

## **Urban Life of Young People in the Nordic Countries Conference 2026 (U-LYNC)**

Date: 19. – 21. August 2026

Location: Haraldsheim Hostel, Oslo Norway

### **Draft programme**

#### **Wednesday 19.08.26 – Arrival Day**

<b>Time</b>	<b>Activity</b>
12.00 - 16.00	Arrival of participants at Haraldsheim Hostel
16.00 - 18:30	Check-in and welcome get-to-know activities / icebreakers
18:30 – 19:00	Break
19.00	Dinner at hostel
20.30	Evening social activity / cultural exchange

#### **Thursday 20 August 2026 – Workshop & Activities Day**

<b>Time</b>	<b>Activity</b>
07:00 – 09:00	Breakfast at hostel
09:00 – 11:30	Group workshop sessions
11:30 – 12:30	Lunch at hostel
12:30 – 15:00	Group workshop sessions
15:00 – 16.00	Active and creative activities
18.00 - 19.30	Dinner at hostel
19.30 - 22.00	Evening social programme (team-building, cultural event, or city activity)

#### **Friday 21 August 2026 – Workshops & Departure**

<b>Time</b>	<b>Activity</b>
07.00 - 09.00	Breakfast at hostel and check out
09.00 - 11.00	Workshop sessions / reflection session
11.00 - 11-30	Closing ceremony of conference
11.30 - 12.30	Lunch at hostel
12.30 - 16.00	Departure of participants (from approx. 13:00)