

Be Better.TM Program



Viking 2008

Be Better.™

THURSDAY

Pre-program: Tour d'Oslo (all day)

1800: Meetingpoint - Galleri Oslo/Oslo Bus

Station

Registration!

Please bring with you receipts OR cash.

No ticket without it!

1830: Bus from Oslo Bus Station

2000: Arrival at Svarstad, light supper is served



FRIDAY

0800: Breakfast

0845: Transport to trainings

0900: Welcome

0930: Training: How to successfully recruit employers, by Mikkel Salling, CNT, JCI Denmark

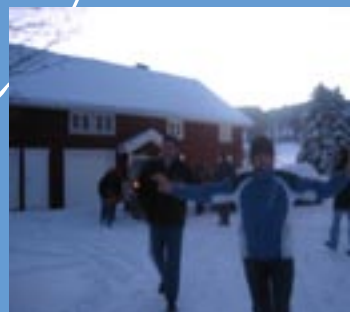
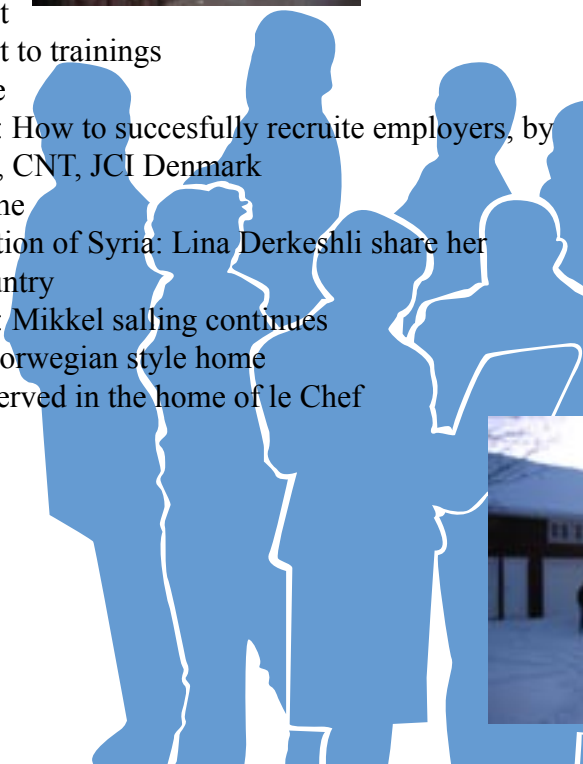
1200: Lunchtime

1330: Presentation of Syria: Lina Derkeshli share her culture and country

1400: Training: Mikkel salling continues

1700: Visit a Norwegian style home

1900: Dinner served in the home of le Chef





SATURDAY

0800: Breakfast

0900: Transport to the ski station

1100: A campfire will be lit, Gløgg will be served and lunch prepared on the fire.

1300: Training (Outdoor): The secrets of treating Hosts and Guests, by Kai Roer, CLT, JCI Norway

1430: Competition! Luge and ski competition

1600: Transport to lodging.

Break - shower and warm up for the Viking Party

1830: Transport to the Dark Forest

NOTE: Dress for outdoor activities - bring extra clothes!

1900: Viking Dinner and party

2300: Transport to Lindsverk Gjestegård, afterparty



SUNDAY

0900: Breakfast

1100: Transport to bus station

1155: Bus to Oslo





THE TEAM

Be Better.™

Mr. Freeze
aka Kai Roer
Event manager

Kristian Majer
Chef de Tour d'Oslo

Le Chef
Aka Kai Ketil Sand
Tripple diamond star cook

Janne Holshagen
Superhøper

Isabelle Larsen Roer
Aid superior



THE TRAINERS

Mikkel Salling, CNT
JCI Denmark

Dagfinn Bang-Johansen, CNT
JCI Norway

Kai Roer, CLT
JCI Norway

WE THANK THOSE WHO MAKE IT POSSIBLE!



- da tjener oss



GRENLANDSEKSPRESSEN

