



Erasmus+

Welcome to Karstulan lukio, Finland!

We are really looking forward to having you all here! Lately the weather has been really good, the sun has been shining and it's been warm, around 20-23 degrees. Unfortunately the weather forecast says it'll get cooler and cloudier and we should even get some rain next week ☹️ But we hope the weather will not be too bad. The temperature should be around 11-17. But you never know, it might be warmer and sunnier. Let's keep our fingers crossed!

So, I think you should pack with you

- wind & waterproof jacket, if possible
- sports shoes
- some extra socks (in case they get wet...)
- some clothes suitable for exercise

The days are already quite long here: the sun rises around 4.15 a.m. and sets around 10.15 p.m. So, it's still dark at nights and you shouldn't have problems with sleeping because of the sunlight.

To avoid misunderstandings and awkward situations, I think you should be aware of some things when coming to Finland:

- In Finland our meal times may be a bit different from yours. But we hope that in respect of our culture it would be polite of you to try and adapt to them (like we did when visiting our partner countries). We eat our breakfast in the morning, of course, but lunch is already around midday. In the afternoon we may eat a snack, but the dinner is already around 5 or 6 p.m. In the evening we usually have a light snack before going to sleep, around 8 or 9 p.m.
- Inside our buildings we don't wear outdoor shoes but take them off. We don't want our floors to be muddy and sandy, like they would if we wore the outdoor shoes inside. So, inside our school buildings, please take your

shoes off. If you like, you can bring slippers or other indoor shoes with you - or just wear socks like our students do.

- Smoking or vaping in the school area (inside the buildings, the school yard and the library area) is against the law in Finland. So, it's strictly forbidden! Also, students under 18 are not allowed to smoke anywhere. However, if some of your students or teachers are addicted and really need to smoke every now and then, they should go out of the school yard when smoking (and not to be seen when doing it ☺). So, during the school / project activities: NO SMOKING. If you need to smoke whenever other students or teachers are around, go further away (for example don't smoke in front of the bus). Some people may be allergic to smoke or have asthma, so we consider it polite to take those people into consideration. Some of us are also allergic or oversensitive to fragrances, so it would be really nice if you could avoid using strong scents.
- Our timetables are designed to be followed, so please be punctual. In Finland we consider it impolite to be late, because we think nobody has a right to waste other people's time. If the timetable says the bus leaves at 7.45, it will leave then (or perhaps 5 minutes later), NOT at 8 o'clock or even later. This is a cultural thing in Nordic countries, so please do your best to adapt to our habits ☺
- Furthermore, about some cultural stereotypes: sometimes foreign people think that Finns seem reserved and even a bit cold. But not to worry: most of us really aren't. When you get to know us better, you will notice that it's mostly only because many of us tend to be a bit shy and not confident in communicating in foreign languages. Finns tend to warm up slowly, but once you get to know us, we can be very loyal and caring friends. So give us a little bit of time, please ☺

These instructions are meant to help you to make the most out of your Finnish experience and to help you to understand our people and culture.

First and foremost, we hope you will enjoy your visit here! ☺

Best Wishes,

Maria Anttila

the Finnish coordinator

Karstulan lukio