



Institut La Bastida
ESO, Batxillerat i Formació Professional

Erasmus +



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NORUEGA STANGE

MONDAY

- Presentation and tour of the school
- Team sports
- Ice skating



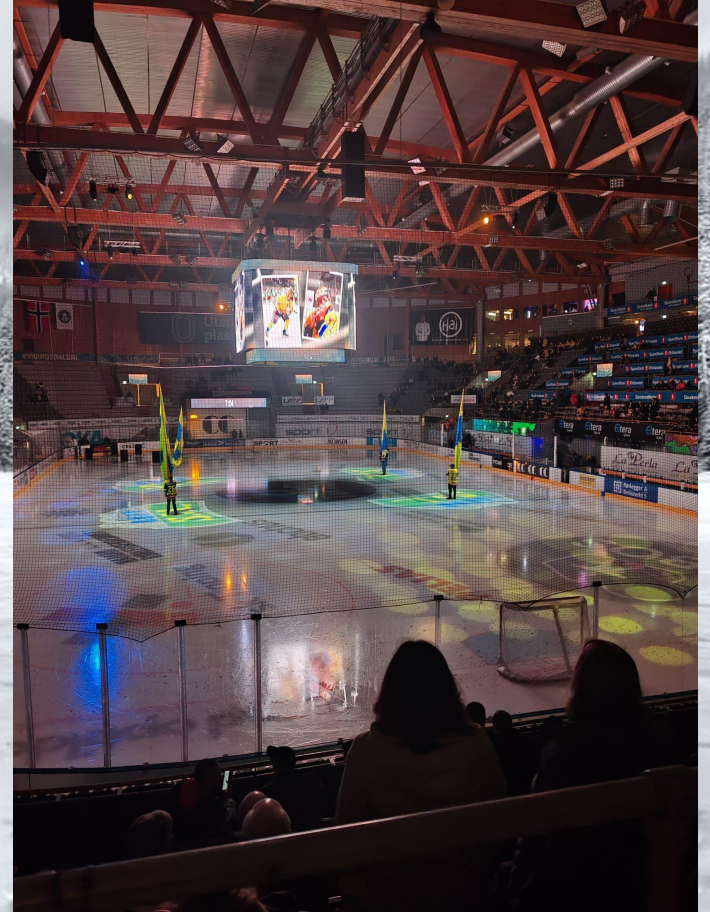
TUESDAY

- Curling
- EHF European League Handball: Elverum-Århus



WEDNESDAY

- Pickleball
- Cross Country Skiing
- EHL - PLAYOFFS: STORHAMAR vs LILLEHAMMER



THURSDAY

- Alpine skiing in
Trossil



FRIDAY

- Optional activities: football, dance moves, athletics, superset strength training.
- Closing

