

The Cabin Trip

When: 8:00 Tuesday 26 June to 14:00 Thursday 28 June 2018

Where: At Studenterhytta in Nordmarka (a cabin in the forest, north of Oslo)

Website for the cabin: www.studenterhytta.no/english.html

The cabin trip includes a two-day workshop on peace building and conflict resolution with the Nansen Dialogue Network. The trip is an opportunity for students a chance to become better acquainted with each other and to discuss issues relevant to the course. We will also be discussing your ideas for the group project, and how to approach this assignment.

We will leave at **8:00 am on Tuesday, 26 June** from Blindern Studenterhjem and take the subway from Majorstuen to Frognerseteren, from where we will walk to the cabin together. This is a pleasant and safe 4-hour walk starting from the subway station through the forest to the cabin on Wednesday, and a 1-hour walk from the cabin to a bus on Thursday. We will arrive at the cabin between 12:00 and 13:00, in time to eat lunch. There will be opportunities for resting along the way. Bring good walking shoes (preferably hiking boots or sturdy sneakers) to walk in and a camera to take photos with, and be sure to read the listed readings for the workshop that are on the assigned reading list. Please also be sure to bring a change of clothes, as you may get wet during the hike or while at the cabin.

ATTENDANCE IS REQUIRED on the cabin trip, no exceptions!!!

The students (in conjunction with the course coordinators) are responsible for cooking and cleaning during the trip and at the cabin. Students will share dormitory-style rooms with bunk beds. The cabin is fully equipped with all amenities: showers, hot running water, electricity and heating, a full kitchen, beds and linens (sheets), and toilets. The course coordinators will purchase all food and other necessary supplies for the cabin trip. If you have any dietary or health problems, **please** let the course coordinators know **before** we depart for the cabin trip so we can ensure that the trip is enjoyable for everyone.

SCHEDULE

Tuesday 26 June

8:00: Departure (**you should bring a snack or some food and something to drink on the way, although we will stop at a cabin along the way which also sells limited food and drink)

12:00 (approximately): Arrival to the cabin.

12:00 to 13:00: Lunch and clean-up.

13:00 to 17:00: Workshop with Nansen Dialogue Network.

16:30 to 19:00: Evening meal. Election of Student Council representative.

Snacks and free time in the evening.

Wednesday 27 June

09:00 – 09:30: Breakfast and clean-up

12:00 – 13:00: Lunch and clean up

18:00 – 19:00: Dinner and clean-up

Activities and lectures all day led by Nansen Dialogue Network (schedule to be announced)

Snacks and free time in the evening

Thursday 28 June

07:30-08:30: Breakfast

08:30-10:00: Cabin cleaning time (everyone will take part in this).

10:00: Departure back to Oslo. You will be back at the University in time for lunch.

A list of essential items to bring with you on this cabin trip:

For the walk to the cabin:

Good walking shoes and socks (you probably want to bring an extra pair of dry socks, as some areas can be a little swampy on the way to the cabin),

Umbrella and rain clothes/jacket

Warm clothing

A bottle of water

A snack

Sunscreen, if you are sensitive to the sun; sunglasses, mosquito repellent if needed

Camera

For Your Stay at the Cabin:

Warm clothing (can be chilly, especially in the evenings) such as sweater or jacket, warm socks, and warm clothes to sleep in at night (bedding is provided)

Summer clothing and shoes – including a bathing suit if you want to swim in the lake!

Towel

A pair of sandals or flipflops for the shower

Toiletries such as toothbrush, shampoo and any medications or special things you may need

Paper and pen (you are not required to bring along the readings)

Flashlight, if you have one

Rain clothes and/or umbrella

All food and drinks will be provided at the cabin trip. If you require or would like a special food or drink item, please let the course coordinators know ASAP.