












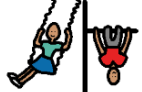

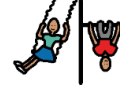














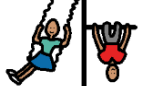
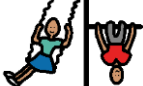





# Program Langen

| Mandag   | Tirsdag   | Onsdag  | Torsdag   | Fredag  |
|--|---|---|---|---|
|  | 09:00-10:00<br>Morgen lek    | 09:00-10:00<br>Morgen lek    | 09:00-10:00<br>Morgen lek    | 09:00-10:00<br>Morgen lek                      |
|  | 10:00-10:30<br>Morgensamling   | 10:00-10:30<br>Morgensamling   | 10:00-10:30<br>Morgensamling   | 10:00-10:30<br>Morgensamling                   |
|  | 10:00-11:00<br>Forming<br>Frilek   | 10:00-11:00<br>Forming<br>Frilek   | 10:00-11:00<br>Forming<br>Frilek   | 10:30-11:30<br>Forming<br>Frilek               |
| 11:15-11.30<br>Velkommen i<br>Ramstadslottet      | 11:00-12:00<br>Ute aktivitet   | 11:00-12:00<br>Ute aktivitet   | 11:00-12:00<br>Ute aktivitet   | 11:30-12:00<br>Avslutning<br>I Ramstadslottet  |
| 11:30-12:30<br>Lunsj                              | 12.15-13.00<br>Middag    | 12:15-13:00<br>Middag    | 12:15-13:00<br>Middag    | 12:00<br>Lunsj                                 |
| 12:30-13:30<br>Velkommen til<br>Langen            | 13:00-13:30<br>Hvile<br>Frilek <br> | 13:00-13:30<br>Hvile<br>Frilek <br> | 13:00-13:30<br>Hvile<br>Frilek <br> |   |
| 13:30-14:45<br>Bli kjent på<br>avdeling         | 13:30-14:30<br>Ute aktivitet   | 13:30-14:30<br>Ute aktivitet   | 13:30-15:15<br>Fellesaktivitet<br><ul style="list-style-type: none"> <li>• Isfiske</li> <li>• Sanseløype</li> </ul>   |   |
| 14:30-15:00<br>Musikksamling i<br>kameratbanen  | 14:30-15:00<br>Måltid    | 14:30-15:00<br>Måltid    |   |   |