

PROGRAMME

NordSync Forum #5 & NordSync Lab #5

14–18 October 2026 | Mo i Rana and Nesna, Norway

Wednesday, 14 October

NordSync Lab #5 – Opening and Artistic Development

15:00 – Arrival and Hotel Check-in

Arrival and check-in for participants.
Location: Home Hotel Helma

17:00 – Dinner and Welcome

Dinner, informal gathering and welcome.
Location: Home Hotel Helma

18:00 – NordSync Lab #5: Workshop 1

Opening, orientation and first rehearsal. Practical work with professional musicians and educators from Norway, Sweden and Finland.
Location: Chamber Hall, Rana Kulturskole

Thursday, 15 October

NordSync Lab #5 – Knowledge Exchange and International Cooperation

09:00 – Breakfast

Location: Home Hotel Helma

10:00 – NordSync Lab #5: Workshop 2

Orchestral playing, educational methods and collaboration between professional musicians and music school teachers.
Location: Rana Kulturskole

12:00 – Lunch

Location: Meyergården Hotel

13:00 – NordSync Lab #5: Workshop 3

Artistic development, ensemble playing and experimentation with new teaching and collaboration models.
Location: Rana Kulturskole

15:00 – Break and Free Time

Coffee, refreshments and free time.

Location: Home Hotel Helma

17:00 – Arrival and Hotel Check-in

Arrival and check-in for young musicians and other participants from Norway, Sweden and Finland.

Location: Home Hotel Helma

18:00 – Dinner

Location: Home Hotel Helma

19:00 – NordSync Forum #5: Welcome Meeting

Welcome remarks, introduction of project partners, overview of the programme and practical information.

Location: Home Hotel Helma

20:00–21:00 – Cultural Programme: Ánnásuolo

Concert at the Smelting Festival.

Location: Kinoteateret

21:30 – Cultural Programme: Ketil Bjørnstad

Concert at the Smelting Festival, followed by opportunities for informal meetings and conversations.

Location: Teaterkaféen

Friday, 16 October

NordSync Lab #5 – Orchestra Courses Reimagined / NordSync Forum #5

This day focuses on the practical implementation of a large international orchestral production. Young musicians, professional performers and educators work together towards the final concert.

08:30 – Breakfast

Location: Home Hotel Helma

10:00 – NordSync Lab #5: Workshop 4

Orchestral playing and joint rehearsal with the youth orchestra, without soloists.

Location: Spektrum Meyergården

11:30 – Lunch

Location: Meyergården Hotel

12:30 – NordSync Lab #5: Workshop 5

Production workshop and rehearsal with chamber orchestra and soloists.

Location: Spektrum Meyergården

13:30 – NordSync Lab #5: Workshop 6

Tutti rehearsal with chamber orchestra, soloists and youth orchestra. Practical collaboration between



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professional and young musicians.
Location: Spektrum Meyergården

14:30 – General Rehearsal

Complete run-through of *Nordisk Suite*.
Location: Spektrum Meyergården

16:00 – Break

17:00–18:00 – NordSync Lab #5: Final Artistic Presentation

Concert featuring *Nordisk Suite* by Bodvar Drotninghaug Moe. Collaborative production with Nordic Youth Music Initiative.
Location: Spektrum Meyergården

18:30 – Dinner

Location: Home Hotel Helma

19:30 – NordSync Forum #5: Informal Networking Session

Meetings, exchange of experiences and discussions between project partners.
Location: Home Hotel Helma

Saturday, 17 October

NordSync Forum #5 – Main Forum Day: Blå Vegen, Youth and Cultural Cooperation

09:00 – Breakfast

Location: Home Hotel Helma

10:00 – NordSync Forum #5: NordSync Atlas Presentation

Presentation of the project's new youth initiative, recruitment models, youth participation and cross-border cooperation.

Speaker: Stepan Frolov

Location: Conference Hall, Home Hotel Helma

11:00 – NordSync Forum #5: Practical Workshop – Atlas in Practice

Exchange of experiences and exploration of educational methods and collaboration models, with participants from music schools and cultural organisations in Norway, Sweden and Finland.

Location: Conference Hall, Home Hotel Helma

13:00 – Lunch

Location: Meyergården Hotel

14:00 – NordSync Forum #5: Partner Forum and Roundtable Discussions

Meetings between music schools, voluntary organisations and professional cultural workers.

Discussions on new collaborative projects, NordSync Atlas and further development of the network in 2027–2028.



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Social activities for young participants will take place in parallel.
Location: Home Hotel Helma

17:30 – Dinner

Location: Home Hotel Helma

18:30–19:45 – Cultural Programme: Helgeland Symphony Orchestra

Concert by Helgeland Symphony Orchestra.
Location: Samfunnssalen

Sunday, 18 October

NordSync Forum #5 / NordSync Lab #5 – Cultural Excursion and Closing Programme

08:00 – Breakfast

Location: Home Hotel Helma

09:00 – NordSync Forum: Cultural Excursion to Nesna

Group bus journey with a scenic stop along the way. Introduction to Helgeland and Nordland for international participants.
Route: Mo i Rana – Nesna

11:00 – Arrival and Rehearsal

Arrival and rehearsal for the closing concert.
Location: Nesna Church

12:00 – NordSync Forum #5 / Nordic Youth Music Initiative: Closing Concert and Nordic Presentations

Musical performances by young participants and presentations of the activities of music schools and partner organisations from Norway, Sweden and Finland.
Location: Nesna Church

12:45 – Light Lunch

Location: Nesna

13:30 – Closing and Departure

Closing of the programme and departure of Norwegian, Swedish and Finnish participants.
Location: Nesna

PRACTICAL INFORMATION

Main Location

Mo i Rana, Nordland, Norway

The closing programme on Sunday, 18 October, will take place in Nesna.



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Accommodation and Main Meeting Point

Home Hotel Helma

Thomas Von Westens gate 2
8624 Mo i Rana, Norway

Forum Sessions and Meetings

Conference Hall

Home Hotel Helma

NordSync Lab – Rehearsals and Workshops

Rana Kulturskole

Chamber Hall

Main Concert – Friday, 16 October

Spektrum Meyergården

Fridtjof Nansens gate 28
8622 Mo i Rana, Norway

Lunch – Thursday, Friday and Saturday

Meyergården Hotel

Fridtjof Nansens gate 28
8622 Mo i Rana, Norway

Closing Concert – Sunday, 18 October

Nesna Church

Movegen 35
8700 Nesna, Norway

Organiser and Contact Information

NordSync Productions

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Programme Notes



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NordSync Lab #5 takes place from 14 to 18 October. Its main artistic presentation is the concert on Friday, 16 October, while the professional development activities continue throughout the weekend in connection with NordSync Forum #5.

NordSync Forum #5 officially takes place from 16 to 18 October, with an introductory welcome meeting on Thursday evening, 15 October.

The two events have distinct objectives but are organised as one coordinated international gathering. NordSync Lab provides the practical framework for artistic and educational experimentation, while NordSync Forum offers opportunities for reflection, professional exchange, networking and the development of future partnerships.

The programme is preliminary and may be subject to minor changes.