



Erasmus+



ERASMUS+2 PROJECT

A SOUND MIND IN A SOUND BODY

STUDENTS' EXCHANGE in KARSTULA (14-21 May 2016)

ACTIVITIES TIMETABLE

Date	Morning Activities	Meals	Afternoon activities	Evening activities
Saturday 14 May			Afternoon Italian guests arrive in Helsinki 18.30 Turkish guests arrive in Helsinki Around midnight meeting the guests at Karstulan lukio	Students go to their families Teachers go to their hotel, KEO-Karstula
Sunday 15 May	free	Breakfast, lunch and dinner at host families	14.00 A trip to Julmat Lammit Nature Park with host families, hiking	free

Monday 16 May	9.00 Welcome to Karstulan lukio: performances Finnish school system and Karstula Upper Secondary School: Oona Koskinen, Helmi Paananen & Anitta Rasi Tour around our school area	Breakfast at families 11.30-12 Lunch at school Dinner at families	13-16 Karstula orienteering ending at Kirkkovuori lookout tower	students free 19.00 Teachers have dinner with Finnish teachers at the sauna cottage near the hostel
Tuesday 17 May	8.00 Bus leaves from the school yard A trip to Jyväskylä, the biggest town of Central Finland 9.30 -11.30 sight seeing tour by bus	Breakfast at families Packed lunch Dinner at families	free time in Jyväskylä 15.00 bus leaves from Jyväskylä, back in Karstula at 16.30	19.00 International evening at Nuoppari Youth House, students and teachers
Wednesday 18 May	8.30 - 11.30 Sports activities: Bowling (and visiting the Car Museum) in Wanhat Wehkeet and Whitewater rafting in Heijostenkoski	Breakfast at families Lunch at school at 11.15-12 Dinner with host families	13-15(16) Sports activities continue	19.00 Disco for the Secondary and Upper Secondary School students at the Sports Hall
Thursday 19 May	7.45 Bus leaves from the school yard 9-13 A trip to Ähtäri Zoo and Flow Park, 23€, teachers and students	Breakfast at families Packed Lunch Dinner at host families	13.30 shopping in Keskinen, the biggest village shop in Finland 17.30 Back in Karstula	Free
Friday 20 May	8.00- 10.00 participating lessons: arts, music, technical and textile work, sports, home economics 10.15-11.30 project work at the ice stadium cafe	Breakfast at families 11.30 Lunch at School Dinner at host families	13.00 -15 Farewell party, dancing, folk dances at the Sports Hall	teachers go to a gig of a famous Finnish pop artist Juha Tapio at the ice stadium Karstulan Areena
Saturday 21 May	8.00 Departure Italian and Turkish Guests	Breakfast at families	Sightseeing in Helsinki, the capital of Finland	

