

Project "50 +"

Study trip to Norway 25 – 29 September 2017

Monday 25 September	
kl. 14:00 – 16:00	Arriving at Oslo Airport at 15:30 Hotel: Thon Hotel Spectrum Brugata 7, 0186 Oslo .
Kl. 17.00 - 18:00	Welcome session and going through the program (at the hotel) Contact: William Evans and Sturla Bjerkaker
kl. 19:00	Dinner (free)
Tuesday 26 September	
kl. 08:00 – 09:00	Breakfast at the hotel
kl. 09:30 – 11.30	Visiting Seniornett Norway – "The digital age and ageing people" Venue: Dronningens gt. 6, Oslo, Office phone: 22429626 Contact: Director Tore Langemyr Larsen and Sturla Bjerkaker, tore.langemyr.larsen@seniornett.no
kl. 11:30 – 12.30	Sightseeing
kl. 13:00 – 15:00	Visiting Almas House - "Quality living with dementia – a flat equipped with tools and help kits for decent living" Trondheimsveien 235, 0586 OSLO, Aker sykehus - bygg 21 A Contact: Rebekka Stackpole Dahl, +47 90679629 Presenter: Lone Storgaard (Bus stops close to Aker, and continues to Oslo Central Station.)
kl. 1600 – 17:30	Break
Kl. 19:00	Dinner
Wednesday 27 September	
kl. 08:00 – 09:00	Breakfast at the hotel
kl. 10:00 – 12:00	Visiting the Senior Academy Oppegård, run by the Popular University. About their learning activities for seniors and a short visit to the lecture. Venue: Kolben Kulturhus, close to Kolbotn Railway Station. Contact: Svanhild S. Kvernaas, head of the Senior Academy Mobile: 958 37 878, svanhild.kvernaas@folkeuniversitetet.no (Train from Oslo S at 09.31 to Kolbotn 09.41. William will meet you there.)
kl. 12:00 – 14:00	Train back to Oslo. Break.
kl. 14:00 – 17:00	"Livsglede for eldre" – a voluntary organisation promoting life quality among seniors Presentation by: Anne Grاسبakken, <i>Frivillighetskoordinator</i> E-post: anne@livsgledeforeldre.no , Mobil: 482 95 786 Contact: General Secretary Birgitte Brekke

	Venue: At office in Rosenborggata 3, or VOFO's office in Akersgata 41, Oslo Cultural program/sightseeing on your own, e.g. The Viking ships, the Munch Museum etc. The Vigeland Sculpture Park. The Opera House.
Kl. 19:00	Dinner

Thursday 28 September	
kl. 08:00 – 09:00	Breakfast at the hotel
kl. 10:00 – 12.30	Shop visit to «Enklere liv» - equipment for simple living for seniors Oslo Byporten, very close to the Oslo Central Railway Station (Oslo S) Contact: post@enklereliv.no
12.30 – 13.30	Break
kl. 14:00 – 15:30	Visiting the Centre for Senior Policy – “How to stay at work as seniors?” Venue: Akersgt. 32, 0180 Oslo. Office phone: 23156550 Contact: Senior Advisors Åsmund Lunde, al@seniorpolitikk.no , Mobile: 92211191 and Olav Eikemo, oe@seniorpolitikk.no , Mobile: 97747520
Kl. 16:00	Summing up meeting at hotel or VOFO's office Dinner
Friday 29 September	
kl. 06:30	Breakfast at the hotel
	Travel back to Hungary with the flight 09.10

Amended program per 26.09.2017/SBj/WE

Project contact Hungary:

Kasza Katalin Eszter
Alsómocsolád Község Önkormányzat
[+36 30 692 41 66](tel:+36306924166)
kasza.katalin@alsomocsolad.hu
Skype: kaszake

Project contacts Norway:

William Evans, we@vofo.no, Mobile: +47 90173953
Sturla Bjerkaker, sturlabjerkaker@gmail.com, Mobile: +47 90606289

Alternatives for later visits:

1. Nestor – seniorfolkehøgskolen i Melsomvik (a folk HighSchool for seniors)
2. "AldringogHelse" – a competence centre for ageing and health.