



## MEETINGS & CONFERENCES IN EXCITING, HISTORICAL SURROUNDINGS AT INNHERRED, NORD-TRØNDELAG



### The package proposal includes:

- Lunch at Husfrua and Kulturgården Bjerkem
- Premesis decorated by creative «Stil & Stemning»
- Husfrua seminar with «godt gjort»
- Meeting rooms with catering
- Music by av «Fritt Spillerom»
- 3- course banquet and two nights stay at Quality Hotel Grand
- Storytelling by Johan Einar Bjerkem
- Show-round, sodd og vandreteater (Walking theatre) at Stiklestad Nasjonale Kultursenter
- The play about St. Olav
- Entertainment by Nordic Master in Magic Jo Boje Hoseth og circus artist Julie G.Heir
- Bus: three days
- Guide: two days

Programme proposal – can be adjusted according to needs, budget and wishes

### Booking and customised quote:

Tjenestenavet at Visit Innherred  
 Tel.: +47 450 27 704/+47 74 40 17 16  
 Email: [christina@visitinnherred.com](mailto:christina@visitinnherred.com)



HUSFRUA FARM HOTEL

***Dare to try something new, let the next business trip be a creative and great overall experience in the Innherred region. Experience the food, nature and culture - adventure steeped in history, second to none.***

**10.00 - 11.30 Example: departure by bus from Trondheim Airport Værnes**

**11.30 – 11.45 Welcome to Husfrua Farm Hotel**

Husfrua is located on the hill above Sakshaug old church - a charming trønderlån from 1867, with great views over Straumen. Enjoy a lovely lunch and have your meeting in a nostalgic environment in beautiful surroundings.

**11.45 -14.30 Separate programme**

Time has been allocated to meetings and your own professional programme in the unique and genuine premises at Husfrua. During this time a light meal will be served. The times can be adjusted. Husfrua is in a rural setting and the whole house is at your disposal, consequently you can work undisturbed from others.

**14.30 - 16.00 Tasty lunch**

At Husfrua, food is made from scratch, based on local produce. Enjoy a lovely lunch while Fritt Spillerom play soft tones of the violin and cello.

**16.00 - 17.30 Inspirational lecture from «godt gjort» - Oppmuntringstilsynet (Encouragement Authority) at Inderøy**

If you believe that people with commitment, enthusiasm, humour, enthusiasm, driving force and a little madness help to make a difference, this lecture will inspire to carry forward ideas leading to positive changes. Terje with his stories will inspire you creatively so that projects can continue to operate in a new and positive way.

**17.30 - 18.00 Departure to Steinkjer**

**18.00 Welcome to Quality Hotel Grand Steinkjer - Check-in**

Quality Hotel Grand is a modern and renovated conference hotel in the heart of Steinkjer. Great, service minded staff ensures a pleasant stay. The restaurant focuses on locally produced and organic food based on local ingredients. Sleep soundly in comfortable rooms.



CIRCUS ACTIVITIES

### 18.00 – 19.30 Time to yourself

Time set aside for some relaxation before dinner.

### 19.30 – 23.00 An enchanting evening at Quality Hotell Grand

A 3 - course festive dinner with spectacular entertainment provided by the Norwegian champion of magic Jo Boje Hoseth and circus artist Julie G. Heir. A great end to the day and much to enjoy here! The venue is decorated by "Stil og Stemning"

### Day 2:

#### 10.00 Departure from the hotel

#### 10.20 – 10.40 Welcome to Culture Farm Bjerkem

After a nice drive from Steinkjer, you arrive at the magnificent farm Bjerkem. The farm has been in operation for about 2000 years, only interrupted by the Black Death, when it lay desolate for a time. You are greeted by the lady of the house, who gives you an insight into how the farm Bjerkem has evolved over the years.

#### 10.40 - 13.00 Separate programme

Time has been allocated to meetings and your own professional programme in these great and historic premises at Kulturgården Bjerkem. During this time a light meal will be served. The duration can be changed.

#### 13.00 - 15.00 Historic lunch

Before you are served a delicious, organic and historic lunch, time has been set aside for a tour of the farm yard and Bunadsburet (museum of national costumes). During the luncheon, storyteller Johan Einar Bjerkem will enthusiastically take you into the world of stories.

#### 15.00 Departure from Culture Farm Bjerkem

#### 15.30 – 16.30 Welcome to Stiklestad National Culture Centre

The Battle of Stiklestad in 1030 is Norway's most famous battles and today the history experiences are many at Stiklestad. A guided tour will tell you some of the stories the place has to offer.

#### 17.00 - 18.00 Vandretteateret (walking theatre) Gårdimellom.

Join the maid Dorteia wandering from farm to farm in 1903, visiting people who live in the houses at the folk museum. This is a great way to experience at the museum.

#### 20.30 - 21.30 Trøndersk supper

Before the show, you will be served Sodd, a famous dish in North Trøndelag.

#### 23.00 - 01.15 The play about Heilag Olav (Spelet om Heilag Olav)

After a long day in historic settings, the time has come to see the theatre performance about St. Olav (Spelet om Heilag Olav). The grand performance of the events that led to the king's famous fall, is viewed by thousands every year, and is Norway's most known and acclaimed performances. The play about St. Olav is a night performance and afterwards you return to Steinkjer and Quality Hotel Grand.

### Dag 3

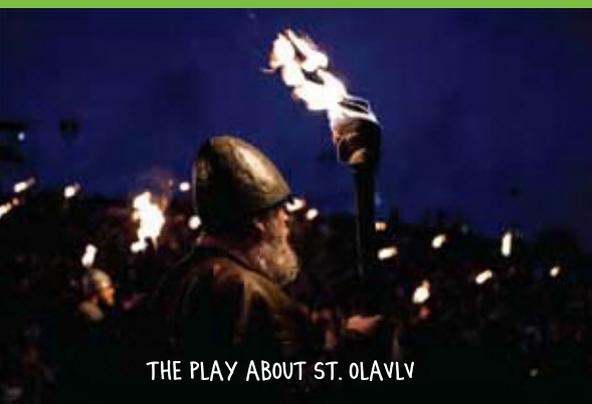
#### 11.00 - 12.45 Departure to Trondheim Airport Værnes or another preferred destination.



CULTURE FARM BJERKEM



GÅRDIMELLOM



THE PLAY ABOUT ST. OLAV