

## 望星スポーツカレッジの冬短期留学 2025

### Short Term Exchange Program at Idrætshøjskolen Bosei Spring 2025

<p><u>February 16 (Sunday)</u></p> <p>15:30 The Tokai group lands at 15.30 with SK984. Cecilie from Bosei will meet everyone in the arrival terminal at 16.00 with a sign saying BOSEI. The bus for Bosei leaves at 16.30.</p> <p>Keys and linen will be handed out on arrival at Bosei.</p> <p>18:00 Dinner</p> <p>19.00 Short tour of the school</p> <p>20:00 Activities in Garden Room</p>
<p><u>February 17 (Monday)</u></p> <p>08:00 Breakfast</p> <p>09:00 Morning assembly – What is a folk high school?</p> <p>09.30 Introduction to the weekly schedule (see the attached PDF)</p> <p>11.15 Choose your subjects</p> <p>12.15 Cleaning in Bosei groups</p> <p>12:35 Lunch</p> <p>13.20 Assembly</p> <p>14:10 Star of Bosei – Intro to the facilities of the school (washing machines etc)</p> <p>18:00 Dinner</p> <p>19.30 Club presentations</p> <p>20:00 Club meetings in Garden Room</p>
<p><u>February 18 (Tuesday)</u></p> <p>Weekly Schedule begins.</p> <p>Regular classes in the morning.</p> <p>14.10 in the afternoon:</p> <p>The Japanese Text class will walk with you to the local town Præstø, where there are supermarkets and different shops available.</p>
<p>Weekly schedule continues</p> <p>Two day trips to Copenhagen</p> <p>February 26<sup>th</sup> - First day trip to the historical center of Copenhagen with sightseeing and shopping options.</p> <p>March 13<sup>th</sup> - Second day trip to Nørrebro: A photo challenge with different spots in a neighborhood mixing shops, cafes and restaurants with playgrounds, apartments and social infrastructure.</p>
<p><u>Tuesday March 18</u></p> <p>Bus to airport departure from Bosei in the morning at 07.00.</p> <p>Tokai flight SK983 departs 11.20.</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 first weekend of March.

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.