

| Kl: | Mandag, 4. juli | Tirsdag, 5. juli | Onsdag, 6. juli | Torsdag, 7. juli | Fredag, 8. juli | Lørdag, 9. juli | Søndag, 10. juli |
|-------|---|---|--|---|--|---|-----------------------------|
| 08.00 | | Breakfast | Breakfast (9.00) | Breakfast (6.30) | Breakfast | Breakfast | Breakfast |
| 09.15 | | Flagpole: Group division + Ice breaking | Flagpole (9.45) Ice breaking | Flagpole (7.00) Departure 7.15 Food on buss | Flagpole: Ice breaking | Flagpole: Departure (9.15) | Flagpole: Goodbye |
| 10.00 | | Teambuilding at Ål | Teambuilding at Ål | Waterworld (arrival at 11.00) | Lecture + workshop: Deafgain | Rafting/Paintball | Departure with bus from Ål |
| 12.00 | | Lunch | Lunch | | Lunch | Lunch | |
| 13.30 | Departure with bus from Gardermoen/ Oslo S. | Lecture + workshop by DNUR (Dövas Nordiske Ungdomsråd) | Treasure Hunt: «What do you know about Nordic Countries?» | Waterworld Lunch at 14.00 | Lecture + workshop by Malin Kvitvær from RFSU Stockholm | Rafting /Paintball Departure 16.30 | Arrival Gardermoen/ Oslo S. |
| 16.00 | | Dinner | Dinner | Waterpark | Dinner | Dinner (17.00) | |
| 17.00 | Arrival at Ål, Dinner, presentation | Swimming /or outdoor activities | Swimming /or outdoor activities | Waterworld Departure (17.30) Food on bus | Swimming /or outdoor activities | Swimming /or outdoor activities (18.00) | |
| 20.00 | Ice breaking | Evening food | Evening food | Arrival, Ål (21.00) | Evening food | Evening food | |
| 20.30 | Norway Evening | Sweden Evening | Denmark / Faroe Islands Evening | STAFF Evening (21.15) | Iceland Evening | Finland Evening | |
| 22.30 | Bed time /leader meeting | Bed time /leader meeting | Bed time /leader meeting | Bed time /leader meeting | Bed time /leader meeting | Bed time /Evaluation | |