

# INFORMATION – FENIX EVENT SJUHÄRAD

Welcome to Sjuhärad for the first FENIX meeting 19-22 August 2010. We have put together some information for you so you can decide what to bring and what to expect.

## **Clothes**

The weather in August is usually sunny and nice, so pack accordingly. There is the possibility for cold so something to keep you a little bit warmer than just a t-shirt is also a good idea. We have outdoors activities planned and you can't really know if it's going to rain so pack your rainclothes! Finally, you should bring sweatpants and sweatshirt since some of the workshops are physical and it is good if you are able to move around unhindered.

## **Rooms**

The rooms you will be living in are dormitory-style, 2-3 persons per room.

You don't have to bring any bedsheets or such since this is included. We also have access to lounges where lots of people can hang-out together. Rooms will be divided at arrival.

*Ps. You will need to bring your own stuff for showering, brushing your teeth and such. This is not included. Don't forget now! ^\_^*

## **Food**

You will get served three meals a day during Friday and Saturday

*Breakfast at 08:00, dinner at 12:30 and supper at 19:00/20:00*

*On Thursday there is supper at arrival and on Sunday you get breakfast.*

Apart from this there will be some small snacks available. Allergies, Vegetarianism, Religious Beliefs and so on must be reported in advance so that we can serve food for everyone.

## **Bathing**

Close to the school there is a beach so don't forget to bring your swimsuits.

## **Shopping**

You will have the opportunity to shop brandclothes (Levis, Pace & others) cheap at Lager 157 during Friday so it could be a good idea to bring some extra money for this.

## **Workshops**

There are a lot of fun workshops for all participants and we hope that everyone will find something that is fun to do, even if it is not your first or second choice. The most important thing is that we can do it together and meet new people, have new exchanges and thoughts between us. Please keep this in mind on Saturday and we will all have a great day!

## **Alcohol and other drugs**

Helsjöns Folkhögskola is a drugfree environment and we will of course all work together to keep it this way. Don't bring any alcohol or other drugs to the event. Smoking is not allowed indoors or at school premises either. This is not negotiable and applies to everyone.

If you have any more questions please ask and we shall try to answer as fast as we can.

Have a great summer, see you soon!

/Marcus Mellqvist

Fenix, Leader Sjuhärad.

# PROGRAM – FENIX EVENT SJUHÄRAD

## THURSDAY – Day of arrivals

Participators arrive at Helsingborgs Folkhögskola (at what time will you arrive?)

Supper will be available for all arrivals

## FRIDAY – Day of sightseeing

08:00 – 08:30	Breakfast
09:00 – 10:00	Travel to Gällstad & Lager 157 (surplus shoppingcenter)
10:00 – 12:00	Shoppingtime! Lots of brandclothes cheaper than usual
12:00 – 12:30	Travel to restaurant Hofsnäs Herrgård
12:30 – 13:30	Lunch
13:30 – 14:45	Travel to Torpa Stenhus (old castle) for guided tour
14:45 – 15:30	Travel to Almenäs, Borås
15:30 – 18:00	Canoeing from Almenäs to central Borås
18:00 – 19:00	Sightseeing/free time in central parts of Borås
19:00 – 20:00	Travel to Helsingborgs Folkhögskola
20:00 – xx:xx	Supper, presentation workshops, activities and free time

## SATURDAY – Day of activities

08:00 – 08:30	Breakfast
09:00 – 09:30	Start of workshopday for all groups
09:30 – 12:40	Workshops (3 hour pass)
12:40 – 13:40	Lunch
13:40 – 19:00	Workshops (4 hour pass)
19:00 – 20:00	Supper
20:00 – 21:00	Repetition of workshops & last preparations
21:00 – XX:XX	Grand Finale of the Festival starts!

## SÖNDAG – Day of departures

08:00 – 08:30	Breakfast
09:00 – 10:00	Leaving rooms (preliminary time)

Shorter meetings for evaluations

Departures for participators (at what time will you depart?)

### Activities during Saturday will include the following to choose from:

Dance, Singing, Theater, Acrobatics, Juggling, Music, Film, Technical and more...

*(You will not be able to attend all workshops. Participators can choose or be placed in workshops. Hopefully everyone will be happy with what they can do)*