



# Masse Moro Daily Schedule

## 7:00 a.m. Wake Up

*Depending on who has kitchen duty in the morning, cabins can sleep-in a bit later (until 7:30 a.m.). We let the residents of each cabin talk together and establish the wake-up rules for their own cabin.*

## 7:30 a.m. Kitchen Duty

*Cabins take turns setting the tables in the main lodge prior to the meal and then help wash the dishes, sweeps the floors, and put tables and chairs away after each meal.*

## 7:50 a.m. Flag Raising

*Camp gathers around the flag pole in the front of the main lodge and sings the Norwegian National Anthem, Ja, Vi Elsker, as they raise the flag.*

## 8:00 a.m. Breakfast

*Meals are served family style with at least 6 individuals sharing a meal together. Prior to the start of the meal a short 2-minute skit introduces the Norwegian words for food in a playful and fun way.*

## 8:45 a.m. Cabin Clean-up Time

*Campers return to their cabins to tidy up their own belongings, make their beds, and clean-up the cabin. This also gives cabins time to clean-up the dishes after the meal. Cabins also take turns cleaning and tidying up the bathrooms—this would also be the time they would do that.*

## 9:30 a.m. Camp Sing-along

*A Masse Moro favorite, this is when everyone gathers at the fire area to learn and share Norwegian songs. Guitars usually accompany this activity while the entire camp dances, sings, and learns new Norwegian vocabulary.*

## 10:05 a.m. Language Class

*This is the first of two language classes during the day. Campers will be placed in language levels based on knowledge, experience, or years at camp. Language is taught through fun games, workbooks, songs, and interactive experiences.*

## 11:05 a.m. Snack Time

*After a busy morning, camp gathers in the main lodge again for a healthy snack. This is a chance for campers to recharge before their next activity period.*

## 11:45 a.m. Activity or Folk Art Class

*Campers will sign-up for two 1-week long classes during camp—one for the 1<sup>st</sup> week and one for the 2<sup>nd</sup>. There are a variety of small classes for campers to choose from. These include folk dance,*

*Norwegian sports, woodworking, Norwegian folk painting, folk music, Viking arts, mythology or runes classes, and so much more.*

12:30 p.m. Kitchen Duty

12:45 p.m. Lunch

1:30 p.m. Quiet Break Time

*After lunch, campers go back to their cabins for a quiet rest time. This is also the time of day when campers will receive mail or packages. Often times campers take naps, write letters home, or work on quiet projects during this time.*

2:30 p.m. Sports and Game Time

*After a nice rest period, we get campers recharged with sports time. Campers are able to choose from a variety of sports or indoor games to take part in.*

3:15 p.m. Language Class

4:15 p.m. Free-time: Camp Store is Open

*This is the time when the camp store is open. Campers are welcome to purchase a Norwegian treat, book, or other items that we have. This is also a great time to practice language as all transactions are only done in Norwegian.*

4:45 p.m. Activity or Folk Art Class

*This is the 2<sup>nd</sup> folk art period of the day. These classes are 2-day classes. And campers will be able to sign-up for 4 of these during camp—they will do 2 in the 1<sup>st</sup> week and 2 in the 2<sup>nd</sup> week. The variety of options depend on what the interests of the campers are that year—but they always stay Norwegian themed.*

5:30 p.m. Viking Games

*All of camp will be divided into 4 main Viking Families. Rotating to different areas each day in their Family units. They will learn and be able to try a variety of athletic and intellectual games that were played during the Viking times. In addition, campers learn honor, respect, and team-work as they work together as a Family and prepare for the Viking Olympics.*

6:00 p.m. Kitchen Duty

6:15 p.m. Dinner

7:00 p.m. Break – Cabin Time

*Campers go back to their cabins to prepare for the evening program. While, we keep the evening program a secret until after we lower the flag we let campers know if they need to wear certain items (such as a certain colored piece of clothing or athletic shoes) or if they will need bug spray.*

7:30 p.m. Lowering the Flag

*To mark the end of the day, we gather around the flag pole and lower the Norwegian flag while singing Aftensolen Smiler. Directly after the flag is lowered, we announce what we will be doing that evening.*

7:35 p.m. Evening Cultural or Historical Program

*A highlight of the day, the evening program is an activity that involves the whole camp and focuses on topics such as Norwegian immigration or perhaps recreating the story of Peer Gynt. Either way, it's **a lot** of fun and teaches campers about an aspect of Norwegian culture. At the end of the program, camp ends up around the fire pit where we talk about what was learned or perhaps tell a Norse myth.*

8:50 p.m. Back to Cabins

*Campers head back to their cabins for the night. This is also the time when campers can take evening showers and tidy up for bed.*

9:30 p.m. Lights Out