



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



**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
<b>Saturday 14 May</b>			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
<b>Sunday 15 May</b>	free	Breakfast, lunch and dinner at host families	14.00 A trip to the Koirasalmi Nature Park and visiting a farm Talviaisten tila	free

<b>Monday 16 May</b>	8.00 Karstulan lukio, Performances, students and teachers  Tour around our school  Finnish school system and Karstula Upper Secondary School	Breakfast at families  12.00 Lunch at school  Dinner at families	13-16 Karstula orienteering ending at Kirkkovuori lookout tower	19.00 International evening at Nuoppari Youth House  Teachers have dinner at their hotel (sauna cottage) with Finnish teachers
<b>Tuesday 17 May</b>	7.30 A trip to a bigger town, 100-200 km from Karstula  sight seeing	Breakfast at families  Packed lunch  Dinner / evening snack at families	still in the town, back at school around 19.00	free
<b>Wednesday 18 May</b>	8.00 - 11.30 Sports activities: Frisbee Golf Bowling Canoeing	Breakfast at families  Lunch at school at 12  Dinner with host families	13-14.30 Sports activities continue	a disco at school
<b>Thursday 19 May</b>	8.30 A trip to Ähtäri Zoo and Flow Park, 30€ teachers and students	Breakfast at families  Packed Lunch  Dinner at families	14.00 Keskinen, the biggest village shop in Finland  18.00 Back in Karstula	Free
<b>Friday 20 May</b>	8.00- 10.00 participating lessons: arts, music, technical and textile work, home economics  10.15-11.30 project work	Breakfast at families  11.30 Lunch at School  Dinner students at host families  Teachers might have dinner at KEO-Karstula	13.00 -15 Farewell party, dancing, folk dances	teachers go to a gig of a famous Finnish pop artist Juha Tapio at the ice stadium Karstulan Areena
<b>Saturday 21 May</b>	Departure Italian and Turkish Guests At 8.00	Breakfast at families		