



# Swedish folklore music – a learning vacation in Xperience Scandinavian

Experience a learning course combined with outdoor adventure in unexplored nature, only 3 hours from Arlanda Airport.

Learn to play folklore music on different instruments regardless of previous experience. We exploring author Sten Bunne´s teaching methods and he´s instruments. We practice our skills at an event for local folk musicians. We pay a visit to the animal park Järvzoo including the predator center “Big 5”. We also make a roundtrip to a meteorite crater, visit one of the Hälsingland farmhouses and book a day for rail trolley, all in our unexplored Swedish nature. Modern accommodation is available in a peaceful environment with the nature just around the corner. This package is available for people with an interest in culture and the need for unstressful environments.



### Facts about this package purposal:

**Price:**

Ask for special offer made by your request.

**Included:**

- 4 nights accommodation in rooms with 2 beds, WC/bathroom shared, communal areas
- All meals (breakfast, lunch/lunch package, “fika” and evening meal) from the evening meal on the day of arrival to lunch on the day of departure
- All activities including guides as specified in the programme
- The use of musical instruments during your stay
- Local host during the week (English speaking)

**Availability:**

June-Aug 2016

(There may be some changes to the program during the months May, September and October)

**Not included:**

- Transportation to and from the destination or between the accommodation and the activities is not included in the package price.
- Transportation from Arlanda Airport to the accommodation and back can be ordered for an extra charge; 32,000/group. This charge also includes transport between accommodations and the activities during the stay.
- Food and drink not mentioned in program is not included.

If guides and hosts are required in a language other than English, please contact for further information. This cannot be guaranteed before date of arrival is set.

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# Program

## **Sunday: Arrival day, day 1**

We check in at the accommodation, which offer rooms with 2-beds, shared WC/bathroom and communal areas. Your local host will join the group. The evening meal will be at a nearby restaurant.

## **Monday, day 2**

We start the day by exploring author Sten Bunne´s methods and his instruments. The location is close to the accommodation.

Read more at [www.bunnemusic.se](http://www.bunnemusic.se) or watch him at [https://www.youtube.com/watch?v=TYostCD2\\_8w](https://www.youtube.com/watch?v=TYostCD2_8w).

A digital article can be read/heard at

[http://www.imagine.musictherapy.biz/Imagine/podcasts/Entries/2015/9/1\\_childrens\\_access\\_to\\_chords%2C\\_melodies%2C\\_and\\_bass\\_\\_a\\_differnt\\_way\\_of\\_thinking\\_in\\_sweden.html](http://www.imagine.musictherapy.biz/Imagine/podcasts/Entries/2015/9/1_childrens_access_to_chords%2C_melodies%2C_and_bass__a_differnt_way_of_thinking_in_sweden.html).

We will also be introduced to Swedish music folklore. We take a break for lunch and “fika”.

Free time during the evening to explore the area. The evening meal will be at a nearby restaurant.

## **Tuesday, day 3**

We spend the whole day on a rail trolley (with a packed lunch). We pedal the rail bikes past glittering lakes, glide over bridges and through dark tunnels. The adventure starts at Delsbo old railway station. Read more at [www.dellenbanan.se](http://www.dellenbanan.se).

In the evening we take a new step in learning music folklore with Bunne´s instruments. The evening meal will be at a nearby restaurant.

## **Wednesday, day 4**

We continue to expand our understanding of music in the morning. After lunch we take a roundtrip by car/bus around the Dellen Lakes, a meteorite crater. We stop at one of the Hälsingland farmhouses which is open for visitors, view the handicrafts and art exhibitions etc. In the evening we visit an event for folk musicians at Norrbo Homestead Museum. Now we have the chance to practice our skills and play with local musicians or just listened and enjoying the event.

Local food will be served for the evening meal.

## **Thursday, departure day, day 5**

We venture out and enjoy a daytrip to Järvsö and visit Järvzoo Wildlife Park and the connecting “Big Five” Centre. A hike along a 3 km wooden walkway experience the animals from Scandinavian. Lunch will be served in the park over an open fire. Read more at [www.jarvzoo.se](http://www.jarvzoo.se).

After visiting Järvzoo it´s time to departure from the area in the middle of Sweden.