



**KARSTULAN
LUKIO** Inhimillisen
kasvun lukio
Monien mahdollisuuksien maaseutulukio



Erasmus+



ERASMUS+2 PROJECT

A SOUND MIND IN A SOUND BODY

STUDENTS' EXCHANGE in KARSTULA (4-11 February 2017)

ACTIVITIES TIMETABLE

Date	Morning Activities	Meals	Afternoon activities	Evening activities
Saturday 4 February	Italian students visit the capital of Finland	lunch probably at McDonald's or Burger King ☺ dinner at host families	18.35 Italian guests arrive by Onnibus in Humppi, Karstula	Students go to their families Teachers go to their hostel, KEO-Karstula
Sunday 5 February	free	Breakfast, lunch and dinner at host families	14.00 Grilling sausages at the Kirkkovuori lookout tower	free

Monday 6 February	9.00 Welcome to Karstulan lukio: performances and introductions Finnish school system and Karstula Upper Secondary School 10-11 Tour around our school area in small groups	Breakfast at families 11-12 Lunch at school canteen Dinner at families	12.15 - 13.45 skating at Karstula Areena ice stadium	playing board games (students) 19.00 Teachers have dinner with Finnish teachers
Tuesday 7 February	8.00 bus leaves from the school yard to Saarijärvi 8.30-11 visiting POKE and JAMK	Breakfast at families Lunch at POKE Dinner at families	11.30 visiting Saarijärvi Art Museum 13.00 bus leaves back to Karstula	17.00 social evening at school (students)
Wednesday 8 February	9.00-11 Sports and games at the Sports hall	Breakfast at families 11-12 lunch at school canteen Dinner with host families	12-14 making art together in the arts classroom	18.00 bowling at Wanhat Wehkeet
Thursday 9 February	8.00-11 participating lessons	Breakfast at families 11-12 lunch at school Dinner at host families	12.15-13.45 skating at Karstula Areena	Free Teachers dinner together in Saarijärvi
Friday 20 May	8.00 bus leaves from the school yard 9.00-10.00 a tour around Youth Centre Piispala 10-11 wall climbing / visiting Green care small animal home	Breakfast at families 11-12 lunch in Piispala Dinner at host families	12-13 visiting the Green Care small animal home / wall climbing 13.10 bus leaves back to Karstula	Free
Saturday 21 May	6.00 a mini-bus takes the Italians back to Helsinki-Vantaa Airport	Breakfast at families or packed "breakfast"	14.00 flight back to Italy	