

SCHEDULE FOR CO FOR ADULT

4 days (20 hrs)

	Day 1	Day 2	Day 3	Day 4
1	UNIT 1 Welcome to Norway Introduction Icebreakers	UNIT 6 Cost of living	UNIT 11 Understanding cultural differences Cultural adjustment, Diversity: attitudes, racism, tolerance, democracy	UNIT 16 Social Interaction Networking, friendship, social activities
Break				
2	UNIT 2 Norway in a nutshell people, geography, climate, clothing, food, history, religion	UNIT 7 Norwegian life and society Gender issues/ equal rights	UNIT 12 Health General Health Care Assigned Doctor Emergency	UNIT 17 The Norwegian Municipality
Break				
3	UNIT 3 Cont.	UNIT 8 Family structure: upbringing of children, relationships	UNIT 13 Reproductive health issues, dental care, mental health	UNIT 18 Public institutions How to find out where things are. Who does what?
Lunch				
4	UNIT 4 Education Introduction Program	UNIT 9 Law and order Domestic violence, Duties and responsibilities	UNIT 14 Housing Film: "Welcome to your new home"	UNIT 19 Travel awareness
Break				
5	UNIT 5 Employment	UNIT 10 Culture shock	UNIT 15 Cont.	UNIT 20 Evaluation Final Q&A