

Nordic New Year's *Jam 2009*

WHEN From Monday afternoon *29th of December 2008* to Monday afternoon *5th of January 2009*.

WHERE At *Ålsta Folkhögskola* in Fränsta, west of Sundsvall. This is located at the very middle point of Sweden, in the beautiful winter nature 400 km north of Stockholm.

WHAT Contact Improvisation for all levels.

- Warming-up sessions in the mornings
- Introduction classes
- Study-labs and showings
- Child-friendly jams
- Day and night jams

OTHER ACTIVITIES Planned or spontaneous activities indoor and outdoor during daytime;

- Playing and jamming in snow
 - Cooking, baking, painting
 - Sauna and outdoor hot-tub
 - Skiing and sledging at our small but great down-hill station
- Bring your own skis and boots if you like. A few pairs of skis, as well as sledges, will be available on site.

CHILDREN At this jam we are happy to invite families with children to participate.

Many activities are planned for kids and adults together.

PRICE 2.900 SEK/person, *or 300 euros*.

7 days, 3 meals/day, accommodation in double or single rooms, all dance included. Children 7–14 years 1.400 SEK. No fee for children under 7 years old but their own travel bed or mattress should be brought, or they will have to pay.

The number of adult participants will be limited to 40.

FACILITIES We will dispose a nice and warm gymnastic hall with wooden floor as well a sauna. Sleeping in comfortable single or double rooms. Bring your own sheets or sleeping bag as well as towels. Blankets and pillows are available on site.

FOOD We will have a chef who will organize us in cooking teams, every participant will belong to at least one cooking session during the stay. The food will be mostly vegetarian. A special New Year dinner will be served with sparkling wine!

TRANSPORTATION Go from Stockholm, Sundsvall or Östersund by train or bus to *Fränsta*.

More information about payment and traveling when registrating. Please, sign up before the December 1th!

VERY WELCOME! Malin Anclair, Måns Erlandson

ARRANGEMENT

tel. +46-8-648 96 31 or +46-73-6005417

e-mail: info@avartdans.se

www.avartdans.se

please contact us with any questions

Avart Dans & Rörelse

