

PROGRAM – VISIT TO JALASJÄRVI/Kurikka

Monday, January 15

Arrival in Jalasjärvi, eta 10 pm

Tuesday, January 16

9.00-10.45 Welcome to Jalasjärvi upper secondary school, icebreaking etc.
11.00-11.45 The launch of our well-being project: the results of the survey, discussion
11.45-12.20 Lunch
12.20-13.15 Guidance for the virtual magazine, designing of a logo for the project in mixed nationality groups
13.20 Coach to Jalasjärvi museum
14.15 Coach to Seinäjoki (Lutheran church Lakeuden risti at 3 pm, library Apila at approximately 3.40 pm, shopping center Ideapark, snack/dinner), Megazone laser tag game(sporty clothing) at 6.30 pm
20.00 Departure to Jalasjärvi

Wednesday, January 17

8-10 Lessons with the hosts (if they have lessons)
10-12.30 Theme day "Power from Nature" at Kärjenmäki. Sledging, nature yoga, grilling sausages on open fire
13.00-14.00 Lunch at ABC
14.00-16.00 Following a PE lesson: rehearsal for the prom
16.00-17.30 Sauna and ice hole bathing (towel, swimming suit, socks) . Evening with the host families

Thursday, January 18

8.00-9.30 Workshop - Virtual Magazine
10.00-11.45 Workshop – Making a digital logo for the project in groups and voting for the best logo
11.45-12.20 Lunch at school
12.20-13.45 A tour in primary school and secondary school
13.45 Coach to Jokipiin Pellava - guided tour in the linen factory
16.00- A farewell party at Kohtalonmäen tila: discussing our impressions and experiences, a barrel sauna and an outdoor soaking tub, traditional Finnish foods, songs and fun!

Friday, January 19

8.00 at school Goodbye! Coach to Seinäjoki railway station. The train leaves at 9.26, arrives in Helsinki at 12.35. Accommodation at Hotel Arthur, Vuorikatu 19, Helsinki.