Date	Time	Activity	Venue
Fri. July 21	12.00	Assembly, Arlanda T2	Arlanda Airport T2
	14.40	Departure to Helsinki AY 642	Arlanda Airport T2
	16.35	Arrival Helsinki	Helsinki Airport
	17.30	Departure to Soul Incheon Int. Apt. with AY 041	Helsinki Airport
Sat. July 22	08.20	Arrival Soul	Seoul Incheon Int. Apt
		Bus to Gangneung (4 hours))	Seoul Incheon Int. Apt
	13.00	Lunch	Gangneung Tourist Hotel
	17.00	Dinner	Gangneung Tourist Hotel
	21.00	Snack	Gangneung Tourist Hotel
Sun. July 23		Breakfast	Gangneung Tourist Hotel
	07.45	Bus to Hockey Centre (15 min)	Gangneung Tourist Hotel
	09.00-10.30	Ice practice	Gangneung Hockey Centre
	11.30	Bus to Hotel	Gangneung Hockey Centre
	12.00	Lunch	Gangneung Tourist Hotel
	14.45	Bus to Hockey Centre	Gangneung Tourist Hotel
	16.00-17.00	Ice practice	Gangneung Hockey Centre
	18.00	Bus to Hotel	Gangneung Hockey Centre
	18.30	Dinner	Gangneung Tourist Hotel
	21.30	Snack	Gangneung Tourist Hotel
Mon. July 24		Breakfast	Gangneung Tourist Hotel
	07.45	Bus to Hockey Centre (15 min)	Gangneung Tourist Hotel
	09.00-10.30	Ice practice	Gangneung Hockey Centre
	11.30	Bus to Hotel	Gangneung Hockey Centre
	12.00	Lunch	Gangneung Tourist Hotel
	14.45	Bus to Hockey Centre	Gangneung Tourist Hotel
	16.00-17.00	Ice practice	Gangneung Hockey Centre
	18.00	Bus to Hotel	Gangneung Hockey Centre
	18.30	Dinner	Gangneung Tourist Hotel
	21.30	Snack	Gangneung Tourist Hotel
Tue. July 25		Breakfast	Gangneung Tourist Hotel
	07.45	Bus to Hockey Centre	Gangneung Tourist Hotel
	09.00-10.30	Ice practice	Gangneung Hockey Centre
	11.30	Bus to Hotel	Gangneung Hockey Centre
	12.00	Lunch	Gangneung Tourist Hotel
	14.15	Bus to Hockey Centre	Gangneung Tourist Hotel
	15.30-17.00	Ice practice	Gangneung Hockey Centre
	18.00	Bus to Hotel	Gangneung Hockey Centre
	18.30	Dinner	Gangneung Tourist Hotel
	21.30	Snack	Gangneung Tourist Hotel

Wed July 26		Breakfast	Gangneung Tourist Hotel
	07.45	Bus to Hockey Centre	Gangneung Tourist Hotel
	09.00-10.30	Ice practice	Gangneung Hockey Centre
	11.30	Bus to Hotel	Gangneung Hockey Centre
	12.00	Lunch	Gangneung Tourist Hotel
	14.45	Bus to Hockey Centre	Gangneung Tourist Hotel
	16.00-17.00	Ice practice	Gangneung Hockey Centre
	18.00	Bus to Hotel	Gangneung Hockey Centre
	18.30	Dinner	Gangneung Tourist Hotel
	21.30	Snack	Gangneung Tourist Hotel
Thu July 27		Breakfast	Gangneung Tourist Hotel
	07.45	Bus to Hockey Centre	Gangneung Tourist Hotel
	09.00-10.30	Ice practice	Gangneung Hockey Centre
	11.30	Bus to Hotel	Gangneung Hockey Centre
	12.00	Lunch	Gangneung Tourist Hotel
	18.00	Dinner	Gangneung Tourist Hotel
	21.00	Snack	Gangneung Tourist Hotel
Fri. July 28		Breakfast	Gangneung Tourist Hotel
	08.30	Bus to Hockey Centre	Gangneung Tourist Hotel
	09.30-10.30	Ice Practice	Gangneung Hockey Centre
	11.30	Bus to Hotel	Gangneung Hockey Centre
	12.00	Lunch	Gangneung Tourist Hotel
	16.00	Snack (with Pasta)	Gangneung Tourist Hotel
	16.45	Bus to Hockey Centre	Gangneung Tourist Hotel
	TBA	Game warm up on ice	Gangneung Hockey Centre
	19.00	**Game KOR-SWE**	Gangneung Hockey Centre
	22.00	Bus to Hotel	Gangneung Hockey Centre
	22.15	Dinner	Gangneung Tourist Hotel
Sat. July 29		Breakfast	Gangneung Tourist Hotel
	12.15	Lunch	Gangneung Tourist Hotel
	12.45	Bus to Hockey Centre	Gangneung Tourist Hotel
	TBA	Game warm up on ice	Gangneung Hockey Centre
	15.00	**Game KOR-SWE**	Gangneung Hockey Centre
	18.00	Bus to Hotel	Gangneung Hockey Centre
	18.30	Dinner, Korean BBQ	Gangneung Tourist Hotel
	21.00	Snack	Gangneung Tourist Hotel
Sun. July 30		Breakfast	Gangneung Tourist Hotel
		Bus to Airport via Gangneung Hockey Centre pick up Equipment	Gangneung Tourist Hotel
	10.20	Departure to Helsinki with AY 042	Seoul Incheon Int. Apt
	13.55	Arrival Helsinki	Helsinki Airport
	17.30	Departure to Stockholm with AY 645	Helsinki Airport
	17.30	Arrival Stockholm	Stockholm Arlanda T2

Team leaders

Sara Arnestål	Team Manager
Leif Boork	Head Coach
Jared Cipparone	Assistant Coach
Alexandra Cipparone	Assistant Coach
Karl Danielsson	Video Coach
Ingegerd Lantz	Doctor
Elin Uusitalo	Physiotherapist
Benny Andersson	Equipment Manager