

**ARMY CADET EXCHANGE (ACE) 2007****The Swedish program and Kit list****1. The Swedish program**

Date		Location	Activities /Remarks
Saturday	14 July	Stockholm Arlanda	Travel Day
Sunday	15 July	Upplands Regiment S1	Information about ACE Sweden-program and the Swedish Armed Forces, Team building and welcome dinner
Monday	16 July	S1	Presentation of Upplands Regiment
Tuesday	17 July	S1	A day in Stockholm (old town, change of guard at the Royal castle. Minister for a day
Wednesday	18 July	S1/P4	Transport to Skövde
Thursday	19 July	Skövde Regiment P4	
Friday	20 July	P4	Stay at Swedish host family
Saturday	21 July	P4	Stay at Swedish host family
Sunday	22 July	P4	Stay at Swedish host family
Monday	23 July	P4/LSS Uppsala wing	Transport to LSS
Tuesday	24 July	LSS	Survival training.
Wednesday	25 July	Stockholm	Transport to Stockholm. The evening spent at "Gröna Lund" amusement park
Thursday	26 July	S1	Visit the Army museum Last minute shopping.
Friday	27 July	S1	Free time Farewell dinner
Saturday	28 July	Stockholm Arlanda	Return Home

Please note that this is the preliminary program and some small last minutes changes can be made before the exchange.

Kit list

This is what you will need at least:

Quantity	Items	Explanation
2	Padlocks	with two keys or combination
	Personal toiletries	Include soap, shampoo, deodorant, toothbrush, toothpaste, shaving kit etc.
1	Bath towels	
	Casual clothes (t-shirt, jeans, shorts etc)	Enough for 14 days*
	Underwear	Enough for 14 days*
	Socks	Enough for 14 days*
1 set	Shirt and trousers/skirt or dress	formal dinner clothes (Tie is optional)
	Night dress/ night shirt	
1	Fleece jacket	
1	Waterproof jacket / Windbreaker	
	Sportswear	
1	Swimsuit	A swimsuit is required
1 pr	Casual shoes	
1 pr	athletic shoes	
1	Military Uniform	Battle Dress
1	Boots	
1	Small backpack	
1	Sunscreen	According to skin type
1	Insect Repellent	
	Alarm clock (battery powered)	
Miscellaneous and optional	camera, CD player, mobile phone etc	

* It will be possible to do laundry (1-2 times) during the two weeks in Sweden

The weather in Sweden during summer is very varying from year to year. When you start packing please check the weather forecast at Internet (www.smhi.se) for the weather and temperature in Sweden for the time.

During summer time in Sweden it can be really warm and sunny but some years it can be the opposite. If you are use to a warm climate you can find it chilly even tough we in Sweden find it nice and warm. Most evenings you will need a long-sleeved sweater or jacket and during daytime you usually can wear t-shirt and shorts/skirt but if it is windy or raining you will need something warmer (fleece jacket, trousers or jeans)

THE ACE (SWE) OR ITS ESCORTS ARE NOT RESPONSIBLE FOR ANY STOLEN, LOST OR MISSING MONEY OR PERSONAL ITEMS

Rules of Behaviour for the Army Cadet Exchange Programme

General Remarks:

During the whole exchange programme, please be aware that:

- a. You are a guest in a foreign country
- b. You do not only represent yourself, but also your home country
- c. You may encounter foreign customs and rules

**PREREQUISITS FOR A SUCCESSFUL AND INTERESTING EXCHANGE
PROGRAMME**

Y O U



-take part in the programme actively
 -speak English fluently
- accept that you are part of a team and act accordingly
 - stick to the rules given by your Adult Leaders
- try to solve problems in a peaceful and sophisticated manner
 - always be on time
 - stay away from alcohol or other drugs
- accept decisions made by your group or your guardians