

Preliminary program

Wednesday 27th August

Most COST-participants arrive during the afternoon, night (one hour travel with train from Oslo Airport)

Thursday 28th August

“Open” conference Forests, Trees, Human Health and Wellbeing

10.00-10.10	Cultural performance
10.10-10.25	Opening by the Minister for Food and Agriculture Terje Riis Johansen
10.25-10.55	Health Challenges. County Governor of Hedmark, Sigbjørn Johnsen
10.55-11.35	Break
11.35-11.50	COST in general. Sjur Baardsen
11.50-12.00	Forests, Trees, Human Health and Wellbeing, Kjell Nilsson
12.00-12.40	Nature Culture Health, Gunnar Tellnes, Prof. Med UiO
12.40-14.00	Lunch,-included posters
14.00-14.30	“Green step” an Interregional program on recovering to life....
14.30-15.00	Nature and Humans : Invited guest speaker(s)....
15.00-15.30	Partnership for Better Health, Roar Blom, Nordland County Community
15.30-15.45	Break
15.45-16.15	Cost-speaker
16.15-16.45	Cost speaker
16.45-17.00	Summing up
17.00-19.00	Poster presentations
20.00	Conference Dinner at Scandic Hotel/Cultural performance

Friday 29th August

09.00-10.00	Key speakers
10.00-13.00	Working sessions/posters
13.00-14.00	Lunch/check out
14.00-14.20	Cost speaker
14.20-14.40	Cost speaker
14.40-15.00	Cost speaker
15.00-17.30	Working group sessions
18.00-18.30	Buss transport to The Budor Holiday Resort
18.30	Check-in
19.30	Conference Dinner / Cultural performance

Saturday 30th of August, Excursion day

07.00-08.00	Guided morning walk for early risers
08.00-09.00	Breakfast (outdoors, if weather allows)
09.00-11.00	Walking and talking in Koiedalen, Budor Resort Area, presentations from different organizations connected to outdoor health activities
11.00-11.30	A taste of outdoor cooking
11.30-12.00	Transport to the Norwegian Forest Museum

12.00-12.30	Presentation of The Health City of Elverum
12.30-14.00	Walking the outdoor facilities of Norwegian Forest Museum included coffee break
14.00-15.00	Visiting the indoors facilities of the Norwegian Forest Museum
15.00-16.00	Lunch at the restaurant "Forstmann" (part of the Museum)
16.00-16.40	Return to Hamar Railway Station by bus