

**Visit these cities:** Helsinki, Stockholm, Copenhagen, & Oslo  
**Led by:** Professor Prakash Chenjeri and Professor Cherstin Lyon,  
Southern Oregon University Honors College  
10 days  
**Travel from:** 6/24/2023 - 7/3/2023  
**Enroll now:** [www.efcst.com/2506793BP](http://www.efcst.com/2506793BP)

The Democracy Project (DP) is a comprehensive examination of democracy in the US and around the world in the twenty-first century. This project involves SOU Honors College Scholars, other interested students, faculty, staff, and community members. Some of the issues to be studied includes the history and evolution of democracy, sovereignty, nationalism, citizenship, patriotism, imperialism, freedom, security, environment and sustainability, and equity and justice.

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# Scandinavia

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Day 1: Fly overnight to Finland

Day 2: Helsinki

Meet your Tour Director at the airport

Take a walking tour of Helsinki

With your Tour Director you will see:

- Government House, the executive office building
- Helsinki University
- Uspenski Cathedral

Enjoy dinner in Helsinki

Day 3: Helsinki • Night Ferry

Take a guided tour of Helsinki

With your expert local guide you will see:

- Parliament, a notable landmark
- Temppeliaukio Church

Spend a half day exploring Helsinki on your own

Travel to Stockholm by overnight ferry

Enjoy dinner on the ferry

Day 4: Night Ferry • Stockholm

Tour Stockholm with an expert local guide

- See the Vasa Ship, a well-restored 17th-century eight-level war ship
- See the City Hall

Enjoy dinner in Stockholm

Day 5: Stockholm

Add this in-depth excursion: Drottningholm Palace: This half-day excursion takes you by steamboat from Stockholm's harbor to beautiful Drottningholm Palace. Enjoy a guided tour of the palace's interior, and then free time to explore the beautifully landscaped fountains and parks that surround it.

Note: This excursion is only available from May 1-Sept. 30.

Day 6: Stockholm • Copenhagen

Travel by train to Copenhagen

Take a walking tour of Copenhagen:

With your Tour Director you will see:

- City Hall Square,

- Old Town, a quaint and lively series of streets
- Enjoy dinner in Copenhagen

Day 7: Copenhagen

Tour Copenhagen with an expert local guide

Spend a half day exploring Copenhagen on your own

Day 8: Copenhagen • Night Ferry

Add this in-depth excursion: Copenhagen food tour: Grab your walking shoes and your appetite and eat your way through Copenhagen. An expert local guide is yours for the excursion to explain the many types of food you'll try.

Travel to Oslo by overnight ferry

Enjoy dinner on the night ferry

Day 9: Night Ferry • Oslo

Take a tour of Oslo

With an expert local guide you will see:

- Beautifully preserved ninth-century Viking ships at the Bygdøy Peninsula
- The site that holds the annual Nobel Peace Prize banquet
- Oslo University
- The Parliament House

Visit the Fram Museum to learn about Norway's history of polar exploration

Cultural Engagement: Visit Vigeland Sculpture Park, whose sculptures are a tribute to the complexity of humankind

Enjoy dinner in Oslo

Day 10: Depart for home

Questions?

Contact Professor Cherstin Lyon, [lyoncl@sou.edu](mailto:lyoncl@sou.edu)