Erasmus + Europe in S.H.A.P. E 2. visit in Finland, Heinola (8.3.2020) -9.3.2020-13.3.2020

**8.3.2020 Sunday**

Arriving to Finland, each country by its own schedule.

Accomodation In Kumpeli Hotel. Pupils will go to Host families.

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| 9.3.2020 Monday | **Pupils** | **Teachers** |
| **“Wellcome and Nature”** |  |  |
| 9.00-9.35 | Wellcoming event at School  Every Country will present themselves (names) in a functional way  Pirjo Hepo-oja from Heinola city (deparment of Education)  Music and some other performances | The same |
| 9.35-10.15 | Action Break for pupils outside | 9.35-9.50 Presentation Wellbeing model in Heinola  9.50-10.15 Action Break Outside (presentation outside) |
| 10.20-10.45 | Suomi/Heinola Presentation | Suomi/Heinola Presentation |
| 10.45-11.30 | Lunch at school | Lunch at school |
| 11.30 | Information for afternoon activity | Information for afternoon activity |
| 11.50-12.30 | Break indoor/outside | Coffee break in teachers room |
| 12.30-15.00 | Koskensaari – Adventure outside nature near by  (all in mixed groups)   * Surviving skills, team activity, get to each other. | Koskensaari – Adventure outside nature near by  (all in mixed groups)   * Surviving skills, team activity, get to each other. |
|  | Afternoon club at school for those whose parents arent home yet |  |

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| 10.3.2020 Tuesday | **Pupils** | **Teachers** |
| **“Library and Youth Club”** |  |  |
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| 9.00 | Library  Qr-code track with I pads | Youth Club |
| 10.00 | Youth Club | Library |
| 11.15 | Lunch at Restaurant Kusmiku  ( 9 euros/person) | Finnish school system presentation/headmaster Jarkko Granqvist  (at Kirkonkylän school) |
| 12.00-13.30 | Theather/Acting Satu Nipuli ja Eeva Rantala, at Jyränkö school | Lunch at Restaurant Kusmiku |
| 13.45 | Transport | Schools on Move presentaion Kimmo/Kaisa at Jyränkö school |
| 14.00- | YMCA basketball Center | Free time |
| 15.00 | YMCA Center |  |
| 16.00 | Snack at YMCA center |  |
| 17.00 |  |  |
|  |  | (some program for adults if needed....) |

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| 11.3.2020 Wednesday | **Pupils** | **Teachers** |
| **“Lahti”** |  |  |
| 8.15-8.30 | Surprise program from Lithuania at school hall | Surprise program from Lithuania at school hall |
| 8.30 | Buss to Lahti |  |
| 9-11 | Skii museum at Lahti Sport Centre  Split in 2 groups: guided tour/virtual ski jumping | Skii museum at Lahti sport Centre  Split in 2 groups: guided tour /virtual ski jumping |
| 11.15-12 | Lunch at Restaurant Voitto | Lunch at Restaurant Voitto |
| 12.05 | Buss to Trapolinpark | Buss to Trampolinpark |
| 12.30-13.30 | Trampolinpark | Trampolinpark/Gym if wanted |
| 13.30 | Snack (and shower possibility) | Snack (and shower possibility) |
| 14-16.15 | Shopping centre Karisma | Shopping centre Karisma |
| 16.15-16.45 | Transport to Heinola | Transport to Heinola |
| 18.00--------- |  | Nice evening for teachers in gottage by the lake   * Sauna /icy lake * Dinner.... |

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| 12.3.2020 Thursday | **Pupils** | **Teachers** |
| **“Action day at school”** |  |  |
| 8.00-8.45 | In lessons/ prepairing |  |
| 8.50-9.00 | Starting at the sport hall | Starting at the sport hall |
| 9.10-11.50 | Different action stations round to school, divided in to groups  (art, music, first aid...) | Different action stations round to school, divided in to groups  art, music, first aid...) |
|  | Lunch at school before 11.50 | Lunch at school before 11.50 |
| 11.50-12.30 | Outdoor break | Coffee break at teachers room |
| 12.30 | Sport/Film/Dance or lessons---at school | Project meeting |
| 13.15-13.30 | Break outdoor | Project meeting |
| 13.30-14.15 | Sport/Film/Dance or lessons---at school | Project meeting |
| 14.15-17.00 | Afternoon club at school for those whose parents arent home yet |  |
| 18.00-19.30 | Project party at school for host families, teachers and visitors | Project party at school for host families, teachers and visitors |

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| 13.3.2020 Friday | **Pupils** | **Teachers** |
| **“Time to say good bye”** |  |  |
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| 8.50-9.35 | Pupils in lessons | Project meeting |
| 9.35-10.00 | Outdoor break | Different action stations round to school, divided in to groups  art, music, first aid...) |
| 10.00-11.00 | Saying good bye.. |  |
| 11.00-11.45 | Lunch at school | Lunch at school |
| 12.30 | Busses are leaving to Helsinki | Busses are leaving to Helsinki |