08:00 Breakfast 09:00 Walk down to the local town Præstø with Bosei Students learning Japanese 12:15 Cleaning 12:35 Lunch 13.20 Choose subjects 14.00 Weekly Schedule begins: See the example 18:00 Dinner</p>
<p>Weekly schedule continues Two day trips to Copenhagen: 27th of February and 12th of March</p>
<p><u>March 17</u> Bus to airport departure 07.00 (SK983). Plane departure 10.40. Arrival in Haneda March 18 07.55.</p>

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Packing list for the short exchange program at Bosei Sports College

- Clothes for everyday life
- Warm outerwear – it will be between 2 and 10 °C during your stay
- Exercise clothes and shoes for outside and inside
- Rainwear and shoes for bad weather
- Swimwear and goggles (we have both a swimming hall at the school and a beach nearby)
- Toiletries & towels including hairdryer if needed
- Slippers / flip flops (we have a lot of barefoot areas besides the swimming hall)
- Outlet converter for your electronic devices

Please note that you don't need to pack duvet, pillows or any bed linen – that is all provided by Bosei. Please also note that hairdryers, flat irons etc. can *only* be used in the bathroom and *not* in your room. It is for fire safety.

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General info:

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

There are also events during the evenings and parties and other activities each weekend. For example a traditional "Fastelavn" dress up party the last weekend of February.

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.

You will be staying at a two-person room with another Japanese student, but let us know if you would rather like to stay with a Danish/other international student.

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